

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ONTARIO



COURSE OUTLINE

COURSE TITLE:	Skin Care Practical Lab II		
CODE NO. :	EST 163	SEMESTER:	2
PROGRAM:	Esthetician Diploma Program		
AUTHOR:	Silvana Bassanello		
DATE:	Jan. 2011	PREVIOUS OUTLINE DATED:	Jan. 2010
APPROVED:	"Angelique Lemay"		Dec. 2010
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		CHAIR	DATE
TOTAL CREDITS:	6		
PREREQUISITE(S):	EST 141, EST 142		
HOURS/WEEK:	6		

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I. COURSE DESCRIPTION:

This course builds on the knowledge and skills gained in Skin Care Practical Lab I. It introduces the student to the benefits and uses of electrotherapy during professional skin care treatments. In particular, students will demonstrate the safe and appropriate use of the facial steamer, Lucas spray, brushing machine, high frequency and galvanic current procedures. Emphasis will be placed on advanced exfoliation treatments using Alphahydroxy Acid treatments as well as, advanced mask procedures. The student will also learn to incorporate a professional facial massage treatment into each advanced skin care procedure. New areas of practical study include the microdermabrasion procedure and hot stone facial massage procedure. Students will also be introduced to LED skin treatments and Kinelift skin treatments. Professional image and excellence in customer service will be emphasized.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

Upon successful completion of this course, the student will demonstrate the ability to:

1. Employ the safe and appropriate use of electrotherapy equipment including the facial steamer, Lucas spray, brushing machine, vacuum/spray unit, high frequency, galvanic procedures including iontophoresis and desincrustation, and microdermabrasion equipment.

Potential Elements of the Performance:

- Knowledge of the structure and composition of the skin
- Identify skin types, their characteristics, treatment concepts and contraindications.
- Identify skin conditions, characteristics, treatment concepts and contraindications
- Modify skin treatments related to contraindications to electrotherapy procedures
- Discuss the benefits to applying electrotherapy treatments to the skin
- Employ proper sanitation, disinfection and sterilization procedures for all electrotherapy equipment as outlined by Algoma Public Health
- Maintain and store all equipment and supplies according to manufacturer's guidelines and Algoma Public Health recommendations

2. Perform an advanced facial treatment for mature/aging skin, acneic skin and sensitive skin conditions.

Potential Elements of the Performance:

- Knowledge of the structure and composition of the skin.
- Conduct a health history, skin analysis, and facial record to determine service expectations, customized treatments, modifications and contraindications
- Identify characteristics of aging, acneic and sensitive skin conditions, treatment concepts and contraindications to treatments

- Employ the safe and appropriate use of electrotherapy procedures
 - Assess the impact of general health, gender, nutrition and diet, stress and extrinsic factors which affect the skin and determine appropriate skin treatments
 - Perform a facial massage treatment
 - Identify classifications, properties, effects and contraindications of a variety of ingredients found in the NatureMed Skincare products and promote features and benefits of these products when determining a course of actions matched to their needs, preferences and health history
 - Maintain a neat and sanitized workstation throughout the skin treatment disposing of items as required.
 - Recommend a homecare regime suitable to the client's needs and the needs of the skin.
 - Wear gloves when applying safe and proper extraction technique and safely disposing of all materials
 - Employ proper sanitation, disinfection and sterilization procedures as outlined by Algoma Public Health
 - Maintain and store all equipment, and supplies as outlined by the Algoma Public Health
3. Perform an advanced skin care treatment incorporating an Alphahydroxy acid exfoliation treatment.
- Potential Elements of the Performance:
- Differentiate between a mechanical and chemical exfoliation
 - Differentiate between exfoliation treatments and peels
 - Identify contraindications to chemical exfoliation treatments
 - Identify benefits of chemical exfoliation treatments for each skin type and particular skin conditions
 - Explain the source of ingredients in Alphahydroxy Acid and the benefits and effects of those ingredients with various skin types and conditions
 - Employ the use of spray units and Lucas spray units
4. Demonstrate the proper technique for extracting comedones.
- Potential Elements of the Performance:
- Identify open and closed comedones
 - Demonstrate proper set up procedures
 - Employing safe and sanitary procedures while performing extractions
 - Wear gloves and use gauze
 - Dispose of all materials and keep workstation tidy and sanitized at all times

5. Demonstrate a standard facial massage and a hot stone massage for the face, neck and décolleté areas.

Potential Elements of the Performance:

- Discuss the benefits of massage
- Demonstrate the 5 basic massage movements and their effects/benefits for particular skin types
- Identify muscles and nerve points of the face, neck and décolleté
- Perform the facial massage for 10-12 minutes during each advanced facial treatment
- Employ proper techniques, pressure, speed, flow and contact with the skin
- Identify contraindications to massage treatments
- Sanitize and disinfect stones for the health and safety of others
- Maintain hot stones and hot stone equipment in adherence to manufacturer's instructions.

6. Provide an advanced skin care treatment for men.

Potential Elements of the Performance:

- Knowledge of the structure and composition of the skin.
- Conduct a health history and skin analysis and record all information to determine service expectation, customized treatments, modifications or contraindications. and complete a facial record
- Identify characteristics of men's skin, and treatment concepts matched to their preferences, lifestyle and needs
- Employ safe and appropriate electrotherapy and facial equipment
- Wear gloves and demonstrate the safe and proper extraction technique
- Demonstrate a standard facial massage treatment
- Knowledge of NatureMed Skincare product line and promote the features and benefits of esthetic products and services
- Modify skin treatments related to product ingredients
- Recommend and educate men on an appropriate homecare regime based on client needs and needs of the skin
- Demonstrate proper sanitation, disinfection, and sterilization methods of all equipment and supplies as required by Algoma Public Health

7. Incorporate advanced mask procedures into any advanced facial treatment.

Potential Elements of the Performance:

- Prepare and apply advanced masks such as clay, paraffin and thermal applications
- Promote the features and benefits of advanced mask procedures
- Explain the benefits and effects of ingredients and products for the needs of the skin
- Utilize appropriate essential oils which benefit various skin types and/or conditions
- Identify contraindications

8. Perform an advanced skin treatment using the LED technology and Kinelift.
 - Identify the properties of red, green and blue light therapies for either mature, acneic and sensitive skin types
 - Identify muscles of the face, neck, and décolleté when performing Kinelift treatments
 - Demonstrate the safe handling of all equipment and supplies as instructed by the manufacturer.
 - Demonstrate the proper sanitation and disinfection methods for all equipment.
9. Demonstrate the professional image and conduct necessary for success in the Esthetic industry.
Potential Elements of the Performance:
 - Punctual attendance
 - Comply with the Policies and Procedures regarding physical appearance and dress code
 - Adhere to policies outlined in the Student Code of Conduct
 - Demonstrate accountability for your own academic and professional growth
 - Demonstrate professional interpersonal, verbal and non verbal communication skills with faculty, peers and clients
 - Adhere to Ethics associated with the esthetic profession
 - Determine characteristics and benefits of excellent customer service
 - Employ problem solving strategies
 - Determine current trends and issues impacting the esthetic industry.

III. TOPICS:

1. Electrotherapy and Facial Equipment
2. The Facial Massage and Hot Stone Massage
3. Alphahydroxy Acid Exfoliation Treatments
4. Extractions
5. Advanced Mask Procedures
6. Treatment Concepts for Aging, Acneic and Sensitive Skin Types
Skin Treatments for Men
NatureMed Skincare Products
Advanced Ingredient Technology
Serums
Microdermabrasion Procedure and Equipment
LED Advanced Skin Treatments
Kinelift Skin Treatments

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Same as Semester One

V. EVALUATION PROCESS/GRADING SYSTEM:

The following semester grades will be assigned to students in post-secondary courses:

Tests and Quizzes – 100%

In order to be successful in this course the student will have attended 80% of all Practical Lab II classes. This amounts to a minimum of 72 supervised lab hours. Failure to do so will result in an F grade regardless of grades attained throughout the semester. Please note, 1% per class missed will be deducted from students final grade.

<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 – 100%	4.00
A	80 – 89%	3.00
B	70 - 79%	2.00
C	60 - 69%	1.00
D	50 – 59%	0.00
F (Fail)	49% and below	
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field /clinical placement or non-graded subject area.	
U	Unsatisfactory achievement in field/clinical placement or non-graded subject area.	
X	A temporary grade limited to situations with extenuating circumstances giving a student additional time to complete the requirements for a course.	
NR	Grade not reported to Registrar's office.	
W	Student has withdrawn from the course without academic penalty.	

Note: For such reasons as program certification or program articulation, certain courses require minimums of greater than 50% and/or have mandatory components to achieve a passing grade.

It is also important to note, that the minimum overall GPA required in order to graduate from a Sault College program remains 2.0.

NOTE: Mid Term grades are provided in theory classes and clinical/field placement experiences. Students are notified that the midterm grade is an interim grade and is subject to change.

VI. SPECIAL NOTES:Attendance:

Sault College is committed to student success. There is a direct correlation between academic performance and class attendance; therefore, for the benefit of all its constituents, all students are encouraged to attend all of their scheduled learning and evaluation sessions. This implies arriving on time and remaining for the duration of the scheduled session.

It is the departmental policy that once the classroom door has been closed, the learning process has begun. Late arrivers will not be granted admission to the room.

VII. COURSE OUTLINE ADDENDUM:

The provisions contained in the addendum located on the portal form part of this course outline.