



COURSE OUTLINE

EST163

Prepared: Silvana Bassanello Approved: Martha Irwin, Chair, Community Services and Interdisciplinary Studies

Course Code: Title	EST163: SKIN CARE PRACTICAL LAB II
Program Number: Name	2017: ESTHETICIAN
Department:	ESTHETICIAN
Semester/Term:	17F
Course Description:	This course builds upon the knowledge and skills gained in Skin Care Practical Lab I. Students explore the effectiveness of condition specific treatments using galvanic current, microdermabrasion, chemical peels/exfoliants, and advanced masking procedures, as treatment options for conditions such as acne and aging skin. The hot stone massage will be introduced. Students will also have the opportunity to strengthen skills with the safe and appropriate use of the facial steamer, Lucas spray, brushing machine, galvanic current and high frequency equipment. Professional image and excellence in customer service and NatureMed product knowledge will be emphasized.
Total Credits:	6
Hours/Week:	6
Total Hours:	90
Prerequisites:	EST141, EST142
This course is a pre-requisite for:	EST201, EST202, EST204, EST205, EST206, EST207, EST208, EST210
Vocational Learning Outcomes (VLO's):	<p>#1. Perform a variety of specialized body and skin care treatments following correct procedures and precautions and supporting client needs (including and not limited to facials, manicures, pedicures, hair removal, and make up applications).</p> <p>#2. Use a range of specialized equipment and products, in compliance with established national, provincial, industry, and other related standards, regulations, policies, and procedures.</p> <p>#3. Apply relevant knowledge of anatomy, physiology, and histology to the provision of specialized esthetic treatments and services.</p> <p>#4. Adhere to health, safety, sanitation, and infection and prevention control guidelines, according to current legislation and national, provincial, municipal, and industry standards and regulations.</p> <p>#6. Select and recommend the use of esthetic products and product ingredients to clients, taking into account health status and identified needs.</p> <p>#7. Establish and maintain professional relationships in adherence to standards and ethics</p>
Please refer to program web page for a complete listing of program outcomes where applicable.	



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associated with the profession.
#8. Develop customer service strategies that meet and adapt to individual needs and expectations in accordance with professional standards and ethics.
#9. Determine professional development strategies that lead to the enhancement of work performance and career opportunities and keep pace with industry change.

Essential Employability Skills (EES):

- #1. Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.
- #2. Respond to written, spoken, or visual messages in a manner that ensures effective communication.
- #5. Use a variety of thinking skills to anticipate and solve problems.
- #6. Locate, select, organize, and document information using appropriate technology and information systems.
- #7. Analyze, evaluate, and apply relevant information from a variety of sources.
- #9. Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.
- #10. Manage the use of time and other resources to complete projects.
- #11. Take responsibility for ones own actions, decisions, and consequences.

Course Evaluation:

Passing Grade: 50%, D

Other Course Evaluation & Assessment Requirements:

- 1. In order to successfully achieve credits for EST 163, a student must maintain an 80% attendance record throughout the semester. Anything less than an 80% attendance record will result in an F grade regardless of marks achieved through tests and assignments as the student has not met the Professional Image standards defined in the course outline.
- 2. Poor attendance also dismisses any student from the privilege of rotations in the Spa at Sault College as this presents a health and safety risk to other classmates as well as clients of the Spa.

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Acne Treatment	20%
Chemical Peels/Exfoliation	20%
Equipment Knowledge	20%
Extreme Hydration Treatment	20%
Microdermabrasion	20%

Course Outcomes and

Course Outcome 1.



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Learning Objectives:

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.

Learning Objectives 1.

- 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 specialized esthetic equipment.
- 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.

Course Outcome 2.

Perform a condition specific facial treatment for mature/aging skin, acneic skin and sensitive skin conditions.

Learning Objectives 2.

- 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.
 - Analyze characteristics of aging, acneic and sensitive skin conditions, treatment concepts and contraindications to treatments.
- Employ the safe and appropriate use of specialized esthetic equipment.
- Assess the impact of general health, gender, nutrition and diet, stress and extrinsic factors which affect the skin and determine appropriate skin treatments.
 - Perform both a manual and hot stone 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



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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.

Course Outcome 3.

Perform an advanced skin care treatment incorporating an Alphahydroxy and Betahydroxy acid exfoliation treatment.

Learning Objectives 3.

- 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
- Analyze the source of ingredients in Alphahydroxy Acid and the benefits and effects of those ingredients with various skin types and conditions
- Analyze the source of ingredients in Beta Hydroxy Acids and the benefits and effects of those ingredients for oily, combination skin types and acneic skin conditions.
- Apply spray units and Lucas spray units.

Course Outcome 4.

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

Learning Objectives 4.

- 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.



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- Perform the facial massage for 10-12 minutes during each advanced facial treatment.
- Apply 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.

Course Outcome 5.

Provide an advanced skin care treatment for men.

Learning Objectives 5.

- 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.
 - Analyze characteristics of men's skin, and treatment concepts matched to their preferences, lifestyle and needs.
 - Apply specialized esthetic equipment safely and effectively.
 - 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.
 - 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.

Course Outcome 6.

Incorporate advanced mask procedures into any advanced facial treatment.

Learning Objectives 6.

- 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.



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- Utilize appropriate essential oils which benefit various skin types and/or conditions.
- Identify contraindications.

Course Outcome 7.

Demonstrate the professional image and conduct necessary for success in the Esthetic industry.

Learning Objectives 7.

- Punctual and consistent 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.

Date:

Wednesday, August 30, 2017

Please refer to the course outline addendum on the Learning Management System for further information.