

# Eternal Beauty

## **Clinical Esthetics Program 16 weeks On-site 640 hours total hours (318 hrs theory On-site, 322 hrs practical theory)**

### **Bacteriology, Hygiene, Sterilization and Rules and Regulations (16 hours) – week 1**

This unit provides the learner with knowledge of bacteria, infection, and procedures and guidelines to help the esthetician eliminate and prevent the spread of disease.

- Bacteriology and Related Diseases and Disorders
- Infection Prevention & Control
- Personal and Public Hygiene
- Decontamination & Sanitization
- PVT Rules and Regulations
- Alberta Safety, Standards and Health Regulations
- Reports and Forms

### **Skin Histology & Physiology of the Skin (70 hours) – week 1 through 3**

This unit focuses on understanding the basic structural units of the human body and the composition, structure and function of the skin. This unit will also enable the learner to recognize common skin diseases, disorders and disturbances; determine those that can be treated by the esthetician and those that require medical treatment.

- Cytology – Study of Cells, Metabolism and Body Systems
- Anatomy and Physiology of the Skin
- Principal Structures and Functions of the Skin
- Common Dermatological Medical Terms
- Skin Conditions, Pigmentations and Allergies
- Lesions of the skin
- Grades of Acne
- Cancers & Cells
- Emphases Hands on Practice

### **Disorder and Diseases of the Skin (23 hours) week 3**

This module focuses on distinguishing between skin disorder that can be treated in a salon/spa. Recognizing various skin conditions to determine that acquires medical attention verse what can be treated in the spa. Overall, the students will have the knowledge to understand skin disorders as it relates to products, procedures and treatments.

- Medical terminology for various skin conditions, disorders, and diseases.
- Treatable skin conditions verse conditions that require dermatologist treatment.
- Basic knowledge between primary and secondary lesion
- Procedures for extraction of blackheads and other blemishes.
- Causes of common skin disorders such as acne.
- Common causes of inflammation and irritation of the skin

### **Implements and Equipment & Safety in the Workplace (25 hours) week 3&4**

This module focuses on the use of common implements and equipment used in the salon spa industry.

- Safety practices and regulations for implements and equipment
- Purpose, function and use of basic equipment (magnifying lamps, skin scope, facial steamers, high frequency units, galvanic machines, spray vacuum/suction machine, lucas machine, light therapy lamps, towel warmers, autoclave and dry heat units.)
- Understanding sanitation process
- Basic maintenance of common implements, equipment and machines.

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- Inspecting and tagging equipment for defects
- Workplace safety, OHS regulations and health issues and their importance
- Safety hazards recognition and control measures (S.A.F.E.-Spot, Assess, Find Everyday, PPE, WHMIS, MSDS)
- Electrical and Fire Safety, Confined Spaces -hazards and necessary preparation

## **Specialized Facials (105 hours) week 4 through 6**

This module focuses on the use of Facials as a mainstay in services provided in the salon spa industry.

- What are the types of Facials?
  - Skin Typing and Benefits for Clients (Facials)
  - History of Facials and Variations Worldwide
  - Before and after results
  - Skin Conditions treated with Facials
  - Contraindications
  - Disorders & Diseases, Medications to avoid, Do not treat list
  - Exfoliants and product ingredients
  - Anti-aging, Relaxation, Hyper-pigmentation correction and Specialty Facials
  - Oxygenfacials & Hydrofacials
  - Facial Relaxation Techniques
  - Sanitation and disinfection of equipment
  - Adding machines to facials such as High Frequency, Radio Frequency, and Steamers
  - Galvanic current therapy
  - Infrared light & blue light and ultraviolet light therapies
  - Skin Care Rep, discusses products.
  - Client Consultation
  - Pre & Post Treatment Knowledge and Consent Forms
  - Proper posture and exercises to keep the hands strong and flexible
- \*in class practical on students and models are required\*

## **Microdermabrasion (40 Hours) week 7**

This module focuses on the use of Microdermabrasion as provided to clients in the salon spa industry.

- What is Microdermabrasion?
  - Skin Typing and Benefits for Clients (Microdermabrasion)
  - History of Microdermabrasion
  - Before and after results
  - Skin Conditions treated with Microdermabrasion
  - Contraindications, Medications, Disorders & Diseases
  - Acne, Acne Scarring and Anti-aging
  - Sanitation and Equipment
  - Client Consultation
  - Pre & Post Treatment Knowledge and Consent Forms
- \*in class practical on students and models are required\*

## **Chemical Peels (40 Hours) week 7 & 8**

This module focuses on the use of Chemical Peels as a service provided in the salon spa industry

- What are the Types of Chemical Peels?
- Skin Typing and Benefits for Clients (Chemical Peels)
- History of Chemical Peels
- Before and after results
- Skin Conditions treated with Chemical Peels
- Contraindications, Medications, Disorders & Diseases

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- Acne, Anti-aging, Pigmentation and Wrinkle Correction.
  - Client Consultation
  - Pre & Post Treatment Knowledge and Consent Forms
- \*in class practical on students and models are required\*

## **Microneedling Technique (40 Hours) week 8& 9**

This module focuses on the use of Microneedling services in the salon spa industry.

- What is Microneedling?
  - Skin Typing and Benefits for Clients (Microneedling)
  - History of Microneedling
  - Before and after results
  - Skin Conditions treated with Microneedling
  - Contraindications, Medications, Disorders & Diseases
  - Acne, Acne Scarring and Anti-aging, Pigmentation Correction
  - Sanitation and Equipment
  - Client Consultation, Pre & Post Treatment Knowledge and Consent Forms
- \*in class practical on students and models are required\*

## **Dermaplaning (40 Hours) week 9& 10**

This module focuses on the use of Dermaplaning as a mainstay in facial services provided to clients in the salon spa industry

- What is Dermaplaning?
  - Skin Typing and Benefits for Clients (Dermaplaning)
  - History of Dermaplaning
  - Before and after results
  - Skin Conditions treated with Dermaplaning
  - Contraindications, Medications, Disorders & Diseases
  - Sanitation and Equipment
  - Client Consultation
  - Pre & Post Treatment Knowledge and Consent Forms
- \*in class practical on students and models are required\*

## **Make-up Artistry (40 Hours) week 10 & 11**

This module focuses on understanding the basic principles of the use of color, while providing the tools needed to advise clients about makeup selections. The student will learn how to select and apply makeup to all skin types and colors, specialized makeup applications, brush usage, corrective makeup and applying makeup efficiently and artistically.

- Students will learn facial physiognomy, color theory and color psychology, makeup color selection in relation to skin, eye and hair coloring.
  - Know the eight basic skin color categories and principles of color harmony.
  - Know how to analyze face shapes and facial features, how to shape brows, selecting foundation, cheek color, eye & lip color, contour shading and highlighting.
  - What's in my kit, tools of the trade.
  - Introduction to many specialized makeup applications including air brushing, theatrical, wedding, fantasy makeup and body art.
- \*in class practical on students and models are required\*

## **Clinical Devices IPL, Radio Frequency, Cryolipolysis, Ultrasound and Lipolaser (76 Hours) week 11 through 12**

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This module focuses on the use of lasers in the industry as a mainstay in skin restoration, revitalization, resurfacing, hair, vein and tattoo removal, weight loss and a host of other services provided to clients in the salon spa industry.

- What is Laser Technology?
  - Skin Typing and Benefits for Clients (Laser)
  - Types of Laser Machines, How are they used in treating skin concerns
  - History of Lasers
  - Before and after results and Client Packaging
  - Skin Conditions treated with Lasers
  - Contraindications, Medications, Disorders & Diseases
  - Laser Safety
  - Laser Equipment Maintenance and Sanitation
  - Fitz Patrick Scale
  - Client Consultation
  - Pre & Post Treatment Knowledge and Consent Forms
- \*in class practical on students and models are required\*

## **Hair Removal, waxing, depilatory, tweezing, brow shaping & threading (25 Hrs) week 13**

This module teaches procedure of removing unwanted hair on the legs, face and other areas of the body. Students will learn various methods of hair removal and how to render services in a safe and satisfactory manner, including large area and sensitive area hair removal techniques for clients in the salon spa industry.

- Students will learn basic histology, function and composition of hair and hair types
  - Understanding of permanent and temporary hair removal methods.
  - Students will study face shapes and how to enhance facial features by proper brow shaping
  - Various hair removal methods including tweezing, chemical depilatories, waxing and threading.
  - Students will learn before and after procedures, client preparation and contraindications.
  - What waivers and forms are required for client consultation.
  - Students will study the Canadian Laser Hair Removal Safety Guidelines
- \*in class practical on students and models are required\*

## **Introduction to Aromatherapy and Reflexology (20 Hours) week 13 &14**

This module introduces the use of reflexology and fragrances treatments to provide clients relaxing to exhilarating salon spa atmosphere. Essential oils, herbs, fruits, and other natural substances provide fragrant scents to be defused as a client is having a salon treatment. The student will gain working knowledge of how to provide the proper aromatherapy based on the client's treatment. Reflexology, also known as zone therapy, is an alternative medical practice involving the application of pressure to specific points on the feet and hands.

- The purpose and benefit of aromatherapy in a salon or spa.
- Introduction to various substances and how they can affect the psyche
- Students will learn how to use herbs and other substances to make soothing facial masks.
- Students will learn Reflexology methods and presser points using thumb, finger and hand massage techniques.
- Students will learn how to treat conditions like anxiety, asthma, cardiovascular issues, headaches, muscle tension, kidney function, PMS etc.

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## **Salon/Spa Business Management (35 Hours) week 15**

This module outlines important aspects of successful salon/spa business management skills.

- Salon/SPA Business Management
- Types of Business Ownership
- Business Licensing, Law, Regulations and Insurance
- Opening a Spa/Salon Business
- Strategies for a Successful Business
- Daily Operations and Functions
- Record Keeping and Inventory Control
- Marketing, Advertising and Promotions
- Telephone Communication and Reception Service
- Customer Service and Building a Clientele
- Managing Personnel
- Human Relations Pertaining to Labor Laws and Employee/Management Expectations

## **Career Planning and Employment Skills (35 Hours) week 16**

This unit outlines important aspects of career planning, gaining employable skills and basic computer literacy.

- Skills for Success – Resumes, Cover Letters, Interview Skills
- Career planning and Employment Skills
- Exploring the Job Market and Networking
- Methods of Compensation
- Basic Remedial Computer Skills and Literacy
- Internet Navigation, Accessing Information and Email capabilities

## **Pre-Provincial Certification Exam Review (5 Hours) week 16**

## **Technical Practical Exam (5 Hours) week 16**