



**Curriculum
Esthetics**

DESCRIPTION	CODE	THEORY	LAB	HOURS
Introduction to Esthetic	EM - 101	8	0	8
Sanitation and Sterilization	EM - 102	4	6	10
Human Physiology and Anatomy	EM - 103	6	10	16
Skin History	EM - 104	6	10	16
Skin Diseases and Disorders	EM - 105	6	12	18
Nutrition	EM - 106	4	8	12
General Chemistry	EM - 107	6	14	20
Skin Analysis	EM - 108	6	6	12
Draping	EM - 109	4	6	10
Product Selection	EM - 110	4	8	12
Cleansing and Facial Massage	EM - 111	12	108	120
Selecting and Employing Mask Therapy	EM - 112	12	108	120
Electricity	EM - 113	6	14	20
Hair Removal	EM - 114	6	12	18
Hazards to Skin	EM - 115	3	7	10
Aromatherapy	EM - 116	8	58	66
Spa	EM - 117	10	80	90
Make Up Techniques	EM - 118	10	80	90
Business Practices	EM - 119	8	32	40
Job Skills	EM - 120	6	24	30
Louisiana Acts Rules and Regulations (Esthetics)	EM - 121	3	9	12
Total Hours		138	612	750

Program Description

This program is distributed with theory classes and practical and clinic work to help develop the skills the students need. In order to be able to offer services in esthetic and makeup that include skin analysis, cleanliness, treatments, and corrections for skin conditions and irregularities, throughout the right use of cosmetics and modern methods to stimulate the blood circulation, they need to develop such skills. This course prepares the students to practice and perform at an entry-level as estheticians, cosmetic representatives, and makeup artists among others.

General Objectives

To develop a professional within the field of esthetic and make up that can:

- Apply the basic skills required to offer esthetic and makeup services according to the actual demand and technologies.
- Be able to develop the professional practices on esthetic and makeup as employee or self- employed within the industry.
- Improve the personal appearance that leads to success in the attention and attraction of the clientele, as well as maximum personal satisfaction in their achievement as an esthetic and makeup artist.
- Promote and better provide the esthetic profession utilizing the best methods and techniques with a qualified personnel to offer these services.
- Improve the self-esteem of the people getting the esthetic services.

Specific Objectives

- Develop competencies, concepts, theoretical and practical principles for the acquisition of the skills that qualify the students and can make jobs related to the field of esthetic and make up.
- Provide the student's competencies and professional tools necessary to be placed and employed in the professional field of esthetic and makeup.
- Provide the educational experience that allows the students to be able to classify, appreciate, and gain a value system that reflects their personal and collective tasks.
- To grow in the student the concepts of personality that allows them to be developed professionally in their new career of esthetic and makeup.

E - 101 Introduction to Esthetics 8 hrs

This unit covers orientation, school rules, and regulations, familiarization with school facilities and supplies. Also, the histology of esthetics, modus operandi, equipment and materials needed, are going to be discussed as well as professional ethics, behavior, hygiene, and others.

E - 102 Sanitation and Sterilization 10 hrs

Throughout this unit, the students will be familiar with bacteria and ways of infections, preventions, immunities and body defenses, and methods of infection control. It will provide knowledge and practices in sanitation and hygiene that protect public health.

E - 103 Human Physiology and Anatomy 16 hrs

The students will be familiar with body systems, physical and biochemical functions of humans, integrating the knowledge that can relate to healthy ways. Throughout this unit they will be knowledgeable about the correlation between the areas discussed, worked and developed.

E - 104 Skin History 16 hrs

The composition of the skin, sebaceous glands and sweat glands are going to be examined during this unit as well as skin characteristics, flexibility, humidity, texture, and elasticity. The reaction of the skin while using different products, the muscles and nerves that control the facial area are going to be discussed as well.

E - 105 Skin Diseases and Disorders 18 hrs

There are many skin diseases and disorders that can affect the appearance of healthy skin and which the esthetician can improve tremendously with some care and treatments. This unit is directed to help esthetic students to recognize the skin problems that can be treated by them such as pimples, acne, blackheads, blemishes, and others. Evaluation and practices will be given to the students for a thorough understanding of such practices.

E – 106 Nutrition 12 hrs

Nutrition for healthy skin and longevity is vital. A healthy skin of an esthetician plays a very important role in the future of his/her career. This unit is designed for the students to help them to be familiar with a poor diet that can lead to malnutrition as well as a rich diet that can improve health. Several related subjects are going to be covered during this unit followed by evaluations and practices.

E - 107 General Chemistry 20 hrs

A broad introduction to a variety of concepts in chemistry will be provided to students throughout this unit. Chemistry and matter as related to esthetics; chemical solutions, elements, compounds and mixtures, biochemistry, and the P.H. scale.

E - 108 Skin Analysis 12 Hrs

This unit will help the students to be able to identify the skin types of customer and facial forms. Throughout this unit, they will learn to analyze the skin, client consultation, skin conditions and client preparation for service. With guidance from a professional instructor, students will be guided and evaluated to assure a maximum understanding of the safety precaution and procedures.

E -109 Draping 10 hrs

One of the most important parts before providing a service to a customer is to protect the clothing, hair, and skin. Throughout this unit, students will learn to properly drape a customer for any service to be provided. Evaluations and practices will be given to students to assure the implementation of practices and safety procedures and precautions.

E - 110 Product Selection 12 hrs

Throughout this unit, students will develop the skill of selecting the right product for each customer need. A variety of skin care products, massage creams, and oils, ampoules, scrubs, on new techniques are available in the market for each purpose. Also, the FDA laws governing cosmetics and cosmetics safety will be applied during this unit.

E - 111 Cleansing and Facial Massage 120 hrs

Client preparation, skin analysis, and consultation, skin types, facial cleansing procedures, facial treatments with or without machines will be taught to students during this unit. Also, it will cover steaming application, pore cleansing (extirpate), pulverize the skin; UV rays application, high frequency, massages, peeling, among others.

E - 112 Selecting and Employing Mask Therapy 120 hrs

Throughout this unit, students will be able to select and employ the right mask therapy for their clients. They will be familiar with the procedures and applications of all types of masks. Safety procedures will be implemented as well as the right care of the same. Practices and evaluations will be given to the students to assure the learning quality of this type of service.

E - 113 Electricity 20 hrs

The proper handling of electrical equipment like vapor machines, magnifying lamps, UV rays, use of brushing, spray and suction machines will be discussed throughout this unit. Electricity and its effects on the skin, galvanic current for chemical (desincrustation) and ionic iontophoresis, high-frequency current, among others followed by all safety precautions and procedures.

E - 114 Hair Removal 18 hrs

This will be a theoretical overview of permanent methods (electrolysis, thermolysis, and blend). Temporary methods of hair removal (manual tweezing, depilatory solutions, waxing, strip, and non-strip).

E - 115 Hazard to Skin 10 hrs

This unit is intended to help the students to be able to recognize any chemical agent that can be hazardous to skin, causing skin diseases and disorders, as well as physical agents such as radiation (UV/solar, ultraviolet); also mechanical trauma that included friction, pressure, abrasions, lacerations and contusions (scrapes, cuts and bruises). Evaluation and practices will be provided to students throughout the guidance of a professional instructor.

E - 116 Aromatherapy 66 hrs

Aromatherapy is the practice of using natural oils extracted from flowers to enhance psychological and physical well being. This unit will provide the students the knowledge and skills needed so they can be able to apply efficiency different products for this purpose, based on the clients like and dislikes. A form of alternative medicine aromatherapy is gaining momentum in our society. The students will be guided and evaluated during this unit.

E - 117 Spa 90 hrs

The teaching and practices of the spa services it is on demand in our modern era. One of the best ways to enhance self-esteem is to lay emphasis on appearance. Throughout this unit, students will learn and practice spa which is made to keep the face and the skin glowing, fresh and young.

E - 118 Make Up Techniques 90 hrs

Throughout the unit, students will acquire knowledge in color analysis, the morphology of the face, product knowledge, chemistry, and related composition, eyebrow contouring, makeup application, correction and contouring, false eyelashes, eyelash, and eyebrow tinting. Further training required for advanced techniques.

E - 119 Business Practices 40 hrs

Students will be familiar throughout this unit with the business operation, site planning and designs, accounting, inventory and sales tax, payroll regulations, communication skills, retailing techniques, marketing (advertising and promotion, customer retailing).

E - 120 Job Skills 30 hrs

Throughout this unit, students will be trained in resume preparation, interviews, letter writing, licensing regulations, job attitudes, professional organization, industry trade, shows, magazines, and career opportunities.

E - 121 Louisiana Act Rules and Regulations 12 hrs

This unit will provide important information about the Louisiana Act Rules and Regulations to be applied and practice by the students while learning a new career. It will also help them to comply with the same, assuring a

long time successful business while dealing with with public health. Some evaluations will be given to students in order to assure the practice and understanding of the rules and regulations discussed.