

# COSM G071: ESTHETICS - LEVEL 1

Item	Value
Curriculum Committee Approval Date	11/16/2021
Top Code	300700 - Cosmetology and Barbering
Units	11 Total Units
Hours	342 Total Hours (Lecture Hours 126; Lab Hours 216)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S)

## Course Description

This course is the first session of two nine week courses comprising of 336 hours to be applied to a State Board Certification in esthetics. The course is designed to introduce the beginning student to standards of professional conduct and to scientific theory of all subjects dealing with skin care, (i.e. anatomy, histology of the skin). It also provides a laboratory experience with an emphasis on skin care techniques, such as facial massage, hair removal, skin analysis, use of electrical modalities, as well as basic makeup. Students are required to purchase an esthetician kit, program uniform and other program materials. Not Transferable.

## Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Identify skin types as well as skin disorders (i.e. acne, rosacea).
3. Apply basic facial techniques by giving a complete European facial.
4. Employ various methods of hair removal on the face and body.
5. Apply product skills by selecting the appropriate products for the client.
6. Practice the correct esthetic skills, both written and practical.

## Course Objectives

- 1. Apply various hair removal techniques on the face and body according to skin type.
- 2. Practice various methods of sanitation and disinfection.
- 3. Perform a face and body massage by using the correct manipulations.
- 4. Explain the different types of massage movements.
- 5. Identify the bones and muscles of the cranium and face.
- 6. Identify the basic concepts of electrotherapy.
- 7. Perform a makeup consultation, determine a clients needs, and fill out a client chart.

## Lecture Content

Professional Image Professional conduct Life skills Wellness Communication Skills Human relations Client consultation Infection Control Bacterial defense by using methods of disinfection, sanitation and safety First aid procedures Regulation of the professional environment by various government organizations Facial Massage Massage benefits Introduction to massage techniques General Anatomy and Physiology Cell reproduction of the skin Identification of the bones and muscles of the cranium and face Physiology of the nervous system of the body Physiology of the general circulatory system of the body Hair Removal a. Tweezing b. Waxing of the face and body c. Hair growth and its effects on hair removal Basic Electricity a. Theory of electricity b. Electrical equipment as it relates to facial treatments c. Basic application of High Frequency and Galvanic apparatus d. Basic electrical procedures used in facials Histology of the Skin a. Skin functions b. Layers of the skin, both epidermis and dermis c. Skin health and hygiene Diseases and Disorders a. Sebaceous gland disorders b. Sudoriferous gland disorders c. Pigment disorders d. Types of acne conditions e. Early detection of cancer Skin Analysis a. Genetic skin types b. Skin contraindications c. Client consultation and analysis Makeup a. Theory of color b. Makeup tools and products c. Face shapes d. Basic makeup application e. Application of artificial eyelashes

## Lab Content

Practice methods of sanitation and disinfection Practice table setup and sanitary maintenance area procedures Employ professional conduct and communication skills with the client Apply proper client protection, draping and safety Practice proper skin analysis by correct observation of the clients skin type Perform proper cleansing of the skin by using the correct products and movements Perform a face and body massage by using the correct manipulations Perform proper exfoliation procedures by using manual scrubs and enzyme peels Apply various facial masks Perform safe application of basic electrical modalities using high frequency Perform safe and proper techniques in eyebrow tweezing Perform safe and proper techniques in eyebrow depilatory waxing Perform safe and proper techniques in face and body depilatory waxing Apply proper basic makeup by using the correct techniques Apply safe and proper application of artificial eyelashes

## Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)
- Lab (04)
- DE Live Online Lab (04S)
- DE Online Lab (04X)

## Reading Assignments

Textbook Websites

## Writing Assignments

Write an essay using researched material pertaining to the skin care industry. Several sources must be used and critical thinking skills applied to the essay. Students are required on a regular basis to demonstrate learned skills pertaining to customer care in the esthetics field, such as facials, waxing, massage, makeup etc.

## **Out-of-class Assignments**

Research microdermabrasion machines and chemical exfoliation products.

## **Demonstration of Critical Thinking**

Students will be able to demonstrate a basic assessment of the clients needs as it relates to esthetic services, such as facials, massage, exfoliation, hair removal, skin analysis and makeup.

## **Required Writing, Problem Solving, Skills Demonstration**

Students are expected to write a minimum two-page, typed essay using researched material pertaining to the skin care industry. Several sources must be used and critical thinking skills applied to the essay. Students are required on a regular basis to apply learned skills pertaining to customer care in the esthetics field, such as facials, waxing, massage, makeup etc.

## **Eligible Disciplines**

Cosmetology: Any bachelors degree and two years of professional experience, or any associate degree and six years of professional experience.

## **Textbooks Resources**

1. Required Gerson, Joel. Milady Standard Esthetics: Fundamentals (and workbook/test review manual) for Professional Estheticians, 12th ed. Clifton Park: Milady, 2019 Rationale: Current textbook

## **Other Resources**

1. Esthetician kit 2. School supplies (binder, paper, plastic covers, etc.) 3. Designated uniform, sweater, and shoes (black or white) 4. Twin size blanket (1) and set of twin sheets 5. Disinfectant wipes (2) (state board procedures)