

# MBC SCHOOL OF ESTHETICS

## ESTHETICS COURSE OUTLINE

### Course Description:

	Theory	Practical	Total
Orientation & Spa Etiquette	30 hrs.	20 hrs.	50 hrs.
Nail Technology	137 hrs.	113 hrs.	250 hrs.
Hair Removal	35 hrs.	80 hrs.	115 hrs.
General Sciences	135 hrs.	40 hrs.	175 hrs.
Skin Sciences	96 hrs.	81 hrs.	177 hrs.
Esthetics	210 hrs.	325 hrs.	535 hrs.
Business Skills	40 hrs.	33 hrs.	73 hrs.
Makeup Artistry	90 hrs.	60 hrs.	150 hrs.
Total Hours	773 hrs.	752 hrs.	1525 hrs.

(44 Weeks of Instruction)

**DIPLOMA AWARDED UPON SUCCESSFUL COMPLETION  
EVALUATION BY TESTING (WRITTEN & PRACTICAL) AND ASSIGNMENTS  
PASS 70% IN ALL SUBJECT AREAS**

### METHOD OF EVALUATION

*Students are tested regularly throughout the program in all subject areas. Pass for all tests/exams and assignments is 70%.*

**Final marks:** tests and exams average 50% for theory + 50% for practical. Minimum 1,250 hours overall attendance required for graduation with a diploma.

# CURRICULUM FOR ESTHETICS COURSE

## Course Description: ORIENTATION & SPA ETIQUETTE

**Course Hours: 50**

### ***Course Content:***

- 1. Ethics & personal skills, personality & teamwork, personal image*
- 2. Hygiene & nutrition*
- 3. Market trends & career opportunities*
- 4. Entrepreneurial practices*
- 5. History of Cosmetology*
- 6. Communicating for success*
- 7. Role of Cosmetology Association*

Objective: Know how to experience a sense of well-being & the importance of personal hygiene  
Know how to go about cultivating those personality traits that will help to assure your success as a professional esthetician  
To be aware of your voice quality & conversational abilities  
Practice professional ethics when dealing with clients & staff  
Acquaint you with the many opportunities that open to professional estheticians  
Discuss many fields that are related to cosmetology that may appeal to you as a licensed esthetician  
Students will work the reception desk, which includes booking appointments, greeting clients, maintaining proper Salon flow, sales & managing transactions

## **Course Description: NAIL TECHNOLOGY**

**Course Hours: 250**

### ***Course Content:***

- 1. Procedures & Protocols of sanitation & sterilization in the salon & spa*
- 2. Infection Control*
- 3. The Study of Bacteriology (virus & parasites)*
- 4. Recognize the presence of nail & foot diseases & disorders, their causes & treatments*
- 5. Anatomy of hand, arm, foot, & lower leg*
- 6. Study of the nail structure & growth*
- 7. Implements & nail product chemistry in the performance of manicure & pedicures*
- 8. Station set up*
- 9. Client Profile, health record & contra-indications*
- 10. Manicure procedures*
- 11. Pedicure procedures*
- 12. Massage techniques*
- 13. Spa Manicures & Spa Pedicures*
  - exfoliations & mask*
  - paraffin wax treatments*
- 14. Introduction to Artificial Nails*
- 15. Clinical Practice*
  - students receive the opportunity to work on the public & each other*

Objective: An understanding of the importance of the science of bacteriology  
Know how the spread of disease is prevented & why public health must be protected at all times  
Know the types & classifications of bacteria, viruses, & parasites  
To be able to apply your knowledge of sterilization & sanitation to your work as an esthetician  
You will become knowledgeable in all aspect of the practice of manicures & pedicures, client consultations & beauty of the client's hands & feet  
To be introduced to the art of artificial nails & wraps  
To perfect their skills & services in a Salon/Spa setting  
Sanitation & Salon hygiene will be stressed  
Will experience many different client variables, including personalities, skin types & conditions

## **Course Description: HAIR REMOVAL**

**Course Hours: 115**

### ***Course Content:***

- 1. Understands the hair & its structure*
- 2. Hair growth cycle*
- 3. Temporary removal methods*
- 4. Permanent removal methods*
- 5. Waxing equipment & essentials*
- 6. Benefits of waxing*
- 7. Complete sanitation & sterilization while waxing*
- 8. Client consultation, contra-indications & knowledge of pre & post waxing care*
- 9. To understand & prevent common problems encountered during waxing*
- 10. Study of abnormal hair growth*
- 11. Successful removal of hair with both soft & hard wax*
- 12. Removal of superfluous hair including eyebrow shaping, facial hair, underarm, arm, bikini, abdomen, back, chest, & legs*
- 13. Clinical Practice*
  - students receive the opportunity to work on the public & each other*

Objective: Become familiar with the various methods of hair removal

Understand the anatomy of the hair & its surrounding structures, including growth & abnormalities

Complete knowledge of sanitation protocols & client care & consultation

To properly perform waxing techniques for various parts of the face & body in an efficient & orderly fashion

Use both hard & soft wax applications

Knowledge of pre & post wax care as to prevent common problems encountered during waxing

To perfect their skills & services in a Salon/Spa setting

Sanitation & Salon hygiene will be stressed

Will experience many different client variables, including personalities, skin types & conditions

## **Course Description: GENERAL SCIENCES**

**Course Hours: 175**

### ***Course Content:***

#### ***1. Perform Complete Client Consultation***

- health records & contra-indications

Objective: To conduct a client consultation

Understand how to discuss the client's needs

You become aware of the questions a client might ask regarding facial treatments & home care of the skin

Perform a complete health record to ensure the success of working at maximum strength without causing any negative reactions

#### ***2. General Anatomy & Physiology***

- Cell, tissues & organs
- Body systems
  - Skeletal System
  - Muscular System
  - Nervous System
  - Circulatory System
  - Lymphatic System
  - Endocrine System
  - Digestive System
  - Excretory System
  - Respiratory System
  - Integumentary System
  - Reproductive System

Objective: Basic understanding of human anatomy & physiology including different body systems & their relation to the practice of esthetics

Knowledge of the cells function & cell metabolism

Demonstrate & describe the various types of tissue

Understanding organs & system of the human body

#### ***Basic Chemistry***

- to define & understand matter & Potential Hydrogen (acid & alkali)
- oxidation

Objective: Defining acids & alkalis & know the differences between them

To understand cosmetic chemistry

### **3. *Basic Electrical Therapy***

- understanding the nature of electricity & currents
- employing the safety precautions necessary when handling electrical equipment
- use of esthetic equipment, their benefits, application & contra-indications
- describe light therapy & benefits including laser

Objective: Basics of electricity are outlined enabling the learner to operate a variety of machines & apparatus used in the esthetic profession knowledgably & safely

### **5. *Nutrition***

Objective: Outlines basic nutrition & how it can affect health & certain conditions of the skin

## **Course Description: SKIN SCIENCES**

**Course Hours: 177**

### ***Course Content:***

#### ***Histology***

Objective: Study of the skin

##### ***1. Intregumentary System***

- functions of the skin
- structure of the skin
- keratinization process
- appendages of the skin
- skin coloring

Objective: Gaining an understanding of the composition, structure & its function

##### ***3. Enemies of the Skin***

- study the effects of U.V. rays & the creation of free radicals

Objective: Understand the effects of alcohol, drugs, smoking, sunlight, & pollution on the health & beauty of the skin

##### ***4. Skin Disorders & Diseases***

- lesions & their causes
- contagious & non-contagious diseases including skin cancer
- acne & its grades

Objective: Able to recognize common skin deceases, disorders & disturbances  
To focus on which conditions can be treated by the esthetician & which require medical treatment

##### ***5. Skin Analysis & Charting***

- skin types & conditions
- perform skin analysis & charting
- Fitzpatrick scale
- causes of conditions
- understanding treatment contraindications

Objective: Recognizing & identify various skin types & conditions, setting objectives & treatment plans & including home care

## **6. *Cosmetic Chemistry & Skincare Products, Ingredients & Selection***

- in depth use of professional skin care line
- visit from the skin care line trainers & speakers

Objective: The elements of basic chemistry & chemical processes are outlined & as they relate to cosmetic products, their ingredients & various formulations  
Various product forms & uses in the practice of esthetics  
In depth training & sales techniques of complete skin care line

## **7. *Allergies & Reactions***

Objective: Learn to recognize & prevent client reactions to cosmetic ingredients

## **8. *Aromatherapy***

- introduction to the principles & their usages

Objective: Gain a general knowledge of history, manufacturer, & therapeutic uses of  
Essential Oils

## **Course Description: ESTHETICS**

**Course Hours: 535**

### ***Course Content:***

#### ***1. Facial Peels & Masks***

- assessment & applications

Objective: Demonstrate & identify exfoliation techniques

Describe masks, their applications & benefits including materials & procedures for various skin care

#### ***2. Professional Atmosphere & Equipment***

- client preparation & draping
- sanitation of treatment room

Objective: How to prepare implements, products & treatment rooms

#### ***3. Facial Benefits & Protocol***

Objective: Demonstrates basic procedure for face treatments

#### ***4. Facial Cleansing & Manipulation***

Objective: Learn the basic application method for applying cleanser & lotions

Learn how to prepare cotton pads & gauze & how to use them effectively in the application & removal of cosmetics

#### ***4. Extractions***

Objective: Preparing fingers for extractions

Proper skin preparation to achieve successful removal of comedones, milia, & pustules

Learning techniques to prevent skin damage & discomfort

#### ***6. Facial Massage***

- techniques & maneuvers, listing the physiological effects of facial massage
- benefits
- contra-indications

Objective: Demonstrates a complete understanding & purpose of facial massage

### **7. *Specialized Facial Treatments***

- paraffin treatments
- acne treatments

Objective: Understand how to give various treatments that will benefit the skin types & conditions

Utilizing advanced skin care products & machinery

### **8. *Male Skin Care & Treatments***

Objective: Cover factors that relate to esthetic treatments

### **9. *Facial Machines***

- magnifying lamp
- Woods Lamp
- hot towel cabinet
- rotary brush
- Lucas Sprayer
- paraffin wax heater & mitts/boots
- steamer
- vacuum machine
- Galvanic current
- electric heat mask
- high frequency machine
- spray machine

Objective: To obtain a level of education necessary for the efficient & safe use of these esthetic machines

Benefits

Contraindications

### **10. *Advanced Topics & Treatments***

- introduction to skin peels, microdermabrasion, sound therapies, laser & light technology

Objective: To require knowledge pertaining to new tools & technology available to the esthetician

### ***11. Spa Body Treatment***

- to understand spa body treatments
- body scrubs, wraps & masks
- different Hydrotherapies available including balneotherapy & thalassotherapy
- introduce holistic treatments such as stone massage, reflexology & Ayurvedic

Objective: Introduce advanced treatments associated with the growing modern spa world

### ***12. Manual Lymphatic Drainage***

Objective: Understand the importance of the lymphatic system & the effects of cleansing the body tissues through manual manipulation  
To successfully perform the specialized massage

### ***13. Medical Esthetic Treatment***

- discussion of available treatments & products

Objective: Familiarize the esthetician with the treatments now available to be performed under the supervision of the physician & dermatologist

## **Course Description: BUSINESS SKILLS**

**Course Hours: 73**

### ***Course Content:***

1. *Career planning & goal setting*
2. *Seeking employment, interviews, networking, building a clientele*
3. *Resume writing*
4. *Salon management, entrepreneurial practices & retail sales*
5. *Skin care business*
6. *Whmis & First aid training*

Objective: Understand the numerous things that must be considered when going into business

Learn how to develop sales ability, understanding different types of clients, & effective techniques for selling product & services

Understand goal setting

Learn guidelines for finding the job of your choice, including resume writing & employment interviews

Students will work the reception desk, which includes booking appointments

greeting clients, maintaining proper Salon flow, sales & managing transactions

## **Course Description: MAKEUP ARTISTRY**

**Course Hours: 150**

### ***Course Content:***

- 1. Makeup products & techniques*
- 2. The law of colour & colour harmony*
- 3. Facial features & face shapes/corrective techniques*
- 4. Client Consultation*
- 5. Infection control & safety*
- 6. Basic skin types & conditions & preparing the skin*
- 7. Basic makeup, Day makeup, Evening makeup Application*
- 8. Bridal Makeup Application*
- 9. Retailing*
- 10. Artificial eyelash application*
- 11. The procedures of eyebrow & lash tinting including contra-indications*
- 12. Introduction to other eyelash services*
- 13. Clinical Practice*

Objective: A successful makeup artist must understand basic principles of the use of colour

The artist must choose harmonious makeup colours that enhance the clients personal colouring

Learn the success rules & the techniques practiced by makeup artists

Study various facial structures to be able to analyze face shapes & facial features

Knowledge to help you select & apply makeup to emphasize the clients good features while minimizing not so attractive ones with the use of highlighting & shading of the facial feature

Know how to select cosmetic products, grooming eyebrows & how to apply artificial eyelashes

To learn the procedures to successfully tint eyebrows & eyelashes including contra-indications

Have the confidence to advise your clients about their makeup needs & makeup application

To perfect their skills & services in a Salon/Spa setting

Sanitation & Salon hygiene will be stressed

Will experience many different client variables, including personalities, skin types & conditions