

COSM G072: ESTHETICS - LEVEL 2

Item	Value
Curriculum Committee Approval Date	11/05/2024
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
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S)

Course Description

This course is the second 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 provide a more in-depth skills of esthetics including the scientific theory pertinent to skin (i.e. chemistry, nutrition). The students will learn skin care theory and receive more advanced laboratory training including the application of chemical peels, facial and body massage techniques, hair removal, eyelash extensions, eyelash and brow tinting, perm eyelash lamination, and proper use of electrical facial modalities. Students will learn the skills required to render most professional services. PREREQUISITE: COSM G071. Not Transferable.

Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Formulate a skin care regimen based on skin type using advanced skills of products.
3. Apply advanced skills in all facial treatments.
4. Evaluate effects of electrical modalities for various skin types.
5. Employ safe extracting techniques for clients with acne conditions.

Course Objectives

- 1. Formulate various products for each client's needs.
- 2. Perform the safe use of esthetic equipment during a facial.
- 3. Apply various techniques of an anti-aging facial.
- 4. Practice the application of galvanic procedures for acne healing facials.
- 5. Demonstrate the use of lymphatic drainage massage during a facial.
- 6. Differentiate how acid, alkaline, and pH affect the skin.
- 7. Explain how nutrition relates to healthy skin.

Lecture Content

The Treatment Room Professional atmosphere Room preparation Clean up Variations of Facials Men's skin care Acne healing facials Anti-

aging facials Facial Machines Woods lamp Vacuum suction Rotary brushes Advanced galvanic, sinusoidal, and ultra sound procedures Chemistry General chemistry principles Chemical reactions of basic elements and compounds Organic and inorganic chemistry The pH scale and its relation to cosmetic and facial products Skin Care Products Cosmetic chemistry Product ingredients Natural versus synthetic skin care products Aromatherapy Nutrition Nutrition for the health of skin Vitamins and minerals U.S.D.A. food guide pyramid Advanced Topics and Treatments Microdermabrasion, ultrasound, lasers Lymphatic drainage massage Advanced acupressure massage Medical facial reconstructive procedures Career Planning Employment Licensure Resumes Interviews Money management Skin Care Business Owning your own business Record keeping Public relations Selling Products Product line knowledge Client building and retention Sales Advanced Makeup theory Analysis of skin tones Advanced makeup application for special effects, television theatrical production Contour and shadowing of facial structures Corrective makeup techniques Advanced artificial eyelash extensions Eyelash and eyebrow tinting Eyelash perm/lamina tion

Lab Content

Apply skills to present a pleasant, safe and professional atmosphere. Examine various clients skin types and their skin conditions while prescribing product for facial the treatment. Apply the use of proper Esthetic equipment during a facial. Apply proper products for each client. Analyze each client's skin and recognize possible nutritional benefits or deficiencies. Practice various techniques of a male facial. Apply various techniques of an anti-aging facial. Perform advanced methods of accelerated exfoliating peels. Perform advanced methods of double application of masks. Practice proper use of galvanic procedures for acne healing facials. Apply the use of lymphatic drainage massage during a facial. Perform corrective, stage or special event makeup. Apply advanced method of eyelash extensions. Practice proper microdermabrasion techniques according to the State Board Performance Criteria. Practice proper use of procedures for eyelash and eyebrow tinting.

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 to write about the esthetic benefits of microdermabrasion, chemical peels, and lymphatic drainage massage.

Out-of-class Assignments

Examine industry journals and research different makeup techniques and looks.

Demonstration of Critical Thinking

Students will be able to identify intermediate and advanced skin analysis, determination of correct facial procedures for the individual client, and

explain appropriate skin care products to use during the service in order to insure a healthy and positive result. Students will be observed on a regular basis in the Client Spa Lab.

Required Writing, Problem Solving, Skills Demonstration

Students are expected to write a 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 to write about the esthetic benefits of microdermabrasion, chemical peels, and lymphatic drainage massage.

Eligible Disciplines

Cosmetology: Any bachelor's 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: Fundamental (classic)s (and workbook/test review manual) for Professional Estheticians, 12th ed. Clifton Park: Milady, 2019 Rationale: Up-date