

COS 185: SKIN CARE

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2024
Credits:	9.5
Total Contact Hours:	200
Lecture Hours :	160
Lab Hours:	40
Hours Arranged:	0
Outside of Class Hours:	320
Total Student Learning Hours:	520
Prerequisite:	COS 141.
Strongly Recommended:	ENGL 101.
Transferable to CSU:	No
Transferable to UC:	No
Grading Method:	Standard Letter

Catalog Course Description

This course consists of theory and practical applications in skin care. Lectures, demonstrations and practical experience are in the following areas: facial treatments - manual, chemical and light therapy. In addition, the theory of temporary hair removal, tinting of eyebrows, eyelashes and the perming of eyelashes are introduced. 160 lecture hours, 40 lab hours.

Course Objectives

- Perform client consultation and skin care analysis; recognize and assess certain skin disorders and diseases.
- Demonstrate and employ proper disinfection, sanitation and infection control procedures.
- Demonstrate and practice massage manipulations and facial procedures, including working with a professional line of skin care products.
- Identify the relevant anatomy and physiology pertaining to skin care.
- Practice and perform the following applications: beautification of skin, temporary hair removal, tinting of natural eyelashes and eyebrows, application of artificial eyelashes, perming of eyelashes.
- Practice and perform the following facials & massage: manual, chemical and electrical.
- Practice and perform the proper usage of professional equipment, products and tools.

Major Course Content

1. Health and Safety
 - a. Instruction on safety data sheets
 - b. Preventing communicable diseases
 - c. Infection control
 - d. Chemical safety
 - e. Instruction on hazardous substances
 - f. Safety instructions for electrical equipment
2. Skin care
 - a. Facial massaging, stimulating, exfoliating, cleansing
 - i. face, scalp, neck, body

- b. Proper draping
 - c. Anatomy and physiology
 - d. Analysis of skin, diseases and disorders
 - e. Scrubs, mask and packs, treatments
 - f. Esthetic devices
 - g. Skin care & cosmetic products
 - i. antiseptics, lotions, creams
 - h. Disinfection & sanitation
3. Electricity
 - a. General electricity and safety procedures
 - b. Tools
 - c. Electrotherapy & Light therapy
 - d. Modalities
 4. Eyelashes & Eyebrows
 - a. Draping
 - b. Proper artificial eyelash applications
 - c. Eyebrow/eyelash tinting
 - d. Perming of eyelashes
 - e. Protection from hazardous chemicals
 - f. Disinfection & sanitation
 5. Hair Removal
 - a. Proper removal of superfluous hair
 - b. Draping
 - c. Disinfection & sanitation
 - d. Waxing, tweezing, depilatories, sugaring
 - e. Non-prescription chemicals
 - f. Disinfection & sanitation
 - g. Preventing communicable diseases
 6. Business Management
 - a. Record Keeping
 - b. Client Retention
 7. Safety & Protection
 - a. Goggles/mask/gloves
 - b. Proper ventilation
 - c. Preventing communicable diseases
 - d. First Aid
 - e. Proper disinfection & sanitation on equipment
 8. Communication
 - a. Consumer/technician consultation
 - b. Interpersonal Skills
 - c. Professional ethics
 - d. Career opportunities

Lab Content

1. Skincare analysis and treatments
 - a. Analyze and differentiate skin types
 - b. Proper draping
 - c. Demonstrate various massages and treatments
 - d. Identify and recognize skin disorders
 - e. Recognize specific product for individual needs
2. Anatomy and Physiology
 - a. Identify and categorize bones and muscles of the face, head and neck

3. Electricity
 - a. Recognize and distinguish different light therapy applications
 - b. Demonstrate proper electrical modalities
 - c. Recognize and distinguish different loads and safety practices
 - d. Proper draping
 4. Eyelashes
 - a. Demonstrate and apply artificial eyelashes
 - b. Demonstrate and practice tinting of eyelashes and eyebrows
 - c. Demonstrate and practice perming of eyelashes
 - d. Demonstrate and practice temporary hair removal
 - e. Proper draping
 5. Client Interaction
 - a. Develop and practice strong interpersonal skill
 - b. Demonstrate and execute professional work ethic
 6. Tools
 - a. Proper usage of waxing equipment
 - b. Proper usage of light therapy equipment
 - c. Proper usage of facial steamer
 - d. Disinfection & sanitation procedures
- Health and Safety
- a. Instruction on chemical and non-chemical products/substances
 - b. Preventing chemical injuries
 - c. Health & safety laws and regulations
 - d. Disinfection & sanitation procedures
 - e. Preventing communicable diseases

Suggested Reading Other Than Required Textbook

Lecture Notes/PowerPoints

Examples of Required Writing Assignments

Compare and contrast between the epidermis and dermis. Provide information on the five layers of cells in the epidermal layer. Prepare a group presentation for assigned body system.

Examples of Outside Assignments

- Prepare to name and label the bones of the facial skeleton and cranium.
- Prepare for California Board of Barbering and Cosmetology Written Examination.
- Recognize and prepare to identify and define the various modalities used in light therapy.
- Research and prepare a presentation of Skin diseases and disorders

Instruction Type(s)

Lab, Lecture, Online Education Lab, Online Education Lecture