ESTH 140: ESTHETICIAN I

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2026
Credits:	10
Total Contact Hours:	250
Lecture Hours :	150
Lab Hours:	100
Hours Arranged:	0
Outside of Class Hours:	300
Total Student Learning Hours:	550
Strongly Recommended:	ENGL C1000.
Transferable to CSU:	No
Transferable to UC:	No
Grading Method:	Standard Letter

Catalog Course Description

An introductory course of skin care treatments, hair removal, make-up application, anatomy and physiology. This course also includes massage techniques, sanitation and disinfecting, disease and disorders of the skin, cosmetic chemistry, electrical current and modalities for skin care. The course focuses on the basic skills required to achieve a State Board License. Part one of a three-part course. 150 lecture hours, 100 lab hours.

Course Objectives

- Analyze and understand skin types
- Understand and comprehend the principals of electrical current
- Prepare and apply chemical products in a safe manner
- Safely and correctly use electrical modalities
- Understand disinfecting procedures and properly generate solutions
- Correctly choose products for specific skin types
- Demonstrate knowledge of skin disease and disorders
- Demonstrate proper comedone extraction techniques
- Properly enter, record, and file client information and card
- Demonstrate correct phone and front desk etiquette
- Show knowledge and understanding of reactions to epidermal and dermal layers
- Utilize professional make-up techniques and applications
- Safely demonstrate removal of hair
- Demonstrate various massage techniques
- Correctly feather and apply false lashes
- Demonstrate proper bed preparation

Major Course Content

1. **Skin, muscles, bones, nerves**
   a. morphology/dermatology
   b. disorders/disease
2. **Disinfection, sanitation**
   a. bacteriology
   b. germicides
   c. safety
   d. salon ecology
3. **Skin response**
   a. massage
   b. benefits
   c. physical
   d. electrical
4. **Packs/masks**
   a. combination skin type
   b. oily skin type
   c. dry skin type
   d. sensitive skin type
   e. Mature skin type
5. **Make up**
   a. color keys
   b. corrective
   c. daytime
   d. evening
6. **Business**
   a. management
   b. client card
7. **Hair removal**
   a. wax
   b. tweeze

Lab Content

Skin care treatments and related services

1. Identify and explain structure of skin layers
2. Distinguish and demonstrate various massage techniques
3. Recognize and distinguish skin disorders/disease
4. Execute and display make-up artistry
5. Safely remove hair
6. Demonstrate disinfecting procedure
7. Choose correct disinfecting solution
8. Formulate and blend corrective skin treatments
9. Safely employ electrical modalities
10. Understand and recognize skin types
11. Understand and correctly apply packs/masks
12. Record client card
13. Properly and safely extract comedones

Suggested Reading Other Than Required Textbook

Industry periodicals

Examples of Required Writing Assignments

Before and after pictures of make-up application

Examples of Outside Assignments

How to assess and mix/blend proper products for certain skin types

Instruction Type(s)

Lab, Lecture, Online Education Lab, Online Education Lecture