

# ESTH 140: ESTHETICIAN I

## Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2023
Credits:	8
Total Contact Hours:	288
Lecture Hours :	72
Lab Hours:	216
Hours Arranged:	0
Outside of Class Hours:	144
Total Student Learning Hours:	432
Strongly Recommended:	ENGL 101.
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. 72 lecture hours, 216 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
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