

# ESTH 141: ESTHETICIAN II

## Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2021
Credits:	8
Total Contact Hours:	288
Lecture Hours :	72
Lab Hours:	216
Hours Arranged:	0
Outside of Class Hours:	144
Prerequisite:	ESTH 140.
Transferable to CSU:	No
Transferable to UC:	No
Grading Method:	Standard Letter

## Catalog Course Description

This course is part two of the esthetician program. A basic course which includes state board preparedness, customized facial treatments, the psychology of services, make-up artistry, color coordination, product knowledge and aromatherapy. Must be completed before entering part three, "Salon Fundamentals". 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
- Blend, mix, and apply botanical oils
- Choose correct massage for specific skin type and conditions
- Prepare and apply professional products in a safe manner
- Understand disinfecting procedures and properly generate solutions
- Demonstrate knowledge of professional exfoliation techniques
- Properly record client card
- Demonstrate proper comedone extraction techniques
- Identify different facial types
- Select appropriate foundation for corrective makeup
- Demonstrate safe removal of hair
- Demonstrate the application of false lashes
- Consult with clients to determine their preferences &/or needs
- Properly assemble and set up products for service

## Major Course Content

1. **Skin, muscles, bones, nerves**
  - a. morphology/dermatology
  - b. disorders/disease
2. **Disinfection, sanitation**
  - a. bacteriology
  - b. germicides
  - c. safety
3. **Skin response**
  - a. massage
  - b. benefits

- c. physical
- d. electrical

### 4. Cosmetic Exfoliants

- a. enzyme
- b. scrub
- c. BHA
- d. AHA

### 5. Advanced make-up artistry

- a. color keys
- b. corrective
- c. camouflage
- d. fantasy

### 6. Aromatherapy

- a. botanical oils
- b. serums
- c. blending

### 7. Hair removal

- a. speed
- b. brazilian
- c. wax
- d. hard

## Lab Content

Skin care treatments and related services

1. Identify and explain structure of skin layers
2. Demonstrate various massage techniques
3. Recognize and distinguish skin disorder/disease
4. Execute professional make-up artistry
5. Safely and quickly remove hair
6. Understand disinfecting procedures and properly generate solutions
7. Blend botanical oils/serums for proper application
8. Safely execute a cosmetic exfoliation for appropriate skin types
9. Explain and understand five skin types
10. Educate client and recommend proper home care
11. Record client card neatly, legible
12. Demonstrate proper comedone extraction
13. Demonstrate knowledge of acupressure

## Suggested Reading Other Than Required Textbook

Product Ingredient/Milady's

## Examples of Required Writing Assignments

Create notebook of make-up application.

## Examples of Outside Assignments

Work as a group and create an ingredient journal.

## Instruction Type(s)

Lecture, Lab, Online Education Lecture, Online Education Lab