

# NC ES140: ESTHETICIAN I

## Citrus College Course Outline of Record

| Heading                       | Value   |
|-------------------------------|---|
| Effective Term:               | Summer 2025                                       |
| Credits:                      | 0   |
| 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:         | Intermediate to advanced English language skills. |
| Transferable to CSU:          | No  |
| Transferable to UC:           | No  |
| Grading Method:               | Non-Credit Course                                 |

## 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. 150 lecture hours, 100 lab hours.

## Course Objectives

- Analyze and understand skin types.
- Understand and comprehend the principles 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

- Skin, muscles, bones, nerves**
  - Morphology/dermatology
  - Disorders/disease
- Disinfection, sanitation**
  - Bacteriology
  - Germicides

- Safety
  - Salon ecology
- Skin response**
    - Massage
    - Benefits
    - Physical
    - Electrical
  - Packs/masks**
    - Combination skin type
    - Oily skin type
    - Dry skin type
    - Sensitive skin type
  - Make-up**
    - Color keys
    - Corrective
    - Daytime
    - Evening
  - Business**
    - Management
    - Client card
  - Hair removal**
    - Wax
    - Tweeze

## Lab Content

### Skin care treatments and related services

- Identify and explain structure of skin layers.
- Distinguish and demonstrate various massage techniques.
- Recognize and distinguish skin disorders/disease.
- Execute and display make-up artistry.
- Safely remove hair.
- Demonstrate disinfecting procedure.
- Choose correct disinfecting solution.
- Formulate and blend corrective skin treatments.
- Safely employ electrical modalities.
- Understand and recognize skin types.
- Understand and correctly apply packs/masks.
- Record client card.
- 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