

# ESTHETICS COURSE OVERVIEW

## **Phase 1: Introduction to Esthetics, 150 hours (80% theory, 20% practical)**

Esthetics Acts/Rules  
Sterilization/Disinfection  
Microbiology/Bacteriology  
Salon Success

Waxing/Tweezing  
Makeup  
Physiology/Histology  
Nutrition

## **Phase 2: Facial Techniques and Wellness, 150 hours (30% theory, 70% practical)**

Anatomy  
Use of Facial Machines  
Facials  
Health and Safety  
Skin Analysis/Disorders  
Introduction to Chemical Facials

Detoxification  
Back Facials  
Paraffin  
Microdermabrasion  
Product Analysis/Ingredients

## **Phase 3: Advanced Esthetics, 150 hours (30% theory, 70% practical)**

Electricity  
Chemical Peels  
Advanced Facials  
Body Treatments

Spa Jet, Hydro Massage Bed  
Solar Bronzing  
Aromatherapy

## **Phase 4: State Board Prep & Employment, 150 hours (20% theory, 80% practical)**

Galvanic Treatment  
High Frequency (direct & indirect)  
Suction, Atomizer  
State Board Prep Course

Esthetics in the Medical Field  
Business Aspects  
Externship Opportunities

### **Subjects**

#### Waxing/hair removal:

Eyebrow, face, chin, lip, arm, underarm, bikini, back, legs (full and half)

#### Makeup:

Daytime, evening, bridal, everyday, special occasion/fantasy, eyelash application (strip and individual)

#### Facial Treatments:

Plain (with and without scrub), derma light (red, blue, white), ultra purifying, refresher, de-stressing, tune-up, detoxifying, lip conditioning, multi-task eye, paraffin, electricity, galvanic, high frequency, glycolic 1&2, pumice peel, vita mineral, purity, alpha hydroxyl, enzymes, microdermabrasion

#### Body Treatments:

Body polisher, herbology, solar bronzing, air-brush tanning, de-stressing back treatment done in vichy showers, spa capsule, and dry room treatments.

**\*Externship program (Except VA):** at the completion of 450 clock hours, 10% of hours can be earned in local salons/spas

**\*Pre-application for State Board:** at 450 clock hours, students can pre-apply to guarantee an exam date as early as 2 weeks after graduation. If students do not pre-apply, there is a 6 week- 6 month wait.

**\*Job placement assistance**



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