

## ESTHETICS 103 COURSE OUTLINE

The Esthetics 103 program is a 900-hour program combining 600 hours of basic skin care training required for state board licensing, and 300 hours of advanced esthetics techniques. The program length for the Day Schedule is 30 weeks and the Evening Schedule is 36 weeks. The advanced esthetics portion of the program provides additional esthetic services as well as advanced techniques, protocols, business skills, communication and customer service competencies sought by luxury and medi-spa owners and managers. Along with high quality technical training students will learn career development skills such as client consultation, business tracking systems, and marketing strategies, as well as receiving Financial Literacy training within the classroom and via online education. The following is a list of the state of California requirements for technical and practical criteria. Our curriculum meets or exceeds the minimum standards.

### **COURSE OBJECTIVES:**

1. To successfully prepare the student to pass the exam.
2. To prepare students for entry level employment
3. To develop personality skills as well as mechanical skills suitable for the field of skin care
4. To develop marketing and sales skills to become a successful skin care professional.

### **METHODS OF INSTRUCTION SHALL INCLUDE:**

- |                                      |                  |
|--------------------------------------|------------------|
| 1. Lecture                           | 5. Video         |
| 2. Teaching aids                     | 6. Demonstration |
| 3. Testing (oral/written)            | 7. Role-Play     |
| 4. Student participation in practice | 8. Online Theory |

### **ESTHETICS 103 COURSE OUTLINE:**

Pursuant to B&P 7362.5(c) the curriculum for a cosmetology course shall, at a minimum, include technical and practical instruction in the following areas:	MINIMUM HOURS	MINIMUM PROCEDURES
<b>Health and Safety:</b> Including instruction on hazardous substances, chemical safety, safety data sheets, protection from hazardous chemicals, preventing chemical injuries, health and safety laws and regulations, and preventing communicable diseases.	100	
<b>Board Approved Health &amp; Safety Course (B&amp;P 7389(a)):</b> Including instruction on hazardous substances, basic labor laws, and physical and sexual assault awareness.		
<b>Disinfection and Sanitation:</b> Including instruction on disinfection procedures to protect the health and safety of consumers as well as the technician and proper disinfection procedures for equipment used in establishments.	100	
<b>Skin Care:</b> Including instruction on chemical and manual facials and massaging, stimulating, exfoliating, cleansing, or beautifying the face, scalp, neck, or body by the use of hands, esthetic devices, cosmetic products, antiseptics, lotions, tonics, or creams that do not result in the ablation or destruction of the live tissue.	350	140
<b>Hair Removal and Lash and Brow Beautification:</b> Including instruction on tinting and perming eyelashes and brows and applying eyelashes to any person and includes removing superfluous hair from the body of any person by use of depilatories, tweezers, sugaring, nonprescription chemicals, or waxing, or by the use of devices and appliances of any kind or description, except by the use of lasers or light waves, which are commonly known as rays.	50	90

	MINIMUM HOURS	MINIMUM PROCEDURES
<b>Advanced Wellness Modalities for Face</b> Includes, but is not limited to: Microcurrent/EMS, LED treatments for acne, rejuvenation Lifting/Peptide Anti-Aging Facials, Oxygen Anti-Aging Treatments, Oxygen Anti-Acne Treatments, Dermabrasion Infusion, Lymphatic Drainage Facial Massage Techniques, Chemical Peels	100	15
<b>Body/Anti Cellulite Treatments</b> Includes, but is not limited to: Back and body treatments, Polishes, Wraps.	25	5
<b>Eyelash Extensions</b> Includes, but is not limited to: Understanding Hair Growth, Eyelash Extension Materials and Tools, Adhesive Chemistry and Toxicology, Application Methods, Health and Safety, Efficacy of Lash Extensions Health and Safety	25	10
<b>Advanced Brow Enhancement</b> Includes, but is not limited to: Brow shaping utilizing hair removal, Brow Stenciling	10	10
<b>Aromatherapy</b> Includes, but is not limited to: Understanding the use and application of essential oils, how it is used in esthetics treatments, benefits to physical and mental health.	15	5
<b>Oncology Esthetics</b> An intensive program to give you the foundational skills to safely and confidently work on clients who are undergoing treatment for cancer or are post treatment for cancer.	25	10
<b>CBD Wellness Workshop</b> Includes, but is not limited to: The Endocannabinoid System, Terpenes, Cannabis, Broad Spectrum versus Full Spectrum and the benefits of CBD	25	5
<b>Business Skills</b> Includes, but is not limited to: Professional communication skills, public speaking and presentation skills, 3 R's (Retail, Rebooking, Retention), vision board and business Plan Creation-Build	35	
<b>Additional Training</b> Industry Icon interviews, live presentations in class from specialized vendors and spa owners, opportunities to visit spas.	40	

**GRADING POLICY:**

Bellus Academy's course provides education and training in the areas associated with skills needed to graduate that are measured by course objectives. The school maintains complete records on each student or graduate for reference as required by the State. All students receive a complete theory and practical test after each section of the program has been completed. Individual tutoring, if needed, is available in preparation for the state exam. Grading to evaluate learning objectives via distance education theory is primarily through tests. Each student is graded on their theory and practical work, attendance, appearance, and attitude. The grading used is as follows:

93 – 100	EXCELLENT
85 – 92	VERY GOOD
75 – 84	SATISFACTORY
74 and BELOW	UNSATISFACTORY

Written progress reports are maintained by the Academy. Students receive progress reports that must be signed and kept in their file at least two (2) times during their program. Informal progress reports are distributed monthly and are available on the Bellus App so students can keep track of their progress. Additional progress reports may be issued to students as requested or on an as needed basis determined by the instructor.

**OCCUPATIONAL TITLES**

Graduates will enter the field as estheticians, sometimes known as facialists or skin care technicians.

### **CLASS AVAILABILITY**

Classes are conducted, in residency and online, Monday through Friday from 9:00 am to 3:30 pm for day students and Monday through Friday from 5:00 pm to 10:00 pm for night students. Please see the Class Start Calendar in the Catalog for Start dates.

### **REQUIRED TEXTS**

Milady Standard Esthetics Fundamentals, 12th edition, published by Cengage Learning; ISBN-13: 9780357475546; Hardware and software to access MindTap Cengage 12th edition Milady Standard Esthetics online platform: Advanced, 2nd Edition, and Workbook, published by Cengage Learning; ISBN-13:978-1-1111-3909-4; included in the kit cost.

### **LANGUAGE**

The course is conducted in the English language.

**INSTRUCTIONAL MATERIAL** *is updated periodically and includes textbooks and equipment required for successful completion of the program.* When the kit, its contents, and the textbooks have been issued to the student, they become the financial and personal responsibility of that student. Kit supplies may vary due to manufacturer availability.

Note: The academy provides sufficient supplies and informational material to each student to reinforce their learning. Such materials are issued based on instructional subject areas.