

MEDICAL ESTHETICS CURRICULUM

ORIENTATION

History and Career Opportunities in Esthetics

This chapter will focus on the cosmetics and skin care practices of earlier cultures and the changes in skin care and grooming in the twentieth and twenty-first centuries. You will learn the career options available to licensed estheticians and the development of esthetics as a distinct, specialized profession.

Your Professional Image

This module is designed to introduce students to the professional hygiene, proper postures and movements. The characteristics of a healthy, positive attitude and the attributes of a strong work ethics will also be covered, as well as ethics and time management techniques.

Communicating for Success

The objective of this chapter is to understand the golden rules of human relations and the importance of an effective communication. The students will learn how to conduct a successful client consultation and to handle delicate communications with clients and co-workers.

GENERAL SCIENCE

Infection Control

The student will be introduced to the types and classifications of bacteria, types of disinfectants and how they are used. The student will learn the differences between sterilization, disinfection and sanitation as well as the importance of sanitation for the health and safety of your clients and for themselves.

General Anatomy and Physiology

This chapter teaches you the importance of anatomy, physiology and histology for an esthetician. The student will become familiar with cells, their structure and their reproduction, tissues found in the body as well as the main body systems and their basic functions.

Basics of Chemistry

The module introduces the student to basics of chemistry. The structure, properties and differences between organic and inorganic will be discussed as well as the pH scale.

Basics of Electricity

The student will acquire knowledge of the basics of electricity and will learn about the four types of electrotherapy.

Basics of Nutrition

This objective of this module is to understand how nutrition relates to healthy skin. The student will be able to identify and explain the benefits of proper nutrition.

SKIN SCIENCE

Physiology and Histology of the Skin

This course will focus on the functions of the skin, the layers and the anatomy.

Disorders and diseases of the skin

This module will provide the awareness of skin conditions and disorders and will teach the student to recognize diseases that should not be treated in the salon.

Skin Analysis

The student will be able to identify skin types, skin conditions, will be able to explain the causes, perform a skin analysis and client consultation.

Skin Care Products

Training on Quannessence skin care products will be given. The student will understand cosmetics ingredients, their functions as well as product safety.

ESTHETICS

Manicure and Pedicure

After completing this chapter, the student will have the knowledge and practical skills to perform a complete manicure and pedicure within professional execution time.

Basic Facials

After completing this chapter, the student will have the knowledge and practical skills to perform and explain a basic facial within professional execution time.

Hair Removal

This theory and practical module present hair removal methods, the growth stages of the hair and the different equipment and tools. The student will be able to perform waxing and provide consultation before hair removal.

Spa Treatments

After completing this theory and practical chapter the student will be able to perform the followings: back treatments, body massage, body scrub, body wrap, spa manicure, spa pedicure specialized facial and will get an introduction to hot stone massage techniques.

The World of Makeup

The focus of this module will be to demonstrate the understanding of cosmetic color theory, consult with clients to determine their preferences and to perform basic makeup procedures for any occasion.

MEDICAL ESTHETICS

Photo-Rejuvenation

Photo-Rejuvenation is a skin treatment that uses lasers, intense pulsed light, or photodynamic therapy to treat skin conditions and remove effects of wrinkles, spots, and textures. The process induces controlled wounds on the skin, prompting it to heal itself by creating new cells. In this module you will learn about the machines, skin theory and techniques.

Microdermabrasion

Microdermabrasion is a skin treatment that uses a minimally abrasive instrument to gently sand your skin, removing the thicker, uneven outer layer. This type of skin rejuvenation is used to treat light scarring, discoloration, sun damage, and stretch marks. The student will understand the machine theory, skin theory and practice this treatment.

IPL Hair Removal

Intense pulsed light (IPL) is a technology used by estheticians and medical practitioners to perform various skin treatments for aesthetic and therapeutic purposes, including hair removal. This one-day course includes theory, demonstrations and practice.

Dermaplaning

Dermaplaning is a safe and effective form of exfoliation which immediately removes 2-3 weeks of dead skin cells from the epidermis. This procedure encourages monthly cell turnover and skin regeneration. This one-day course includes theory, demonstrations and practice.

Microneedling

Collagen induction therapy is one of the most popular, minimally invasive treatments for dull, aged and wrinkled skin, scarring, hyperpigmentation of the face and body. It is also used to improve the appearance of scars, boost collagen, or encourage hair growth. This one-day course includes theory, demonstrations and practice.

Chemical Peels

The student will be introduced to the acids, types of peels, precautions and contraindication and will have practice.

Electrolysis

After completing this chapter, the student will have the knowledge of basis of electricity, the understanding of the galvanic component and the practical skills to perform hair removal by thermolysis and blend.

BUSINESS SKILLS

Career Planning

This chapter will provide knowledge on what is needed to be successful in a service profession; it will prepare the student for passing the licensed exam and prepare them for employment.

The Skin Care Business

This chapter is designed to prepare the student with the qualities necessary to be successful when you are going into business for yourself and knowing the importance of keeping accurate business records.

Selling Products and Services

After completing this chapter, the student will have the knowledge of the basic principles of selling products, the purpose of effective salon advertising and knowing the importance of understanding client value and how to build a clientele.

ARTIFICIAL NAILS

After completing this chapter, the student will have the knowledge and practical skills to perform gel nail enhancement and basic nail art. An introduction to acrylic nails and shellac will be demonstrated.

CANB BY-LAWS

This chapter will focus on the by-laws of the Cosmetology Association of New Brunswick.

Notes: The Medes College reserves the right to change course curriculum, schedule and fees or to postpone classes if they needed.