

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.

Objectives:

- Describe the cosmetics and skin care practices of earlier cultures.
- Discuss the changes in skin care and grooming in the twentieth and early twenty-first centuries.
- Name and describe the career options available to licensed estheticians.
- Explain the development of esthetics as a distinct, specialized profession.

Life Skills

Why study life skills and why is it important to your success and the management of your career. This chapter will also focus on the psychology of success, goal settings and time management as it relates to profession of esthetician.

Objectives:

- List the principles that contribute to personal and professional success.
- Describe good study habits.
- Create a mission statement.
- Explain how to set long-term and short-term goals.
- Discuss the most effective ways to manage time.
- Define ethics.
- List the characteristics of a healthy, positive attitude.

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.

Objectives:

- Explain the characteristics of a professional image.
- Understand the importance of professional hygiene.
- Demonstrate proper standing and sitting posture.
- Understand how your personal conduct affects your professional image.

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.

Objectives:

- List the golden rules of human relations.
- Explain the importance of effective communication.
- Conduct a successful client consultation.
- Handle delicate communications with clients.
- Build open lines of communications with co-workers and salon managers.

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 about universal and standard precautions, 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.

Objectives:

- Understand state laws and rules and the differences between them.
- List the types and classifications of bacteria.
- Define hepatitis and HIV and explain how they are transmitted.
- Explain the differences between cleaning, disinfecting, and sterilizing.
- List the types of disinfectants and how they are used.
- Discuss Universal and Standard Precautions.
- List your responsibilities as a salon professional.
- Describe how to safely clean and disinfect salon and spa tools and equipment.

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.

Objectives:

- Define and explain why the study of anatomy, physiology, and histology is important to the esthetician.
- Describe cells, their structure, and their reproduction.
- Define tissue and identify the types of tissues found in the body.
- Name the 9 major organs and the 11 main body systems and explain 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. Estheticians need to understand basic chemistry as it is crucial in performing services safely and effectively.

Objectives:

- Define chemistry and its branches: organic and inorganic chemistry.
- Explain matter and its structure.
- Discuss the properties of matter and how matter changes.
- Understand how acid, alkaline, and pH affect the skin.

Basics of Electricity

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

Objectives:

- Define the nature of electricity and the 2 types of electric current.
- Define electrical measurements.
- Understand the principles of electrical equipment safety.
- Describe the types of electrotherapy and their uses.
- Explain electromagnetic radiation and the visible spectrum of light.
- Describe what the acronym *laser* stands for.
- Describe the colors of light in LED therapy and their benefits for the skin.

SKIN SCIENCE

Physiology and histology of the skin

Histology is defined as the study of the structure and composition of the skin tissue whilst histology is the study of the functions of living organisms. This chapter will focus on the various layers of skin and its functions. Nail and hair anatomy as well as skin health will also be covered in this part of the program.

Objectives:

- Explain the functions of the skin.
- Describe the layers of the skin.
- Describe how skin gets its color.
- Define collagen and elasticity.
- Name the glands of the skin.
- Discuss how sun damage affects the skin.
- Understand free radical damage.
- Understand the effects of hormones on the skin.
- Explain how the skin ages.

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. Estheticians should have a thorough understanding of disorders and diseases of the skin in order to treat clients effectively and safely.

Objectives:

- Understand the different types of skin lesions.
- Understand gland disorders.
- Understand skin inflammations.
- Recognize pigmentation disorders.
- Identify which disorders are contagious.
- Recognize potential skin cancer growths.
- Understand acne and the causes of the disorder.
- Recognize the different grades of acne.
- Identify common skin conditions and disorders.
- Know which disorders to refer to a physician.

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.

Objectives:

- Identify skin types.
- Identify skin conditions.
- Explain the causes of skin conditions.
- Understand how UV radiation affects the skin.
- Explain healthy habits for the skin.
- Determine treatment contraindications.
- Conduct client consultations.
- Fill out skin analysis charts.
- Perform a skin analysis.

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. This module will provide students a thorough understanding of skin care products in order to suggest clients appropriate treatment and products options for maintaining healthy and beautiful skin.

Objectives:

- Understand product components used in formulating products.
- Understand regulations regarding cosmetic claims and product safety.
- Recognize the most common cosmetic ingredients and their benefits.
- List and describe the main categories of professional skin care products.
- Explain the basic products used in facials.
- Understand product formulations for different skin types.
- Explain the benefits of numerous skin care products.

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- Safely use a variety of salon products while providing client services.
- Recommend home care for different skin types and conditions

ESTHETICS

Manicure and Pedicure

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

Objectives:

- Describe the structure and composition of nails.
- Discuss how nails grow.
- List and describe the various disorders and irregularities of nails.
- Describe diseases of the nails that should not be treated in the salon.
- Define *scope of practice* and describe the potential consequences if a nail technician works outside their scope of practice.
- Identify the four types of nail implements and/or tools required to perform a manicure.
- Explain the difference between reusable (multiuse) and disposable (single-use) implements.
- Name and describe the Three-Part Procedure used in the performance of the basic manicure.
- Explain why a consultation is important before a service in the salon.
- List and describe the five basic nail shapes for women.
- Describe the most popular nail shape for men.
- List the massage movements for a hand and arm massage.
- Explain the difference between a basic manicure and a spa manicure.
- Describe how aromatherapy is best used in manicuring services.
- Explain the benefits of paraffin wax in manicuring.
- Describe a proper setup for the manicuring table.
- List the steps in the basic manicure Describe the proper technique for the application of nail polish.
- Describe the procedure for a paraffin wax hand treatment before a manicure. Identify the supplies needed for nail tip application and explain why they are needed.
- Describe the equipment used when performing pedicures.
- Describe the proper tool to use to reduce the potential for developing an ingrown toenail.
- Discuss the three materials used when performing pedicures.
- Identify the function of a callus softener during a pedicure procedure.
- Explain the differences between a basic pedicure and a spa pedicure.
- Define reflexology and its use during a pedicure.
- Summarize the importance of cleaning and disinfecting a pedicure bath.
- Demonstrate the proper procedures for a basic pedicure.
- List the techniques and benefits of a foot and leg massage.

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. Facial treatments are the core treatments that estheticians perform.

Objectives:

- Describe the benefits of a facial treatment.
- Perform the facial setup procedures.
- Explain the key elements of the basic facial treatment.
- Understand the treatment needs for dry, dehydrated, mature, sensitive, and oily skin.
- Describe acne facials and home care.
- Discuss men's skin care and treatments.
- Perform the step-by-step facial treatment.
- Perform decontamination procedures and provide a safe environment for clients.
- Understand extraction methods.

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. Learning how to safely perform face and body hair removal techniques is vital to an esthetician's success as hair removal makes up a large part of a salon's business.

Objectives:

- Understand the morphology of hair.
- Explain the hair growth cycle.
- Describe the methods of permanent and temporary hair removal.
- Identify different hair removal equipment, tools, and accessories.
- Name the contraindications for hair removal.
- Provide a thorough client consultation before hair removal.
- Safely perform basic face and body waxing techniques

Spa Treatments

After completing this module, 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.

Objectives:

- Demonstrate an understanding of cosmetic color theory.
- Describe warm and cool colors.
- Describe the different types of cosmetics and their uses.
- Prepare the makeup station and supplies for clients.
- Perform a makeup consultation, determine a client's needs, and fill out a client chart.
- Demonstrate how to choose products and colors and then apply them using the appropriate techniques.
- Identify different facial features.
- Identify the ideal brow shape measurements.
- Demonstrate procedures for basic corrective makeup.
- Perform a basic makeup procedure for any occasion.
- Perform decontamination and clean-up procedures.
- Demonstrate the application and removal of artificial lashes.
- Complete a lash and brow tinting procedure.
- Brow lamination.

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.

Objectives:

- Explain the steps involved in preparing for and passing the licensing exam.
- Discuss the essentials of becoming test-wise.
- Describe those qualities that are needed to be successful in a service profession.
- List and describe the various types of esthetics practices and determine your employment options.
- Demonstrate effective techniques for writing a good resume.
- Discuss methods for exploring the job market and researching potential employers.
- Be prepared to complete a successful job interview.
- List the habits of a good team player.
- Recognize the importance of a job description.
- Describe the different methods of compensation that are utilized in esthetics.
- Explain the importance of meeting financial responsibilities and managing money well.
- List several ways you can benefit from good role models.
- Understand the importance of continuing your education.

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. The skin care business is an ever-evolving industry with new and more sophisticated products and procedures continually entering the market. Understanding the skin care business is of primary importance in order to be able to operate your own business successfully.

Objectives:

- Describe the qualities necessary to be successful in a service profession.
- Name and describe the types of ownership under which a skin care salon or spa may operate.
- Evaluate options for going into business for yourself.
- List the most important factors to consider when opening a salon.
- Understand the importance of the business plan.
- Explain why it is necessary to keep accurate business records.
- Discuss the importance of the front desk and receptionist to a salon's success.
- Demonstrate the best practices for telephone use.
- Describe methods for managing personnel.

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. Estheticians must learn to recognize the value in selling. It is a reputable endeavor that supplies the salon and its guests with certain valued benefits. Recommending quality products and services is a professional responsibility.

Objectives:

- List the basic principles of selling products and services in the salon.
- Explain the purpose of marketing and promotions.
- Name several methods of advertising to promote sales in the salon.
- Explain the importance of understanding client value in selling products and services.
- List the most effective ways to build a clientele.
- Discuss the importance of closing the sale.

EYELASH ENHANCEMENT

As of September 2023, our eyelash enhancement program is included in the esthetics and medical esthetics curriculum. This program includes a total of 150 hours of training of which 60 hours of theory and 90 hours of practical experience will be provided. In order to offer eyelash enhancements such as eyelash extensions to your clients in New Brunswick, you will be required to be examined and obtain a certification from the Cosmetology Association of New Brunswick. The eyelash technician license will require a yearly renewal separate from your esthetician license.

After completing this chapter, the student will have the knowledge and training to safely perform eyelash extensions. They will be able to demonstrate a thorough client consultation, summarize how to choose the appropriate length and thickness of the extension, recognize the conditions that contraindicate eyelash extension services, perform classic and volume eyelash applications as well as a refill and removal procedure. The student will also know to explain proper aftercare instructions to clients and identify solutions to common eyelash extension problems.

Objectives:

- Eyelash Extension History and Careers
- Eye and Eyelash Anatomy and Physiology
- Disorders, Diseases, and Allergies of the Eye Area
- Client Safety and Infection Control
- Tools, Products, and Ingredients
- Eyelash Extension Application and Lash Lift
- Eyelash and Eyebrow Chemical Services
- Building an Eyelash Business

ARTIFICIAL NAILS

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

Objectives:

- Name and describe the three types of nail tips available and describe the importance of correctly fitting nail tips.
- List the types of fabrics used in nail wraps and how they are used.
- Explain the benefits of using each type of fabric nail wrap.
- Demonstrate the stop, rock, and hold method of applying nail tips.
- Demonstrate the proper procedure and precautions to use in applying nail tips.
- Demonstrate the proper removal of tips.
- Demonstrate the proper procedures and precautions used in a fabric wrap application
- Describe the 2-Week and 4-Week Fabric Wrap Maintenance procedures.
- Demonstrate the proper procedure and precautions for fabric wrap removal.
- Explain why you should learn about light-cured gels.
- Describe the chemistry of gels.
- Discover the difference between LED and UV light used to cure gels.

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- Classify the types of gels used in current systems.
- Identify the supplies needed for the gel application.
- Explain why you should learn about light-cured gels.
- Describe the chemistry of gels.
- Discover the difference between LED and UV light used to cure gels.
- Classify the types of gels used in current systems.
- Identify the supplies needed for the gel application.
- Explain how to store, use, and remove gels in the salon.
- Describe how to apply UV gels over forms.
- Describe how to maintain UV gel nail enhancements.
- Explain how to correctly remove hard UV gels.
- Explain how to correctly remove soft UV gels.
- Introduction to nail art

CANB BY-LAWS AND POLICIES

This chapter will focus on the by-laws, Act & Policies of the Cosmetology Association of New Brunswick.

MEDICAL ESTHETICS MODULES

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. Photo rejuvenation is a growing technology that utilizes light therapy to enhance the skin. This one-day course includes theory, demonstrations and practice.

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. This one-day course includes theory, demonstrations and practice.

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. 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. 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. This one-day course includes theory, demonstrations and 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. This course includes theory, demonstrations and 30-40 hours of practice.