

Esthetics

- (a) Scope of curriculum. Educational requirements for estheticians shall include the following subjects and the hours assigned to each:

Scope of Curriculum

|  | Hours               |
|--|---------------------|
| Orientation                                | 4                   |
| (1) Safety and Health                      | 8                   |
| (2) Bacteriology                           | 18                  |
| (3) Anatomy, Physiology, and Nutrition     | 25                  |
| (4) Structure and Functions of the Skin    | 12                  |
| (5) Superfluous Hair                       | 24                  |
| (6) Chemistry                              | 3                   |
| (7) Chemistry as Applied to Cosmetics      | 21                  |
| (8) Electricity and Machines               | 18                  |
| (9) Facial Treatments                      | 225                 |
| (10) Body Procedures (No Machines)         | 48                  |
| (11) Make-Up Techniques                    | 84                  |
| (12) Business Practices                    | 50                  |
| (13) Job Skills                            | 6                   |
| (14) Introduction to Paramedical Esthetics | 18                  |
|  | Unassigned Hours 36 |
|  | Total 600           |

## ORIENTATION – 4 HOURS

- School Rules and Regulations
- History of Esthetics
- The Role of the Esthetician
- Qualities of the Professional Esthetician
- Code of Ethics

### Subject 1

## SAFETY AND HEALTH – 8 HOURS

- Local, State, Federal Safety Codes
- Salon/Clinic Rules and Regulations
- General Salon/Clinic Safety
- First Aid
- Hazardous Materials Communications (HAZMAT)

### Subject 2

## BACTERIOLOGY-18 HOURS

- Types and Classification
- Bacterial Growth and Reproduction
- Bacterial Infections and Their Prevention
- Immunity and Body Defenses
- Methods of Infection Control
- Physical and Chemical Agents

### Subject 3

## ANATOMY, PHYSIOLOGY AND NUTRITION – 25 HOURS

- Cells, Tissues, and Organs
- Body Systems
- Importance of Water
- Nutrition for Healthy Skin and Longevity

### Subject 4

## STRUCTURE AND FUNCTIONS OF THE SKIN-12 HOURS

- Physiology and Histology of the Skin
- Structure and Functions of the Skin
- Appendages—Hair Structure and Functions with Relation to Esthetics (Nails, Sebaceous Glands, and Sweat Glands)

### Subject 5

## SUPERFLUOUS HAIR-24 HOURS

- Theoretical Overview of Permanent Methods (Electrolysis, Thermolysis, Blend)
- Temporary Methods of Hair Removal: Manual Tweezing, Depilatory Lotion, and Waxing (Strip and Non-strip)
- Bleaching of the Hair

Subject 6  
CHEMISTRY-3 HOURS

- Chemistry and Matter as Related to Esthetics; Chemical Reactions and Solutions/Elements, Compounds and Mixtures/Biochemistry
- The pH Scale

Subject 7  
CHEMISTRY AS APPLIED TO COSMETICS-21 HOURS

- Cosmetics
- Skin Care Products
- Massage Creams and Oils, Ampoules, and Scrubs
- New Technologies
- FDA Laws Governing Cosmetics and Cosmetic Safety

Subject 8  
ELECTRICITY AND MACHINES-18 HOURS

- Electricity and Its Effects on the Skin
- Galvanic Current for Iontophoresis or Disincrustation
- High Frequency Current
- Use of: Magnifying Lamp and Wood's Lamp, Brushing Machine, Spray Machine and Suction Machine, Vaporizer and Pulverizador, Hot Towel Cabinet
- Paraffin Unit
- Electric Mittens, Booties, and Face Mask

Subject 9  
FACIAL TREATMENTS-225 HOURS

- Client Preparation
- Skin Analysis and Consultation
- Skin Types
- Skin Conditions and Disorders
- Facial Procedures
- Facial Treatments With or Without Machines
- Overview of Aromatherapy and Manual Lymphatic Drainage for the Face and Neck
- Product Recommendation

Subject 10  
BODY PROCEDURES  
(NO MACHINES)-48 HOURS

- Body Exfoliation (Wet and Dry)
- Back Treatments
- Use of Various Products to Enhance the Appearance of the Skin: Seaweed, Salt, Paraffin, Mud, Ampoules, Creams, etc.

- Discussion for Further Training Required for Advanced Body Techniques Such as Aromatherapy, Manual Lymphatic Drainage, Water Therapies

Subject 11  
MAKE-UP TECHNIQUES-84 HOURS

- Color Analysis
- Morphology of the Face
- Product Knowledge, Chemistry, and Related Composition
- Eyebrow Contouring
- Make-Up Application
- Corrections and Contouring
- False Eyelashes
- Eyelash and Eyebrow Tinting
- Further Training Required for Advanced Techniques

Subject 12  
BUSINESS PRACTICES-50 HOURS

- Business Operation
- Site Planning and Design
- Accounting, Inventory, and Sales Tax
- Payroll Regulations
- Ethics and Professional Conduct
- Communication Skills
- Retailing Techniques
- Marketing (Advertising, Retailing, and Promotion)
- Customer Relations

Subject 13  
JOB SKILLS-6 HOURS

- Resume
- Interviews
- Letter Writing
- Licensing Regulations
- Job Attitudes
- Professional Organizations
- Continuing Education
- Industry Trade Shows, Magazines, Etc.
- Career Opportunities

Subject 14  
INTRODUCTION TO PARAMEDICAL ESTHETICS-18 HOURS

- Overview of Dermatologic Procedures
- Topical and Oral Medications
- Insight Into Plastic Surgery
- Pre- and Post- Operative Care
- Camouflage Therapy