Paul Mitchell The School Jessup

ESTHETICS COURSE INFORMATION

ESTHETICS COURSE DESCRIPTION

SOC 39-5094.00, CIP Code 12.0409

The curriculum involves 600 hours to satisfy Maryland state requirements. The course includes extensive instruction and practical experience in facials, hair removal, makeup application, customer service, personal appearance and hygiene, personal motivation and development, retail skills, client record keeping, business ethics, state laws and regulations, salon-type administration, and job interviewing.

****Graduates are prepared to be entry-level estheticians.***
This course is taught in English.

ESTHETICS COURSE OVERVIEW

Course Hours: 600 clock hours

The course is divided into pre-clinical classroom instruction and clinical service learning experiences.

- **Pre-clinical Classroom Instruction:** The first 270 hours are devoted to classroom workshops, demonstration, and practical experience. You will learn esthetics principles, technical information, and professional practices.
- **Clinic Classroom Learning Experience:** The remaining 450 hours are spent in the clinic classroom area, gaining practical experience.

ESTHETICS COURSE OUTLINE

Your time in the Hair Expressions Academy - Paul Mitchell The School - Jessup esthetics program will be divided into two designations:

- **Core Curriculum:** This 270 hour time period is dedicated to exploring foundational knowledge and basic esthetics facial and waxing procedures. You will receive individual attention in practical workshops, and you will complete monthly worksheets and periodic tests throughout the course. This is an intense and exciting portion of your experience.
- **Mentor Learning Experience:** Your remaining 330 hours will be spent in a clinic environment. You will dress, act, and work like a true professional. You will use your own technical and therapeutic abilities, coupled with the assistance of Learning Leaders, to provide service to guests. You will make discoveries and learn relationship-building skills that will ensure your success in this exciting, diverse field.

STATE OF MARYLAND REQUIREMENTS - ESTHETICS

The following is an itemization and description of the 600 hour esthetics program offered by Hair Expressions Academy - Paul Mitchell The School - Jessup:

Esthetics	Theory	Practical/Clinic	Total
Orientation – To familiarize students with the school policies, review program, introduce staff and teachers, and review kit items.	4.5	-	4.5
Personal Development – Identify the importance of proper rest, exercise, stress management, nutrition, hygiene and ergonomics and how they relate to performance on the job.	7.5	1	8.5

Esthetics	Theory	Practical/Clinic	Total
Professional Development – Survey trends in the beauty industry and document recent changes that have had a positive impact upon the demand for skin care services. Establish a process for setting short- and long-range professional goals. Refine job search preparation skills to include resume and cover letter development, job interviewing skills, work environment evaluations and familiarity with performance review strategies.	10.5	-	10.5
Business Basics – Describe the financial and legal essentials for starting a business.	15	-	15
Skin Care Center Ecology – Identify the microorganisms to which you may be exposed. Recognize the structure and function of bacteria and viruses by the following: types; classifications; growth and reproduction patterns; relationship to the spread of infection.	9	5.5	14.5
Anatomy – Explain the relationship and function of cells, tissues and primary organs within the human body.	23.5	6	29.5
Electricity and Electrical Equipment – Define the two forms of electric current. Identify the units used to measure electricity. State in your own words the safety measures to follow when using electrical appliances.	17	2.5	19.5
Chemistry – Describe the three basic forms of matter and the key differences between elements, atoms, molecules and compounds. Identify and describe the three major biochemical components of the body and skin.	14.5	-	14.5
Skin Physiology – Explain the six primary functions of the skin. Describe the basic physiology of the skin and its appendages.	9	9	18
Client Care – Describe the personal impressions that play a key role during the Greeting phase of service. Identify the purpose of obtaining a medical history on the Client Consultation Form. Explain the Agreement phase of service.	7.5	5	12.5
Facials – Describe the four basic steps of a regular daily skin care regimen to maintain healthy skin. Demonstrate the five basic movements of massage and explain when it is inadvisable to perform massage manipulations. Explain the process of a skin analysis and identify the basic skin types and the main skin conditions. Identify and describe the function for skin care essentials, infection control and safety and the client consultation.	40.5	151	191.5
Hair Removal – Explain the hair growth cycle. Differentiate between temporary and permanent hair removal services. Explain techniques for each type of hair removal and how procedures differ for face and body. Identify the considerations for waxing. Describe the waxing essentials including products, implements and supplies, equipment and types of waxes. Demonstrate infection control, safety measures and the client consultation for each waxing service.	34.5	66	100.5
Makeup – Describe the law of color as it applies to makeup. Identify the seven face shapes and the corrective steps to create the illusion of the classic oval shape. Explain the guidelines for makeup design including products, techniques and considerations. Identify and demonstrate the appropriate use of the essentials of makeup, infection control and safety guidelines and the client consultation.	40	10	50
Advanced Treatments – Differentiate among the various face and body treatments used in the skin care center and their specific contraindications.	29	55	84
Estheticians in the Medical Field – Describe the different types of medical procedures performed by physicians that are related to the estheticians' profession. Explain the various esthetics procedures applied in a medical practice.	7	-	7
State Laws and Regulations	3	-	3
Final Exam Reviews and Testing	2	-	2
Candidate Review for State Board	11	4	15
Totals for Esthetics Program	**285**	**315**	**600**

The institution offers employment assistance to help graduates' efforts to secure education-related employment that includes, but is not limited to training in professionalism, resume' development, job interview preparation and job search skills.

Note: Some chapters omitted since it is against Maryland law (Title 5) to work outside of a licensed beauty salon or licensed barbershop. Parts of the Chapter "Advanced Techniques" omitted since it is against Maryland law – Title 5 (i.e.laser, chemical peels, microdermabrasion) to perform services beyond the scope of the definition of Esthetician, which is limited to providing (1) cleansing, exercising, massaging, stimulating, or performing any other similar

procedure on the skin or scalp by electrical, mechanical, or any other means; (2) applying to the face an alcohol, cream, lotion, astringent, or cosmetic preparation; or (3) removing superfluous hair by the use of a depilatory, tweezers, or wax.

PROGRAM PURPOSE

The student will acquire a broad knowledge of both the science and art of Esthetics, and be able to use the knowledge as a foundation to be successful in the profession of Esthetics. The student will develop his/her physical dexterity and manipulative skills and techniques for the profession. The student will acquire ethical standards and work to achieve ability through diligent practice, continuous study, hard work, and perseverance, and be able to use his/her initiative to produce professional results. Prepare students for the Maryland State Board of Esthetics Examination and entry-level employment.

PROGRAM OBJECTIVES

Upon completion of the **Esthetics Program,** the student will be able to:

- Analyze hair and scalp problems and administer corrective treatments.
- Have a thorough knowledge of anatomy, hair structure, and chemistry.
- Administer haircuts.
- Administer shaving.
- Administer facials.
- Administer cold/acid waving techniques.
- Administer chemical and physical techniques of hair straightening.
- Administer a professional shampoo.
- Administer hair coloring and lightening.
- Create hairstyles using thermal waving/curling, and blow-drying.
- Operate/open a salon and employ the principles and practices of salon management.
- Employ basic First Aid measures.
- Practice good hygiene and good grooming.
- Practice professional ethics and personality development.
- Drape for a barbering service.
- Employ rules of sanitation and sterilization.
- Employ safety precautions.
- Practice and employ the rules, regulations, and laws of the Maryland State Board of Barbers.
- Administer a professional hair shaping.
- Practice good salesmanship.
- Seek and obtain employment.

OCCUPATIONAL OBJECTIVES

Once the student has completed the program and passed the Maryland State Board of Barbers examination for license, he/she will be qualified to obtain employment as a Barber in a salon, a demonstrator for a cosmetic firm, operator in a department store salon, as well as other opportunities.

INSTRUCTIONAL METHODS

Methods of lecture, demonstration, drill, role play, discussion, handouts (assignment sheets), job sheets, audio/visual aids, student participation, question and answer, home play, and textbook.

ESTHETICS PROGRAM TESTING AND GRADING PROCEDURE

The following tests and grading procedures are incorporated during the student's 600 hour course:

1. **Academic theory exams:** Students must receive a grade of 75% or higher on each assigned theory exam.
2. **Phase One written and practical test:** Students must receive a grade of 75% or higher.

3. **Final written and practical exam:** This test is an overview of all related esthetics subjects (e.g., anatomy, chemistry, etc.). Students must receive a grade of 75% or higher on all final tests.
4. **600 hour (mock state board) practical skill test and 600 hour written test:** The written test covers an overview of all theory instruction, Maryland state law, and other items covered on the state cosmetology exam. The practical also covers all expected phases of the state board examination. Students must receive a 75% or higher grade on all final tests.