



## Course Outline: Esthetics

A 750 hour program of training requiring approximately 30 weeks or approximately 7.5 months for part-time attendance. Each of the following units of study will be covered in both theory and practical training, **available at Missouri College of Cosmetology South/Esthetics only**. The Esthetics Course will prepare the student for employment as an Esthetician.

### **Course Goals**

The course of study is designed to prepare the student to successfully pass the Licensing Exam required by the State Board of Cosmetology in the State of Missouri only, and to offer the student basic entry skills for profitable employment in the field of esthetics dealing with total skin care.

### **Course Format**

The Basic Training portion of the course will be primarily all classroom study, in theory and practice of basic skills necessary to train in the clinic floor setting. Students in basic training will not work on clinic floor until completing 75 hours of basic training and passing both practical and theory requirements.

The Advanced Theory and Clinic Training portion of the course consists primarily of the development of all necessary practical skills, supplemented with classroom lectures, demonstrations, tests and review in all subject areas teaching methods.

### **Course Curriculum for Esthetics:**

#### ***I. Basic Training*** ***75 hours***

- A. New Student Orientation
- B. Basic Sanitation and Sterilization
- C. Basic Professional Ethics
- D. Basic Facial
- E. Basic Make-up
- F. Basic Massage
- G. Basic Equipment Procedures & Care
- H. Basic Final Exam, Clinic Orientation

#### ***II. Advanced Theory and Clinic Training*** ***675 hours***

**750 total hours**

### **Missouri State Board of Cosmetology hours required in each subject area:**

#### ***III. Facials, Cleansings, Toning, Massaging*** ***120 Hours***

- A. Cleaning procedures
- B. Skin Types
- C. Extractions Techniques

- D. Facial Structure, Facials, Packs & Massage
- E. Special Problems
- F. Aging Factors
- G. Safety Procedures

**IV. Introduction & Operation of Skin Care Machinery 25 Hours**

- A. Types of Equipment
- B. Types of Current
- C. Purpose and Effect
- D. Sanitation and Sterilization
- E. Maintenance
- F. Safety Procedures

**V. Make-up Application, All Phases 100 Hours**

- A. Contouring
- B. Application
- C. Color Accent
- D. Purpose & Effect
- E. Special Problems
- F. Supplies and Implements
- G. Preparation and Procedures
- H. Eyelash Application
- I. Lash and Brow tinting
- J. Safety Procedures

**VI. Hair Removal, (superfluous hair) 30 Hours**

- A. Tweezing, Waxing and Depilatories
- B. Lip, Chin and Face
- C. Body
- D. Safety Procedures

**VII. Body Treatments, Aromatherapy, Wraps 120 Hours**

- A. Facials
- B. Wraps
  - o Masks
  - o Packs
- C. Aromatherapy
- D. Essential Oils
- E. Massage
- F. Cosmetic Surgery
  - o Theory
  - o Manipulations
- G. Safety Procedures

**VIII. Reflexology, 35 Hours**

- A. Theory
- B. Techniques

**IX. Cosmetic Sciences, Structure, Condition, Disorder 85 Hours**

- A. Anatomy
- B. Skin and Gland
  - o Structure
  - o Function
- C. Skin Conditions
- D. Histology of Skin Cells Tissue

**X. Cosmetic Chemistry, Products and Ingredients 75 Hours**

- A. Products
- B. Ingredients

- C. General Fundamentals of Chemistry

***XI. Salon Management and Salesmanship 55 Hours***

- A. Marketing (Sales)
- B. Salon Development
- C. Insurance
- D. Client Records and Retention
- E. Professional and Personal Development

***XII. Sanitation and Sterilization, Safety 45 Hours***

- A. Customer and Salon Safety
- B. Bacteriology
- C. Personal Hygiene
- D. Public Health
- E. Methods and Procedures
- F. Rules and regulations

***XIII. State Law 10 Hours***

*State Law Book*

- A. Statutes
- B. Laws

***XIV. Miscellaneous Lectures, Tests and Reviews 50 Hours***