

Syllabus

Esthetician Program

Duration: 1000 hours

PROGRAM OBJECTIVES

1. To develop knowledge, understanding, skill and appreciation in the theory and operation of Esthetics arts & sciences.
2. To engage in optimal sanitation routines during routine practice in order to protect clients from unnecessary exposure to harmful microorganisms
3. To master the use of skin care equipment and chemicals for the optimal care of the client.
4. To understand detailed client assessment techniques for an individualized approach to care
5. To help the student to prepare for the state board examinations in order to obtain a license to practice.
6. To prepare students for entry level jobs in their professional career.

PROGRAM DESCRIPTION

The Esthetician program combines theory and practical training in the arts and sciences of facials, make-up applications, body treatments, hair removal, retailing, equipment care, business management, and more. An integral aspect of the esthetician program is the detailed analysis of the skin and determination of the best products and/or procedures to reach the client's skin care goals.

CREDENTIAL AWARDED

Upon successful completion of the program, students receive a Diploma.

DELIVERY METHOD

This program is offered on campus only.

DISCLOSURE

After successful completion of the program, students must obtain a Georgia Cosmetology License in order to apply for employment.

DURATION

This program has a duration of 1000 clock hours. Full-time students complete the program in approximately 35 weeks attending 30 hours weekly, Monday through Friday 9:00am to 4:00pm. Part-time students complete the program in approximately 47 weeks attending 22 hours weekly, Tuesday and Wednesday 9:00am to 9:00pm.

FORMAT

The clock hour education is provided through sequential learning steps that address specific tasks necessary for state board preparation, graduation, and entry-level job skills. Clinic equipment, implements, and products are comparable to those used in the industry, Each student will receive instruction that relates to the performance or useful, creative, and productive career-oriented activities. The course is presented through comprehensive lesson plans that reflect effective educational methods. Subjects are presented by means of lecture, demonstration, and student participation. Audiovisual aids, guest speakers, field trips, projects, activities, and other related learning methods are used in the course.

GRADE ASSIGNMENTS

Theory grades will be assigned based on the academic scores of exams administered at the end of each chapter and by the assigned projects related to the theoretical content being given. Practice grades, on the other hand, will be assigned taking into account the student's ability to apply the theory learned, in the development of work-based activities in the labs and clinics.

PRACTICAL SERVICES

Students will be involved in hands on activities to help familiarize them with the working environment. When such is the event, the student should willingly participate and complete the services assigned to them by their Instructor. Practical applications completion is monitored and tracked for each student via a credit hour sheet

The Following number of services are a requirement for graduation:

Cleansing & Disinfecting Tools, Implements, & Equipment	10
Body Treatments (Massage, Wraps, Aromatherapy)	70
Spa Facials	75
Machine Facials	30
Pre-Op & Post-Op Therapy	20
Make-Up	90
Hair Removal: Lip, Chin, Face	20
Hair Removal: Leg Waxing	20
Hair Removal: Bikini	20
Hair Removal: Brow Arching	25
Hair Removal: Torso, Back, and Arm Waxing	20
Spa/Salon Management	75

MEASURES USED

One clock hour constitutes 60 minutes of directed, supervised instruction and appropriate breaks.

TEXTBOOKS

1. *Milady Standard Esthetics: Fundamentals and Foundations, 12th Edition, ISBN 9781111306892.*

2. *Milady Standard Theory Workbook, Practical Workbook, and Study Guide: The Essential Companion*

CURRICULUM

Competency 1 - Life Skills

Upon completion of this lesson, students will be able to: explain life skills; list the principles that contribute to success; design a mission statement; set long-term and short-term goals; demonstrate effective time management; employ successful learning tools; define ethics; and develop a positive personality and attitude.

Competency 2 - Professional Image

Upon completion of this lesson, students will be able to: explain professional image; employ image-building basics; demonstrate a professional attitude; create your personal portfolio; and implement social media best practices.

Competency 3 - Communicating for Success

Upon completion of this lesson, students will be able to: explain communicating for success; practice communication skills; conduct the client consultation; handle communication barriers; and follow guidelines for workplace communication.

Competency 4 - The Healthy Professional

Upon completion of this lesson, students will be able to: explain the healthy professional; discuss nutritional needs in a beauty context; practice proper hydration; describe how immunity keeps the body safe; explain when to take a sick day; identify common beauty professional health issues; protect yourself with proper body mechanics; and recognize the challenges posed by pregnancy.

Competency 5 - Infection Control Principles and Practices

Upon completion of this lesson, students will be able to: explain infection control; describe federal and state regulatory agencies; recognize the principles of infection; identify different types of pathogens; employ the principles of prevention; follow Standard Precautions to protect yourself and your clients; and demonstrate safe work practices and safety precautions.

Competency 6 - Chemistry & Chemical Safety

Upon completion of this lesson, students will be able to: explain chemistry and chemical safety; identify the basics of chemical structure; explain the differences between solutions, suspensions, and emulsions; describe potential hydrogen and how the pH scale works; summarize neutralization and redox reactions; practice chemical safety; and interpret safety data sheets.

Competency 7 - Electricity and Electrical Safety

Upon completion of this lesson, students will be able to: explain electricity and electrical safety; outline electrical theory; practice electrical equipment safety; identify electrotherapy modalities; and discuss light energy.

Competency 8 - Career Planning

Upon completion of this lesson, students will be able to: explain career planning; review the state licensing examination process; discover potential employers; develop an effective resume; and prepare for a job interview in the beauty industry.

Competency 9 - On the Job

Upon completion of this lesson, students will be able to: explain what it's like on the job; describe the expectations of moving from school to work; summarize employment options in the real world; practice money management; master selling in the salon, spa, and barbershop; and use marketing to expand your client base.

Competency 10 - The Beauty Business

Upon completion of this lesson, students will be able to: explain the beauty business; outline the requirements of owning a business; describe booth rental; identify the elements of a successful salon, spa, or barbershop; list marketing strategies for building your business.

Competency 11 - Georgia Law

In this lesson, students will learn the ins and outs of the Georgia State Board of Cosmetology and Barbering board's rules, policies, regulation, and laws as it relates to the program's area of study.

Competency 12 - History and Career Opportunities in Esthetics

Upon completion of this lesson, students will be able to: explain how career opportunities and the history of the profession are critical to Esthetics; describe the career options available to licensed estheticians; list types of existing esthetics practices to chart your career path; outline skin care practices from earlier cultures to today; and summarize the current and future state of the esthetic industry as described in this Chapter.

Competency 13 - General Anatomy and Physiology

Upon completion of this lesson, the student will be able to: explain why estheticians need knowledge of anatomy and physiology; describe the basic structure and function of a cell; describe the four types of tissue found in the body; define the functions of major organs and systems of the body that intersect with the integumentary system and esthetics; list the five accessory organs to the skin; identify the five functions of the skeletal system; recognize the muscles involved in esthetic massage; describe the three nerve branches of

the head, neck, and face essential for performing facial treatments; outline how the circulatory system influences the health of the skin; explain the interdependence of the lymphatic, circulatory, and immune systems; identify the glands that make up the endocrine system; list how hormonal changes in the reproductive system can affect the skin; describe what occurs during inhalation and exhalation; explain the five steps in digestion; and list the five organs that comprise the excretory system.

Competency 14 - Physiology and Histology of the Skin

Upon completing this lesson, the student will be able to: describe why learning the physiology and histology of the skin makes you a better esthetician; describe the attributes of healthy skin; distinguish the six primary functions of the skin; explain the function of each layer of the skin, from the deepest to the surface; identify a hair follicle as an appendage of the skin; identify nails as an appendage of the skin; describe the functions of the two types of nerves; explain what is produced by the two types of glands of the skin; and distinguish the factors influencing skin health.

Competency 15 - Skin Disorders and Diseases

Upon completing this lesson, the student will be able to: explain why knowledge of diseases and disorders is valuable for an Esthetician; describe how an esthetician and a dermatologist can work collaboratively; identify the differences between primary, secondary, and tertiary skin lesions; recognize skin changes that could indicate a type of skin cancer; describe the types of acne; describe the symptoms of polycystic ovarian syndrome (pcos); list common vascular conditions or disorders; identify pigment disorders; describe the different types of dermatitis; identify the types of hypertrophies; define nine contagious skin and nail diseases; identify two mental health conditions that may manifest as skin conditions; recognize common skin conditions related to skin diseases and disorders; and explain five sudoriferous gland disorders.

Competency 16 - Skin Analysis

Upon completing this lesson, the student will be able to: explain the process of skin analysis; identify the four genetic skin types through visualization, palpation, and consultation; differentiate the six fitzpatrick skin types and accurately identify them; distinguish the characteristics of sensitive skin; recognize the intricacies involved with treating skin of color; identify treatment options for the neck and décolleté; illustrate examples of skin conditions; explain the causes of skin conditions; describe healthy habits for the skin; determine treatment contraindications through evaluation, analysis, and consultation; and perform a skin analysis.

Competency 17 - Skin Care Products: Chemistry, Ingredients, and Selection

Upon completing this lesson, the student will be able to: explain how skin care products and ingredients are significant to estheticians; describe cosmetic regulations, laws, and product safety; distinguish cosmetic ingredient sources and popular terms; describe the main types of ingredients in cosmetic chemistry; identify beneficial ingredients for skin types and conditions; select appropriate products for facial treatments and home care use; recommend home care products with confidence; and summarize the points to consider when choosing a professional skin care line.

Competency 18 - The Treatment Room

Upon completing this lesson, the student will be able to: explain why treatment room preparation is an integral part of providing treatments; review the elements of an esthetician's professional appearance; outline essential room and station structural features; describe the ideal ambience, furniture, and equipment for facials; properly manage treatment room supplies and products; be able to set up a facial treatment area, such as a facial bar or station; prepare the treatment room for services; properly clean and disinfect the treatment room; and perform pre- and post-service procedures to meet safety and health requirements.

Competency 19 - Facial Treatments

Upon completing this lesson, the student will be able to: explain the importance of facial treatments as the foundation for all skin care services; describe the benefits of a facial treatment; list the essential skills needed to successfully perform facials; perform the facial setup procedures; explain the key steps of the basic facial treatment; describe how to consult clients on home care; discuss variations of the basic facial; outline the treatment goals for six skin types/conditions (dry, dehydrated, mature, sensitive, hyperpigmentation, and oily skin); describe acne facials; perform an acne treatment procedure; discuss men's skin care treatment options; and perform the facial treatment procedures.

Competency 20 - Facial Massage

Upon completing this lesson, the student will be able to: explain the importance of facial massage as an esthetics service; describe the benefits of massage; discuss facial massage contraindications; describe the five types of massage movements used by estheticians; explain how to incorporate massage during the facial treatment; perform a basic facial massage.

Competency 21 - Facial Devices and Technology

Upon completing this lesson, the student will be able to: explain the importance of the use of facial devices and technology; identify the basic concepts of electrotherapy; explain the benefits of the hot towel cabinet; discuss the magnifying lamp and its uses; discuss the wood's lamp and its uses; demonstrate how to safely and effectively use the rotary brush; demonstrate how to safely

and effectively use the steamer; demonstrate how to safely and effectively use the vacuum machine; demonstrate how to safely and effectively use galvanic current; demonstrate how to safely and effectively use the high-frequency machine; demonstrate how to safely and effectively use spray machines; state the benefits and use of paraffin wax; state the benefits and use of electric mitts and boots; and identify why you should make informed decisions when purchasing equipment as a licensed esthetician.

Competency 22 - Hair Removal

Upon completing this lesson, the student will be able to: explain the importance of hair removal; describe the structure of hair; explain the hair growth cycle; identify the causes of excessive hair growth; compare temporary and permanent hair removal and reduction methods; explain when to use hard and soft wax methods of hair removal; provide a thorough client consultation for hair removal services; list items needed in a wax treatment room; and demonstrate waxing head to toe with soft and hard waxes.

Competency 23 - Makeup Essentials

Upon completing this lesson, the student will be able to: explain makeup essentials as it relates to an esthetician's skill set; describe the principles of cosmetic color theory; use color theory to choose and coordinate makeup color selection; identify face shapes and proportions for makeup applications; describe the different types of cosmetics and their uses; prepare the makeup station and supplies for clients; follow infection control requirements for makeup services; conduct a thorough makeup consultation with a client; perform makeup application techniques; use highlighting and contouring techniques for balance and proportion; create makeup looks for special occasions; apply makeup for the camera and special events; recognize the benefits of camouflage makeup; demonstrate the application of artificial eyelashes; describe tinting lashes and brows on a makeup client; explain the benefits of permanent makeup application; describe the benefits of a career in makeup; and promote retail services as a makeup artist.

Competency 24 - Advanced Topics and Treatments

Upon completing this lesson, the student will be able to: explain advanced skin care topics and treatments for licensed, trained estheticians; describe chemical exfoliation and peels; identify how to safely and effectively use chemical exfoliation and peels; discuss the benefits of microdermabrasion by type of device; explain the benefits of laser technology; explain the benefits and types of light therapy; discuss microcurrent treatments; discuss ultrasound; discuss microneedling and nano infusion; describe spa body treatments; discuss common treatments used to address cellulite; explain the benefits of manual lymphatic drainage; and describe the field of medical esthetics.

Competency 25 - State Board Preparation

Students will use learn the setup, preparations, and specifics around the GA State Board exam for licensure. This competency focuses on the specific practical applications that are listed on the most current state board exam applicant bulletin instructions. Once the setup and procedures are mastered, students will be required to take a timed, mock state board exam as part of this competency.

FINAL EXAMINATIONS

Final – Comprehensive Theory Assessment

Final – State Board Practical Evaluation

GRADING SCALE

100 – 90% A (Excellent)

89.9 – 80% B (Above Average)

79.9 – 70% C (Satisfactory)

69.9 – 0% D (Failing)

TRANSCRIPT

This program is taught by utilizing the chapters/competencies of the Milady Cosmetology Textbook. Each chapter/competency grade is assigned to one of the following courses listed below:

Course #	Course Name	Content
ESTH 110	Introduction to the Beauty Industry Health & Safety Practices	a. Life Skills b. Professional Image c. Communication for Success d. The Healthy Professional e. Infection Control Principles & Practices + HIV/AIDS f. Chemistry and Chemical Safety g. Electricity and Electrical Safety h. Career Opportunities & History of Esthetics i. GA Laws
ESTH 120	Introductory Sciences	a. General Anatomy & Physiology b. Physiology and Histology of the Skin c. Disorders and Diseases of the Skin.
ESTH 130	Skin Care	a. Skin Analysis. b. Skin Care Products: Chemistry, Ingredients, and Selection.
ESTH 140	Facial Treatments & Massages	a. The Treatment Room. b. Facial Treatments. c. Facial Massage.
ESTH 200	CLINIC FLOOR I	CLINIC FLOOR APPLICATIONS (Complete Credit Hour Sheet Applications)
ESTH 210	Facial Devices	a. Facial Devices and Technology

ESTH 220	Hair Removal Techniques	a. Lip, Chin, Face b. Leg Waxing c. Bikini Waxing d. Brow Arching e. Brow Tweezing f. Brow and Lash Tinting
ESTH 230	Make-Up Techniques	a. Client Consultation & Skin Analysis b. Contouring c. Application d. Color Accent e. Camouflage Make-up
ESTH 240	State Board Exam Introduction	a. State Board Review Setup & Practice
ESTH 300	CLINIC FLOOR II	CLINIC FLOOR APPLICATIONS
ESTH 310	Advanced Topics	a. Advanced Topics & Treatments
ESTH 320	CLINIC FLOOR III	CLINIC FLOOR APPLICATIONS
ESTH 330	State Board Prep Business Skills	a. Career Planning b. On the Job c. The Beauty Business d. State Board Exam Prep & Practice

GRADUATION REQUIREMENTS

The school has defined successful completion of the selected program as follows:

- (i) documented attendance for the total hours of instruction contracted in the program pursuant to state law requirements;
- (ii) have an overall GPA of 70% or above;
- (iii) tuition contract and course costs are fulfilled (payment plan established, if necessary);

Upon satisfactory completion of the graduation requirements, USA Beauty Academy will issue a Diploma (a document that certifies the student has met all requirements in the chosen course of study).

SCHOOL CATALOG AND POLICIES

All school general information, policies, rules, and procedures are published in the official school's student catalog, which is required to be reviewed by each student prior to starting the first class. Policy updates are made occasionally based on changes in laws, regulations, or GA board policies. The most updated version of the student catalog can be requested from the school staff, or can be found at <https://www.usa-beautyacademy.com/student-services/>.

INSTRUCTION BY WEEK SCHEDULE

WEEK(S)	COMPETENCY	COMPETENCY INSTRUCTION	TEXTBOOK REFERENCE
1	1, 2, 3, 4, 12	History & Career Opportunities Life Skills Professional Image Communication for Success	Foundations 1, 2, 3, 4 Fundamentals 1

		The Healthy Professional Georgia Law	
2	5	Infection Control Principles/Practices	Foundations: 5
3	6	Chemistry & Chemical Safety	Foundations: 6
4	7	Electricity and Electrical Safety	Foundations: 7
5 – 6	13	Anatomy & Physiology	Fundamentals: 2
7	14	Physiology and Histology of the Skin	Fundamentals: 3
8	15, 16	Skin Disorders and Diseases Skin Analysis	Fundamentals: 4, 5
9	17	Skin Care Products	Fundamentals: 6
10	18	The Treatment Room	Fundamentals: 7
11 – 13	19	Facial Treatments	Fundamentals: 8
14	20	Facial Massage	Fundamentals: 9
15 – 16	N/A	Clinic Floor Applications	Complete Practical Apps
17 – 19	21	Facial Devices and Technology	Fundamentals: 10
20 – 22	22	Hair Removal	Fundamentals: 11
23 – 25	23	Makeup Essentials	Fundamentals: 12
26	25	State Board Preparation	N/A
27	24	Advanced Topics & Treatments	Fundamentals: 13
28 – 30	N/A	Clinic Floor Applications	Complete Practical Apps
31	8	Career Planning	Foundations: 8
32	9	On the Job	Foundations: 9
33	10	The Beauty Business	Foundations: 10
34 – 35	25	State Board Preparation	N/A

EVALUATIONS

COURSE	COMPETENCY	TEST #	ASSESSMENT NAME
ESTH 110	1, 2, 3, 4, 5, 6, 7, 12	Test 1	Theory Assessment Chapters: F1, F2, F3, F4, F5, F6, F7, 1, GA Law
ESTH 120	13, 14	Test 2	Theory Assessment Chapters: 13, 14
ESTH 120	5	Practical 1	Practical Assessment: Setup & Client Protection
ESTH 130	15, 16, 17	Test 3	Theory Assessment Chapters: 4, 5, 6
ESTH 130	16	Practical 2	Practical Assessment: Cleansing the Face
ESTH 140	18, 19, 20	Test 4	Theory Assessment Chapters: 7, 8, 9
ESTH 140	19	Practical 3	Practical Assessment: Facial Mask

ESTH 140	20	Practical 4	Practical Assessment: Massaging the Face
ESTH 210	21	Test 5	Theory Assessment Chapter: 10
ESTH 210	21	Practical 5	Practical Assessment: Particle Microdermabrasion
ESTH 220	22	Test 6	Theory Assessment Chapter: 11
ESTH 220	22	Practical 6	Practical Assessment: Hair Removal of the Eyebrows
ESTH 220	22	Practical 7	Practical Assessment: Hair Removal of the Upper Lip
ESTH 230	23	Test 7	Theory Assessment Chapter: 12
ESTH 230	23	Practical 8	Practical Assessment: Facial Makeup
ESTH 310	24	Test 8	Theory Assessment Chapter: 13
ESTH 310	24	Practical 9	Practical Assessment: Exfoliating the Face with Products
ESTH 310	24	Practical 10	Practical Assessment: Eyelash Enhancement
ESTH 330	8, 9, 10	Test 9	Theory Assessment Chapter: F8, F9, F10
ESTH 330	25	Final 1	Final – Comprehensive Theory Assessment
ESTH 330	25	Final 2	Final – State Board Practical Evaluation