

Course Objectives/Course Outline
Spokane Community College

Course Title: Esthetics Concepts II
Prefix and Course Number: COS 125

Course Learning Outcomes:

By the end of this course, a student should be able to:

- Understand organic and inorganic chemistry
- List matter in all forms
- Understand pH and how it affects the skin with acid and alkali products
- Define solutions, suspensions and emulsions
- Understand how nutrition affects the skin
- Understand how atmosphere, equipment, cleaning, disinfection, ergonomics are important in the treatment room
- Understand why facials are important and the difference between the types of facials
- Identify contraindications and benefits of massage
- Identify all machines potentially used in the treatment room
- Understand morphology and the growth cycle of hair
- Identify the types of hair removal and their contraindications
- Understand the color wheel and how to use it in makeup applications for all occasions

Course Outline:

The instructor may offer up to 25% of this course to be taught online or offer a distance learning option.

- I. Chemistry
 - A. Organic and inorganic chemistry
 - B. Matter and its structure
 - C. Changes in matter
 - D. Acid and alkaline
 - E. pH and how it affects the skin
 - F. pH scale
 - G. Solutions, suspensions and emulsions
- II. Nutrition
 - A. Dietary guidelines
 - B. Macro and micronutrients
 - C. Vitamins and benefits
 - D. Nutrition and oxygen effects on the skin
 - E. Proper esthetician self-care
- III. Facial treatments
 - A. Atmosphere
 - B. Equipment
 - C. Time
 - D. Cleaning and disinfection
 - E. Disposal
 - F. Ergonomics
 - G. Safety and infection control
- IV. Facial massage
 - A. Facial benefits

- B. Client loyalty
- C. Step in a facial
- D. Contraindications
- E. Types of facials
- F. Facials for different skin types
- G. Acne treatments
- H. Treatments for men
- I. Safety and infection control
- V. Facial machines
 - A. Equipment; towel cabinets, all lamps and steamers
 - B. Vacuums, galvanic, high frequency and high frequency
 - C. Micro current, microdermabrasion and led machines
 - D. Safety and infection control
- VI. Hair removal
 - A. Morphology of hair
 - B. Hair growth
 - C. Permanent and temporary hair removal
 - D. Equipment tools and supplies
 - E. Contraindications and consultation
 - F. Safety and infection control
- VII. Makeup
 - A. Color theory
 - B. Consultation
 - C. Color matching
 - D. Brow design
 - E. Corrective makeup
 - F. Clean up of fall out
 - G. Safety and infection control

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