

Course Objectives/Course Outline
Spokane Community College

Course Title: Esthetic Applications III

Prefix and Course Number: COS 136

Course Learning Outcomes:

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

1. Recognize bones and muscles of the face for massage, reference point and microcurrent
2. Perform advanced skin analysis on various skin types
3. Prescribe facial treatments for various skin types
4. Perform advanced facials with the aid of machines
5. Apply lash and brow tint
6. Apply artificial eyelashes
7. Practice safety and sanitation measures related to skin care
8. Perform final exam (timed)

Course Outline:

The instructor may offer up to 50% of this course to be taught online or offer a distance learning option.

- I. Anatomy and physiology
 - A. Massage to improve the appearance of the skin
 - B. Reference points
 - C. Metabolism improvement
- II. Electricity
 - A. Types of currents and their uses
 - B. Electrical measurements
 - C. Contraindications
 - D. Electrical equipment safety
 - E. Electrotherapy (microcurrent and various modalities)
 - F. Electromagnetic radiation and visible light
 - G. Safety and infection control
- III. Advanced esthetics topics and treatments
 - A. Contraindications of chemical exfoliation
 - B. Chemical peels
 - C. Benefits peels and microdermabrasion
 - D. Light therapy
 - E. Microcurrent and ultrasonic
 - F. Body treatments
- IV. Exam preparation
 - A. Proper set up and drape
 - B. Cleansing the skin
 - C. Exfoliating skin
 - D. Massage the skin
 - E. Waxing and tweezing
 - F. Mask
 - G. Makeup
 - H. Microdermabrasion
 - I. Eyelash enhancement
 - J. Blood exposure