

Esthetics Training	Theory Instruction	Practical Hours	Minimum Procedures
(1) Infection Control	10	50	
(a) Public Health			
Sanitation			
Disinfection			
Sterilization			
(b) Universal precautions			
Cross contamination			
Blood borne pathogens			
(2) Skin anatomy and physiology	200		
(a) Structure and function of the body systems and nerves			
(b) Dermatology			
(c) Cosmetic chemistry			
(d) Pharmacology			
(e) Nutrition			
(3) Skin analysis and consultation	80	40	
(a) Skin types and conditions			
(b) Contraindications			
(c) Health screening			
(d) Consultation, post consultation and home care			
(e) Skin analysis equipment			
(4) Skin treatments	120	120	80 facials
(a) Cleansing techniques			
(b) Exfoliation			
Mechanical			
Chemical (enzymes, hydro-aphroxy)			
(c) Extraction			
Without lancet			
(d) Conditioning			
(e) Masque therapy			
(f) Protection			
(g) Massage			
(h) Basic facial equipment and safety			
Steamer			
Brush machine			

Esthetics Training cont.	Theory Instruction	Practical Hours	Minimum Procedures
(5) Body treatments	20	20	10
(a) Back and chest			
(b) Body wrap			
(c) Body exfoliation			
(d) Hydrotherapy – (theory only)			
(6) Advanced skin treatments	80	60	45
(a) Advanced exfoliation			
(b) Extractions using a lancet			
(c) Microdermabrasion			
(d) LED			
(e) Chemical exfoliation			
Gessner's			
AHA's			
(f) Microcurrent and other electrical treatments			
(g) Equipment for advanced skin treatments			
Microdermabrasion			
Microcurrent			
LED			
Mechanical			
(7) Temporary hair removal	10	30	40 facial waxes 10 body waxes
(a) Tweezing			
(b) Waxing			
(c) Depilatories			
(d) Sugaring			
(e) Threading			
(f) Contraindications and safety			
(8) Make up	20	40	25
(a) Purpose and effects			
(b) Eyebrow and eyelash Services			
(c) Corrective			
(d) Camouflage			
(9) Business Practices	30		
(a) Business planning			
(b) Client records			
(10) State law	20		
(a) Rules and regulations			
(11) Student specific needs	50		
Total Hours	1000		