ESTH1901 - Advanced Skin Treatments

Credits:	3 (3/0/0)
Description:	In this course, students learn about advanced skin care and techniques, including lymphatic drainage, advanced facials, advanced extractions and body treatments. Students' knowledge of specific body systems, including the cardiovascular, lymphatic and muscular systems, will assist in executing these advanced treatments. Specific massage manipulations and specialty products will be discussed to enhance the effectiveness of the procedures.
Prerequisites:	
Corequisites:	
Pre/Corequisites*:	
Competencies:	1. Explain the functions of the cardiovascular system. 2. Identify the components and functions of the lymphatic system. 3. List the facial nerves and explain their functions. 4. Name and describe the types of muscles. 5. Recognize the skeletal muscles of the body. 6. Demonstrate advanced facial massage movements to be incorporated into treatments. 7. Diagram advanced neck and decolletage movements. 8. Examine specialty treatment products for skin issues based on ingredient lists. 9. Discuss botanical ingredients and their benefits and uses in skin care. 10. Discuss the differences in spa services and compare the types of wrap and masque options. 11. Describe client preparation, treatment, and confidentiality and privacy issues.
MnTC goal areas:	None

**Can be taking as a Prerequisite or Corequisite.*

© 2026 Minnesota State Community and Technical College.
We reserve the right to periodically update information without notice.
The information in this publication should not be regarded as contractual in nature.