

# ADVANCED PRACTICE ESTHIOLOGY

## DIPLOMA - 44 CREDITS

### About this program

This diploma program is for students wanting to earn an Advanced Practice Esthetician license right out of school. This program allows students to go directly from esthetician training to advanced practice esthetician training without first applying for an esthetician license. Esthetics is the non-medical treatment of the skin, its disorders and function. Instruction includes the sciences of anatomy, dermatology and chemistry as related to skin care; sanitation and safety procedures; Minnesota statutes and laws which pertain to the regulation of the practice of skin care; and elementary service skills. Advanced practice services include dermaplaning; skin needling in the epidermal layer; advanced extractions; microdermabrasion; chemical peels that treat the epidermal layer of the skin; and electrical energy treatments using galvanic current, high frequency, radio frequency, ultrasound or light. The MN Board of Cosmetology requires 600 hours of esthetician clinical time and an additional 500 hours of advanced practice clinical time to become licensed as an advanced practice esthetician in the State of Minnesota. Upon completion of 1,100 hours, course completion certificates and passing of the state exams, a student can apply for licensure.

### Program outcomes

1. Relate the knowledge and technical procedures to perform proficiently in all esthetician and advanced practice esthetician skills.
2. Apply ethical behaviors and human relation skills with patrons, employers and co-workers.
3. Show professionalism in all relationships in the esthetician and advanced practice salon environment.
4. Know and understand the Minnesota state laws, rules and regulations that pertain to the individual policies or responsibilities of all esthetician and advanced practice esthetician license holders.
5. Know employee sanitation procedures and perform safety procedures in compliance with Minnesota laws and rules.
6. Evaluate skin disorders or diseases that should be referred to a physician.
7. Prepare and know the specific uses and safety of all equipment and supplies used in the esthetician and advanced practice esthetician salon.
8. Prepare the chemical formulas necessary to ensure accurate product knowledge to perform esthetician and advanced practice esthetician services.

### Curriculum overview

| <b>Crds</b> | <b>Requirement type</b> |
|-------------|-------------------------|
|-------------|-------------------------|

23 Required courses

21 Restricted electives in special requirements

44 **Total**

**Developmental courses note:** A student may be required to enroll in developmental courses in reading, writing and math. A student's scores on the Accuplacer assessment will determine enrollment in developmental courses. The purpose of developmental courses is to prepare students for the demands of a college-level curriculum. *Credits may vary.*

**Accreditation:** Minnesota State Community and Technical College is accredited by the Higher Learning Commission, a regional accreditation agency recognized by the U.S. Department of Education. The Higher Learning Commission 230 South LaSalle Street, Suite 7-500 Chicago, IL 60604-1411 <http://www.ncahigherlearningcommission.org> Phone: 312.263.0456 / 800.621.7440

## Curriculum requirement details

### Required courses

| Course  | Crds |
|---|------|
| COSM1000 - Principles and Practices .....                   | 3    |
| COSM1002 - Client Consultations .....                       | 1    |
| COSM1004 - Cosmetic Chemistry and Makeup Applications ..... | 1    |
| COSM1006 - Spa Therapies .....                              | 1    |
| COSM1010 - Eyelash Extensions .....                         | 1    |
| COSM1100 - Salon Safety .....                               | 1    |
| COSM1109 - Skin Analysis .....                              | 1    |
| COSM1157 - Histology of the Skin .....                      | 1    |
| COSM1159 - Facials and Hair Removal .....                   | 1    |
| COSM1179 - Minnesota Cosmetology Laws and Rules ...         | 1    |
| COSM2004 - License Preparation Esthetician .....            | 1    |
| ESTH1003 - License Preparation AP Esthetician .....         | 1    |
| ESTH1901 - Advanced Skin Treatments .....                   | 3    |
| ESTH1903 - Advanced Exfoliation .....                       | 3    |
| ESTH1904 - Advanced Skin Care Techniques .....              | 3    |

### Other requirements or restricted electives

#### **Special Requirement: 11 credits**

- COSM1203 - Salon Practicum Esthetician (5 credits in the spring. 6 credits in the summer) these credits can be comprised from the following non repeatable course: COSM2800 - Alexandria Body Sugar (1 credit)

#### **Special Requirement: 10 credits**

- ESTH1201 - Salon Practicum AP Esthetician (10 credits)

## Course summaries

### **COSM1000 - Principles and Practices ..... (3 credits)**

This course is intended for manicurists, estheticians and some transfer students. In a condensed form, this course will include the topics of chemistry, electricity, salon business, professional image, anatomy and infection control.

#### **Prerequisites:**

- none

### **COSM1002 - Client Consultations ..... (1 credits)**

This course is for cosmetology and esthiology students. Students will develop the skills necessary for a successful client consultation to achieve the client's desired outcome.

### **COSM1004 - Cosmetic Chemistry and Makeup Applications ..... (1 credits)**

This course covers the composition of product ingredients, changes produced by cosmetic products, color theory, makeup applications, eyelash and eyebrow tinting, air brush makeup, camouflage makeup and facial structure.

### **COSM1006 - Spa Therapies ..... (1 credits)**

This course covers advanced spa services, body treatments and alternative related therapies. Students will be able to identify, explain and determine spa treatments and services suited for individual clients needs.

### **COSM1010 - Eyelash Extensions ..... (1 credits)**

This course is for cosmetology students, esthiology students and anyone who wishes to perform eyelash extensions. "Eyelash extensions" means the application, removal and trimming of threadlike natural or synthetic fibers to an eyelash, and includes the cleansing of the eye area and lashes. Eyelash extensions do not include color agents, straightening agents, permanent wave solutions, bleaching agents, applications to the eyebrow or any other cosmetology service.

### **COSM1100 - Salon Safety ..... (1 credits)**

This course is for students pursuing a cosmetology, esthiology, nail technology and eyelash technology career. Students will learn the necessary precautions and safety measures to ensure a safe working environment. Students must pass all applicable sections of the Infection Control Practical Skills test prior to providing services on live models during preclinical training and prior to providing services on the client clinic floor.

### **COSM1109 - Skin Analysis ..... (1 credits)**

This course is for cosmetology and esthiology students. Students will learn how to perform a skin analysis and determine skin types. Client skin analysis is an important part of an esthetician's or cosmetologist's skills, since recommending the appropriate skin care products and regime must be individualized for each person.

### **COSM1157 - Histology of the Skin ..... (1 credits)**

In this course students will learn the basic structure of the skin and its function. Students will learn how to conduct services in a safe environment and how to take measures to prevent spreading infectious and contagious diseases.

### **COSM1159 - Facials and Hair Removal ..... (1 credits)**

Students will learn the uses of various skin care products and how to apply them to different skin types. Students will learn many types of hair removal techniques and basic massage movements to assist in providing skin care services.

### **COSM1179 - Minnesota Cosmetology Laws and Rules ..... (1 credits)**

This course prepares students for the Laws and Rules portion of their state license examination.

### **COSM2004 - License Preparation Esthetician ..... (1 credits)**

This course will prepare the esthetician student for the general theory exam, written practical exam and Minnesota laws and rules exam issued by the Minnesota State Board of Cosmetology. Additionally, the student will practice mock tests in preparation for skills certification. Esthetician students will review their knowledge and skills in all theory and practical topics learned throughout their training. Completion of this course will help the student identify areas of weakness that need additional review prior to scheduling their state exams.

### **ESTH1003 - License Preparation AP Esthetician ..... (1 credits)**

This course will prepare the advanced practice esthetician student for the general theory exam, written practical exam and Minnesota laws and rules exam issued by the Minnesota State Board of Cosmetology. Additionally, the student will practice mock tests in preparation for skills certification. Advanced practice esthetician students will review their knowledge and skills in all theory and practical topics learned throughout their training. Completion of this course will help the student identify areas of weakness that need additional review prior to scheduling their state exams.

### **ESTH1901 - Advanced Skin Treatments ..... (3 credits)**

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.

**ESTH1903 - Advanced Exfoliation ..... (3 credits)**

This course will provide practical knowledge and practice of exfoliation using advanced chemicals and devices, including but not limited to BHA chemical peels, AHA chemical peels, TCA chemical peels, crystal and diamond microdermabrasion, hydro dermabrasion and dermaplaning. Students will learn to recognize and treat skin conditions, conduct advanced consultations, and perform client charting and health screening. Students will understand wound healing as it relates to advanced esthetics and proper pre- and post-surgical at-home care. This class will cover training in advanced product chemistry and ingredients.

**ESTH1904 - Advanced Skin Care Techniques ..... (3 credits)**

This course will provide knowledge of and training in electrical energy machines and devices used in an advanced practice esthetics setting, including but not limited to radio frequency, galvanic current, high frequency, ultrasound, microcurrent, skin needling and LED light therapy. Students will receive training in electrical and light theory, and advanced histology of the skin.

# ADVANCED PRACTICE ESTHIOLOGY

## DIPLOMA - 44 CREDITS

### Program Plan — "Esthetician/AP Esthetician"

Locations: Wadena

#### 1st Spring Term (18 credits)

##### **Courses**

| Course  | Crds |
|---|------|
| COSM1000 - Principles and Practices .....                   | 3    |
| COSM1002 - Client Consultations .....                       | 1    |
| COSM1004 - Cosmetic Chemistry and Makeup Applications ..... | 1    |
| COSM1006 - Spa Therapies .....                              | 1    |
| COSM1010 - Eyelash Extensions .....                         | 1    |
| COSM1100 - Salon Safety .....                               | 1    |
| COSM1109 - Skin Analysis .....                              | 1    |
| COSM1157 - Histology of the Skin .....                      | 1    |
| COSM1159 - Facials and Hair Removal .....                   | 1    |
| COSM1179 - Minnesota Cosmetology Laws and Rules ...         | 1    |
| COSM2004 - License Preparation Esthetician .....            | 1    |

##### **5 credits in one or more of the following:**

COSM1203 - Salon Practicum Esthetician (5 credits in the spring, 6 credits in the summer) these credits can be comprised from the following non repeatable course: COSM2800 - Alexandria Body Sugar (1 credit)

#### 1st Summer Term (6 credits)

##### **Courses**

No specific courses set for this term.

##### **6 credits in one or more of the following:**

COSM1203 - Salon Practicum Esthetician (5 credits in the spring, 6 credits in the summer) these credits can be comprised from the following non repeatable course: COSM2800 - Alexandria Body Sugar (1 credit)

#### 1st Fall Term (20 credits)

##### **Courses**

| Course  | Crds |
|---|------|
| ESTH1003 - License Preparation AP Esthetician ..... | 1    |
| ESTH1901 - Advanced Skin Treatments .....           | 3    |
| ESTH1903 - Advanced Exfoliation .....               | 3    |
| ESTH1904 - Advanced Skin Care Techniques .....      | 3    |

##### **10 credits in one or more of the following:**

ESTH1201 - Salon Practicum AP Esthetician (10 credits)