ADVANCED PRACTICE ESTHIOLOGY

DIPLOMA – 42 CREDITS

About this program

This diploma program is for students wanting to earn an Advanced Practice Esthetician license. 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 pertaining 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 Minnesota 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

Crds	Requirement type
20	Required courses
22	Restricted electives in special requirements
42	**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

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Curriculum requirement details

Required courses

Course	Crds
COSM1000 - Principles and Practices	3
COSM1002 - Client Communications	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
ESTH1000 - Advanced Skin Care Techniques	2
ESTH1001 - Advanced Exfoliation	2
ESTH1002 - Advanced Skin Treatments	2
ESTH1003 - License Preparation AP Esthetician	1

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: 11 credits

- ESTH1201 Salon Practicum Esthetician

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Course summaries

COSM1000 - Principles and Practices ..... ***(3 credits)***
This course addresses the concepts of basic chemistry, electricity and infection control as they relate to cosmetology. The course also teaches students the best practices for maintaining personal health and well-being while working in the industry.

Prerequisites:

- none

COSM1002 - Client Communications ..... ***(1 credits)***
This course teaches important principles used when working with different clients, focusing on creating positive interactions to meet clients' varying needs. Students learn strategies to establish well-developed communication, customer service and time management skills.

COSM1004 - Cosmetic Chemistry and Makeup Applications ..... ***(1 credits)***
This course provides students with an understanding of cosmetic chemistry and its practical application. Students learn how to choose appropriate skincare and makeup products for different skin types and conditions, and develop core skills in color theory, facial symmetry and various makeup applications.

COSM1006 - Spa Therapies ..... ***(1 credits)***
This course teaches students how to perform advanced spa services, body treatments and alternative therapy services in accordance with the scope of practice of cosmetology and esthiology.

COSM1010 - Eyelash Extensions ..... ***(1 credits)***
In this course, students gain knowledge and skills necessary to safely and effectively apply eyelash extensions, enhancing clients' natural beauty and helping them achieve the look they desire.

COSM1100 - Salon Safety ..... ***(1 credits)***
This course is designed to educate beauty industry professionals about essential safety protocols, regulations and best practices to ensure a safe and healthy salon environment. This course emphasizes the importance of compliance with the Minnesota Board of Cosmetology.

COSM1109 - Skin Analysis ..... ***(1 credits)***
This course introduces students to the essential principles and practices of professional skin analysis, a critical component of facial treatments and cosmetic services. Students learn how to identify skin types, conditions and underlying concerns using visual, tactile and magnification techniques, including using a Woods lamp and other diagnostic tools.

COSM1157 - Histology of the Skin ..... ***(1 credits)***
In this course, students learn the structure and composition of the skin and how to recognize various disorders and diseases of the skin. Students also determine which disorders can be serviced in the salon and which should be referred to a physician. Students gain the foundational knowledge of skin histology necessary to support safe, effective and personalized esthetic treatments.

COSM1159 - Facials and Hair Removal ..... ***(1 credits)***
In this course, students learn professional skin care treatments that improve the skin's condition and appearance. Students learn how to analyze the skin to best determine proper protocols for individual needs. Students also gain an understanding of the different types of services and materials used to remove unwanted hair.

COSM1179 - Minnesota Cosmetology Laws and Rules ..... ***(1 credits)***
This course provides an in-depth understanding of the laws and regulations governing professional practices in Minnesota. Designed for all cosmetology license fields, the course aims to ensure compliance with state-specific legal standards and ethical practices.

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.

ESTH1000 - Advanced Skin Care Techniques ..... ***(2 credits)***
This course provides 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 receive training in electrical and light theory, and in advanced histology of the skin.

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ESTH1001 - Advanced Exfoliation ..... ***(2 credits)***
This course provides practical knowledge and practice of exfoliation using advanced chemicals and devices, including but not limited to beta-hydroxy acid chemical peels, alpha-hydroxy acid chemical peels, trichloroacetic acid chemical peels, crystal and diamond microdermabrasion, hydrodermabrasion and dermaplaning. Students learn to recognize and treat skin conditions, conduct advanced consultations, and perform client charting and health screening. Students understand wound healing as it relates to advanced esthetics and proper pre- and post-surgical at-home care. This class covers training in advanced product chemistry and ingredients.

ESTH1002 - Advanced Skin Treatments ..... ***(2 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.

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.

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Program Plan — "Esthetician/AP Esthetician"

Locations: Wadena

1st Fall Term (18 credits)

Courses

Course	Crds
ESTH1000 - Advanced Skin Care Techniques	2
ESTH1001 - Advanced Exfoliation	2
ESTH1002 - Advanced Skin Treatments	2
ESTH1003 - License Preparation AP Esthetician	1

11 credits in one or more of the following:

ESTH1201 Salon Practicum Esthetician

1st Spring Term (18 credits)

Courses

Course	Crds
COSM1000 - Principles and Practices	3
COSM1002 - Client Communications	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)

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