Course Description
This is a program that prepares individuals to cleanse, depilate, massage, and beautify the human body and to function as licensed estheticians and skin care specialists. Instruction includes history of esthetics; health and safety; customer relations and salon management; legal issues; human immune system; diseases and disorders of the skin; implements, tools, and equipment for basic esthetics; skin anatomy, physiology, and health; science of basic esthetics; principles of nutrition; decontamination and infection control; limited chemical exfoliation; chemistry for basic esthetics; face and neck massage; temporary hair removal including waxing and tweezing; application of makeup; basic facials; skin treatments, manual and mechanical; natural nail manicures and pedicures. The task list for this program is based on the state rules and regulations as a part of the state law. Completed instruction qualifies the student for licensing examinations in Utah.
**STRAND 1**

*Students will be able to describe the history of skin care, career opportunities, and the professional image.*

**Standard 1**
Explain the history of skin care and the occupational opportunities.

**Standard 2**
Demonstrate the professional image that is expected in the industry.

**Performance Skill**
Describe the history of skin care, career opportunities, and the professional image.
- Demonstrate the professional image that is expected in the industry.

**STRAND 2**

*Students will be able to understand and demonstrate how science influences the skin care industry.*

**Standard 1**
Describe and demonstrate proper use of sanitation and disinfectants products and techniques.

**Standard 2**
Explain the importance of anatomy and physiology to the cosmetology profession.

**Standard 3**
Explain the importance of chemistry for estheticians.

**Standard 4**
Describe the most common cosmetic ingredients, their functions and explain FDA regulations regarding cosmetic claims and product safety.
Standard 5
Understand the basics of electricity and how it is used in the skin care industry.

Performance Skill
Understand and demonstrate how science influences the skin care industry.

- Describe and demonstrate proper use of sanitation and disinfectants products and techniques.
- Explain the importance of anatomy and physiology to the cosmetology profession.
- Explain the importance of chemistry for estheticians.
- Describe the most common cosmetic ingredients, their functions and explain FDA regulations regarding cosmetic claims and product safety.
- Understand the basics of electricity and how it is used in the skin care industry.

STRAND 3
Students will be able to understand the sciences used in the skin care industry.

Standard 1
Describe the physiology and histology of the skin.

Standard 2
Identify skin disorders and diseases.

Standard 3
Analyze different skin conditions.

Standard 4
List and describe the different products and ingredients used in skin care.

Standard 5
Understand, prepare, and set up a treatment room for services.

Performance Skill
Understand and demonstrate what the skin sciences are and how they affect the human body.

- Describe the physiology and histology of the skin.
- Identify skin disorders and diseases.
- Analyze different skin conditions.
- List and describe the different products and ingredients used in skin care.
- Understand, prepare, and set up a treatment room for services.

STRAND 4
Students will be able to understand the principles of esthetic procedures.

Standard 1
Understand and demonstrate the different types, movements, and benefits of massage.
Standard 2
Describe and perform basic facials and treatments.

Standard 3
Understand and safely use the machines used in skin care treatments.

Standard 4
Understand and safely use hair removal equipment and treatments.

Standard 5
Recognize advanced esthetics topics including how AHAs work, aromatherapy, spa body treatments, and clinical skin care procedures.

Standard 6
Demonstrate an understanding of the world of makeup.

Performance Skill
Understand and demonstrate the principles of esthetic procedures.
- Understand and demonstrate the different types, movements, and benefits of massage.
- Describe and perform basic facials and treatments.
- Understand and safely use the machines used in skin care treatments.
- Understand and safely use hair removal equipment and treatments.
- Recognize advanced esthetics topics including how AHAs work, aromatherapy, spa body treatments, and clinical skin care procedures.
- Demonstrate an understanding of the world of makeup.

STRAND 5
Students will be able to understand the business of skin care.

Standard 1
Understand and demonstrate what it requires to operate a salon/spa business.

Standard 2
Explain selling products and services to clients.

Standard 3
Demonstrate an understanding of what it takes to prepare for a career in the skin care industry.

Performance Skill
Understand the business of skin care.
- Understand and demonstrate what it requires to operate a salon/spa business.
- Explain selling products and services to clients.
- Demonstrate an understanding of what it takes to prepare for a career in the skin care industry.
STRAND 6

Students will understand the importance of career readiness skills as it relates to the workplace and outlined in the SkillsUSA Framework – Level 1.

Standard 1
Understand and demonstrate the attitude of cooperation.
- Develop awareness of cultural diversity and equality issues.
- Demonstrate effective communication with others.
- Apply team skills to a group project.
- Identify and apply conflict resolution skills.

Standard 2
Understand and demonstrate the ability of being resourceful and innovative.
- Discover self-motivation techniques and establish short-term goals.
- Measure/modify short-term goals.
- Review a professional journal and develop a three- to five-minute presentation.

Standard 3
Plan for your future career.
- Complete a self-assessment and identify individual learning styles.
- Define future occupations.
- Identify the components of an employment portfolio.
- List proficiency in program competencies.
- Complete a survey for employment opportunities.
- Create a job application.
- Assemble your employment portfolio.
- Employability skills: evaluate program comprehension.

Standard 4
Understand and demonstrate the ability to manage a project.
- Apply team skills to a group project.
- Observe and critique a meeting.
- Demonstrate business meeting skills.
- Explore supervisory and management roles in an organization.
- Identify and apply conflict resolution skills.
- Demonstrate evaluation skills.
- Manage a project and evaluate others.