

# ESTHETICS (ESTH)

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## **ESTH 1101 Credits: 16**

### **Esthetics & Spa Therapy 1 Total Hours: 400**

This 16-week course introduces the learner to esthetics and spa therapy fundamentals, and prepares learners for the skills required for future courses. Students will learn how to use and maintain tools, and maintain a safe and hygienic environment with an awareness of health & safety standards and regulations. In addition, students will learn anatomy and physiology and how each system relates to the treatment of the skin and body. Learners will be introduced to the foundation of hand and nails treatment techniques, fundamental principles of hair removal techniques, and become proficient in facial skin treatments, skin analysis, treatment objectives, and facial massage modalities. Learners will gain an understanding of how to identify and treat contraindications, recommend services, service timelines and pricing, and how to recognize possible diseases and disorders. Learners will also be introduced to industry expectations around professionalism: how to demonstrate professional behaviour and communication skills with clients and coworkers.

## **ESTH 1201 Credits: 16**

### **Esthetics & Spa Therapy 2 Total Hours: 400**

This course builds on topics introduced in Esthetics & Spa Therapy 1. Students are introduced to new techniques using gel nail polish and light-curing technology. Students will learn to use specific tools and techniques to perform spa and gel manicures and pedicures. Students are introduced to specialized foot services. Students will continue to build on and master facial treatments, in addition to developing confidence in using electrical equipment (laser theory, microdermabrasion, microcurrent, galvanic, LED, ultrasonic), professional-grade products, and advanced techniques. In addition to product knowledge, students will be introduced to body massage services (hot stone massage, aromatherapy), client comfort, and draping. Students will learn in a professional spa environment that provides real-life, hands-on experience.

**Pre-requisite(s):** ESTH 1101

## **ESTH 1301 Credits: 7**

### **Esthetics & Spa Therapy 3 Total Hours: 225**

This course builds on the topics developed in Esthetics & Spa Therapy 2. This course explores improving and maintaining body skin conditions with a focus on analyzing, full-body exfoliation, steam & heat, full-body wraps, and the use of body products. The learner is introduced to day, evening and special occasion makeup and will include information on face shapes, colour theory, and semi & permanent lash extensions. This course introduces students to retailing, marketing and spa management. Focus is placed on front desk operations, sales, daily operations, maintaining client records, dispensary duties, and stock control. This course also provides the student with client communications, resume building, career search, professional portfolio building, and business management.

**Pre-requisite(s):** ESTH 1201

## **ESTH 1501 Credits: 9**

### **Nail Foundations Total Hours: 200**

This course introduces students to the history, trends, and business career opportunities of the nail industry. Students learn personal/public hygiene and professionalism related in the salon and spa. This course covers diseases & disorders of the skin and nails, bacteriology, sterilization, sanitation and disinfection. Students are introduced to all aspects of physiology and anatomy and the related processes and systems of the nail and skin. Students learn the foundation for manicuring, pedicuring and nail treatments. Areas explored include identifying various shapes of nails, specialized hand and nail treatments, specific massage techniques, nail polish and gel application using UV & LED light, and removing such products without causing damage to the natural nail.

Prior Learning Assessment is available.

## **ESTH 1502 Credits: 9**

### **Artificial Nails Total Hours: 200**

This course introduces advanced techniques of artificial nails. Emphasis is placed on the procedures for applying nail tips, liquid and powder acrylic, and UV & LED gel. Students learn to apply sculptured nails over a nail form and over an artificial tip to meet client needs, and safe removal of acrylic and gel overlay. Students practice and complete basic and advanced nail art techniques, free hand painting, application of gems, foiling, stripping tape, gold leaf, and 3D nail art. Students also learn career and salon management skills and business planning relating to daily operations and promotional salon events. During a one-week supervised practicum, students are introduced to a professional spa/nail salon setting that allows them to observe, practice, and perform manicures, pedicures, and artificial nails in a professional setting.

**Pre-requisite(s):** ESTH 1501 with a minimum 70% grade or equivalent