

## **ESTHETICS**

### **SKIN CARE**

Introduction  
Basic Facial  
Anatomy of the Skin  
Skin Types  
Skin Analysis  
Disorders of the Skin  
Pigmentation Abnormalities  
The Importance of Consultation  
Product Knowledge  
Chemistry  
Specialized Facials  
Procedure for Specialized Facials  
Case Histories  
Electricity, Machines and Apparatus  
Techniques for Facial Massage  
Facial Treatments (with and without the aid of machines)  
Treatments for each Skin Condition  
The Aging Process  
Enemies of the Skin  
Nutrition and Health of the Skin  
Nutrition and How it Affects the Skin  
Differences in Light and Dark Skin  
Beauty Culture Exams

### **BODYCARE / AROMATHERAPY**

Introduction to Body Treatments  
The Muscular System  
The Skeletal System  
Body Treatments (with and without the aid of machines)  
Bust Treatments  
Cellulite Treatments  
Hot Stone Massage  
Body Consultation  
Posture  
Body Types  
Product Knowledge and Use  
Introduction to Reflexology  
Human Anatomy  
Anatomy Exams  
Origins of Aromatherapy  
Use of Essential Oils in Face and Body Skin Treatments  
Aromatherapy Relaxation Massage of the Face and Body  
The Art of Creating Your Own Essential Perfumes  
The Art of Creating Essential Body Salts and Scrubs  
The Art of Creating Your Own Bath Oils  
Anatomy and Physiology  
Systems of the Body  
Essential Oils in Beauty Therapy  
Carrier Oils and their Use  
Top Notes, Middle Notes and Base Notes

### **PROFESSIONAL MAKE UP ARTISTRY**

Introduction to Make Up  
Color Psychology  
Color Coordination  
Preparation of the Client  
Preparation of the Skin  
Facial Shapes  
Eyebrow Shapes  
Theory of Cosmetics used in Make Up  
Procedure for Applications: Day, Evening, Brides, Runway, Fantasy, Photography  
Selecting Colors  
Theory of Implement and their Use  
Corrective Make Up  
Shading and Highlighting  
Application of Artificial Eyelashes  
Rules for the Make Up Artist

## **ESTHETICS** *continued...*

### **MANICURE/ PEDICURE**

Introduction to Manicuring  
Hygiene, Bacteriology, Sterilization and Sanitation  
Anatomy of the Nail, Hand and Arm  
Shapes, Malformation and Growth of the Nail  
Theory of Cosmetics Used in Manicuring  
Different Types of Manicures  
Preparation of Working Area  
Nail Disorders  
Contra Indications  
Nail Diseases  
Treatment Manicures  
Aromatherapy Manicures  
Paraffin Treatments  
Hand and Arm Massage  
Safety Rules in Manicuring  
Introduction to Pedicuring  
Anatomy of the Foot and Leg  
Equipment, Implements and Materials Used  
Pedicure Preparation and Procedures  
Abnormal Foot Diseases and Disorders  
Aromatherapy Pedicures  
Foot and Leg Massage  
Treatment Pedicures

### **SMALL SERVICES**

*(Waxing and Eyebrow and Eyelash Tinting)*

Waxing (Full Body)  
Anatomy of Hair  
Temporary Hair Removal  
Contra Indications for Waxing  
Different Types of Wax  
Practical Applications  
Eyebrow and Eyelash Tinting

### **NAIL EXTENSIONS**

Bacteriology, Hygiene, Sterilization and Sanitation  
Dipping Gel Nail System  
Nail and Overlay Mending  
Nail Tips Application  
Nail Fills  
French Tips  
Nail Color

## **MEDICAL ESTHETICS**

Microdermabrasion  
Compu-Lift (Non-Surgical Face Lifts)  
Lymphatone (cellulite treatments, body toning, body firming, muscle development)  
Chemical Peels

### **LASER HAIR REMOVAL**

History of Laser  
Conventional Epilation Techniques: waxing, electrolysis  
Clinical Advantages  
Equipment Needed  
Contra Indications  
Treatment Procedure  
Client Preparation  
Parameters and Modification  
Post Treatment  
Tips and Trouble Areas

### **PHOTO LASER**

Acne Treatment  
Photo Rejuvenation  
Broken Capillary Treatment  
Vascular Capillary Treatment  
Removal of Pigmented Lesions

## **ELECTROLYSIS**

Introduction to Electrolysis:  
- Galvanic, Thermolysis  
and The Blend  
Methods of Hair Removal  
Basic Electricity  
The Endocrine System  
The Anatomy of Hair  
Sterilization and Sanitation  
Permanent Methods of Hair Removal  
Proper Machine Use  
Needle Insertion With and Without Current  
Evaluation of the Skin During Treatment  
Consultation  
Contra Indications  
Proper Set Up of Client Cards