



9069

INTERMEDIATE SKIN CARE
(11B)

30S/30E/30M

An Esthetics Course

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Course Description

The emphasis in this course is on intermediate skin analysis, skin types, product knowledge, massage, home maintenance, and electrical modalities.

Goal 1: Describe and demonstrate appropriate **personal and public sanitation** and **health and safety practices**.

GLO 1.1: Describe and demonstrate **personal and public sanitation**.

SLO 11B.1.1.1: Discuss and demonstrate personal and professional health practices.

SLO 11B.1.1.2: Describe and demonstrate personal and public hygiene practices.

SLO 11B.1.1.3: Describe and practise how to sanitize hands. (A2.4)

- bacteria
 - water temperature
 - types of soap (medicated, antibacterial, antifungal, and hand-sanitizer)
 - paper towels and electric hand dryers
- inspecting hands
 - health
 - free edge of nail
- antiseptic products

GLO 1.2: Describe and demonstrate **health and safety practices**.

SLO 11B.1.2.1: Identify and apply PPE requirements for each skin care service.

SLO 11B.1.2.2: Demonstrate safety measures during the use of electrical equipment.

SLO 11B.1.2.3: Identify contraindications, including skin conditions, health conditions, and oral and topical medications, related to skin care services.

GLO 1.3: Maintain a **safe and organized workstation**.

SLO 11B.1.3.1: Create and maintain a safe working environment.

GLO 1.4: Demonstrate an awareness of safety as it pertains to the *Trade Safety Awareness Manual*.

No applicable SLOs.

Goal 2: Describe and demonstrate knowledge and skills related to **pre-service**.

GLO 2.1: Describe and demonstrate the process of **preparing the workstation**.

SLO 11B.2.1.1: Discuss the preparation of clients for services. (A2.1)

- greeting clients
 - introduction
 - assistance (awareness of disabilities)
- client consultation
 - client’s instructions
 - client’s well-being
 - contra-indications
- removal of personal accessories and/or clothing
 - safety storage
 - liability issues
- preparation procedures
 - seating
 - removal of accessories
 - positioning of client
 - preventing damage to client’s clothing
 - adjusting chair
- client’s needs
 - client’s lifestyle preferences, well-being, time, and skill required for home maintenance
 - availability of tools and products for home maintenance and affordability
 - duration of time for treatment
 - assess any physical disability problem for home maintenance
 - ascertain exact nature of service requested by client
 - inform pregnant and or those on medication of side effects of various chemical products
- analysis of treatment area

- recommendation of treatment or service
 - results of analyses
 - SLO 11B.2.1.2: Examine products used for services. (A2.3)
 - manufacturers' directions
 - suitability of product
 - SLO 11B.2.1.3: Demonstrate assembling implements, materials, equipment, and products. (A2.5)
 - implements for services
 - arrangement of tools at work station
 - safety
 - effectiveness
 - selection according to treatment
 - SLO 11B.2.1.4: Practise pre-service with clients. (A2.6)
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GLO 2.2: Describe and demonstrate the process of **preparing the client.**

- SLO 11B.2.2.1: Perform a client consultation according to the requested service.
 - SLO 11B.2.2.2: Recommend appropriate service based on client consultation and analysis findings.
 - SLO 11B.2.2.3: Follow salon policy for assisting clients.
 - SLO 11B.2.2.4: Define *hypoallergenic*. (G1.5)
 - SLO 11B.2.2.5: Discuss common skin disorders of the back.
 - SLO 11B.2.2.6: Describe the characteristics of dehydrated, couperose, rosacea, and acned skin conditions.
 - SLO 11B.2.2.7: Discuss and practise procedures for performing an allergy test. (A2.2)
 - types
 - test results
 - analysis
 - report
 - recommendation of treatment and products
 - manufacturers' directions to client's results of test
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Goal 3: Describe and demonstrate knowledge and skills related to **service.**

GLO 3.1: Describe and demonstrate **esthetics services.**

- SLO 11B.3.1.1: Discuss skin conditions. (F4.4)
- couperose
 - dehydration
 - adult acne
 - actinic
 - pigmentation
 - rosacea
 - sensitized
 - sun damaged
- SLO 11B.3.1.2: Describe and demonstrate male skin care.
- SLO 11B.3.1.3: Demonstrate the application of various men's products according to the manufacturers' instructions and client needs.
- SLO 11B.3.1.4: Describe massage-related anatomy and physiology. (F3.2)
- skeletal system
 - functions of bones
 - bones of the chest (thorax)
 - bones of the shoulder and neck
 - muscular system
 - stimulation of muscles
 - muscles affected by massage
 - circulatory system
 - function of the heart
 - blood vessels
 - pulmonary and general circulation
 - function of blood
 - lymph-vascular system
 - duct and ductless glands
 - glands and their stimulation through massage
- SLO 11B.3.1.5: Review basic cosmetic massage movements and demonstrate cosmetic back massage.

- SLO 11B.3.1.6: Describe the application of a mask. (G3.5)
- definition
 - function
 - types
 - procedures
 - use of steamers
 - using long stokes, applications of a nourishing mask
 - preparation of therm mask
 - use of an herbal mask for deep cleansing purposes
 - application of the lonta mask in connection with the cosmetic substances
 - application of a mask for toning of facial and neck muscles
- SLO 11B.3.1.7: Describe the procedures for removing various masks. (G3.6)
- SLO 11B.3.1.8: Describe and demonstrate the procedures for removing various back masks.
- SLO 11B.3.1.9: Describe toners and protective products. (G3.7)
- direct current application
 - indirect application
 - general electrification
- SLO 11B.3.1.10: Describe light therapy and its uses.
- SLO 11B.3.1.11: Describe the use and benefits of faradic current and sinusoidal current.

Goal 4: Describe and demonstrate knowledge and skills related to **post-service**.

GLO 4.1: Describe and demonstrate the post-service steps that the technician performs **while the client is in the salon**.

- SLO 11B.4.1.1: Discuss the completion of service with the client. (A2.7)
- preparation for departure
 - future service requirement and home maintenance program
 - recording service
 - record cards and/or computer data file
 - instructions given to clients for home maintenance program
 - filing of client information

- sales/service transaction
 - book future appointments
 - retain clients
 - attitude for generating business growth

SLO 11B.4.1.2: Practise post-service with the client. (A2.9)

- home-care instructions
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GLO 4.2: Describe and demonstrate the post-service steps that the technician performs **after the client leaves the salon.**

SLO 11B.4.2.1: Discuss sanitary measures taken after releasing the client. (A2.8)

- supplies
 - equipment
 - implements
 - facility
 - personal
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Goal 5: Demonstrate the **operation, maintenance, and storage of equipment, tools, implements, materials, products, and consumable items.**

GLO 5.1: Demonstrate the **operation of equipment, tools, and implements.**

SLO 11B.5.1.1: Discuss and describe the equipment, tools, and implements used to perform men's skin care treatments.

SLO 11B.5.1.2: Describe safe filling, use, and emptying of the steamer/vaporizer.

SLO 11B.5.1.3: Demonstrate using a steamer. (G4.7)

- application of vapor after cleansing skin
- lifting of comedones from the face with the help of essential oils from the steamer
- cleansing of the steamer
- types of skin a steamer should not be used on

SLO 11B.5.1.4: Identify the equipment used in a skin analysis.

GLO 5.2: Demonstrate the use of materials, products, and consumable items.

- SLO 11B.5.2.1: Discuss the materials, products, and consumable items used for back and facial treatments.
- SLO 11B.5.2.2: Describe exfoliation products and techniques. (G3.3)
- SLO 11B.5.2.3: Describe the different products used for various skin types. (G1.6)
- cleansing
 - exfoliation
 - anti-bacterial treatment
 - massaging
 - moisturizing
 - protective factor in a sunscreen
 - typical hand and body lotion
 - tinting
 - post-treatment
- SLO 11B.5.2.4: Discuss back massage products.
- SLO 11B.5.2.5: Describe product forms. (G1.2)
- creams
 - lotions
 - powders
 - oils
 - acids
- SLO 11B.5.2.6: Define organic and natural ingredients. (G1.3)
- SLO 11B.5.2.7: Discuss why manufacturers list all ingredients used in products. (G1.4)
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GLO 5.3: Demonstrate the maintenance and storage of equipment, tools, implements, materials, products, and consumable items.

- SLO 11B.5.3.1: Clean and sanitize implements and materials and return them to the proper storage area after use.
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Goal 6: Demonstrate an understanding of the **evolution** of the esthetics industry, including its **technological progression and emerging trends**.

GLO 6.1: Describe the **evolution** of the esthetics industry, including its **technological progression and emerging trends**.

SLO 11B.6.1.1: Discuss the history of men's skin care.

SLO 11B.6.1.2: Identify current and emerging technological progressions related to men's skin care.

Goal 7: Demonstrate an understanding of **career opportunities** in esthetics.

GLO 7.1: Describe **apprenticeship and career opportunities** and **professional organizations** in the esthetics industry.

SLO 11B.7.1.1: Research local and global professional organizations related to men's skin care.

SLO 11B.7.1.2: Explain employment opportunities in the area of men's skin care and back care.

SLO 11B.7.1.3: Create a career goal-setting plan.

GLO 7.2: Review and demonstrate the knowledge and skills required to pass the **Provincial Skin Care Technician Examinations**.

No applicable SLOs.

Goal 8: Describe and demonstrate transferable **cross-curricular knowledge and skills** as they relate to esthetics.

GLO 8.1: **Read, interpret, and communicate** information related to esthetics.

SLO 11B.8.1.1: Demonstrate fundamental skills required to communicate and manage information.

GLO 8.2: Apply knowledge and skills related to esthetics from **the arts**.

No applicable SLOs.

GLO 8.3: Apply knowledge and skills related to esthetics from **the sciences.**

- SLO 11B.8.3.1: Identify various skin conditions and recommend treatments, services, and products for the conditions.
- SLO 11B.8.3.2: Discuss the various chemicals pertaining to skin care and their related hazards. (G1.9)
- SLO 11B.8.3.3: Describe the pH level of the skin. (G1.10)
 - acid
 - alkaline
 - neutral zone
- SLO 11B.8.3.4: Describe and compare emulsions and suspensions in relation to skin care products.
- SLO 11B.8.3.5: Describe silicone-based products, including cyclomethicone, dimethicone, and dimethicone copolyol.
- SLO 11B.8.3.6: Describe the benefits of lighteners and identify commonly used lightening ingredients in skin care treatment products.
- SLO 11B.8.3.7: Describe the use of chelating agents, colouring agents, and fragrance in cosmetics.
- SLO 11B.8.3.8: Identify the motor points of the face. (F3.5)
 - facial nerve
 - main trunk
 - buccal branch
 - mandibular branch
 - temporal branch
 - trifacial nerve
 - cervical nerve
 - brachial plexus
- SLO 11B.8.3.9: Identify structures in the skin. (F3.3)
 - hair
 - sebaceous (oil) glands
 - sudoriferous (sweat) glands
 - nerves
 - recording heat
 - recording pain
 - recording cold

- pressure and nerve endings
 - cells
 - blood vessels
- SLO 11B.8.3.10: Describe various skin phototypes and the reaction to ultraviolet (UV) radiation.
- SLO 11B.8.3.11: Discuss the anatomy and physiology of the face and décolletage. (F3.1)
- skeletal system
 - 8 bones of the cranium
 - 14 bones of the face
 - bones of the neck
 - muscular system
 - origin and insertion of muscles
 - muscle stimulation
 - nervous system
 - division
 - types
 - nerve reflex
 - nerve fatigue
 - 5th, 7th, and 11th cranial nerves
 - circulatory system
 - arteries, veins and capillaries
 - pulmonary and general circulation
 - functions of blood
 - lymph-vascular system
 - arteries of the head
 - glands and their function in connection with massage
 - respiratory cycle
- SLO 11B.8.3.12: Identify the five layers of the skin. (F3.4)
- stratum corneum (thorny layer)
 - stratum lucidum (clear layer)
 - stratum granulosum (granular layer)
 - stratum spinosum
 - stratum germinativum also called mucosum (reproductive layer)
 - basal or malpighian layer
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GLO 8.4: Apply knowledge and skills related to esthetics from **mathematics**.

No applicable SLOs.

Goal 9: Demonstrate an awareness of **sustainability** as it pertains to the esthetics industry.

GLO 9.1: Describe the impact of **sustainability** on the **health and well-being** of estheticians and their clients.

No applicable SLOs.

GLO 9.2: Describe the esthetics industry's **sustainability practices** and their impact on the **environment**.

SLO 11B.9.2.1: Identify environmentally appropriate men's skin care products.

SLO 11B.9.2.2: Demonstrate the safe and environmentally responsible disposal of materials, products, and consumable items.

GLO 9.3: Describe **sustainable business practices** within the esthetics industry.

No applicable SLOs.

Goal 10: Demonstrate **ethical and legal standards** as they pertain to the esthetics industry.

GLO 10.1: Practise **ethical and legal standards** as they pertain to esthetics.

SLO 11B.10.1.1: Demonstrate an awareness of client modesty.

Goal 11: Demonstrate **employability skills** related to the esthetics industry.

GLO 11.1: Demonstrate **fundamental employability skills**.

SLO 11B.11.1.1: Communicate with clients, demonstrate teamwork with co-workers and supervisors, and participate in salon tasks and events.

GLO 11.2: Demonstrate an understanding of the **business operation** of a salon.

SLO 11B.11.2.1: Demonstrate an understanding of client databases and update database after completing each service.
