



9074  
ADVANCED SKIN CARE  
(11C)

30S/30E/30M

An Esthetics Course



# 9074: ADVANCED SKIN CARE (11C)

## 30S/30E/30M

### Course Description

The emphasis in this course is on collagen treatments and chemical peels, advanced massage movements, and facial machines.

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#### **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 11C.1.1.1: Demonstrate personal and professional health practices.

SLO 11C.1.1.2: Demonstrate personal and public hygiene practices.

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

SLO 11C.1.2.1: Apply PPE requirements for advanced skin care services.

SLO 11C.1.2.2: Discuss general and specific safety practices and regulations for common hand/electrical implements. (F2.2)

- sterilization techniques and equipment
  - storage
  - maintenance
  - inspecting defective hand/electric tools
  - sharps containers
  - washing implements before the sanitation process
  - sanitation products
  - sanitation aspects regarding the use of equipment
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##### **GLO 1.3:** Maintain a **safe and organized workstation**.

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

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

No applicable SLOs.

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**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 11C.2.1.1: Describe and demonstrate the process of preparing the workstation.

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**GLO 2.2:** Describe and demonstrate the process of **preparing the client.**

SLO 11C.2.2.1: Perform a client consultation according to the requested service.

SLO 11C.2.2.2: Recommend appropriate service based on client consultation and analysis findings.

SLO 11C.2.2.3: Follow salon policy for assisting clients.

SLO 11C.2.2.4: Inform the client of a skin care procedure and obtain consent before beginning the service.

SLO 11C.2.2.5: Discuss how the client's clinical or medical procedures (e.g., recent cosmetic surgery, Botox injections, chemical peels) affect skin care treatment.

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**Goal 3:** Describe and demonstrate knowledge and skills related to **service.**

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

SLO 11C.3.1.1: Describe the different types of specialized treatments. (G4.1)

SLO 11C.3.1.2: Describe various specialized treatments. (G4.2)

- cosmetic ampules for iontophoresis
- cosmetic substance used for various skin types or disorders
- disincrustation of the skin
- lotion used and its function for disincrustation
- acupressure for face toning
- cosmetic products penetrate under the skin
- galvanic current

- SLO 11C.3.1.3: Describe methods of skin resurfacing. (G4.3)
- chemical exfoliation/Peels
  - microdermabrasion
  - laser treatment
  - epidermabrasion
- SLO 11C.3.1.4: Describe and demonstrate the different types of facials, including treatments with machines.
- SLO 11C.3.1.5: Describe and demonstrate various specialized treatments, including collagen treatments.
- SLO 11C.3.1.6: Describe and demonstrate chemical face peeling.
- SLO 11C.3.1.7: Discuss the application of the Ionto mask in connection with cosmetic substances.
- SLO 11C.3.1.8: Discuss the use of a multi-function machine and the various attachments.
- SLO 11C.3.1.9: Demonstrate galvanic/desincrustation and iontophoresis.
- SLO 11C.3.1.10: Demonstrate the use of different skin care products. (G1.13)
- SLO 11C.3.1.11: Demonstrate and complete a minimum of five different body treatments. (G5.6)
- SLO 11C.3.1.12: Demonstrate and complete a minimum of 10 facials. (G3.13)

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**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 11C.4.1.1: Demonstrate client post-service procedures.
- SLO 11C.4.1.2: Discuss with and recommend to clients procedures and products for a home maintenance skin care program.
- SLO 11C.4.1.3: Discuss possible future appointments with the client.

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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 11C.4.2.1: Demonstrate post-service sanitation steps.
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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 11C.5.1.1: Describe the function and purpose of equipment used by a skin care technician. (F2.3)

- types
  - skin analyzer (Wood’s lamp)
  - brush unit
  - facial steamer
  - high frequency unit
  - galvanic machine
  - spray and vacuum/suction machine
  - massaging equipment
  - microdermabrasion machine
  - facial bed
  - lucas machine
  - therapy lamps
  - light therapy
  - medical esthetic equipment
  - toning equipment
  - hot towel cabinet
- maintenance
- sanitation
  - autoclave
  - dry heat

SLO 11C.5.1.2: Demonstrate the safe operation of equipment, tools, and implements used to provide services.

SLO 11C.5.1.3: Describe light therapy. (G4.5)

- function of infrared light
- difference between ultra-violet light and infrared light
- distance requirements when using the infrared or ultra-violet light
- do’s and don’ts of light therapy

- SLO 11C.5.1.4: Describe high-frequency therapy. (G4.6)
- function of high frequency treatment
  - various electrodes used with the high frequency unit
    - indirect electrode
    - horseshoe-shaped electrode
    - roller electrode
    - mushroom-shaped electrode
  - time allotment for the treatment
  - application methods
    - direct current
    - general electrification
  - sparking by direct application
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**GLO 5.2: Demonstrate the use of materials, products, and consumable items.**

- SLO 11C.5.2.1: Identify and describe the various products used for special facial treatments. (G4.4)
- function
  - types
    - cleanser
    - tonic
    - massage or nourishing creams
    - specialized masks
    - moisturizer
    - exfoliation product
    - biological peeling creams
    - thermo mask
  - application
  - manufacturers' instructions
- SLO 11C.5.2.2: Identify product types, including mixtures, solutions, suspensions, gels, powders, ointments, sticks, aerosols, and emulsions, and give a product example, explaining its function and benefits.
- SLO 11C.5.2.3: Describe toners and protective products and their correct application for back treatments.
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SLO 11C.5.2.4: Define appropriate products, using product knowledge for various skin types. (G1.7)

- normal to dry skin
  - sensitive skin
  - mature skin
  - mixed skin
  - couperose skin
  - dehydrated skin
  - oily skin
  - acne skin or impure skin
  - skin hypo- or hyper-pigmentation
  - asphyxiated skin
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**GLO 5.3:** Demonstrate the **maintenance and storage of equipment, tools, implements, materials, products, and consumable items.**

SLO 11C.5.3.1: Maintain and store equipment, tools, and implements.

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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 11C.6.1.1: Discuss the history of advanced skin care and skin care machines/equipment.

SLO 11C.6.1.2: Describe natural, organic, and vegan substances used in selected beauty therapies.

SLO 11C.6.1.3: Discuss trends in cosmetics and skin care practices. (F1.2)

- definition
  - trends from past
  - current trends in media
    - newspapers
    - television
    - magazines
    - movies
    - digital technology
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**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 11C.7.1.1: Describe skin care technician career opportunities. (F1.3)
- beauty-related occupations
  - working with a dermatologist or plastic surgeon
  - self-employment (opening or managing a business)
  - education opportunities
- SLO 11C.7.1.2: Update a resumé and a portfolio to reflect newly acquired skills and accomplishments.
- SLO 11C.7.1.3: Describe the Manitoba Esthetician Apprenticeship Program. (A1.2)
- concept and significance of skills stewardship
    - to the trade
    - to trainees
    - to journeypersons
    - to employers
  - practical training: on-site component of program
    - roles/responsibilities of employer and journeyperson(s)
    - roles/responsibilities of Apprenticeship Training coordinator
    - roles/responsibilities of trainee, including record-keeping regarding job experience
  - technical training: off-site component of program
    - roles/responsibilities of instructors (including related-area faculty)
    - roles/responsibilities of trainees: occupational analysis, task checklist, list of key tasks by area
  - professionalism
    - attitude
    - work ethic
    - teamwork
    - eagerness to learn
  - attendance requirements

- progression requirements
  - reporting of grades
  - other (as may be specified by instructor and by Apprenticeship Manitoba)
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**GLO 7.2:** Review and demonstrate the knowledge and skills required to pass the **Provincial Skin Care Technician Examinations.**

No applicable SLOs.

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**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 11C.8.1.1: Identify advanced skin care vocabulary.

SLO 11C.8.1.2: Demonstrate fundamental communication skills in relation to advanced skin care.

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

No applicable SLOs.

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

SLO 11C.8.3.1: Identify skin disorders and imperfections. (G2.5)

- clogged pores
- comedone
- milia
- acne
  - simplex
  - vulgaris
  - rosacea
- primary lesions
- secondary lesions
- abnormal pigmentation (albinism)
- couperose skins

- SLO 11C.8.3.2: Identify skin diseases. (G2.6)
- inflammations
  - infections
- SLO 11C.8.3.3: Describe the differences between a diluted, a concentrated, and a saturated solution. (G1.11)
- SLO 11C.8.3.4: Describe direct and alternating electrical currents.
- SLO 11C.8.3.5: Describe the purpose of a ground-fault circuit interrupter.
- SLO 11C.8.3.6: Define the following terms related to electricity: *amp, circuit, conductor, converter, generator, insulator, load, ohm, polarity, rectifier, watt, and volt.*
- SLO 11C.8.3.7: Define *cathode* and *anode*.
- SLO 11C.8.3.8: Describe and compare galvanic, high-frequency (Tesla), faradic, and sinusoidal currents.
- SLO 11C.8.3.9: Describe Underwriters Laboratories (UL) and Canadian Standards Association (CSA).
- SLO 11C.8.3.10: Define *phoresis, anaphoresis, and cataphoresis.*
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**GLO 8.4:** Apply knowledge and skills related to esthetics from **mathematics.**

- SLO 11C.8.4.1: Demonstrate correct ratios when filling the Lucas machine.
- SLO 11C.8.4.2: Demonstrate mixing ratios required for treatments such as chemical peels and masks.
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**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.

- SLO 11C.9.1.1: Analyze the opportunities and barriers in own professional environment.
- SLO 11C.9.1.2: Identify potential resources to maximize professional opportunities.
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**GLO 9.2:** Describe the esthetics industry's **sustainability practices** and their impact on the **environment.**

- SLO 11C.9.2.1: Demonstrate sustainable practices throughout and upon completion of services.
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**GLO 9.3:** Describe **sustainable business practices** within the esthetics industry.

SLO 11C.9.3.1: Research the needs of the local economy in relation to skin care services.

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**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 11C.10.1.1: Describe *The Freedom of Information and Protection of Privacy Act* (FIPPA).

SLO 11C.10.1.2: Practise discretion and confidentiality in acquiring and managing client information.

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

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

SLO 11C.11.1.1: Establish rapport with clients to build and maintain clientele.

SLO 11C.11.1.2: Demonstrate teamwork skills and participation when performing multiple advanced skin care services.

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

SLO 11C.11.2.1: Create treatment specials according to seasons.

SLO 11C.11.2.2: Recommend additional services to clients.

SLO 11C.11.2.3: Book salon appointments and manage times for multiple services and appointments.

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