



9068

BASIC SKIN CARE (11A)

30S/30E/30M

An Esthetics Course

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Course Description

The emphasis in this course is on client care, consultation, basic skin analysis, safety and sanitation, deep cleansing, and exfoliation.

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 11A.1.1.1: Discuss personal and professional health practices.
- SLO 11A.1.1.2: Demonstrate handwashing techniques before, during, and after each service, as needed.
- SLO 11A.1.1.3: Discuss why a skin care technician should be able to recognize common skin diseases and disorders. (G2.2)
- SLO 11A.1.1.4: Discuss the purpose of studying infectious diseases of the skin. (G2.3)
- SLO 11A.1.1.5: Discuss why a skin care technician must refuse treatment of a client with an infectious or contagious disease. (G2.4)

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

- SLO 11A.1.2.1: Identify and apply personal protective equipment (PPE) requirements (finger cots, gloves, and mask) for skin care services.
- SLO 11A.1.2.2: Discuss general and specific safety practices and regulations for equipment. (F2.4)
 - inspecting defective equipment
 - tagging defective equipment
 - manufacturers' instructions
- SLO 11A.1.2.3: Identify high blood pressure. (G2.7)
 - normal blood pressure levels
- SLO 11A.1.2.4: Identify allergic skin reactions. (G2.8)
- SLO 11A.1.2.5: Describe the safety measures to follow if an infection or acne is present. (G2.9)

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

- SLO 11A.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.

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 11A.2.1.1: Describe and prepare the treatment room. (F2.1)

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

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

SLO 11A.2.2.2: Identify contraindications in order to select safe treatments for clients.

SLO 11A.2.2.3: Describe the services performed by a skin care technician. (F1.4)

- facial treatments and manipulation
- skin analysis
- eyebrow arching
- make-up application for day and evening
- removal of superfluous hair by means of depilatory methods
- facial treatment with the use of electrical equipment
- body treatments/body massage
- lash and brow tints
- aromatherapy
- extraction
- eyelash extensions
- airbrushing

SLO 11A.2.2.4: Describe methods used by a skin care technician. (F1.5)

- galvanic currents
- disincrustation process
- ionization
- herbal wraps
- thermo masks and wraps
- essential oils

- SLO 11A.2.2.5: Discuss the health of skin. (F1.6)
- nutrition
 - side effects of drugs on skin
 - water (intake)
 - effects of weather and/or occupations
 - effects of stress
 - hormonal effects
 - puberty
 - pregnancy
 - menopause
- SLO 11A.2.2.6: Identify skin conditions and skin types. (G5.1)
- SLO 11A.2.2.7: Identify fine, medium, and course textures of skin.
- SLO 11A.2.2.8: Describe the characteristics of normal, dry, oily, combination, and mature skin.
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Goal 3: Describe and demonstrate knowledge and skills related to **service.**

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

- SLO 11A.3.1.1: Define *dermatology* and *histology*. (F4.1)
- SLO 11A.3.1.2: Discuss skin types. (F4.3)
- normal skin
 - combination Skin
 - oily skin
 - acneic skin
 - sensitive skin
 - mature skin
- SLO 11A.3.1.3: Demonstrate the application of various facial products according to the manufacturers' instructions and client needs.
- SLO 11A.3.1.4: Identify, describe, and demonstrate deep cleansing, toning, protection, and treatment lotions and creams.

- SLO 11A.3.1.5: Discuss relaxation massage. (F5.1)
- physiological effects
 - psychological effects
 - benefits of a massage
 - frequency
 - products
 - post-service
- SLO 11A.3.1.6: Describe basic relaxation massage movements. (F5.2)
- effleurage (stroking) movements
 - relaxation effect on the central nervous system
 - petrissage (kneading movement)
 - stimulating effect
 - percussion or tapotement massage
 - function
 - friction or deep-rubbing movement
 - effect on muscle toning
 - vibration (shaking movement)
 - stimulation of nerves
 - stimulation on muscles
 - stimulation on blood
 - stimulation on motor points
- SLO 11A.3.1.7: Describe the application and removal of a facial mask.
- SLO 11A.3.1.8: Describe the application of various back masks.
- SLO 11A.3.1.9: Discuss the procedures used for extractions. (G3.4)
- pre-service of extraction
 - manual extraction
 - post-service of extractions

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 11A.4.1.1: Describe client post-service procedures.
- SLO 11A.4.1.2: Describe the correct removal of draping from the client after services.
- SLO 11A.4.1.3: Discuss home maintenance of skin care with clients.
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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 11A.4.2.1: Describe the post-service steps that the skin care technician performs after the client leaves the salon.

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 11A.5.1.1: Discuss the equipment and implements used in skin care treatment. (G3.1)

- milia remover
- pulverizer (Lucas)
- infrared lamps
- ultra-violet lamps
- brush unit for cleansing
- skin magnifier
- steamer
- vacuum/suction machine
- galvanic machine
- high-frequency machine

SLO 11A.5.1.2: Describe lasers used to perform treatments.

SLO 11A.5.1.3: Discuss the use of microcurrent in skin care.

SLO 11A.5.1.4: Discuss the benefits of Tesla high-frequency therapy.

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

SLO 11A.5.2.1: Discuss the products used for skin care treatments. (G3.2)

- types
- selection of appropriate products for
 - normal to dry skin
 - sensitive skin
 - mature skin
 - mixed skin
 - couperose skin
 - dehydrated skin

- oily skin
 - acne skin or impure skin
 - discolouration of skin
 - removing build-up of dead cell tissue
 - function
 - client need for a specific product
 - products used for special treatments
- SLO 11A.5.2.2: Identify vitamins and minerals commonly used in cosmetics, their functions, and their sources.
- SLO 11A.5.2.3: Discuss emulsions used in cosmetic preparations. (G1.12)
- SLO 11A.5.2.4: Identify cosmetic ingredients, give an example of an ingredient, and explain its function and benefits.
- SLO 11A.5.2.5: Identify facial materials, products, and consumable items, their function, and their cautions.
- SLO 11A.5.2.6: Discuss the importance of an esthetician's familiarity with the ingredients used in products. (G1.1)
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GLO 5.3: Demonstrate the **maintenance and storage of equipment, tools, implements, materials, products, and consumable items.**

- SLO 11A.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 11A.6.1.1: Discuss the history of skin care and the use of cosmetics. (F1.1)
- the ancient people and appearance
 - materials used for colouring matter in cosmetics
 - ingredients used for facial masks
 - 1940s changes to now
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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 11A.7.1.1: Research local and global professional organizations related to skin care.

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.

No applicable SLOs.

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

SLO 11A.8.2.1: Demonstrate the ability to set up a skin care area/room to create a relaxing atmosphere/environment for clients.

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

SLO 11A.8.3.1: Discuss the histology of the skin. (F4.2)

- main skin divisions
- distinct layers
- structures
- nourishment
- motor nerves and sensory nerves
- colour
- elasticity
- pliability
- skin glands
 - sebaceous
 - sudoriferous
- function

- skin lesions
 - primary
 - secondary
- subcutaneous tissue
- absorption
- function of sebum
- melanin (colour pigment) in the skin

SLO 11A.8.3.2: Define skin diseases and disorders. (G2.1)

SLO 11A.8.3.3: Discuss why a skin care technician should be able to recognize common skin diseases and disorders.

SLO 11A.8.3.4: Identify the characteristics and functions of bacteria, fungi, and viruses by describing their type, classification, growth, and reproductive cycle.

SLO 11A.8.3.5: Identify micro-organisms to which an esthetician may be exposed.

SLO 11A.8.3.6: Discuss the branches of chemistry. (G1.8)

SLO 11A.8.3.7: Identify common elements and their significance to biological systems.

SLO 11A.8.3.8: Identify cells or cell types and their function.

SLO 11A.8.3.9: Identify types of skin cells and their location and function.

SLO 11A.8.3.10: Describe sebaceous gland, sudoriferous gland, and acne disorders, and their recommended treatment.

SLO 11A.8.3.11: Describe skin growths and pigment disorders, and their recommended treatment.

SLO 11A.8.3.12: Identify and describe aging factors.

GLO 8.4: Apply knowledge and skills related to esthetics from **mathematics.**

SLO 11A.8.4.1: Demonstrate an understanding of the use of fractions, decimals, ratios, and percentages.

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 11A.9.1.1: Identify barriers in an esthetician's personal environment that may affect the professional environment.

SLO 11A.9.1.2: Recognize and analyze the opportunities and barriers in an esthetician's professional environment.

SLO 11A.9.1.3: Identify potential resources to maximize professional opportunities.

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

SLO 11A.9.2.1: Identify environmentally appropriate skin care products.

SLO 11A.9.2.2: Dispose of waste material, such as medical waste and lancets, in an environmentally safe manner.

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 11A.10.1.1: Discuss why a skin care technician might refuse treatment of a client with an infectious or contagious disease.

SLO 11A.10.1.2: Describe government guidelines that regulate product formulations and claims.

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

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

SLO 11A.11.1.1: Demonstrate employability skills.

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

SLO 11A.11.2.1: Discuss retail marketing techniques as they apply to an esthetics salon.
