



9069

INTERMEDIATE SKIN CARE  
(11B)

30S/30E/30M

An Esthetics Course



# 9069: INTERMEDIATE SKIN CARE (11B)

## 30S/30E/30M

### Course Description

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

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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 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.

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

SLO 11B.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 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.

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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 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.

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**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.

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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 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.

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

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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 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.

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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.

No applicable SLOs.

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**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.

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

No applicable SLOs.

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

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**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.

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**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.

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