Esthetician Curriculum

ORIENTATION – 4 hours
School rules and regulations; history of esthetics, role of the esthetician, qualities of the professional esthetician; Code of ethics; familiarization of school facilities and supplies; career paths for estheticians

SAFETY AND HEALTH – 8 hours
General salon/clinic safety; first aid; hazardous materials communications; local, state, and federal safety codes; salon/clinic rules and regulations

BACTERIOLOGY – 18 hours
Types and classifications; bacterial growth and reproduction; bacterial infections and their prevention; immunity and body defenses; methods of infection control; physical and chemical agents

ANATOMY, PHYSIOLOGY, AND NUTRITION – 25 hours
Cells, tissues, and organs; body systems; importance of water; nutrition for healthy skin and longevity

STRUCTURE AND FUNCTIONS OF THE SKIN – 12 hours
Physiology and histology of the skin; structure and functions of the skin; hair structure and functions with appendages; relation to esthetics (nails, sebaceous glands, and sweat glands)

SUPERFLUOUS HAIR – 24 hours
Theoretical overview of permanent methods (electrolysis, thermolysis, blend); temporary methods of hair removal (manual tweezing, depilatory lotions, waxing, strip & non-strip)

CHEMISTRY – 3 hours
Chemistry and matter as related to esthetics; chemical reactions and solutions/elements; compounds and mixtures/biochemistry; the pH scale

CHEMISTRY AS APPLIED TO COSMETICS – 21 hours
Cosmetics; skin care products; massage creams and oils, ampoules, scrubs, new technologies; FDA laws governing cosmetics and cosmetic safety

ELECTRICITY AND MACHINES – 18 hours
Electricity and its effects on the skin; galvanic current for chemical (desincrustation) and ionic iontophoresis; high-frequency current; use of magnifying lamp, Wood’s lamp; use of brushing, spray, suction machines; use of vaporizer, pulverizador, hot towel cabinet; paraffin unit; electric mittens, booties, and face mask

FACIAL TREATMENTS – 225 hours
Client preparation; skin analysis and consultation; skin types; skin conditions and disorders; facial procedures; facial treatments with or without machines; overview of aromatherapy and manual lymphatic drainage for the face and neck; product recommendation

BODY PROCEDURES (no machines) – 48 hours
Body exfoliation; back treatments; use of products to enhance skin appearance; training required for advanced body techniques such as aromatherapy, manual lymphatic drainage, water therapies

MAKEUP TECHNIQUES – 84 hours
Color analysis; morphology of the face; product knowledge, chemistry, and related composition; eyebrow contouring; makeup application; corrections and contouring; false eyelashes; eyelash and eyebrow tinting; further training required for advanced techniques

BUSINESS PRACTICES – 50 hours
Business operation; site planning and design; accounting, inventory, and sales tax; payroll regulations; ethics and professional conduct; communication skills; retailing techniques; marketing (advertising, retailing, and promotion); customer relations

JOB SKILLS – 36 hours
Resume; interviews; letter writing; licensing regulations; job attitudes; professional organizations; continuing education; industry trade shows, magazines; career opportunities

IDAHO RULES AND LAWS – 24 hours
Idaho laws and rules governing the practice of esthetics

600 TOTAL HOURS (150 lecture, 450 student clinic)