

# ESTHETICIAN/2 (200 Hours)

Course No.: 78-45-83

## COMPETENCY CHECKLIST

Student Name \_\_\_\_\_

Teacher Name \_\_\_\_\_ School Site \_\_\_\_\_

Start Date \_\_\_\_\_ Completion Date \_\_\_\_\_ Certificate Date \_\_\_\_\_

Teacher Signature \_\_\_\_\_ Student Signature \_\_\_\_\_

(Signatures verify completion of course competencies)

### A. **ELECTRICAL FACIALS** (65 hrs)

- \_\_\_\_\_ 1. Dermal lights and purpose of various colors
- \_\_\_\_\_ 2. Galvanic and high frequency modalities
- \_\_\_\_\_ 3. Conditions the preclude use of appliances
- \_\_\_\_\_ 4. Proper currents for client safety and comfort
- \_\_\_\_\_ 5. Techniques best suited to each client
- \_\_\_\_\_ 6. Skin cleansing and prep for electrical facial
- \_\_\_\_\_ 7. Effective/safe use of electrical facial machine
- \_\_\_\_\_ 8. Proper technique/treatment after facial
- \_\_\_\_\_ 9. Advise client on at-home skin care
- \_\_\_\_\_ 10. Minimum of 30 electrical facials on models

### D. **HEALTH AND SAFETY** (25 hrs)

- \_\_\_\_\_ 1. Protective procedures for chemical treatments
- \_\_\_\_\_ 2. Methods to prevent chemical injuries
- \_\_\_\_\_ 3. First aid/management of chemical burns
- \_\_\_\_\_ 4. Equipment use & basic class safety procedures
- \_\_\_\_\_ 5. Safe use of electrical current & equipment
- \_\_\_\_\_ 6. Mastery in use & care of tools/equipment
- \_\_\_\_\_ 7. Protection from hazardous chemicals
- \_\_\_\_\_ 8. Shop procedures for fire and earthquake safety
- \_\_\_\_\_ 9. Handling bio-hazardous materials
- \_\_\_\_\_ 10. Ergonomic principles in organizing a workspace

### B. **CHEMICAL FACIALS AND ADVANCED TOPICS AND TREATMENTS** (65 hrs)

- \_\_\_\_\_ 1. Regulations: invasive procedures & peels
- \_\_\_\_\_ 2. Describe peels/explain exfoliating properties
- \_\_\_\_\_ 3. Contraindications of advanced procedures
- \_\_\_\_\_ 4. Alpha hydroxyl peels/microdermabrasion
- \_\_\_\_\_ 5. Use of light therapy and lasers
- \_\_\_\_\_ 6. Spa body treatments and aromatherapy
- \_\_\_\_\_ 7. Medical esthetic procedures
- \_\_\_\_\_ 8. Describe listed technologies
- \_\_\_\_\_ 9. Rules for invasive procedures/skin peels
- \_\_\_\_\_ 10. Approved light skin peels and exfoliation
- \_\_\_\_\_ 11. Minimum of 40 chemical facial operations

### E. **MANUAL FACIALS** (40 hrs)

- \_\_\_\_\_ 1. Proper skin analysis and determine skin type
- \_\_\_\_\_ 2. Key elements of manual facial treatment
- \_\_\_\_\_ 3. Benefits of lymphatic drainage/pressure point
- \_\_\_\_\_ 4. Perform step-by-step facial treatments
- \_\_\_\_\_ 5. Acne facials and home care
- \_\_\_\_\_ 6. Treatment needs for various skin types
- \_\_\_\_\_ 7. Men's skin care and treatments
- \_\_\_\_\_ 8. Minimum of 20 manual facials on models

### C. **CLIENT PREPARATION** (5 hrs)

- \_\_\_\_\_ 1. Ideal skin type for chemical treatment
- \_\_\_\_\_ 2. Treatment contraindications
- \_\_\_\_\_ 3. Skin analysis prior to chemical treatment
- \_\_\_\_\_ 4. Client post treatment recommendations
- \_\_\_\_\_ 5. Document result on client profile