

# ESTHETICIAN

## CERTIFICATE - 24 CREDITS

### About this program

Esthetics is the non-medical treatment of the skin, its disorders and function. Instruction includes the sciences of anatomy, dermatology and chemistry as related to skin care, sanitation and safety procedures, Minnesota statutes and laws that pertain to the regulation of the practice of skin care, and elementary service skills. The Board of Cosmetologists, which is the cosmetology licensing body, requires 600 hours of clinical time in order to become licensed in Minnesota. Upon completion of 600 hours and passing of the state exam, a license will be issued.

### Program outcomes

1. Relate the knowledge and technical procedures to perform proficiently in all esthetist skills.
2. Apply ethical behaviors and human relation skills with patrons, employers and co-workers.
3. Show professionalism in response to all relationships in the esthetist salon environment.
4. Know and understand the Minnesota state laws, rules and regulations that pertain to the individual policies or responsibilities of all esthetist license holders.
5. Employ sanitation procedures and perform safety procedures in compliance with Minnesota laws and rules.
6. Evaluate disorders or diseases that should be referred to a physician.
7. Prepare and know the specific uses and safety of all equipment and supplies used in the esthetist salon.
8. Prepare the chemical formulas necessary to ensure accurate product knowledge to perform esthetist services.

### Curriculum overview

| <b>Crds</b> | <b>Requirement type</b>                      |
|-------------|--|
| 13          | Required courses                             |
| 11          | Restricted electives in special requirements |
| 24          | <b>Total</b>                                 |

**Developmental courses note:** A student may be required to enroll in developmental courses in reading, writing and math. A student's scores on the Accuplacer assessment will determine enrollment in developmental courses. The purpose of developmental courses is to prepare students for the demands of a college-level curriculum. *Credits may vary.*

**Accreditation:** Minnesota State Community and Technical College is accredited by the Higher Learning Commission, a regional accreditation agency recognized by the U.S. Department of Education. The Higher Learning Commission 230 South LaSalle Street, Suite 7-500 Chicago, IL 60604-1411 <http://www.ncahigherlearningcommission.org> Phone: 312.263.0456 / 800.621.7440

# Curriculum requirement details

## Required courses

| Course  | Crds |
|---|------|
| COSM1000 - Principles and Practices .....                   | 3    |
| COSM1002 - Client Consultations .....                       | 1    |
| COSM1004 - Cosmetic Chemistry and Makeup Applications ..... | 1    |
| COSM1006 - Spa Therapies .....                              | 1    |
| COSM1010 - Eyelash Extensions .....                         | 1    |
| COSM1100 - Salon Safety .....                               | 1    |
| COSM1109 - Skin Analysis .....                              | 1    |
| COSM1157 - Histology of the Skin .....                      | 1    |
| COSM1159 - Facials and Hair Removal .....                   | 1    |
| COSM1179 - Minnesota Cosmetology Laws and Rules ...         | 1    |
| COSM2004 - License Preparation Esthetician .....            | 1    |

## Other requirements or restricted electives

**Special Requirement: 11 credits**

- COSM1203 Salon Practicum Esthetician (5 credits in the spring, 6 credits in the summer), these credits can be comprised with the following non repeatable course: COSM2800 Alexandria Body Sugar (1 credit)

## Course summaries

**COSM1000 - Principles and Practices** ..... (3 credits)  
 This course is intended for manicurists, estheticians and some transfer students. In a condensed form, this course will include the topics of chemistry, electricity, salon business, professional image, anatomy and infection control.

**Prerequisites:**

- none

**COSM1002 - Client Consultations** ..... (1 credits)  
 This course is for cosmetology and esthiology students. Students will develop the skills necessary for a successful client consultation to achieve the client's desired outcome.

**COSM1004 - Cosmetic Chemistry and Makeup Applications** ..... (1 credits)  
 This course covers the composition of product ingredients, changes produced by cosmetic products, color theory, makeup applications, eyelash and eyebrow tinting, air brush makeup, camouflage makeup and facial structure.

**COSM1006 - Spa Therapies** ..... (1 credits)  
 This course covers advanced spa services, body treatments and alternative related therapies. Students will be able to identify, explain and determine spa treatments and services suited for individual clients needs.

**COSM1010 - Eyelash Extensions** ..... (1 credits)  
 This course is for cosmetology students, esthiology students and anyone who wishes to perform eyelash extensions. "Eyelash extensions" means the application, removal and trimming of threadlike natural or synthetic fibers to an eyelash, and includes the cleansing of the eye area and lashes. Eyelash extensions do not include color agents, straightening agents, permanent wave solutions, bleaching agents, applications to the eyebrow or any other cosmetology service.

**COSM1100 - Salon Safety** ..... (1 credits)  
 This course is for students pursuing a cosmetology, esthiology, nail technology and eyelash technology career. Students will learn the necessary precautions and safety measures to ensure a safe working environment. Students must pass all applicable sections of the Infection Control Practical Skills test prior to providing services on live models during preclinical training and prior to providing services on the client clinic floor.

**COSM1109 - Skin Analysis** ..... (1 credits)  
 This course is for cosmetology and esthiology students. Students will learn how to perform a skin analysis and determine skin types. Client skin analysis is an important part of an esthetician's or cosmetologist's skills, since recommending the appropriate skin care products and regime must be individualized for each person.

**COSM1157 - Histology of the Skin** ..... (1 credits)  
 In this course students will learn the basic structure of the skin and its function. Students will learn how to conduct services in a safe environment and how to take measures to prevent spreading infectious and contagious diseases.

**COSM1159 - Facials and Hair Removal** ..... (1 credits)  
 Students will learn the uses of various skin care products and how to apply them to different skin types. Students will learn many types of hair removal techniques and basic massage movements to assist in providing skin care services.

**COSM1179 - Minnesota Cosmetology Laws and Rules** ..... (1 credits)  
 This course prepares students for the Laws and Rules portion of their state license examination.

**COSM2004 - License Preparation Esthetician** ..... (1 credits)  
 This course will prepare the esthetician student for the general theory exam, written practical exam and Minnesota laws and rules exam issued by the Minnesota State Board of Cosmetology. Additionally, the student will practice mock tests in preparation for skills certification. Esthetician students will review their knowledge and skills in all theory and practical topics learned throughout their training. Completion of this course will help the student identify areas of weakness that need additional review prior to scheduling their state exams.

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Program Plan — "Esthetist certificate"  
Locations: Wadena

## 1st Spring Term (20 credits)

**Courses**

| Course  | Crds |
|---|------|
| COSM1000 - Principles and Practices .....                   | 3    |
| COSM1002 - Client Consultations .....                       | 1    |
| COSM1004 - Cosmetic Chemistry and Makeup Applications ..... | 1    |
| COSM1006 - Spa Therapies .....                              | 1    |
| COSM1010 - Eyelash Extensions .....                         | 1    |
| COSM1100 - Salon Safety .....                               | 1    |
| COSM1109 - Skin Analysis .....                              | 1    |
| COSM1157 - Histology of the Skin .....                      | 1    |
| COSM1159 - Facials and Hair Removal .....                   | 1    |
| COSM1179 - Minnesota Cosmetology Laws and Rules ...         | 1    |
| COSM2004 - License Preparation Esthetician .....            | 1    |

**7 credits in one or more of the following:**

COSM1203 Salon Practicum Esthetician (5 credits in the spring, 6 credits in the summer), these credits can be comprised with the following non repeatable course: COSM2800 Alexandria Body Sugar (1 credit)

## 1st Summer Term (4 credits)

**Courses**

No specific courses set for this term.

**4 credits in one or more of the following:**

COSM1203 Salon Practicum Esthetician (5 credits in the spring, 6 credits in the summer), these credits can be comprised with the following non repeatable course: COSM2800 Alexandria Body Sugar (1 credit)