



# Medical Spa Therapist Diploma

**Program Title:** Medical Spa Therapist Program

**Program Credential:** Diploma

**Program Duration:** 380 hours (19 weeks)

**Class Schedule:** Morning class ( Monday to Friday from 9:00 am to 1:00 pm)

Evening class (Monday, Tuesday, Wednesday from 6:00 pm to 10:00 pm,  
and Saturday from 9:00 am to 5:00 pm)

## Program overview

Chellsey's Medical Spa Therapist Diploma program offers students exposure to a variety of advanced treatments for skin and hair, as well as training on customer service and business. The program objective is to provide individuals with theoretical knowledge of advanced aesthetic and practical treatments found in medical spa. Students will receive fundamental knowledge of skin through a cellular, anatomical, physiological and histological level. Students will gain an excessive amount of practical experience on live models in Chellsey MediSpa where they will practice client care, consultations, skin analysis and delivery of advanced facial treatments and exfoliation treatments using microdermabrasion technology and chemical peels.

## Career Opportunities

With today's fast-growing beauty industry and demand for aesthetic services, students will receive hands-on training and gain knowledge in all phases of medical aesthetics. The program will provide information and guidance about career opportunities, seeking and obtaining employment. After completing the program, students will be eligible to start employment in medical spas, doctor offices or self-businesses. Chellsey Institute of Beauty & Health supports students from enrollment to graduation to ensure successful completion.

## Course Outline:

		Hours		
		Total	Practical	Theory
Module	Introduction to Skin Care	10	0	10
	Fundamental Skin	140	80	60
	Paramedical Skin Care	100	70	30
	Laser Technologies	40	20	20
	Microneedling	16	8	8
	Small Business Management	20	0	20
	Spa Internship (Clinical Practice)	54	54	0
	Total program hours	380	232	148

## Class Descriptions

### Introduction to Esthetics:

This module equips students with knowledge regarding the industry

- Introduction and evolution of spas and the esthetics industry.
- Ethics, professional image and legal regulations.
- Life skills: communication, conflict resolution, teamwork, problem solving, time management.

### Basic Skin Care:

This module examines the fundamental principles of skin care:

- Anatomy & Physiology of the skin
- Skin types, conditions and pathologies
- Basic chemistry and cosmetic ingredients
- Client consultation, preparation, draping and skin analysis
- Facials with and without the aid of machinery
- Cleansing, toning, exfoliation, masks, massage
- Facials for different skin types; basic, advanced acne, men, teen and mini facial
- Nutrition and stress management

### Paramedical Skin Care:

This module further examines skin and advanced skin care treatments.

- Aging skin concerns and problematic skin treatments through use of advanced skin typing and analysis
- Lactic, salicylic and glycolic peels and acne treatments
- Aromatherapy facial, oxygenating & detoxifying treatments

- Non-surgical face lifting- antiwrinkle intensive treatments for mature skin
- Microdermabrasion, pigmentation treatments and ultrasound treatments
- Eye and neck, acne and rosacea treatments

### Microneedling Training Course

- Introduction to Microneedling and Benefits of Microneedling
- Skin Anatomy & Skin Physiology
- Disease and Infection Control
- Fitzpatrick skin typing
- Contraindications of Microneedling
- Patient consultation and Skin Preparations for Microneedling
- Treatment Protocols for all Conditions
- Skin Care Ingredient Recommendations and Safety, Sanitation and Sterilization
- Adverse Effects Protocol and Combination Treatment Protocol

### Laser Therapies:

This module examines the laser and light therapies used in hair removal and skin rejuvenation treatments.

#### Theoretical Applications

- The theory taught includes laser for hair removal, reduction of vascular lesions, pigmentation removal, skin rejuvenation, skin tag removal, and laser acne treatments.
- Intense Pulsed Light (IPL) vs. Laser-Description of each, differences and uses.
- Theory of laser physics, laser-tissue interaction
- Laser safety, contraindications, regulatory requirements, controlled areas, signage, protocols of safety reporting, proper eyewear and treatment precautions.
- Types of medical and hair removal lasers and proper use of them.
- Hair biology, hair types and growth stages.
- Hair analysis and identifying skin types to determine suitability, benefits, and limitations for each skin type.
- Laser treatment parameters (wavelength, chromophore, pulse duration, repetition rate, spot size, energy settings used and their effect on photo thermolysis.

#### Practical Applications

- Client consultation, medical history, contraindications and exclusion criteria, consents and waivers.
- Spot tests to establish correct treatment parameters.
- Laser treatment protocols, skin cooling.
- Post care treatment and evaluation, documentation.
- Management of adverse events.
- Use, care and maintenance of laser machines and equipment.
- Handpieces and their uses.
- Hair analysis and skin typing to determine appropriate treatment and laser settings.
- Set-up and treatment protocols for laser hair removal, reduction of vascular lesions, pigmentation reduction and/or removal, laser skin rejuvenation, laser skin tag removal, and acne laser treatments
- Post-treatment care and follow up.
- Hands-on student practice operating the IPL and ND-YAG 1064 laser machines.

### Small Business Management:

- This module prepares students to successfully understand the business aspect of the spa industry.
- Salon and Spa Business: starting your own business.
- Esthetician Rights and Responsibilities as an Employee.
- Job Search and Career Management
- Understanding of the Aesthetics concept
- How to establish and register your business
- What type of Insurance
- How to setup a nice place complies with Health Canada rule and regulation
- How to file your clients record
- Branding (Differentiating yourself)
- Clinic layout & location (alternatives)
- Staff
- Patient funnel
- Bundling/Packaging/Pricing
- Traditional marketing
- Online marketing

### Spa Internship:

During this module, students will continue to practice the skills learned in practical classes.

- Supervised internship in the medical spa facility at the college.
- Students must complete all required services and treatments in traditional and advanced spa treatments.