



# Advanced Aesthetics Diploma

**Program Title:** Advanced Aesthetics Program

**Program Credential:** Diploma

**Program Duration:** 1040 hours (42 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 Institute of Beauty and Health Inc. offers a comprehensive Advanced Aesthetics Diploma program that is designed to meet the increased standards and market demands for total body and facial treatments. Students are educated with a variety of advanced treatments for skin and hair, as well as training on customer service and business. The diploma offers theoretical knowledge of advanced aesthetic and practical treatments found in medical spa. Students will be instructed with knowledge on advanced Skincare and Paramedical skin care, nail technologies, body therapies and make up applications. 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. The program prepares the student to enter into the spa industry with an abundance of skill sets to perform treatments and successfully grow as a professional.

## 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	260	140	120
	Paramedical Skin Care	160	105	55
	Manicure	70	40	30
	Pedicure	80	55	25
	Waxing	80	60	20
	Body Massage & Spa Therapy	180	100	80
	Make Up Applications	100	60	40
	Introduction to Esthetics	10	0	10
	Small Business Management	40	20	20
	Spa Internship (Clinical Practice)	60	60	0
	<b>Total program hours</b>	<b>1040</b>	<b>630</b>	<b>410</b>

## Class Descriptions

### Basic Skin Care:

This module examines the fundamental principles of skin care:

- Anatomy & Physiology of the skin along with Skin types, conditions and pathologies
- Basic chemistry and cosmetic ingredients
- Client consultation, preparation, draping and skin analysis and Nutrition and stress management
- 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

### 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

### Manicure:

This module teaches students the anatomy and physiology of the hand and professional polish application.

#### **Theoretical Applications**

- Bacteriology and Sanitation
- Anatomy of the hand
- Nail Structure
- Nail Discolorations
- Nail Implements
- Nail Products
- Setting of the Manicure table
- Manicure Procedure
- Manicure Massage
- Client Consultations

#### **Practical Applications**

- Hand and Arm Massage
- Basic Manicure
- French Manicure
- Manicure with Paraffin Treatment

### Pedicure:

This module teaches students the anatomy and physiology of the foot and professional polish application.

#### **Theoretical Applications**

- Foot Anatomy
- Foot Disorders
- Foot Diseases
- Setting the Pedicure Station
- Pedicure Protocols
- Pedicure Massage

#### **Practical Applications**

- Foot & Toe Massage
- Basic Pedicure
- French Pedicure
- Pedicure with Paraffin Treatment

### Waxing:

This module examines temporary hair removal techniques

- Theory of hair structure, hair growth cycle, sanitization and disinfection, contraindications.
- Practical applications of hair removal techniques including waxing, sugaring and threading.
- Eyelash and eyebrow tinting.



### **Theoretical Applications**

- Hair Anatomy
- Stages of Hair Growth
- Types of Hair
- Factors Affecting Hair Growth

### **Massage & Body Therapies:**

This module examines the fundamental principles of human anatomy, physiology, Swedish massage techniques and body therapies.

### **Theoretical Applications**

- History of Massage
- Body systems,
- Relaxation massage techniques and incorporation of essential oils
- Anatomy and Physiology, Benefits of Massage
- Posture and hygiene
- Contraindications for Massage
- Room and work area set up
- Equipment and products needed
- Sanitization Practices

- Body systems, relaxation massage techniques and incorporation of essential oils
- Body scrubs, body wrap treatments, and hot stone massage.
- Indications and contraindications to all body treatment therapies and the importance of home care.
- Body treatments with and without machines

### **Makeup:**

This module equips students with the knowledge and techniques to complete a professional make up application.

### **Theoretical Applications**

- Introduction & History of Cosmetics
- History of the Cosmetic Industry: Greco Roman Era, Hollywood Era to 21st Century • Era Make Up: Trends and Influences from the 1920's to 2000's.
- Brand Knowledge: Lancome, Chanel, Estee Lauder, Bourjois, Giorgio Armani, Clinique, Mac Pro,

### **Practical Applications**

- Waxing Procedure all body parts
- Eyebrow Waxing
- Eyebrow and Eyelash Tinting
- Treatment of Ingrown Hair.

- Homecare and Follow-up Treatments Spa

### **Therapy Treatments:**

### **Practical Applications**

- Full Back Massage, Shoulder Massage
- Back of Leg and Foot Massage , Front of Leg and Foot Massage
- Stomach Massage, Arm and Hand Massage
- Neck, Shoulder and Décolletage Massage
- Face Massage & Ear Massage
- Relaxation & Aromatherapy Massage Basic Techniques and Strokes: Effleurage, Petrissage, Friction, percussion and vibration

- Maybelline, and more
- Product Knowledge
- Theatre Make Up, High Definition Make Up, Special Effects Make up, Airbrushing
- Big Names in the Industry: Richard Corson, Kevyn Aucoin (Making Faces), Max Factor Sr



**Characteristics of the Face:**

- Learn the face, eye and lip shapes
- Precision eyebrow shaping
- Facial proportions, highlighting & contouring

**Sanitization and Sterilization:**

- Proper setup for a professional makeup
- Proper products and tools to remain hygienic
- How to take care of your brushes

**Colour Theory:**

- Primary, Secondary and Tertiary colours
- Color harmony and Warm VS Cool colors
- Determining undertones, highlighting and contouring

**Starting a Freelance Business:**

- Learn the Business of the Bridal Market
- Build your Portfolio

**Practical Applications**

- Natural beauty
- Evening makeup
- Smokey eye applications
- Bridal makeup
- Glamour and creative designs
- Exotic applications dark skin, Asian skin
- Make Up for teenagers, women, men, mature skin, camouflage
- Applications for high definition technology
- Applications for colour vs black & white photography
- Step by step demonstrations for all applications followed by practice

**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.

### 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
- Patient consults

### 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.