

# CLINICAL ESTHETICS

## Curriculum Outline & Licensing Requirements

1. A fully licensed esthetician must complete a minimum of six (6) consecutive months active work in a registered salon, providing skincare services.
2. File an application with the Cosmetology Association for a Clinical Esthetics licence.
3. Clinical Estheticians are required to complete four (4) Association approved upgrade modules and three (3) years' active work in registered salon providing clinical services to be eligible for a Master Clinical Licence.
4. File an application with the Cosmetology Association for a Master Clinical Esthetician licence. A Clinical Esthetician must have completed and successfully passed four (4) Association approved upgrade modules and have completed three (3) years' active work in a registered salon or spa to become licensed as a Master Clinical Esthetician.
5. A Master Clinical Esthetician must complete two (2) years' active work providing clinical services in a registered salon to be eligible for Master Clinical Instructor licence.

### APPROVED UPGRADE MODULES

Requirements 1 to 3 may be taken in any order. Module 4 must be taken when requirements 1 to 3 are completed.

Pass mark requirement – 80%

### CREDIT 1 - GENERAL SCIENCES (3 DAYS - "24 Hours")

- Advanced Infection Control
  - Rules and Regs governing workplace safety (include Canada and NS's equivalent) HIV, Hepatitis, Tuberculosis, MRSA
  - Principals of Infection Control (types, causes of disease, transmission, and prevention)
- Advanced Histology of the Cell and Skin
  - Cellular structure and function
  - Skin structure and function
  - Hormones and how they affect the skin and hair
- Anatomy & Physiology
  - Muscles and Nerves
  - Cardiovascular & Lymphatic systems
- Chemistry & Biochemistry
  - Principles of chemistry
  - Chemical reactions
  - Chemicals found in skin & body

## **CREDIT 2 – SKIN SCIENCES (3 DAYS – “24 Hours” plus 6-hour practical)**

- Client Consultation
- Contraindications
- Fitzpatrick Scale
- PH of the skin
- Clinical Skincare and Advanced Skin Disorders Inflammation cascade, injuries, damage, and healing
- Skin Typing and Aging Analysis
- Skin Care Products
- Chemistry, Ingredients
- Categories of Ingredients
- AHAs and BHAs
- pH
- Retinoids
- Free Radicals and Antioxidants
- Advanced Facial Techniques
  - Treatment variations
  - Rosacea and Sensitive skin treatments Hyperpigmentation and Aging treatments Chemical exfoliation treatments
  - Mask therapies
  - Lymphatic Massage for face and neck

## **PRACTICAL COMPONENT**

Perform a series of six (6) chemical peels and document results

## **CREDIT 3 – MEDICAL SCIENCES (2 Days - “16 hours”)**

- Pharmacology for Estheticians: Drug classification and frequently prescribed medications
- OTC Drugs
- Common Illnesses and disorders and drugs prescribed to treat them
- Working in a medical setting
- Medical terminology
- Medical intervention
- Plastic surgery procedures
- The esthetician’s role in treatments

## **CREDIT 4 – ADVANCED FACIAL DEVICES (7 Days - “56 Hours” plus 18 hours clinical practical)**

- IPL
- Laser
- LEDs

- Photodynamic Therapy
- Microdermabrasion
- Ultrasonic Technology
- Microcurrent Technology
- Electrodesiccation Devices
- Dermaplaning
- Skin Needling
- Managing of Complications

### **PRACTICAL COMPONENT**

Select three (3) technologies / treatments and perform a case study detailing six (6) treatments for each one selected.

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