

Esthetician–Skin Care Technician *A Guide to Course Content*

Esthetician-Skin Care Technicians perform specialized body treatments, specialized facial treatments, skin problem correction using electric currents/laser, make-up artistry, cosmetic massage, tweezing, hair removal using various methods, lash and brow tinting. Lash extensions, manicures and pedicures.

Training Requirements: Apprentice Esthetician-Skin Care Technicians (ESCT's) may attend technical training before and/or during their apprenticeship. Training is delivered at a variety of approved public and private vocation training schools across the province.

Total trade time required is 3600 hours and 2 years in the trade. A tradesperson must complete the required technical training and 5400 hours and 3 years in the trade.

The information contained in this document serves as a guide for employers and apprentices, and is subject to change without notice.

Approved trade specific course content must include these minimum requirements:

Skin Care Technician: Sanitation/Disinfection, Manicure, Pedicure, Skin Care/Facial; and Waxing/Hair Removal.

“Full scope” of the Esthetician–Skin Care Technician trade involves industry sanitation / disinfection / sterilization practices, body treatments, facial treatments, skin problem correction, make-up artistry, cosmetic massage, hair removal, lash and brow tinting, eyelash extensions, manicures/pedicures, and related customer service and retail skills.

The “full scope” of the Esthetician–Skin Care Technician trade is drawn from the Provincial Occupational Analysis (POA) document and is based on industry’s standards and expectations. These expectations are developed by a committee of Esthetician Journeypersons and employer representatives.

You can download and print a free copy of the POA from the Saskatchewan Apprenticeship website by visiting www.saskapprenticeship.ca.

A technical training provider may choose to deliver Esthetician–Skin Care Technician technical training in either of these two formats:

- 1) A full Esthetician program that covers “full scope” of the trade. This training and the required “on-the-tools” trade time will prepare the apprentice to attempt the journeyperson written and practical certification examinations.
- 2) Individual/modular courses can be delivered in almost any order. After completion of modular programming classes that cover the trade’s minimum requirements listed below and the required “on-the-tools” trade time will prepare the apprentice to attempt the journeyperson written and practical certification examinations.

The SATCC recommends that new curriculum material submitted for consideration for approval include these course titles and learning outcomes:

Recommended Course Titles and Learning Outcomes

Orientation

- Common hand tools in the esthetician trade
- Common power tools and power equipment in the esthetician trade
- Working safely in various body positions
- common sitting positions
- The apprenticeship training system in Saskatchewan
- The training profile and course outline of the esthetician apprenticeship in Saskatchewan
- The Contract of Apprenticeship and the responsibilities of the apprentice, employer, and Saskatchewan Apprenticeship and Trades Training
- Employment opportunities for estheticians
- Continuing education

Sanitation, Disinfection, and Sterilization

- Proper terminology used in the Esthetics industry
- Sanitizing and disinfecting surfaces
- Sanitizing and disinfecting instruments
- Sterilizing instruments
- Sanitizing, disinfecting, and sterilizing instruments
- Proper use of terminology in the salon environment
- Manufacturer’s specifications
- Disposal and sterilization procedures for contamination
- Best practices for salon sanitation

Client Services: Pre-service/Post-service

- Obtaining personal and medical information
- The client consultation form
- Filing systems
- File keeping
- Ethical behavior
- Client interactions
- Products and services
- Maintaining office and waiting areas

Retail and Salon Management

- Basic terminology of transactions.
- Balancing debits and credits.
- Timesheets and timesheet policies.
- Inventory and stocking.
- General steps to starting a small business in Canada.
- Business plans.
- Business names and registration.
- Common types of business ownership.
- Financing options.
- GST, PST, HST, and payroll.
- Common small business insurances and liabilities.
- Workers' Compensation Board and Occupational Health and Safety regulations.
- Retail calculations for goods.
- Retail calculations for inventory.
- Retail calculations for inventory and sales.
- Retail calculations for commission.

Safety

- Background and history of Occupational Health and Safety (OHS) system
- Role of the employer and employee in regard to OHS regulations
- Hazard controls
- OHS regulations that apply to personal information and harassment
- OHS regulations that apply to general health requirements
- OHS regulations that apply to musculoskeletal injuries
- OHS regulations that apply to exposure control
- OHS regulations that apply to PPE, laundry, and waste
- The Workers' Compensation system
- Roles, responsibilities, features, and practices related to the workplace hazardous materials information system (WHMIS) program
- WHMIS labels
- Hazard groups, hazard classes, and hazard categories
- Pictograms used in WHMIS
- Characteristics of a MSDS
- Usage of a MSDS or SDS
- Characteristics of fire
- Fire hazards, classes, procedures, and equipment related to fire protection

Nail Growth; Hand and Foot Disorders and Diseases

- Nail structure and natural nail shapes
- Nail growth patterns
- Analyzing nail growth
- Nail conditions
- Nail diseases
- Foot and leg conditions and disorders
- The diabetic foot
- Hand conditions
- Carpal tunnel syndrome
- Contraindications that may restrict or prevent a service
- Analyzing conditions, disorders, and disease
- Skin disorders and diseases

Manicures

- Safety concerns relative to manicures
- General outline of a manicure
- Pre-manicure
- Manicure workstation
- The manicure
- The French manicure
- Hot oil treatment
- Paraffin
- Exfoliation
- Masks
- Heated hand wear
- Specialized add-on to French manicure

Pedicures

- Safety concerns relative to pedicures
- General outline of a pedicure
- Pre-pedicure
- Pedicure workstation
- Foot soaking
- Toenail care
- Toe cuticle care
- Callus reduction
- Pedicure massage
- Pedicure
- Safety concerns relative to pedicures
- Correcting ingrown toenails
- Reducing corns
- Masks
- Heated footwear
- Paraffin
- Advanced pedicure

Eyelashes

- Natural eyelash growth cycle
- Cleanliness requirements needed to prevent cross-contamination
- Client consultation
- Preparation of natural eyelashes for eyelash enhancement and extension application
- Common eye conditions
- Correct adhesive products according to Health Canada
- Individual lash/cluster artificial eyelashes
- Strip lashes on the lash line
- Removal of temporary eyelash enhancements
- Semi-permanent eyelash enhancements
- Removal of semi-permanent eyelash enhancements
- Permanent eyelash extensions
- Proper home care regimen for permanent eyelash extensions
- Removal of permanent eyelash extensions

Skin Physiology, Types, and Conditions

- Skin anatomy
- Skin physiology
- Skin types
- Identifying skin types
- Skin disorders and diseases

Body treatments

- Manufacturer's specifications
- Products, uses, and cautions
- Five basic movements of cosmetic massage
- Cautions associated with cosmetic massage
- Reasons for altering a cosmetic massage

Basic Skin Care Treatments

- Manufacturer's specifications
- Products, uses, and cautions
- Manual decongestion of pores
- Decongestion of pores with tools
- Preparation and cleansing of skin
- Analyzing facial skin to determine products to be used
- Applying toner
- Exfoliation
- Five basic movements of cosmetic massage for the neck and face
- Cautions associated with cosmetic massage
- Reasons for altering a cosmetic massage
- Facial masks
- Removing products from the skin
- Application of products such as sun screens and boosters
- Facials
- Conditioning skin and cosmetic massage

Specialized Skin Care Treatments

- Manufacturer's specifications
- Products, uses, machines, and cautions
- Application of professional-strength exfoliant such as AHA, fruit acid and glycolic acid to remove dead skin cells
- Electric machines to enhance the facial results
- Specialized facial

Hair Removal

- Manufacturer's specifications
- Products, uses, and cautions
- Limitations of service
- Common tools and equipment and their uses
- Hair removal using hard wax, soft wax, threading, and sugaring
- Hair growth direction
- Hair removal on: eyebrows, underarms, full legs, and bikini using product chosen according to client consultation

*In class minimum requirements: 6 sets of eyebrows, 2 sets of underarms, 2 sets of full legs, and 2 bikinis

- Ingrown hairs
- Removal of ingrown hairs
- Hair removal using tools such as tweezers
- Hair clean-up using tweezers

Makeup Artistry

- Manufacturer's specifications
- Products, uses, and cautions
- Colour theory
- Highlighting
- Contouring
- Corrective application
- Applying basic makeup

Lash and Brow Tints

- Preparing clients for eyelash and eyebrow tinting
- Safety precautions related to selecting, preparing, and applying tinting products
- Selecting, preparing, and applying tinting products
- Testing tinting results
- Eyelash and eyebrow tinting