



Medical Aesthetician Diploma

Program Title: Medical Aesthetician Program

Program Credential: Diploma

Program Duration: 1100 hours (53 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. The Diploma program is taught by our most professionally experienced instructors. Students in this program will receive theoretical and hands-on training in traditional aesthetics and treatments such as skin care, hair removal nail technologies, body therapies, make up applications as well as more advanced paramedical treatments such as microdermabrasion 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	260	140	120
	Paramedical Skin Care	160	105	55
	Laser Technologies	40	24	16
	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
	Introduction to Skin Injectables (Botox & Dermal Fillers)	20	0	20
	Spa Internship (Clinical Practice)	60	60	0
	Total program hours	1100	654	446

Class Descriptions

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

Laser Therapies:

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

Laser Theory:

- 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, skin types that will benefit.
- 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).

Laser Practical:

- 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.

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
- Waxing Contraindications

Practical Applications

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

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
- Homecare and Follow-up 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

Spa Therapy Treatments:

- 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, 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

Introduction to Injectables:

Students will learn the medical terminology and theory of injectables.

- Muscle physiology
- Anatomy of the temporomandibular joint region
- Neurovascular system
- Anatomical boundaries
- Tissue planes
- Skin & aging of the face
- An overview of the actions of botulinum toxin type A
- Pharmacology and review of muscle physiology
- The growing market for skin injectables such as Botox and dermal fillers used in facial aesthetic procedures including clinical considerations and cosmetic issues



Botox Outline

- History, safety, and mechanism of action of Botulinum toxin or Botox
- Cosmetic indications, benefits & contraindications
- Face for correctable including: Glabellar lines, Crows feet, Forehead lines, Bunny lines, Lips
- Client assessment and selections
- Client medical history, consents, and waivers
- Handling, reconstitution, and storage of Botox
- Patient preparation and injection procedures
- Side effects and complications
- Post-treatment and follow-up
- Safety and safe work practices including needle disposal
- Emergency kit specific to potential complications

Dermal Fillers

- Categories and types of dermal filler products including Temporary, semi-permanent and permanent fillers
- Cosmetic indications, benefits, & contraindications
- Client assessment and selection
- Client medical history, consents, and waivers
- Lips – augmentation and definition
- Melomental folds
- Nasolabial folds
- Cheek augmentation
- Fine lines
- Handling, preparation, and storage of fillers
- Patient preparation and injection procedures
- Side effects and complications
- Post-treatment and follow-up

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.