

ADVANCED PRACTICE ESTHIOLOGY CERTIFICATE - 20 CREDITS

About this program

This certificate is for licensed estheticians and licensed cosmetologists. Advanced practice services include: dermaplaning; skin needling in the epidermal layer; advanced extractions; microdermabrasion; chemical peels that treat the epidermal layer of the skin; and electrical energy treatments using galvanic current, high frequency, radio frequency, ultrasound or light. Anyone who performs advanced practice esthetic services must have an Advanced Practice Esthetician Operator or Advanced Practice Esthetician Salon Manager License.

Program outcomes

1. Relate the knowledge and technical procedures to perform proficiently in all advanced practice esthiology skills.
2. Apply ethical behaviors and human relation skills with patrons, employers and co-workers.
3. Demonstrate professionalism in response to all relationships in the medical or salon environment.
4. Know and understand Minnesota state laws, rules and regulations that pertain to the individual policies and responsibilities of all cosmetology and esthiology license holders.
5. Employ sanitation procedures and perform safety procedures in compliance with Minnesota laws and rules.
6. Evaluate disorders or diseases that should be referred to a physician.
7. Prepare and know the specific uses and safety of all equipment and supplies used in the salon.
8. Prepare chemical formulas necessary to ensure accurate product knowledge to perform esthetist services.

Curriculum overview

| Crds | Requirement type |
|-------------|--|
| 10 | Required courses |
| 10 | Restricted electives in special requirements |
| 20 | Total |

Developmental courses note: A student may be required to enroll in developmental courses in reading, writing and math. A student's scores on the Accuplacer assessment will determine enrollment in developmental courses. The purpose of developmental courses is to prepare students for the demands of a college-level curriculum. *Credits may vary.*

Accreditation: Minnesota State Community and Technical College is accredited by the Higher Learning Commission, a regional accreditation agency recognized by the U.S. Department of Education. The Higher Learning Commission 230 South LaSalle Street, Suite 7-500 Chicago, IL 60604-1411 <http://www.ncahigherlearningcommission.org> Phone: 312.263.0456 / 800.621.7440

Curriculum requirement details

Required courses

| Course | Crds |
|---|-------------|
| ESTH1003 - License Preparation AP Esthetician | 1 |
| ESTH1901 - Advanced Skin Treatments | 3 |
| ESTH1903 - Advanced Exfoliation | 3 |
| ESTH1904 - Advanced Skin Care Techniques | 3 |

Other requirements or restricted electives

- Special Requirement: 10 credits**
- ESTH1201 Salon Practicum AP Esthetician (10 credits)
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Course summaries

ESTH1003 - License Preparation AP Esthetician (1 credits)

This course will prepare the advanced practice esthetician student for the general theory exam, written practical exam and Minnesota laws and rules exam issued by the Minnesota State Board of Cosmetology. Additionally, the student will practice mock tests in preparation for skills certification. Advanced practice esthetician students will review their knowledge and skills in all theory and practical topics learned throughout their training. Completion of this course will help the student identify areas of weakness that need additional review prior to scheduling their state exams.

ESTH1901 - Advanced Skin Treatments (3 credits)

In this course, students learn about advanced skin care and techniques, including lymphatic drainage, advanced facials, advanced extractions and body treatments. Students' knowledge of specific body systems, including the cardiovascular, lymphatic and muscular systems, will assist in executing these advanced treatments. Specific massage manipulations and specialty products will be discussed to enhance the effectiveness of the procedures.

ESTH1903 - Advanced Exfoliation (3 credits)

This course will provide practical knowledge and practice of exfoliation using advanced chemicals and devices, including but not limited to BHA chemical peels, AHA chemical peels, TCA chemical peels, crystal and diamond microdermabrasion, hydro dermabrasion and dermaplaning. Students will learn to recognize and treat skin conditions, conduct advanced consultations, and perform client charting and health screening. Students will understand wound healing as it relates to advanced esthetics and proper pre- and post-surgical at-home care. This class will cover training in advanced product chemistry and ingredients.

ESTH1904 - Advanced Skin Care Techniques (3 credits)

This course will provide knowledge of and training in electrical energy machines and devices used in an advanced practice esthetics setting, including but not limited to radio frequency, galvanic current, high frequency, ultrasound, microcurrent, skin needling and LED light therapy. Students will receive training in electrical and light theory, and advanced histology of the skin.

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Program Plan — "Advanced Practice Esthiology"
Locations: Wadena

1st Fall Term (20 credits)

Courses

10 credits in one or more of the following:

ESTH1201 Salon Practicum AP Esthetician (10 credits)

| Course | Crd |
|---|-----|
| ESTH1003 - License Preparation AP Esthetician | 1 |
| ESTH1901 - Advanced Skin Treatments | 3 |
| ESTH1903 - Advanced Exfoliation | 3 |
| ESTH1904 - Advanced Skin Care Techniques | 3 |