San Francisco Institute of Esthetics & Cosmetology

ESTHETICS 600 HOUR COURSE INFORMATION

ESTHETICS 600 HOUR COURSE DESCRIPTION

Esthetics: ***SOC 39-5094.00, CIP Code 12.0409:***

The curriculum involves 600 hours to satisfy California state requirements. The course includes extensive instruction and practical experience in skin, facials, hair removal, makeup application, customer service, personal appearance and hygiene, personal motivation and development, retail (Take Home) skills, guest record-keeping, business ethics, state laws and regulations, spa-type administration, and job interviewing.

Graduates are prepared to be entry-level estheticians.

This course it taught in English. Textbooks and course materials are only offered in the English Language.

ESTHETICS 600 HOUR COURSE OVERVIEW

Course Hours: 600 clock hours

The course is divided into pre-clinical classroom instruction and clinical service learning experiences.

- **Pre-clinical Classroom Instruction:** The first 300 hours are devoted to classroom workshops where students learn design principles, technical information, and professional practices.
- **Clinic Floor Learning Experience:** The remaining 300 hours are spent in the clinic floor area where practical experience is gained.
- **Distance Education Learning Experience:** A student enrolled in a program with distance education may earn up to 45.80% of the program's total clock hours through distance education.

The 600 hour Esthetics course at San Francisco Institute of Esthetics & Cosmetology is designed to train the student in basic esthetics skills, impeccable health and safety judgments, proper sanitation habits, business skill, communication skills, and professionalism necessary to obtain a California license and secure a job in Esthetics or a related field. For specific subjects that are included in the Esthetics program, refer to the Course Requirements below.

ESTHETICS 600 HOUR COURSE OUTLINE

- **Technical instruction** denotes instruction by demonstration, lecture, classroom participation, or examination.
- **Practical operation** denotes the actual performance by a student of a complete service on another person or on a mannequin.
- **Core Curriculum:** This 300-hour time period is dedicated to exploring foundational knowledge and basic esthetics, facial, hair removal, and makeup procedures. You will receive individual attention in practical workshops, and you will complete worksheets and periodic tests throughout the course. This is an intense and exciting portion of your experience.
- **Clinic Floor Learning Experience:** For the remaining 300 hours you will enter a new phase of specialty classroom workshops coupled with challenging practical services that will continue to build your skills as an industry professional.
- **Classroom Learning Experience:** During this phase of your learning, you will be introduced to guest speakers, prescriptive (Take Home) selling, motivation, self-improvement, body treatments, and emerging technologies. You will use your own technical and therapeutic abilities, coupled with the assistance of Learning Leaders, to

provide service to service guests. You will make discoveries and learn relationship-building skills that will guide your success in this exciting, diverse field.

- **Creative Curriculum:** You will dress, act, and work like an industry professional. You will use your own technical and therapeutic abilities, coupled with the assistance of San Francisco Institute of Esthetics & Cosmetology Learning Leaders, to prepare for your future industry career.

EDUCATIONAL OBJECTIVES

Upon completion of the course requirements, the graduate will be able to:

- Project a positive attitude and a sense of personal integrity and self-confidence.
- Practice effective communication skills, visual poise, and proper grooming.
- Respect the need to deliver worthy service for value received in an employer-employee relationship.
- Perform the basic manipulative skills required for facial massage, effective use of required implements and equipment, proper application of corrective makeup, and unwanted hair removal.
- Apply the theory, technical information, and related matter to assure sound judgments, decisions, and procedures.

Class Size
Limit 20 students per class.

ESTHETICS 600 HOUR COURSE SUBJECTS

The instructional program of San Francisco Institute of Esthetics & Cosmetology meets or exceeds California State Board requirements:

State Required Subjects and Hour Requirements
Technical and Practical Instruction in Skin Care (350 hours)
Includes chemical and manual facials and massaging, stimulating, exfoliating, cleansing, or beautifying the face, scalp, neck, or body by the use of hands, esthetic devices, cosmetic products, antiseptics, lotions, tonics, or creams that do not result in the ablation or destruction of the live tissue.
Technical and Practical Instruction in Health and Safety (100 hours)
Includes hazardous substances, chemical safety, safety data sheets, protection from hazardous chemicals, preventing chemical injuries, health and safety laws and regulations, and preventing communicable diseases.
Technical Instruction and Practical Training in Disinfection and Sanitation (100 hours)
Includes disinfection procedures to protect the health and safety of consumers as well as the technician and proper disinfection procedures for equipment used in establishments.
Technical Instruction and Practical Training in Hair Removal and Lash and Brow Beautification (50 hours)
Includes tinting and perming eyelashes and brows and applying eyelashes to any person and includes removing superfluous hair from the body of any person by use of depilatories, tweezers, sugaring, nonprescription chemicals, or waxing, or by the use of devices and appliances of any kind or description, except by the use of lasers or light waves, which are commonly known as rays.
TOTAL HOURS OF TECHNICAL INSTRUCTION: 600 CLOCK HOURS

*ALL PRACTICAL INSTRUCTION REQUIRES DISINFECTION AND SANITATION

RECOMMENDATIONS

The California Board of Barbering and Cosmetology recommends that schools provide training in the area of communication skills that includes professional ethics, salesmanship, decorum, record keeping, client service records, and basic tax information relating to booth renters, independent contractors, employees, and employers.

GOAL

The goal of the Esthetics curriculum is to prepare each student to become a licensed professional. Upon completion of the program, including exams, payments and the entire graduation checklist, graduates receive a Certificate of Completion.

SYLLABUS

The curriculum for students enrolled in an Esthetics course shall consist of six hundred (600) hours of technical instruction and practical training covering all practices of an Esthetician pursuant to Section 7316 of the Barbering and Cosmetology Act.

TEACHING AIDS AND LEARNING METHODS

All of San Francisco Institute of Esthetics & Cosmetology's programs will be taught in a sequential format that starts with basic skills and evolves into more advanced concepts as the program advances. The programs incorporate the basic skills needed for state board preparation, graduation and a job. Each student will be exposed to services and implements that reflect the current industry standards. Instruction will be a fun, interactive environment where future professionals are able to explore their creative side as well as learn traditional techniques. Information will be delivered via discussion, question and answer, cooperative learning, problem solving, interactive lecture, and clinic activities. Additional learning methods will include, but are not limited to, guest speakers, power point presentations, field trips, projects and homework.

GRADING PROCEDURE

Approximately 1 business day will elapse between the school's receipt of student lessons and the institution's response or evaluation. Students are evaluated in practical (hands on) procedures as well as academic theory knowledge. Academic or theory learning is evaluated at the end of each topic or unit of study through written exam. Practical skills are assessed through the use of skill checks where a Learning Leader observes and evaluates the retention, accuracy, and level of skill using a standardized evaluation form. After the skill check, the student will be coached on their performance and any areas of improvement needed. If performance does not meet satisfactory academic requirements, it must be repeated until a passing grade is obtained.

GRADING SCALE

SFIEC uses the below grading scale for written exams:

Percentage	Grade
90% - 100%	A
Below 90%	Failing

SFIEC uses the below grading scale for practical exams:

Percentage	Grade
90% - 100%	A
Below 90%	Failing

ESTHETICS 600 HOUR HYBRID EDUCATION COURSE SUBJECTS

Course Outline – Esthetics Hybrid

CURRICULUM OUTLINE

ON-CAMPUS HOURS DISTANCE EDUCATION HOURS TOTAL HOURS 600 CLOCK HOURS

Course Clock Hours: On-Campus Hours 325 (54%) Distance Education Hours 275 (46%)

This course is divided into:

- **On-Campus Learning**: This will include the majority of practical hands-on training and final theory testing and practical evaluations that make up a student's GPA.
- **Online Distance Learning**: This will include the majority of theory instruction and certain basic nonchemical practical training.

The curriculum will be broken down as follows:

Subject	Technical Instruction Total Hours	Online Distance Learning Hours (Theory & Basic Practical)	On-Campus Learning Hours (Clinical Practical & Testing)	Online Practical Applications	On-Campus Practical Applications **	Total Practical Applications
**Facials (350 Hours) ** **						
Manual, Electrical, and Chemical Facials	250	75	175	10	140	150
Preparation	25	25	0	0	0	0
Advanced Techniques	75	0	75	0	0	0
Health & Safety (200 Hours) **						
Laws & Regulations	25	20	5	0	0	0
Health & Safety Consideration	60	55	5	0	0	0
Disinfection & Sanitation	40	20	20	10	0	30
Anatomy & Physiology	35	30	5	0	0	0
Professional Development	40	40	0	0	0	0
Hair Removal & Makeup (50 Hours)						
Eyebrow Beautification	25	20	5	10	50	60
Makeup	25	5	20	10	40	50
TOTAL HOURS	**600****	**275**	**325**			

**** Minimum Requirements of California Board of Barbering & Cosmetology**

COURSE OVERVIEW

Our Esthetics Program is structured into the following phases:

CORE PHASE (1 TO 300 HOURS)

The first 300 hours is dedicated to providing the fundamentals in all the main areas of theoretical and practical instruction. The Core phase includes a combination of theory on school culture, facials, hair removal, makeup, product knowledge, as well as an introduction to basic practical skills in these areas. During the Core phase, fulltime students will on average spend three days (21 clock hours) each week engaged in online distance learning and the remaining two days (14 clock hours) each week engaged in practical hands-on training and theory testing on campus.

CREATIVE PHASE (301 TO 600 HOURS)

The Creative Phase consists of 300 hours of additional theory training, advanced facials using machines, advanced hair removal, spa readiness, and other advanced practical services, including on live guests. During the Creative Phase, students will spend two days (14 hours) in online education and three days (21 hours) on campus, except for the last week of the program, which will be completely taught on campus. Online learning will focus on theory lessons, professional development, soft skills, product knowledge, and preparation for the California State Board examination, as well as enhancement and repetition of previously acquired skills. The three days spent on campus will focus on theory testing, practical evaluations, servicing guests, mastering practical skills, spa readiness, and practicing for the State Board examination.

ESTHETICS 600 HOUR PROGRAM TESTING AND GRADING PROCEDURE

In order to be considered passing, an Esthetics student must meet the following passing scores:

SFIEC uses the below grading scale Esthetics written exams:

Percentage	Grade
90% - 100%	A
Below 90%	Failing

SFIEC uses the below grading scale Esthetics practical exams:

Percentage	Grade
90% - 100%	A
Below 90%	Failing