ANDERSON COLLEGE
OF HEALTH, BUSINESS AND TECHNOLOGY

# Advanced Esthetics Instructor Manual

## OVERVIEW

In this module students will be introduced to specialized treatments provided by Medical Estheticians. Covering essential skills necessary to preform microdermabrasion, chemical peels, Laser and IPL services to treat a range of skin imperfections. Working within a medical environment. Customer service practices. Skin care maintenance and treatment product knowledge.

## OBJECTIVES

To understand the role of a Medical Esthetician in a Medical Spa, Dermatologist or Plastic Surgeons scope of practice. Full knowledge on indications, contraindications for advanced procedures. Understanding the skin healing process and how light therapies, controlled chemical and non-ablative wounds are applied on antiaging procedures. The consultation process using the key SOAP charting and Fitzpatrick scaling for each client.
Students should know how to apply knowledge on hands on treatment, pre procedures, post procedures and how to navigate treatment complications, outcomes and patient expectation.

## KNOWLEDGE

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Core Competency: **Infection Control and Anatomy**

1. Review on Infection Control
2. Review Skin Histology and Physiology
3. Review on Hormonal changes on the skin and how it affects aging

Core Competency: **Scope of Practice**

1. Know the role of the Medical Esthetician in Canada and scope of practice.
2. Understand delegated acts.
3. Know relevant insurance and industry regulations.
4. The scientific method
5. Understand the importance of record keeping.

Core Competency: **Client consultation**

1. Know how to ensure client safety and satisfaction.
2. Identify different methods to document relevant client information.
3. Be familiar with the causes of skin conditions.
4. Be aware of treatment contraindications.

Core Competency**: Assessment**

1. Explain and identify a variety of skin typing tools.
2. Identify Fitzpatrick, Lancer, Rubin, Glogau and Kligman
3. Understand when and why to choose a different skin typing tool/method.
4. Know the benefits of healthy nutrition for the skin and body.
5. Understand different stress related skin conditions.

Core Competency **Lasers and IPL**

1. Understand the healing process of wounds.
2. Identify injuries from laser and other treatments.
3. Recognize short term and long-term sun and photo damage.
4. Know the factors that influence acne.
5. Identify rosacea.
6. Indications and contraindications

Core Competency: **PH and Exfoliation Solutions**

1. Understand pH, acids, and bases.
2. Know why pH is important to cosmetics and skin care.
3. Know how pH is relevant to exfoliating solutions.
4. Identify plant compounds in skin care products.
5. Indications and contraindications

Core Competency: **Microdermabrasion**

1. Know device options.
2. Know pre and post recommendations and considerations, protocol, and technique.
3. Explain sanitation and disinfection procedures related to microdermabrasion.
4. Know consultation procedures and home care recommendations for microdermabrasion related services.

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5. Know how microdermabrasion works in combination with other advanced ME treatments.

Core Competency: **Advanced Facial and Protocols Techniques**

1. Understanding on how treatments can be combined.
2. Understanding how Botulin Toxins work and the difference with fillers.
3. Understanding how vain removal is performed and the different means of vein removal
4. Understanding when to refer a client or refuse service

Core Competency: **Laser, Light Energy and RF**

1. Understand how laser light is created.
2. Know Classes of Lasers, Property and Characteristics of Light
3. Review the role of the Laser Safety Officer
4. Identify common lasers used in the cosmetic field.
5. Identify common lasers/light therapies for facial rejuvenation.
6. List the required safety measures when using a laser system.

Core Competency: **Hair Removal and Hair Biology**

1. The importance of safety and disinfection procedures
2. Understand the difference between Laser and IPL hair removal.
3. Wavelengths used and Parameters.
4. List steps for an effective consultation
5. Know all potential contraindications and health conditions.
6. Understand the effects of photosensitizing medications
7. Describe liability issues related to hair removal services.

Core Competency: **Understanding Advanced Facial Device**

1. Understand results and options for facial rejuvenation using an IPL.
2. Know the scope of practice or a Medical Esthetician in a medi-spa environment.
3. Know Topical Anesthetics, their uses and precautions.

Core Competency: **Photo rejuvenation using IPL**

1. Understand indications and contraindications for photo rejuvenation using IPL
2. Know device options and wavelengths
3. Know pre and post recommendations and considerations
4. Know protocol, procedures and technique
5. Know sanitation procedures
6. Know steps to a effective consultation
7. Understand home care recommendations
8. Know when to use IPL photo rejuvenation with other advanced treatments

Core Competency: **Collagen Stimulation/ Skin Tightening**

1. Understand indications, contraindications for Skin Tightening procedures.
2. Know device options and wavelengths used.
3. Know pre and post recommendations and considerations.

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4. Know protocol, procedures, and technique.
5. Know sanitation procedures.
6. Know steps to a effective consultation
7. Understand home care recommendations.
8. Know when to use skin tightening procedure with other advanced treatments.

Core Competency: **Wrinkle and Scar Reduction**

1. Understand indications, contraindications for Wrinkle and Scar reduction.
2. Know device options, wavelengths and energies used.
3. Know pre and post recommendations and considerations.
4. Know protocol, procedures and technique.
5. Know sanitation procedures.
6. Know steps to an effective consultation.
7. Understand home care recommendations.
8. Know when to use wrinkle/scar reduction with other advanced treatments.

Core Competency: **Understanding a variety of Medical Esthetics Technologies**

1. Know new advancements in fractionated technology.
2. Know Pneumatic Technology
3. Know Acne Therapies
4. Know Photodynamic Therapy

Core Competency: **Understanding Cellulite Reduction and Circumference Reduction**

1. Know anatomy of cellulite and contributing factors
2. Know indications and contraindications for cellulite reduction and circumference reduction.
3. Know device options, wavelengths and energies used
4. Know pre and post recommendations and considerations.
5. Know protocol, procedures and technique.
6. Know sanitation procedures.
7. Know steps to an effective consultation.
8. Understand home care recommendations.
9. Know when to use wrinkle/scar reduction with other advanced treatment.

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# Skills

**Perform Chemical and Mechanical Exfoliation treatments.**

1. Demonstrate the understanding of pH, acids, and bases.
2. Determine product options, protocol, and technique.
3. Perform sanitation and disinfection procedures.
4. Know how microdermabrasion and chemical peels work in combination with other advanced ME treatments.

**Perform Laser Hair Removal, Photo rejuvenation using IPL, Collagen Stimulation/ Skin Tightening**, **Wrinkle / Scar Reduction, Cellulite Reduction /Circumference Reduction**

1. Apply knowledge of indications and contraindications
2. Apply knowledge of device options and wavelengths
3. Recommend pre and post care and considerations.
4. Determine protocol, procedures, and technique.
5. Practice safety precautions and sanitation procedures
6. Understand home care recommendations.
7. Know when to use IPL photo rejuvenation with other advanced treatments.

## TEXTBOOKS

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## INSTRUCTOR RESOURCES
D2L, Videos Textbooks, Lesson Activities

## INSTRUCTOR PREPARATION
**Instructor is to review and be familiar with all material on material in the course textbook, D2L quizzes and all lesson plans daily ahead of time before the class presentation, Instructor should be ready and prepared.**
**NOTE: The PowerPoint presentations will require previous preparation with key notes, and lectures, the PP are merely guided images of the Chapters to be learned.**
**Instructor will also create reviews/games/ quizzes according to class needs and as needed**

## TEACHING PRESENTATION

| TEACHING/LEARNING STRATEGIES | ACTIVITIES TO ENHANCE LEARNING |
|---|---|
| Lectures – Question/Answer Sessions<br>Videos<br>Class Discussions<br>Group Assignments<br>Individual Reading/Research<br>Computer Investigation<br>Classroom Exercises<br>Instructor/Student Interaction | Assignments<br>Group Discussions<br>Games<br>Internet Research<br>Self and Peer Evaluation<br>Role Play<br>One-on-One Feedback<br>Laboratory Activities |

## EQUIPMENT REQUIREMENTS

- Projector or TV
- Computers
- Extra resources listed on the lesson plans

## ASSIGNMENTS
The course assignment is a combination of a research written assignment and Presentation

## HOMEWORK

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Instructors will assign chapters to read ahead of the lesson for the next day, lessons and lectures will be based on the book chapters which the student will have previous reading knowledge of. Instructors will assign homework pretending to chapters reviewed on the day of.

**Method of Evaluation**
(e.g., graded homework, quizzes, tests, papers, projects, final examination, et cetera; the type, number, and % value of each)

## MARKING SCHEME

| | |
|---|---|
| Theory Test #1 | 7.5pts |
| Theory Test # 2 | 7.5pts |
| Theory Exam | 25pts |
| Practical Test # 1 | 35pts |
| Practical Test # 2 | 35pts |
| Practical Final Exam | 35pts |
| Assignment | 10% |
| Attendance | 10% |

## COURSES AT A GLANCE

Identify the individual modules that make up this subject. Also identify the instruction hours to be spent on each and how much weight each module is given in terms of assessment of the subject. Assessment values must add to 100% and the contact hours must correspond to the number which was identified in Appendix G.

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| Contact Hours | Module Topic<br>Sub Topics | Relative Value in % |
|---|---|---|
| 8 | **Infection Control, Public Health Guidelines**<br>• Blood borne pathogens and autoimmune disorders caused by blood borne pathogens.<br>• Principles of infection control and Universal Precautions<br>• Potential hazards an esthetician may encounter.<br>• Safety guidelines for estheticians.<br>• The Role of Health Canada and Toronto Public Health<br>• Toronto Public Health Sanitation Procedures<br>• Procedures for prevention of disease transmission<br>**histology of the Cell and Skin.**<br>• Functions and structures of the epidermis, dermis, and subcutaneous layers.<br>• The Healing process of wounds | 3.5% |
| 8 | **How Hormones affect the skin and body and relevant treatments to improve related skin conditions**<br>• Changes in hormones throughout life stages.<br>• Impact hormones have on the skin.<br>• Relevant treatments<br>• Common hormone related skin conditions.<br>**The scope of practice of the Medical Esthetician in a Medical environment**<br>• The role of the Medical Esthetician in Canada and scope of practice<br>• Delegated acts<br>• Relevant insurance and industry regulations<br>• The scientific method<br>• The importance of record keeping<br>**Nutrition and Stress and how they affect the skin.**<br>• Benefits of healthy nutrition for the skin and body<br>• Different stress related skin conditions | 3.5% |
| 4 | **Skin typing tools and their relevance in choosing the appropriate treatment.**<br>• A variety of skin typing tools<br>• Fitzpatrick, Lancer, Rubin, Glogau and Kligman<br>• When and why to choose a different skin typing tool/method | 1.5% |

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| Contact Hours | Module Topic<br>**Sub Topics** | Relative Value in % |
|---|---|---|
| **8** | **Advanced Skin Disorders**<br>• Injuries from laser and other treatments<br>• Short term and long-term sun and photo damage<br>• Factors that influence acne<br>• Rosacea and various common skin cancers and benign lesions<br>**Communications Consulting and Charting**<br>• Client safety and satisfaction<br>Different methods to document relevant client information. | 3.5% |
| **8** | **Laser, Light Energy and RF**<br>• How laser light is created<br>• Classes of Lasers, Property and Characteristics of Light<br>• The role of the Laser Safety Officer<br>• Common lasers used in the cosmetic field.<br>• Common lasers/light therapies for facial rejuvenation<br>• Safety measures when using a laser system.<br>• Common uses of LEDs. | 3.5% |
| **8** | **Hair Removal and Hair Biology**<br>• The importance of safety and disinfection procedures<br>• The difference between Laser and IPL hair removal.<br>• Wavelengths used and Parameters.<br>• Steps for an effective consultation<br>• Potential contraindications and health conditions<br>• The effects of photosensitizing medications<br>• Liability issues related to hair removal services. | 3.5% |
| **4** | **Understanding Advanced Facial Devices**<br>• Steps involved in purchasing cosmetic technology.<br>• Results and options for facial rejuvenation using an IPL.<br>• The uses of ultrasonic devices in the salon/spa setting<br>• Variety of Micro current uses.<br>• The scope of practice or a Medical Esthetician in a medi-spa environment.<br>• Topical Anesthetics, their uses and precautions | 1.5% |

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| Contact Hours | Module Topic<br>Sub Topics | Relative Value in % |
|---|---|---|
| 8 | **Photo rejuvenation using IPL.**<br>• Indications and contraindications for photo rejuvenation using IPL<br>• Device options, wavelengths and energies used.<br>• Pre and post recommendations and considerations<br>• Protocol, procedures, and technique<br>• Sanitation procedures<br>• Steps to an effective consultation<br>• Home care recommendations<br>• When to use IPL photo rejuvenation with other advanced treatments | 3.5% |
| 8 | **Collagen Stimulation/ Skin Tightening**<br>• Indications, contraindications for Skin Tightening procedures<br>• Device options, wavelengths and energies used.<br>• Pre and post recommendations and considerations<br>• Protocol, procedures and technique<br>• Sanitation procedures<br>• Steps to an effective consultation<br>• Home care recommendations<br>• When to use skin tightening procedure with other advanced treatments | 3.5% |
| 8 | **Wrinkle and Scar Reduction**<br>• Indications, contraindications for Wrinkle and Scar reduction<br>• Device options, wavelengths and energies used.<br>• Pre and post recommendations and considerations<br>• Protocol, procedures, and technique<br>• Sanitation procedures<br>• Steps to an effective consultation<br>• Home care recommendations<br>• When to use wrinkle/scar reduction with other advanced treatments | 3.5% |
| 4 | **Understanding a variety of Medical Esthetics Technologies**<br>• New advancements in fractionated technology<br>• Pneumatic Technology<br>• Acne Therapies<br>• Photodynamic Therapy | 1.5% |

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| Contact Hours | Module Topic<br>Sub Topics | Relative Value in % |
|---|---|---|
| **8** | **Understanding Cellulite Reduction and Circumference Reduction**<br>• Anatomy of cellulite and contributing factors<br>• Indications and contraindications for cellulite reduction and circumference reduction<br>• Device options, wavelengths and energies used.<br>• Pre and post recommendations and considerations<br>• Protocol, procedures, and technique<br>• Sanitation and disinfection procedures<br>• Steps to an effective consultation<br>• Home care recommendations<br>• When to use wrinkle/scar reduction with other advanced treatment | 3.5% |
| **20** | **Effective client consultation, assessment and record keeping.**<br>• Steps for a thorough consultation<br>• Methods to document relevant client information.<br>• Communicating pre and post recommendations, and considerations,<br>• Communicating home care recommendations | 8.0% |
| **12** | **PH and Exfoliation Solutions**<br>• pH, acids, and bases<br>• Why pH is important to cosmetics and skin care.<br>• How pH is relevant to exfoliating solutions<br>• Plant compounds in skin care products | 5% |
| **12** | **Microdermabrasion and a variety of devices options**<br>• Indications and contraindications related to microdermabrasion services.<br>• Device options.<br>• Pre and post recommendations and considerations, protocol and technique.<br>• Sanitation and disinfection procedures related to microdermabrasion.<br>• Consultation procedures and home care recommendations for microdermabrasion related services<br>• How microdermabrasion works in combination with other advanced ME treatments. | 5% |

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| Contact Hours | Module Topic<br>Sub Topics | Relative Value in % |
|---|---|---|
| **8** | **Advanced Facial and Chemical Exfoliation techniques**<br><br>• Variety of skin treatments and expected results.<br>• Relevant issues to sensitive skin<br>• Relevant protocols for a variety of skin conditions<br>• How to treat sensitive skin<br>• Variety of superficial peels<br>• Indications and contraindications, and product options<br>• Pre and post treatments care and recommendations<br>• When to use exfoliating peels in combination with other advanced treatments | 3.5% |
| **4** | **Know Medical Intervention**<br><br>• Define *medical intervention.*<br>• Common Dermal Fillers and Botox their uses and how an Esthetician can recommend these services done by a Medical Practitioner<br>• Sclerotherapy<br>• How medical peels differ from esthetic peels, and how they are used.<br><br>**Dermatologic, Plastic Surgery and Injectable procedures**<br><br>• The most common dermatologic and plastic surgery procedures.<br>• Common pre- and post-surgery protocols<br>• Pre and post client skin care needs<br>• How to interact with medical professionals<br>• Ablative and Non-Ablative procedures and who can/cannot provide procedures. | 1.5% |
| **100** | **Provide a variety of Chemical & Mechanical Exfoliation treatments, Laser Hair Removal, Photo rejuvenation using IPL, Collagen Stimulation/ Skin Tightening**, **Wrinkle & Scar Reduction, Cellulite Reduction/Circumference Reduction treatments.**<br>• Indications and contraindications<br>• Products, device options and wavelengths<br>• Recommend pre and post care and considerations.<br>• Protocol, procedures and technique<br>• Safety precautions and sanitation procedures<br>• Home care recommendations | 41.0% |

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# Lesson Plan

| Topical Coverage<br>Unit 1<br><br>120 Hours<br><br>A short Review<br>Pathogens and Sanitation Review<br>Skin Histology and Wound healing<br>Recognizing skin disorders<br>Hormones and aging<br>Nutrition and good skin health<br>The Filed of Medical Esthetics<br><br>Milady Fundamentals Chapter 3 in depth and Chapter 13<br><br>Dermatology Laser Lights and Energy Devices<br>Theory Test # 1 Laser Theory<br>Practical Test # 1 Lasers<br>Assignments Presentation | Suggested Presentation Techniques<br><br>• Lectures (key notes prepare ahead of time )<br>• Video<br>• Games<br>• Question/Answer Sessions<br>• Class Discussions<br>• Group In-class Assignments<br>• Individual Reading/Research<br>• Classroom Exercises<br>• Instructor/Student Interaction<br>• Laboratory activities |
|---|---|
| **Day 1**<br><br>• Introductory PowerPoint Advanced Esthetics<br>• Hand Hygiene on health care settings CDC link on D2L extra reading resources<br>• Personal Hygiene CDC on D2L<br>• Hygiene related diseases CDC on D2L<br>• Watch Bloodborne Pathogens<br>• D2L discussions 10 minutes bloodborne pathogens<br>• Watch Bloodborne safety training.<br>• Safety Data Sheets D2L<br>• D2L Case Study # 1 under discussions<br>• Go Through Room cleaning form on D2L.<br>• Homework to read on D2L material safety Data sheets. | • Lectures (key notes prepare ahead of time )<br>• Video<br>• Games<br>• Question/Answer Sessions<br>• Class Discussions<br>• Group In-class Assignments<br>• Individual Reading/Research<br>• Classroom Exercises<br>• Instructor/Student Interaction<br>• Laboratory activities |
| **Day 2**<br><br>• Recap of Previous Day | • Lectures (key notes prepare ahead of time ) |

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| • Explain Material Safety Data Sheet D2L<br>• Watch Skin Histology<br>• With open books on Chapter 3 of Milady Fundamentals complete the 3D model Case Study on D2L<br>• Watch Immunology of the skin<br>• Watch Wound healing D2L.<br>• Watch Skin Regeneration in aging and disease.<br>• PowerPoint # Understanding the Principles of Controlled Epidermal Wounding<br>• D2L Discussion Why is important to understand wound healing and the aging process.<br>• PowerPoint Recap # Hormones and the Skin<br>• Homework, Students will do research on nutrition and how good nutrition affects the skin or vice versa. | • Video<br>• Games<br>• Question/Answer Sessions<br>• Class Discussions<br>• Group In-class Assignments<br>• Individual Reading/Research<br>• Classroom Exercises<br>• Instructor/Student Interaction<br>• Laboratory activities |
| **Day 3**<br><br>• Recap of Previous Day<br>• Students to present their findings in group discussions and presenting to the class.<br>• Divide the Class in groups and complete he Group Exercise # 1 on D2L<br>• PowerPoint Describe the field of medical esthetics.<br>• Watch A Day of a Medical Esthetician<br>• D2L Medical Esthetics True or False<br>• Homework, have students research and present a dream career of what they would like to do after they graduate | • Lectures (key notes prepare ahead of time )<br>• Video<br>• Games<br>• Question/Answer Sessions<br>• Class Discussions<br>• Group In-class Assignments<br>• Individual Reading/Research<br>• Classroom Exercises<br>• Instructor/Student Interaction<br>• Laboratory activities |
| **Day 4** | |

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| • Invite a couple of Medical Estheticians, can be former students as guest speakers, let them describe their day and duties, etc. | • Lectures (key notes prepare ahead of time )<br>• Video<br>• Games<br>• Question/Answer Sessions<br>• Class Discussions<br>• Group In-class Assignments<br>• Individual Reading/Research<br>• Classroom Exercises<br>• Instructor/Student Interaction<br>• Laboratory activities |
| **Day 5**<br>• Field Trip, students to visit a dermatologist or cosmetic surgeons office, to get knowledge of the different opportunities and procedures. | • Lectures (key notes prepare ahead of time )<br>• Video<br>• Games<br>• Question/Answer Sessions<br>• Class Discussions<br>• Group In-class Assignments<br>• Individual Reading/Research<br>• Classroom Exercises<br>• Instructor/Student Interaction<br>• Laboratory activities |
| **Day 6**<br>• PowerPoint # Fitzpatrick Skin Typing<br>• Obagi Skin Classification Page 25 table 2.1 from the Chemical Peels book<br>• Group exercise, students to pair in 2 and perform a Fitzpatrick evaluation on each other and use the other methods like the Obagi Method<br>• PowerPoint Recap # Disorders and diseases of the skin<br>• PowerPoint Recap # Type of Skin Cancers<br>• PowerPoint Recap # Vascular Lesions<br>• PowerPoint # Lasers Used in the Esthetics Field | • Lectures (key notes prepare ahead of time )<br>• Video<br>• Games<br>• Question/Answer Sessions<br>• Class Discussions<br>• Group In-class Assignments<br>• Individual Reading/Research<br>• Classroom Exercises<br>• Instructor/Student Interaction<br>• Laboratory activities |

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| • Group Exercise divide the class in 3 groups, assign to each group cancers, skin disorders and diseases, vascular lesions, the groups will do research on each condition and what laser therapies apply to each or if it doesn't , make students draw and prepare a presentation with their findings<br>• Students will present to the rest of the class.<br>• Instructor will go through each condition and explain why is important to memorize and recognize this conditions to become a Medical Esthetician<br>• Recap of the day<br>• Homework. Students to read Chapter 1 of the Laser Book. Divide the class in equal groups and assign them to bring colored shirts, a coupe of students should bring red shirts, another orange, another yellow, another green, another blue, another violet ( you can assign this by starting separating the groups in questions, for example, who has a red shirt? Who has an orange shirt etc. | |
| **Day 7**<br><br>• Recap of previous Day<br>• PowerPoint # Laser Chapter 1 part 1 and complete the activities within the PP.<br>• Complete Laser Light activity from the Lesson activities for instructors on D2L<br>• With Open book on Chapter 1students to complete the true or false quiz for Laser Chapter 1 part 1 review<br>• Quiz Cards, pair students in 2 and make them develop quiz cards and | • Lectures (key notes prepare ahead of time )<br>• Video<br>• Games<br>• Question/Answer Sessions<br>• Class Discussions<br>• Group In-class Assignments<br>• Individual Reading/Research<br>• Classroom Exercises<br>• Instructor/Student Interaction<br>• Laboratory activities |

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| quiz each other on the PowerPoint key points.<br>• Watch Introduction to Lasers<br>• Watch Laser Safety<br>• Makes students write all the questions they might have from this lesson and answer them one by one, let them write down notes<br>• Recap<br>• Homework, students should read the rest of the chapter. | |
| **Day 8**<br><br>• Recap previous day.<br>• PowerPoint # Laser Chapter 1 part 2<br>• With open book, students should complete the D2L questionnaire review.<br>• PowerPoint Chapter 1 part 3<br>• Divide the class in 4 groups and students will complete the case scenarios on D2L 1, 2, 3, 4<br>• Students will share with the class the results of their research on case scenarios.<br>• PowerPoint Chapter 15 Complications<br>• Discussion on legal consequences and how to avoid complications<br>• Instructor to go over the consent forms on D2L<br>• Homework: Students should review and create quiz cards for the next day from chapter 1 | • Lectures (key notes prepare ahead of time )<br>• Video<br>• Games<br>• Question/Answer Sessions<br>• Class Discussions<br>• Group In-class Assignments<br>• Individual Reading/Research<br>• Classroom Exercises<br>• Instructor/Student Interaction<br>• Laboratory activities |
| **Day 9**<br><br>• Recap of previous day<br>• Students will quiz each other on chapter 1. | |

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| • Review chapter 1 quizzing student to make sure comprehension was achieved on the following.<br>• Laser characteristics<br>• Wavelength<br>• Pulse width<br>• Joules<br>• PowerPoint Laser Hair Removal part 1<br>• Go through Pearl 1, 2, 3 and 4 of the books and explain Box 4.1<br>• Break<br>• In Clinic, instructor to do a demo on how to do a consultation with a client, how to read the forms and how to do the patch tests on the client and record all treatments into the log sheet.<br>• Homework, students should review and create quiz cards to test each other the next day | |
| **Day 10**<br><br>• Recap of previous day<br>• Student to quiz each other.<br>• PowerPoint Laser Hair Removal part 2<br>• Discuss preoperative care from the chapter.<br>• Discuss post operative care.<br>• Separate the students in groups to work on case studies from the chapter.<br>• Discus alternative therapies for laser hair removal page 70<br>• Show students video 4.1.<br>• D2L Activity Hair Removal True or False<br>• Break time.<br>• In Clinic, instructor will demonstrate how to do underarms, show the proper settings etc.<br>• Homework. Students should study both chapter 1 and 4 and 15, using | • Lectures (key notes prepare ahead of time )<br>• Video<br>• Games<br>• Question/Answer Sessions<br>• Class Discussions<br>• Group In-class Assignments<br>• Individual Reading/Research<br>• Classroom Exercises<br>• Instructor/Student Interaction<br>• Laboratory activities |

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| quiz cards . Students to write any questions regarding this chapters to be reviewed with Instructor | |
| **Day 11**<br>• Recap of previous week<br>• Review on the case studies<br>• Students to pair in 2 and quiz each other on the quiz cards they created.<br>• PowerPoint Chapter 2 Vascular Lesions<br>• D2L Vascular Lesions True or False<br>• Break<br>• In Clinic, Instructor will do a demo on vascular lesions removal.<br>• Students will start practicing settings for hair removal and will start practicing on each other.<br>• Recap of the day<br>• Homework, Students to create quiz cards to quiz each other on Chapter 2 | • Lectures (key notes prepare ahead of time )<br>• Video<br>• Games<br>• Question/Answer Sessions<br>• Class Discussions<br>• Group In-class Assignments<br>• Individual Reading/Research<br>• Classroom Exercises<br>• Instructor/Student Interaction<br>• Laboratory activities |
| **Day 12**<br>• Recap of previous day<br>• Students will quiz each other with the cards created.<br>• PowerPoint Chapter 3 Part 1 Pigmented lesions<br>• Discuss preoperative procedures and after care, treatment techniques and patient evaluation.<br>• D2L Activity Pigmented Lesions True or False<br>• Watch How to treat skin pigmentation<br>• Watch Aesthetics Myths<br>• Break Time<br>• In clinic students will continue to practice hair removal on each other | • Lectures (key notes prepare ahead of time )<br>• Video<br>• Games<br>• Question/Answer Sessions<br>• Class Discussions<br>• Group In-class Assignments<br>• Individual Reading/Research<br>• Classroom Exercises<br>• Instructor/Student Interaction<br>• Laboratory activities |

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| • Homework students will review the pages of the chapter covered and create quiz cards. | |
| **Day 13**<br><br>• Recap of previous day<br>• Students to quiz each other.<br>• PowerPoint Tattoo Removal<br>• D2L Tattoo Removal activity<br>• PowerPoint IPL<br>• Discuss After care<br>• Watch Treatment IPL for pigmentation<br>• Watch IPL Facial Redness<br>• D2L IPL Activity<br>• Break<br>• In Clinic, Instructor will do a demo on a Tattoo Removal, students can practice on Tim Hortons cups.<br>• In clinic Instructor will demonstrate IPL for various conditions<br>• Homework students to review and create quiz cards. | • Lectures (key notes prepare ahead of time )<br>• Video<br>• Games<br>• Question/Answer Sessions<br>• Class Discussions<br>• Group In-class Assignments<br>• Individual Reading/Research<br>• Classroom Exercises<br>• Instructor/Student Interaction<br>• Laboratory activities |
| **Day 14**<br><br>• Recap of previous day<br>• Students to quiz each other.<br>• PowerPoint Non-Ablative Fractional<br>• Divide class in groups and make them work on the bookcase studies<br>• Explain pretreatment and post treatment, go over procedures, pictures safety and complications<br>• Prepare a lecture on Fractional micro needling<br>• Do Case study 5 with the group<br>• Watch Omnimax by Sharplight<br>• Discussion on D2L Fractional wavelength and absorption<br>• Break | • Lectures (key notes prepare ahead of time )<br>• Video<br>• Games<br>• Question/Answer Sessions<br>• Class Discussions<br>• Group In-class Assignments<br>• Individual Reading/Research<br>• Classroom Exercises<br>• Instructor/Student Interaction<br>• Laboratory activities |

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| • In Clinic, Instructor should perform a fractional treatment step by step including consultation, expectations and post op care<br>• Questions and Answers<br>• Recap<br>• Homework same as every day | |
| **Day 15**<br><br>• Recap of previous day<br>• Quizzes<br>• PowerPoint# Non-Surgical Skin Tightening<br>• D2L RF Activity<br>• Watch Wrinkle Reduction<br>• Watch Body RF<br>• Break<br>• In Clinic, Instructor will do a demo on RF on face and body.<br>• Students can practice on each other.<br>• Homework same as previous days<br>• Instructor to develop quiz questions of all chapters learned to give out to students on Monday. | • Lectures (key notes prepare ahead of time )<br>• Video<br>• Games<br>• Question/Answer Sessions<br>• Class Discussions<br>• Group In-class Assignments<br>• Individual Reading/Research<br>• Classroom Exercises<br>• Instructor/Student Interaction<br>• Laboratory activities |
| **Day 16**<br><br>• Recap of previous week<br>• Students to quiz each other.<br>• PowerPoint Ablative Lasers<br>• In Clinic time, students will continue to practice on each other the modalities learned.<br>• Homework instructor to provide the questions quizzes for students to work on | • Lectures (key notes prepare ahead of time )<br>• Video<br>• Games<br>• Question/Answer Sessions<br>• Class Discussions<br>• Group In-class Assignments<br>• Individual Reading/Research<br>• Classroom Exercises<br>• Instructor/Student Interaction<br>• Laboratory activities |
| **Day 17**<br><br>• Recap of previous day | • Lectures (key notes prepare ahead of time )<br>• Video<br>• Games<br>• Question/Answer Sessions |

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| • Review of homework with the students<br>• Mock oral exam closed books.<br>• PowerPoint Photodynamic Therapy<br>• Watch PDT<br>• D2L PDT Activity<br>• PowerPoint Ablative Skin Resurfacing<br>• Watch C02 Laser<br>• Questions and Answers<br>• Break<br>• In Clinic, Students will continue to practice on each other.<br>• Homework | • Class Discussions<br>• Group In-class Assignments<br>• Individual Reading/Research<br>• Classroom Exercises<br>• Instructor/Student Interaction<br>• Laboratory activities |
| **Day 18**<br><br>• Recap of Previous Day<br>• Quizzes<br>• PowerPoint Body Contouring<br>• D2L Body Contouring activity<br>• Students to work on the case studies.<br>• Watch Surgical laser methods<br>• Watch CoolSculpting gone wrong<br>• Break<br>• In Clinic, students to work on each other.<br>• Homework | • Lectures (key notes prepare ahead of time )<br>• Video<br>• Games<br>• Question/Answer Sessions<br>• Class Discussions<br>• Group In-class Assignments<br>• Individual Reading/Research<br>• Classroom Exercises<br>• Instructor/Student Interaction<br>• Laboratory activities |
| **Day 19**<br><br>• Recap of previous day<br>• Quizzes<br>• PowerPoint Muscle Toning and Conditioning<br>• Groups to complete case studies<br>• PowerPoint Radiofrequency and micro needling<br>• Group activities<br>• Break<br>• In clinic practice<br>• Homework | • Lectures (key notes prepare ahead of time )<br>• Video<br>• Games<br>• Question/Answer Sessions<br>• Class Discussions<br>• Group In-class Assignments<br>• Individual Reading/Research<br>• Classroom Exercises<br>• Instructor/Student Interaction<br>• Laboratory activities |

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| **Day 20**<br>• Recap of previous day<br>• PowerPoint Radio RF and Micro needling<br>• Invite guest speaker on Micro needling and RF.<br>• Guest speaker can do a demo.<br>• Homework | |
| **Day 21**<br>• Recap of Previous Week<br>• Quizzes<br>• PowerPoint Laser Treatment on Ethnic Skin<br>• Group activities<br>• Ethnic skin Written activities<br>• Break<br>• In Clinic students will continue to practice hands on<br>• Homework | • Lectures (key notes prepare ahead of time )<br>• Video<br>• Games<br>• Question/Answer Sessions<br>• Class Discussions<br>• Group In-class Assignments<br>• Individual Reading/Research<br>• Classroom Exercises<br>• Instructor/Student Interaction<br>• Laboratory activities |
| **Day 22**<br>• Recap of previous week<br>• In Clinic, client day<br>• Students can bring models to practice the different methods.<br>• Recap of the day<br>• Homework | • Lectures (key notes prepare ahead of time )<br>• Video<br>• Games<br>• Question/Answer Sessions<br>• Class Discussions<br>• Group In-class Assignments<br>• Individual Reading/Research<br>• Classroom Exercises<br>• Instructor/Student Interaction<br>• Laboratory activities |
| **Day 23**<br>• Recap of previous day | • Lectures (key notes prepare ahead of time ) |

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| • Quiz<br>• PowerPoint Treating Acne<br>• Group activities<br>• Written Activity<br>• Break<br>• In Clinic, Instructor will do a demo on IPL treatments for Acne<br>• Homework | • Video<br>• Games<br>• Question/Answer Sessions<br>• Class Discussions<br>• Group In-class Assignments<br>• Individual Reading/Research<br>• Classroom Exercises<br>• Instructor/Student Interaction<br>• Laboratory activities |
| **Day 24**<br><br>• Recap of previous day<br>• Quiz time, instructor will quiz students on all chapters and help with the theory that was not understood<br>• Students to form groups and create quiz cards<br>• Groups will close all books and challenge each other on quizzes. Group that gets the most points wins!<br>• Break<br>• Clinic Time<br>• Homework | • Lectures (key notes prepare ahead of time )<br>• Video<br>• Games<br>• Question/Answer Sessions<br>• Class Discussions<br>• Group In-class Assignments<br>• Individual Reading/Research<br>• Classroom Exercises<br>• Instructor/Student Interaction<br>• Laboratory activities |
| **Day 25**<br><br>• Field Trip Day to surgical or medical spa | |
| **Day 26**<br><br>• Recap of Previous Week<br>• D2L Pre-Test # 1 quiz with open book<br>• In Clinic time<br>• Homework | • Lectures (key notes prepare ahead of time )<br>• Video<br>• Games<br>• Question/Answer Sessions<br>• Class Discussions<br>• Group In-class Assignments<br>• Individual Reading/Research<br>• Classroom Exercises<br>• Instructor/Student Interaction<br>• Laboratory activities |

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| **Day 27**<br>• Recap of previous day<br>• D2L Pre-Test # 1 quiz with closed book<br>• Outline the bases of the practical test # 1<br>• Students will finish working on assignments as they present at the end of the week.<br>• In clinic time<br>• Homework | • Lectures (key notes prepare ahead of time )<br>• Video<br>• Games<br>• Question/Answer Sessions<br>• Class Discussions<br>• Group In-class Assignments<br>• Individual Reading/Research<br>• Classroom Exercises<br>• Instructor/Student Interaction<br>• Laboratory activities |
| **Day 28**<br>• Recap of previous day<br>• 2-hour allotment to finish assignment<br>• In clinic time<br>• Homework | • Lectures (key notes prepare ahead of time )<br>• Video<br>• Games<br>• Question/Answer Sessions<br>• Class Discussions<br>• Group In-class Assignments<br>• Individual Reading/Research<br>• Classroom Exercises<br>• Instructor/Student Interaction<br>• Laboratory activities |
| **Day 29**<br>• Assignment Presentation<br>• Homework study and review for tests | • Lectures (key notes prepare ahead of time )<br>• Video<br>• Games<br>• Question/Answer Sessions<br>• Class Discussions<br>• Group In-class Assignments<br>• Individual Reading/Research<br>• Classroom Exercises<br>• Instructor/Student Interaction<br>• Laboratory activities |
| **Day 30**<br>• Theory Test # 1<br>• Practical Test # 1 | |

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| **Unit 2**<br><br>**120 hours**<br><br>-**Milady Chapter 13 Microdermabrasion**<br>**-Procedures in Cosmetic Dermatology Series: Chemical Peels**<br>**- Test # 2 chemical peels part 1, part 2,part 3, 4 and 6 only**<br>**-Test # 2 Practical chem-mech**<br>**-Final Theory Exam, mix of unit 1 and 2**<br>**-Final Practical Exam, mix of Unit 1 and 2**<br><br>**Day 31**<br><br>• Recap of Previous Week<br>• PowerPoint Chapter 13 Milady Microdermabrasion by Type and device<br>• Watch Treatment Techniques with Crystals<br>• Watch Diamond Micro Treatment<br>• Watch Microdermabration<br>• Break<br>• Instructor to do a demo on a full crystal microdermabrasion with consultation<br>• Homework, complete workbook for the microdermabrasion questions chapter 13 | |
| **Day 32**<br><br>• Recap previous day<br>• Review of homework<br>• D2L Micro True or False<br>• Group discussion What type of micro is better for dry skin, what type for oily skin<br>• Break<br>• In Clinic, students to practice crystal techniques on each other's back to practice first time technique | |

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| • Instructor to do a demo on Diamond microdermabrasion.<br>• Assign Homework | |
| **Day 33**<br><br>• In clinic time, divide students in 3 or pairs, and they should continue to practice technique on the back, once they master technique let students start with the face following the procedure from the book.<br>• Show students how to customize a micro procedure with, masks, extractions, high frequency , ultrasound and different electrotherapy devices,<br>• This day should be dedicated for students to learn hands on from the instructor and practice<br>• Assign quiz review questions from homework. | |
| **Day 34**<br><br>• Recap and review<br>• PowerPoint The chemistry of peels<br>• Watch Chemical Peels Basics<br>• D2L Group research Chemical Peels divide the class in groups and ask them to research the different peels, how they work, they can present their findings to the class<br>• D2L chemistry of peels activity )part 1 of the book, pages 1 to 23)<br>• Watch Alpha Hydroxy Acid Peels<br>• Divide the class in pairs and make students create quiz cards and quiz each other with the open chapter.<br>• Homework students to study the chapter. | |
| **Day 35** | |

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| • Recap and review<br>• PowerPoint Choosing the correct peel.<br>• Watch D2L Salicylic acid.<br>• Case studies<br>• PowerPoint Priming the Skin<br>• PowerPoint Light peels<br>• Case Studies<br>• Quiz each other.<br>• Assign Homework | |
| Day 36<br><br>• Recap of Previous Week<br>• PowerPoint Medium depth peels<br>• PowerPoint Deep Peels<br>• Watch 35% Peel Demo<br>• Watch Deep Phenol Treatment<br>• Watch TCA CROSS<br>• D2L Light Medium and Deep Peel activity<br>• PowerPoint Complications<br>• D2L complications true or false<br>• Consultation<br>• Break<br>• In Clinic, skin analysis and students to go through consultation only on each other. (no treatment yet!)<br>• Homework, to review chapters and study. | |
| Day 37<br><br>• Recap of previous day<br>• Instructor to quiz students with closed books, make sure students did the studying and test how much they have understood. Review what is necessary, do not move too fast to the next lesson if students are not clear on the subject<br>• PDF PP # Pro-Derm Designer Peels | |

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| • Explain each ingredient on the designer peel and its benefits.<br>• Explain to the class how this combinations and peel cocktails can be used successfully<br>• Break<br>• In clinic, Instructor should choose 3 different skin types representing the different peels and do a demo on all 3 students one at a time.<br>• Assign homework | |
| Day 38<br><br>• Recap of Previous Day<br>• PowerPoint Peels in Man<br>• Watch Dr. Obagi Blue Peel<br>• D2L Activities<br>• Break<br>• In clinic, students will practice peels on each other, first will start in the back to train application<br>• Assign Homework, ask students to bring a male model to practice on the next day if possible | |
| Day 39<br><br>• Recap of previous day<br>• PP# Combination Acne Peels<br>• Read Chapter 13 Medical Esthetician duties.<br>• Students to complete the competency from the book<br>• Watch Follow our medical Esthetician<br>• D2L Medical Esthetics true or false<br>• Break<br>• In clinic time<br>• Assign Homework | |
| Day 40 | |

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| • Recap of Previous Day<br>• PowerPoint Rullan 2 way and phenol<br>• D2L activities<br>• Group Discussions<br>• Break<br>• In Clinic Time<br>• Assign Homework | |
| Day 41<br><br>• Recap of previous week<br>• In Clinic time, Instructor will do a demo on how to do a microdermabration combined with a peel for deeper exfoliation.<br>• Students to keep practicing.<br>• Assign homework. | |
| Day 42<br><br>• Recap of previous day<br>• PowerPoint Facelift and combination therapies<br>• D2L Activity Medical Terminology<br>• Break<br>• Clinic Time<br>• Homework | |
| Day 43<br><br>• Recap of previous day<br>• D2L Extra Reading Resources tab Botox and Fillers Seminar<br>• D2L Discussion, what is the difference between Botox, Fillers, and Dysport ?<br>• In Clinic time students to practice for test # 2 instructor to explain all outlines<br>• Assign homework. | |
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| Day 44<br><br>• Recap<br>• D2L Review for Test # 2 (chapter 13 microdermabrasion, medical esthetics, and chemical peel book)<br>• Go over the practical test rules.<br>• Clinic time<br>• Homework | |
| Day 45<br><br>• Theory Test #2<br>• Practical Test # 2 | |
| Day 46<br><br>• Recap and Review<br>• D2L Extra Reading Resources Tab Dermal Filler<br>• D2L Discussion discuss the different types of fillers<br>• Clinic time practice!<br>• Instructor can demo mixing of treatments like optimal treatment after micro (only 1 per student) | |
| Day 47<br><br>• Clinic practice | |
| Day 48<br><br>• Clinic Practice | |
| Day 49<br><br>• Clinic Practice | |
| Day 50<br><br>• Clinic Practice | |
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| Day 51<br>• Clinic Practice | |
| Day 52<br>• Clinic Practice | |
| Day 53<br>• Clinic Practice | |
| Day 54<br>• Clinic Practice | |
| Day 55<br>• Clinic Practice | |
| Day 56<br>• Clinic Practice | |
| Day 57<br>• Clinic Practice | |
| Day 58<br>• Clinic Practice | |
| Day 59<br>• Review for Tests<br>• Clinic Time | |
| Day 60<br>• Final Theory Test<br>• Final Practical Test | |

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