

Richard Mar

SCHOOL OF HAIR AND ESTHETICS



Esthetics/Spa Therapy Program Outline (1000 Hours)

Prepared for the Richard Mar School of Hair and Esthetics
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Professional Development

- *Requirements of a healthy mind and body*
- *Elements of Effective Communication*
- *Dynamics of Positive Human Relationships*

Salon/Spa Ecology

- *Classification of Bacteria*
- *Infection and Three types of Infection Control*
- *First Aid Procedures*

Anatomy and Physiology

- *Building Blocks of the Human Body*
- *Basic Body Systems*

Electricity

- *Principals of electricity*
- *Electrical Currents*
- *Safety Measures*
- *Electrotherapy*
- *Light therapy*

Chemistry

- *Matter*
- *The PH Scale*
- *Chemistry of Cosmetics*

Esthetics Salon / Spa Business

- *The Beauty Industry*
- *Job Search*
- *Professional Relationships*
- *Salon / Spa Ownership*
- *Retailing*

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Practical Set-up Procedures for Esthetics

- *Spa service set-up and procedure applications*
- *Sanitation Practical Procedures*
- *Sterilization Practical Procedures*

Study of Nails

- *Theory behind Nails*
- *Nail Disorders / Diseases*
- *Basic Manicure*
- *Basic Pedicure*
- *Nail Tips / Overlays*
- *Nail Art / Design*
- *Sculptured gels and Acrylics (Artificial Nails)*

Study of the Skin

- *Basic Facial*
- *Basic Waxing*
- *Make-up Applications for day / special occasion / glamour / photography*
- *Eyebrow / Lash Tinting*
- *Individual Lash Application / Fake Lashes*
- *Color Analysis / color draping for photography*
- *Model Photo Shoots for Portfolio Building*

Spa Treatments / Wraps / Aroma therapy

- *Special wrap and Body treatments and procedures for spas*
- *Specialized Hair Removal / Waxing*
- *Specialty Facials / Back Treatments*
- *Exfoliation procedures*
- *Therapeutic aromatherapy and custom mixing procedures*
- *Hot stone therapy*
- *Reflexology*

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Massage for Spas Therapy and Relaxation

- *Facial Massage*
- *Hand / Arm Massage*
- *Foot / Leg Massage*
- *Joint Movements for Massage*
- *Full Body Massage and Spa Procedures*
- *Pressure Point Massage*
- *Head /Scalp / Shoulder Massage Techniques and Procedures*
- *Products / custom aromas for massage*