CHAPTER 1 CAREER OPPORTUNITIES AND HISTORY OF ESTHETICS

OUTLINE

I. EXPLAIN HOW CAREER OPPORTUNITIES AND THE HISTORY OF THE PROFESSION ARE CRITICAL TO ESTHETICS

👤 Slides 1–4

II. DESCRIBE THE CAREER OPTIONS AVAILABLE TO LICENSED ESTHETICIANS

👤 Slides 5–17

- A. Salon or Day Spa Esthetician
- B. Clinical Esthetician
- C. Waxing Specialist
- D. Makeup Artist
- E. Manufacturer's Representative
- F. Salesperson or Sales Manager
- G. Cosmetic Buyer
- H. Esthetic Writer or Beauty Editor
- I. Travel Industry Professional
- J. Educator
- K. Cosmetic Chemist and Product Developer
- L. State Licensing Inspector or Examiner
- M. State Board Member
- N. Oncology-Trained Esthetician

MINDTAP ACTIVITIES

- Ch 1 Read: Chapter Learning Objectives (Fundamentals)
- ☑ Ch 1 Do: Case Study (Fundamentals)
- Ch 1 Read: Explain How Career Opportunities and the History of the Profession are Critical to Esthetics
- 🗹 Ch 1 Do: Why Study? Essay
- Ch 1 Read: Describe the Career Options Available to Licensed Estheticians
- Ch 1 Watch: Opportunities for Estheticians
- ☑ Ch 1 Do: Job Description Matching
- ☑ Ch 1 Do: Career Choices True or False
- ☑ Ch 1 Do: A Bright Future on Pathbrite

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III. LIST TYPES OF EXISTING ESTHETICS PRACTICES TO HELP YOU CHART YOUR CAREER PATH Slides 18–20	 Ch 1 Read: List Types of Existing Esthetics Practices to Help Chart Your Career Path Ch 1 Do: Dream Job on Pathbrite
 IV. OUTLINE SKIN CARE PRACTICES FROM EARLY CULTURES Slides 21–28 A. Ancient Egypt B. Ancient Greece C. Ancient Rome D. Asia: China and Japan E. Africa F. The Middle Ages G. The Renaissance Era H. The Victorian Age 	 Image: Ch 1 Read: Outline Skin Care Practices From Earlier Cultures to Today ► Ch 1 Watch: The History of the Beauty Industry Image: Ch 1 Do: Early Cultures Case Study Image: Ch 1 Do: Historical Facts Fill in the Blank Image: Ch 1 Do: History of Skin Care Multiple Choice Image: Ch 1 Do: Back in Time Case Study Image: Ch 1 Do: Ancient Cultures Influence on Modern Esthetics on Pathbrite Image: Ch 1 Do: Styles Throughout the Ages Multiple Choice
 V. SUMMARIZE THE CURRENT AND FUTURE STATES OF THE ESTHETICS INDUSTRY Slides 29–35 A. Consumers Baby Boomers Baby Boomers Ingredients Technology Facilities/Services 	 Ch 1 Read: Summarize the Current and Future States of the Esthetics Industry Ch 1 Discuss: Esthetics History
VI. CHAPTER REVIEW	 ☑ Ch 1 Do: Word Review Matching (Fundamentals) ☑ Ch 1 Flashcards: Key Terms Review (Fundamentals) ☑ Ch 1 Study Notes (Fundamentals) ④ Ch 1 Discuss: Essential Discoveries (Fundamentals) ☑ Ch 1 Do: Final Chapter Exam (Fundamentals)

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CHAPTER 2 ANATOMY AND PHYSIOLOGY



OUTLINE

MINDTAP ACTIVITIES

I.	EXPLAIN WHY ESTHETICIANS NEED KNOWLEDGE OF ANATOMY AND PHYSIOLOGY Slides 1–9 A. Define anatomy, physiology, and histology	 Ch 2 Read: Chapter Learning Objectives (Fundamentals) Ch 2 Do: Case Study (Fundamentals) Ch 2 Read: Explain Why Estheticians Need Knowledge of Anatomy and Physiology Ch 2 Do: Why Study? Essay Ch 2 Discuss: Body Systems
ΙΙ.	DESCRIBE THE BASIC STRUCTURE AND FUNCTION OF A CELL Slides 10–14 A. Basic structure of the cell B. Cell reproduction and division C. Cell metabolism	 ■ Ch 2 Read: Describe the Basic Structure and Function of a Cell ► Ch 2 Watch: Structure and Function of Cells ☑ Ch 2 Do: Basic Cell Terms Matching
111.	DESCRIBE THE FOUR TYPES OF TISSUE FOUND IN THE BODY Slides 15–17	 Ch 2 Read: Describe the Four Types of Tissue Found in the Body Ch 2 Do: Tissue Matching Ch 2 Do: Tissue Case Study
IV.	DEFINE THE FUNCTIONS OF MAJOR ORGANS AND SYSTEMS OF THE BODY THAT INTERSECT WITH THE INTEGUMENTARY SYSTEM AND ESTHETICS Slides 18–26	 Ch 2 Read: Define the Functions of Major Organs and Systems of the Body that Intersect with the Integumentary System and Esthetics Ch 2 Watch: Body Systems Ch 2 Watch: Body Systems Basics Ch 2 Watch: Organs Ch 2 Do: Listen to the Organs Overview Ch 2 Do: Body Systems Matching

- V. LIST THE FIVE ACCESSORY ORGANS TO THE Ch 2 Read: List the Five Accessory Organs to the Skin Ch 2 Do: Accessory Organs Labeling SKIN Slides 27-29 VI. IDENTIFY THE FIVE FUNCTIONS OF THE Ch 2 Read: Identify the Five Functions of the Skeletal System SKELETAL SYSTEM Ch 2 Watch: Anatomy and Physiology ► Ch 2 Watch: Bad to the Bones Slides 30–41 Ch 2 Do: Skeletal System Case Study ☑ Ch 2 Do: Bones of the Cranium Labeling A. The Number of Bones and Composition **B.** Functions
 - C. Bones of the Skull
 - 1. Bones of the Cranium
 - 2. Bones of the Face
 - D. Bones of the Neck
 - E. Bones of the Chest
 - F. Bones of the Arms and Hands

VII. RECOGNIZE THE MUSCLES INVOLVED IN

ESTHETIC MASSAGE

Slides 42–67

- A. The Number of Muscles and Composition
- B. Muscles of the Scalp
- C. Muscles of the Eyebrow
- D. Muscles of the Nose
- E. Muscles of the Mouth
- F. Muscles of Mastication (Chewing)
- G. Muscles of the Ear
- H. Muscles of the Neck

- Ch 2 Read: Recognize the Muscles Involved in Esthetic Massage
- Ch 2 Watch: Getting In Touch with Head Muscles
- ☑ Ch 2 Do: Muscles of the Head, Face and Neck Labeling
- ☑ Ch 2 Do: Muscles of the Shoulders and Upper Arms Labeling
- ☑ Ch 2 Do: Muscular System Multiple Choice
- Ch 2 Do: The Art of Massage Case Study

- I. Muscles That Attach the Arms to the Body
- J. Muscles of the Shoulder and Arm
 - 1. Muscles of the Forearm
 - 2. Muscles of the Hand
 - 3. Muscle Movements
- VIII. DESCRIBE THE THREE NERVE BRANCHES OF THE HEAD, NECK, AND FACE ESSENTIAL FOR PERFORMING FACIAL TREATMENTS
 - Slides 68–81
 - A. Divisions of the Nervous System
 - B. The Brain and Spinal Cord
 - C. Nerve Cell Structure and Function
 - 1. Types of Nerves
 - D. Nerves of the Head, Face, and Neck
 - 1. Fifth cranial nerve
 - 2. Seventh cranial nerve
 - 3. Eleventh cranial nerve
 - E. Nerves of the Arm and Hand
 - 1. Vagus Nerve

IX. OUTLINE HOW THE CIRCULATORY SYSTEM

INFI UENCES THE HEALTH OF THE SKIN



Slides 82–94

- A. The Heart
- B. Blood Vessels
- C The Blood
 - 1. Functions of the Blood
 - 2. Composition of the Blood

- Ch 2 Read: Describe the Three Nerve Branches of the Head, Neck and Face Essential for Performing Facial Treatments
- Ch 2 Watch: Nervous System
- Ch 2 Do: Nerves of the Arm Labeling
- Ch 2 Do: Nerves 101 Case Study

- Ch 2 Read: Outline How the Circulatory System Influences the Health of the Skin
- Ch 2 Watch: Circulatory System
- ☑ Ch 2 Do: Circulatory System Labeling
- ☑ Ch 2 Do: Circulatory System True or False

- D. Arteries of the Head, Face, and Neck
- E. Veins of the Head, Face, and Neck

X. EXPLAIN THE INTERDEPENDENCE OF THE Ch 2 Read: Explain the Interdependence of the Lymphatic, Circulatory and Immune Systems LYMPHATIC, CIRCULATORY, AND IMMUNE Ch 2 Watch: Lymphatic/Immune System ☑ Ch 2 Do: Massage Apprentice Case Study **SYSTEMS (I)** Slides 95–98 A. Functions XI. IDENTIFY THE GLANDS THAT MAKE UP THE Ch 2 Read: Identify the Glands That Make Up the **Endocrine System** ENDOCRINE SYSTEM Ch 2 Watch: Endocrine System Slides 99–102 ☑ Ch 2 Do: Endocrine System Labeling A. Functions XIL LIST HOW HORMONAL CHANGES IN THE Ch 2 Read: List How Hormonal Changes in the Reproductive System Can Affect the Skin **REPRODUCTIVE SYSTEM CAN AFFECT** Ch 2 Watch: Reproductive System ☑ Ch 2 Do: Reproductive System Labeling THE SKIN Slides 103–107 XIII. DESCRIBE WHAT OCCURS DURING E Ch 2 Read: Describe What Occurs During Inhalation and Exhalation INHALATION AND EXHALATION Ch 2 Watch: Respiratory System Ch 2 Do: Breathing Cycle Labeling Slides 108–111 XIV. EXPLAIN THE FIVE STEPS IN DIGESTION Ch 2 Read: Explain the Five Steps in Digestion Ch 2 Do: Digestion Matching A. Functions XV. LIST THE FIVE ORGANS THAT COMPRISE THE Ch 2 Read: List the Five Organs That Comprise the Excretory System EXCRETORY SYSTEM Ch 2 Do: Excretory System Matching **Slides** 116–118 A. Functions

XVI. CHAPTER REVIEW	 CHAPTER REVIEW: ☑ Ch 2 Do: Human Body Systems Case Study ☑ Ch 2 Do: Word Review Fill in the Blank (Fundamentals) ☑ Ch 2 Flashcards: Key Terms Review (Fundamentals) I Ch 2 Study Notes (Fundamentals) ④ Ch 2 Discuss: Essential Discoveries (Fundamentals) ☑ Ch 2 Do: Prepare for Licensure (Fundamentals) ☑ Ch 2 Do: Final Chapter Exam (Fundamentals)
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CHAPTER 3 PHYSIOLOGY AND HISTOLOGY OF THE SKIN



MINDTAP ACTIVITIES

OUTLINE

 I. DESCRIBE WHY LEARNING THE PHYSIOLOGY AND HISTOLOGY OF THE SKIN MAKES YOU A BETTER ESTHETICIAN Slides 1–8 	 Ch 3 Read: Chapter Learning Objectives (Fundamentals) Ch 3 Do: Case Study (Fundamentals) Ch 3 Read: Describe Why Learning the Physiology and Histology of the Skin Makes You a Better Esthetician Ch 3 Do: Why Study? Essay
II. DESCRIBE THE ATTRIBUTES OF HEALTHY SKIN Slides 9–11	 Ch 3 Read: Describe the Attributes of Healthy Skin Ch 3 Do: Skin Care Multiple Choice Quiz Ch 3 Do: Attributes of the Skin True or False
 III. DISTINGUISH THE SIX PRIMARY FUNCTIONS OF THE SKIN Slides 12–21 A. Sensation 	 Ch 3 Read: Distinguish the Six Primary Functions of the Skin Ch 3 Watch: The Skinny on Skin Ch 3 Do: Functions of the Skin Matching Ch 3 Do: Functions of the Skin True or False Ch 3 Do: Choosing Products Case Study
B. ProtectionC. Heat Regulation	
D. Excretion	
E. Secretion F. Absorption	

- IV. EXPLAIN THE FUNCTION OF EACH LAYER OF THE SKIN, FROM THE DEEPEST TO THE SURFACE
 - Slides 22–39
 - A. Subcutaneous Tissue
 - B. The Dermis
 - 1. The Reticular Layer
 - 2. The Papillary Layer
 - 3. Dermal/Epidermal Junction
 - C. The Epidermis
 - 1. Keratinocytes
 - 2. The Stratum Germinativum
 - 3. The Stratum Spinosum
 - 4. The Stratum Granulosum
 - 5. The Stratum Lucidum
 - 6. The Stratum Corneum
 - 7. Skin Color: Melanin, Melanocytes, and Melanosomes
- V. IDENTIFY A HAIR FOLLICLE AS AN APPENDAGE OF THE SKIN

Slides 40-44

VI. IDENTIFY NAILS AS AN APPENDAGE OF THE SKIN

Slides 45–47

- VII. DESCRIBE THE FUNCTIONS OF THE TWO TYPES
 - **OF NERVES**

Slides 48–50

Ch 3 Read: Explain the Function of Each Layer of the Skin, from the Deepest to the Surface

Ch 3 Read: Identify a Hair Follicle as an Appendage of

☑ Ch 3 Do: Structure of a Hair Follicle Labeling

- Ch 3 Discuss: Skin Layers
- ☑ Ch 3 Do: Layers of the Skin Multiple Choice
- Ch 3 Do: Layers of the Skin Labeling Ch 3 Do: 3D Model Case Study

Ch 3 Read: Identify Nails as an Appendage of the Skin Ch 3 Do: Nail Structure Labeling Ch 3 Read: Describe the Functions of the Two Types of Nerves Ch 3 Do: Nerves True or False

the Skin

VIII. EXPLAIN WHAT IS PRODUCED BY THE TWO

TYPES OF GLANDS OF THE SKIN

Iides 51–55

- A. The Sebaceous (Oil) Glands
- B. The Sudoriferous (Sweat) Glands

IX. DISTINGUISH THE FACTORS INFLUENCING

SKIN HEALTH

Slides 56–74

- A. The Immune System and the Skin
- B. Skin Nourishment
- C. Cell Protection
- D. Cell Replacement
- E. Sun Damage
- F. Free Radical Damage
- G. Skin Health and the Environment
- H. Skin Health and Lifestyle Choices
- I. Glycation
- J. Aging Skin and Hormones
- K. Microcirculation
- L. Hormone Replacement Therapy (HRT)

X. CHAPTER REVIEW

Ch 3 Read: Explain What Is Produced by the Two Types of Glands of the Skin Ch 3 Do: Glands Matching

- Ch 3 Read: Distinguish the Factors Influencing Skin Health
- Ch 3 Watch: Skin Health
- ☑ Ch 3 Do: Healthy Skin Matching
- ☑ Ch 3 Do: Product Research Case Study

CHAPTER REVIEW

- ☑ Ch 3 Do: Word Review Matching (Fundamentals)
- Ch 3 Flashcards: Key Terms Review (Fundamentals)
- Ch 3 Study Notes (Fundamentals)
- Ch 3 Discuss: Essential Discoveries (Fundamentals)
- Ch 3 Do: Prepare for Licensure (Fundamentals)
- ☑ Ch 3 Do: Final Chapter Exam (Fundamentals)

CHAPTER 4 DISORDERS AND DISEASES OF THE SKIN

OUTLINE

MINDTAP ACTIVITIES

 I. EXPLAIN WHY KNOWLEDGE OF DISEASES AND DISORDERS IS VALUABLE FOR AN ESTHETICIAN Slides 1–6 	 Ch 4 Read: Chapter Learning Objectives (Fundamentals) Ch 4 Do: Case Study (Fundamentals) Ch 4 Read: Explain Why Knowledge of Diseases and Disorders is Valuable for an Esthetician Ch 4 Do: Why Study? Essay
 II. DESCRIBE HOW AN ESTHETICIAN AND A DERMATOLOGIST CAN WORK COLLABORATIVELY Slides 7–9 	 Ch 4 Read: Describe How an Esthetician and a Dermatologist Can Work Collaboratively Ch 4 Do: Esthetician Dermatologist Matching
 III. IDENTIFY THE DIFFERENCES BETWEEN PRIMARY, SECONDARY, AND TERTIARY SKIN LESIONS Slides 10–17 A. Primary Lesions B. Secondary Lesions 	 Ch 4 Read: Identify the Differences Between Primary, Secondary, and Tertiary Skin Lesions Ch 4 Watch: Skin Lesions Overview Ch 4 Watch: Face to Face with Skin Disorders and Diseases Ch 4 Do: Lesions Matching Ch 4 Do: Lesions Multiple Choice Ch 4 Do: Blemishes and Lesions Case Study

IV. RECOGNIZE SKIN CHANGES THAT COULD INDICATE A TYPE OF SKIN CANCER

👤 Slides 18–26

12

- A. Actinic Keratosis
- B. Types of Skin Cancer
 - 1. Oncology Esthetics
- C. ABCDEs of Melanoma Detection
- V. DESCRIBE THE TYPES OF ACNE

Slides 27–41

- A. Causes of Clogged Follicles
- B. Types of Clogged Follicles
 - 1. Comedo (*comedo* is singular; *comedones* is plural)
 - 2. Sebaceous Filaments
 - 3. Milia
 - 4. Retention Hyperkeratosis
 - 5. Sebaceous Hyperplasia
 - 6. Seborrhea
- C. Grades of Acne
- D. Acne Triggers
 - 1. Genetics
 - 2. Hormones
 - 3. Environment
 - 4. Lifestyle
 - 5. Cosmetics and Skin Care Products
 - 6. Diet
- E. Medicated Treatment Options for Acne
 - 1. Considerations for Medicated Acne Treatment

- Ch 4 Read: Recognize Skin Changes That Could Indicate a Type of Skin Cancer
- ☑ Ch 4 Do: Skin Cancer Matching
- Ch 4 Read: Facts about Skin Cancer and Sun Exposure
- Ch 4 Watch: Skin Cancer Facts
- Ch 4 Do: Mole and Lesion Check
- Ch 4 Discuss: Skin Cancer Facts
- Ch 4 Read: Describe the Types of Acne
- ☑ Ch 4 Do: Types of Acne True or False
- Ch 4 Watch: Acne 101
- Ch 4 Do: Skin Examination
- ☑ Ch 4 Do: Acne Flare Up Case Study

VI. DESCRIBE THE SYMPTOMS OF POLYCYSTIC OVARIAN SYNDROME (PCOS)

Slides 42–45

VII. LIST COMMON VASCULAR CONDITIONS OR DISORDERS

Slides 46–48

- A. Rosacea
 - 1. Rosacea Treatments
- B. Telangiectasia
- C. Varicose Veins

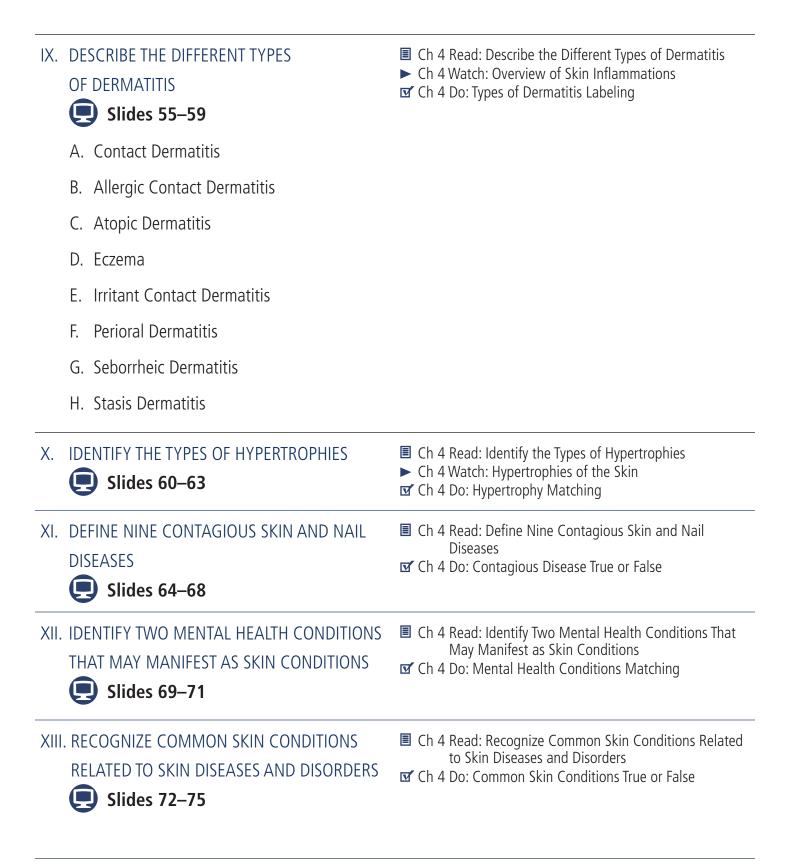
VIII. IDENTIFY PIGMENT DISORDERS

Slides 49–54

- A. Hyperpigmentation
 - 1. Melasma
 - 2. Lentigo
 - 3. Ephelids
 - 4. Nevus
 - 5. Poikiloderma of Civatte
 - 6. Postinflammatory Hyperpigmentation
 - 7. Tan
- B. Hypopigmentation
 - 1. Leukoderma
 - 2. Albinism
 - 3. Vitiligo
 - 4. Tinea Versicolor

- Ch 4 Read: Describe the Symptoms of Polycystic Ovarian Syndrome
 Ch 4 Do: PCOS symptoms
- Ch 4 Read: List Common Vascular Conditions or Disorders
- Ch 4 Do: Vascular Conditions or Disorders True or False

- Ch 4 Read: Identify Pigment Disorders
- Ch 4 Watch: Pigmentation Disorders Overview
- ☑ Ch 4 Do: Pigment Disorders Multiple Choice
- ☑ Ch 4 Do: Skin Condition Case Study



XIV.	EXPLAIN FIVE SUDORIFEROUS GLAND DISORDERS Slides 76–78	 Ch 4 Read: Explain Five Sudoriferous Gland Disorders Ch 4 Do: Gland Disorders Matching Ch 4 Read: Bringing it Home
XV.	CHAPTER REVIEW	 CHAPTER REVIEW: Ch 4 Do: Be a Shadow for a Day Case Study (Fundamentals) Ch 4 Do: Word Review Multiple Choice (Fundamentals) Ch 4 Flashcards: Key Terms Review (Fundamentals) Ch 4 Study Notes (Fundamentals) Ch 4 Discuss: Essential Discoveries (Fundamentals) Ch 4 Do: Prepare for Licensure (Fundamentals) Ch 4 Do: Final Chapter Exam (Fundamentals)

CHAPTER 5 SKIN ANALYSIS



MINDTAP ACTIVITIES OUTLINE EXPLAIN THE PROCESS OF SKIN ANALYSIS Ch 5 Read: Chapter Learning Objectives (Fundamentals) Ch 5 Do: Case Study (Fundamentals) Slides 1–5 Ch 5 Read: Explain the Process of Skin Analysis Ch 5 Do: Why Study? Essay II. IDENTIFY THE FOUR GENETIC SKIN TYPES Ch 5 Read: Identify the Four Genetic Skin Types Through Visualization, Palpation, and Consultation THROUGH VISUALIZATION, PALPATION, AND Ch 5 Do: Skin Types Multiple Choice Ch 5 Do: Skin Types Case Study CONSULTATION Slides 6–14 III. DIFFERENTIATE THE SIX FITZPATRICK SKIN Ch 5 Read: Differentiate the Six Fitzpatrick Skin Types and Accurately Identify Them TYPES AND ACCURATELY IDENTIFY THEM ☑ Ch 5 Do: The Fitzpatrick Scale Matching Ch 5 Do: Classifying and Analyzing Skin Conditions **Slides 15–22** Case Study A. Other Skin Classification Systems IV. DISTINGUISH THE CHARACTERISTICS OF ■ Ch 5 Read: Distinguish the Characteristics of Sensitive Skin Ch 5 Watch: Sensitive Skin SENSITIVE SKIN Ch 5 Do: Sensitive Skin True or False Slides 23–26 V. RECOGNIZE THE INTRICACIES INVOLVED Ch 5 Read: Recognize the Intricacies Involved With Treating Skin of Color WITH TREATING SKIN OF COLOR ☑ Ch 5 Do: Treating Skin of Color True or False Slides 27-35 VI. IDENTIFY TREATMENT OPTIONS FOR THE NECK Ch 5 Read: Identify Treatment Options for the Neck and Décolleté AND DÉCOLLETÉ Ch 5 Do: Neck and Décolleté Fill in the Blank Slides 36–39 VII. ILLUSTRATE EXAMPLES OF SKIN CONDITIONS Ch 5 Read: Illustrate Examples of Skin Conditions Ch 5 Do: Perform Your Own Skin Analysis Slides 40-47

Ch 5 Do: Skin Conditions and Descriptions Matching

CHAPTER 5 Skin Analysis

VIII.	 EXPLAIN THE CAUSES OF SKIN CONDITIONS Slides 48–53 A. External Factors That Affect the Skin B. Internal Factors That Affect the Skin 	 Ch 5 Read: Explain the Causes of Skin Conditions Ch 5 Do: Clients Over 40 Case Study Ch 5 Do: Skin Conditions Multiple Choice
IX.	DESCRIBE HEALTHY HABITS FOR THE SKIN Slides 54–57	I Ch 5 Read: Describe Healthy Habits for the Skin \mathbf{V} Ch 5 Do: Healthy Habits True or False
Χ.	DETERMINE TREATMENT CONTRAINDICATIONS THROUGH EVALUATION, ANALYSIS, AND CONSULTATION Slides 58–71	 Ch 5 Read: Determine Treatment Contraindications Through Evaluation, Analysis, and Consultation Ch 5 Do: Contraindications Activity Ch 5 Do: Contraindications Multiple Choice Ch 5 Do: Client Consultation True or False
	 A. Client Consultations How to Prepare Forms How to Use the Client Intake Form How to Use the Consent Form Questions to Ask During the Consultation 	
XI.	PERFORM A SKIN ANALYSIS Slides 72–75	 Ch 5 Read: Perform a Skin Analysis Ch 5 Watch: Skin Analysis Ch 5 Discuss: Self Analysis Ch 5 Watch: Consultation Ch 5 Do: Perform a Consultation Ch 5 Do: Perform a Skin Analysis True or False
XII.	CHAPTER REVIEW	 CHAPTER REVIEW: ☑ Ch 5 Do: Word Review Matching (Fundamentals) ☑ Ch 5 Flashcards: Key Terms Review (Fundamentals) ☑ Ch 5 Study Notes (Fundamentals) ④ Ch 5 Discuss: Essential Discoveries (Fundamentals) ☑ Ch 5 Do: Prepare for Licensure (Fundamentals) ☑ Ch 5 Do: Final Chapter Exam (Fundamentals)



OUTLINE

I. EXPLAIN HOW SKIN CARE PRODUCTS AND INGREDIENTS ARE SIGNIFICANT TO ESTHETICIANS

Slides 1–5

- II. DESCRIBE COSMETIC REGULATIONS, LAWS, AND PRODUCT SAFETY
 - 🗩 Slides 6–16
 - A. FDA Regulations for Cosmetics
 - 1. How does the law define a cosmetic?
 - 2. How does the law define a drug?
 - 3. Can a product be both a cosmetic and a drug?
 - 4. What are cosmeceuticals?
 - B. Product Labeling Laws and Regulations
 - 1. INCI Names
 - C. Product Safety
 - 1. Adverse Reactions

MINDTAP ACTIVITIES

- E Ch 6 Read: Chapter Learning Objectives (Fundamentals)
- Ch 6 Do: Case Study (Fundamentals)
- Ch 6 Read: Explain How Skin Care Products and Ingredients Are Significant to Estheticians
- ☑ Ch 6 Do: Why Study? Essay
- Ch 6 Read: Describe Cosmetic Regulations, Laws, and Product Safety
- ☑ Ch 6 Do: Product Safety True or False
- ☑ Ch 6 Do: Product Selection Case Study

- **III. DISTINGUISH COSMETIC INGREDIENT** SOURCES AND POPULAR TERMS
 - Slides 17–25

- A. Natural versus Synthetic Ingredients
- B. Popular Terms
 - 1. Natural, All Natural
 - 2. Organic
 - 3. Cruelty-free
 - 4. Vegan
 - 5. Gluten-free
 - 6. Hypoallergenic, Dermatologist Tested, Nonirritating
 - 7. Noncomedogenic
 - 8. Comedogenic
 - 9. Fragrance-free
 - 10. Unscented

IV. DESCRIBE THE MAIN TYPES OF INGREDIENTS

IN COSMETIC CHEMISTRY



Slides 26–50

- A. Main Types of ingredients in Product Formulations
 - 1. Water
 - 2. Emollients
 - 3. Surfactants
 - 4. Delivery Systems
 - 5. Preservatives
 - 6. Fragrances
 - 7. Color Agents
 - 8. Thickeners

- Ch 6 Read: Distinguish Cosmetic Ingredient Sources and Popular Terms
- Ch 6 Watch: Ingredients
- Ch 6 Discuss: Product Research
- Ch 6 Do: Popular Terms Matching

- Ch 6 Read: Describe the Main Types of Ingredients in Cosmetic Chemistry
- Ch 6 Read: Ingredient Definition and Properties (Download)
- Ch 6 Do: Cosmetic Chemistry Case Study
- ☑ Ch 6 Do: Cosmetic Chemistry True or False
- ☑ Ch 6 Do: Cosmetic Ingredients Multiple Choice
- Ch 6 Do: Product pH Activity
- Ch 6 Do: Cosmetic Chemistry Matching

- 9. pH Adjusters
- 10. Solvents
- 11. Botanicals
- 12. Ingredients for Exfoliation
- 13. Lighteners and Brighteners
- 14. Nutrition, Healing, and Rejuvenation
- 15. Sunscreen Ingredients
- V. IDENTIFY BENEFICIAL INGREDIENTS FOR SKIN

TYPES AND CONDITIONS



- Slides 51–65
- A. All Skin Types
 - 1. Types of Universal Ingredients
 - 2. Combination Skin
 - 3. Dry
 - 4. Dehydrated
 - 5. Oily
 - 6. Acne/Problematic
 - 7. Sensitive/Reactive
 - 8. Hyperpigmentation
 - 9. Mature/Aging Skin

VI. SELECT APPROPRIATE PRODUCTS FOR FACIAL

TREATMENTS AND HOME CARE USE

Slides 66–87

- A. Cleansers
 - 1. Types of Cleansers:
- B. Toners
- C. Exfoliants
 - 1. Types of Exfoliants:
- D. Masks
 - 1. Types of Masks

- Ch 6 Read: Identify Beneficial Ingredients for Skin Types and Conditions
- Ch 6 Read: Ingredient Definition and Properties (Download)
- Ch 6 Do: Skin Care Line Activity
- ☑ Ch 6 Do: Ingredients True or False
- ☑ Ch 6 Do: Techniques Case Study

- Ch 6 Read: Select Appropriate Products for Facial Treatments and Home Care Use
- Ch 6 Do: Skin Care Line Case Study
- ☑ Ch 6 Do: Product Type Matching
- ☑ Ch 6 Do: Mask Types Fill in the Blank
- Ch 6 Do: Product Selection Multiple-Choice
- Ch 6 Do: Product Selection True or False

- E. Massage Products
 - 1. Types of Massage Products:
- F. Serums and Ampoules
- G. Moisturizers and Hydrators
 - 1. Types of Moisturizers and Hydrators:
- H. Products for Eyes and Lips
 - 1. Products for Eyes
 - 2. Products for Lips
- I. Sun Protection Products (Sunscreens)
 - 1. Sun Protection Factor (SPF) Rating
 - 2. Types of Sun Protection Products
- VII. RECOMMEND HOME CARE PRODUCTS WITH Ch 6 Read: Recommend Home Care Products with Confidence CONFIDENCE ☑ Ch 6 Do: Complete Home-Care Instructions (Download) ☑ Ch 6 Do: Home-Care Products Case Study Part 1 **Slides 88–92** A. Three Steps to Successful Retailing 1. Provide Product Education 2. Present Precise Instructions 3. Practice Professional Follow-up **VIII. SUMMARIZE THE POINTS TO CONSIDER** Ch 6 Read: Summarize the Points to Consider When Choosing a Professional Skin Care Line WHEN CHOOSING A PROFESSIONAL SKIN Ch 6 Do: Compare and Rate Product Lines (Download) ☑ Ch 6 Do: Home-Care Products Case Study Part 2 **CARF LINF** Slides 93–98 A. Product Prices and Costs IX. CHAPTER REVIEW CHAPTER REVIEW: ☑ Ch 6 Do: Word Review Matching (Fundamentals) ☑ Ch 6 Flashcards: Key Terms Review (Fundamentals) Ch 6 Study Notes (Fundamentals) Ch 6 Discuss: Essential Discoveries (Fundamentals) ☑ Ch 6 Do: Prepare for Licensure (Fundamentals) ☑ Ch 6 Do: Final Chapter Exam (Fundamentals)

CHAPTER 7 THE TREATMENT ROOM



MINDTAP ACTIVITIES

- EXPLAIN WHY TREATMENT ROOM PREPARA-Ch 7 Read: Chapter Learning Objectives (Fundamentals) ☑ Ch 7 Do: Case Study (Fundamentals) TION IS AN INTEGRAL PART OF PROVIDING Ch 7 Read: Explain Why Treatment Room Preparation is an Integral Part of Providing Treatments **TREATMENTS** Ch 7 Do: Why Study? Essay Slides 1–5 II. REVIEW THE ELEMENTS OF AN ESTHETICIAN'S Ch 7 Read: Review the Elements of an Esthetician's Professional Appearance **PROFESSIONAL APPEARANCE** ☑ Ch 7 Do: Professional Appearance True or False Slides 6-9 A. Professional Image Checklist III. OUTLINE ESSENTIAL ROOM AND STATION Ch 7 Read: Outline Essential Room and Station Structural Features STRUCTURAL FEATURES ☑ Ch 7 Do: Structural Feature Matching Slides 10-15 A. Structural Features 1. Size 2. Proper Ventilation 3. Electrical Outlets 4. Running Water 5. Washable Flooring and Workstation Surfaces
 - 6. Proper Lighting

IV. DESCRIBE THE IDEAL AMBIENCE, FURNITURE, AND EQUIPMENT FOR FACIALS Slides 16–27	 Ch 7 Read: Describe the Ideal Ambience, Furniture, and Equipment for Facials Ch 7 Do: Costs of Setting up a Treatment Room Activity Ch 7 Do: Room Features Multiple Choice Ch 7 Do: New Equipment Case Study
 A. Ambience B. A Checklist of Furniture and Equipment Additional Items C. Ergonomics in the Treatment Room D. Costs of Starting Your Own Business 	
 V. PROPERLY MANAGE TREATMENTS ROOM SUPPLIES AND PRODUCTS Slides 28–35 	 Ch 7 Read: Properly Manage Treatment Room Supplies and Products Ch 7 Do: Room Set Up Matching Ch 7 Do: Treatment Room Case Study
 A. Facial Treatment Supplies and Implements 1. Multiuse Items 2. Single-Use Items 3. Products 	
VI. BE ABLE TO SET UP A FACIAL TREATMENT AREA—FACIAL BAR OR STATION Slides 36–39	 Ch 7 Read: Be Able to Set Up a Facial Treatment Area, such as Facial Bar or Station Ch 7 Do: Compare Treatment Areas Matching
VII. PREPARE THE TREATMENT ROOM FOR SERVICES Slides 40–47	 Ch 7 Read: Prepare the Treatment Room for Services Ch 7 Watch: Prepare Your Treatment Room Ch 7 Do: Room Preparation Multiple Choice
A. Setting Out Single-Use ItemsB. Arranging the ProductsC. Setting Up the Dressing Area	

PROCEDURE 7-1: Pre-Service— Preparing the Treatment Room	 Refer to Procedures folder: ■ Ch 7 Read: Procedure 7-1 Preservice - Preparing the Treatment Room ► Ch 7 Watch: Prepare Your Treatment Room Refer to Rubrics folder: ☑ Ch 7 Do: Download Rubrics
 VIII. PROPERLY CLEAN AND DISINFECT THE TREATMENT ROOM Slides 48–53 A. Refresher on Cleaning and Disinfecting Implements Option to demonstrate protocols or play the videos found on the Esthetics: Fundamentals Instructional Videos or MindTap. B. Appropriate Handling of Single-Use Items C. End-of-the-Day Clean-Up 	 Ch 7 Read: Properly Clean and Disinfect the Treatment Room Ch 7 Watch: Post-Service Ch 7 Do: Clean and Disinfect True or False
PROCEDURE 7-2: Post-Service— Clean-Up and Preparation for the Next Client	 Ch 7 Read: Perform Pre- and Post-Service Procedures to Meet Safety and Health Requirements Ch 7 Do: Procedures Case Study Ch 7 Discuss: Pre- and Post-Service Refer to Procedures folder: Ch 7 Read: Procedure 7-2 Post-Service - Clean-Up and Preparation for the Next Client Ch 7 Watch: Post-Service
IX. PROCEDURES AND RUBRICS	If students have not done so already, view all of the videos and readings in the Procedures folder. Refer to Rubrics folder: T Ch 7 Do: Download Rubrics
X. CHAPTER REVIEW	 CHAPTER REVIEW: ☑ Ch 7 Do: Word Review Matching (Fundamentals) ☑ Ch 7 Flashcards: Key Terms Review (Fundamentals) I Ch 7 Study Notes (Fundamentals) ④ Ch 7 Discuss: Essential Discoveries (Fundamentals) ☑ Ch 7 Do: Prepare for Licensure (Fundamentals) ☑ Ch 7 Do: Final Chapter Exam (Fundamentals)



OUTLINE

MINDTAP ACTIVITIES

I. EXPLAIN THE IMPORTANCE OF FACIAL Ch 8 Read: Chapter Learning Objectives (Fundamentals) ☑ Ch 8 Do: Case Study (Fundamentals) **TREATMENTS** Ch 8 Discuss: Contented Client Ch 8 Read: Explain the Importance of Facial Treatments Slides 1–5 as the Foundation for All Skin Care Services ☑ Ch 8 Do: Why Study? Essay II. DESCRIBE THE BENEFITS OF A FACIAL Ch 8 Read: Describe the Benefits of a Facial Treatment ☑ Ch 8 Do: Facial Treatment Benefits True or False TREATMENT Slides 6-8 A. Facial Treatment Benefits III. LIST THE ESSENTIAL SKILLS NEEDED TO Ch 8 Read: List the Essential Skills Needed to Successfully Perform Facials SUCCESSFULLY PERFORM FACIALS Ch 8 Watch: Esthetician Skills and Techniques Ch 8 Do: Essential Skills Multiple Choice Slides 9–13 A. Impeccable Customer Service and Proper **Communication Skills** B. Exceptional Skills C. Mastering Retail Sales Techniques D. Ongoing Education E. Key Elements of Client Interaction 1. Focus on the Client 2. Client Comfort 3. Inform the Client

4. Be Diligent, Organized, and Skillful

IV.	 PERFORM THE FACIAL SETUP PROCEDURES Slides 14–20 A. Meeting and Greeting Clients B. Prepare the Client for the Facial Treatment 1. Changing Instructions 2. Assist the Client onto the Facial Bed 3. Drape and Adjust for Comfort 	 Image: Ch 8 Read: Perform the Facial Setup Procedures Image: Ch 8 Read: Procedure 8-1: Pre-Service - Preparing the Client for Treatment Image: Ch 8 Watch: Prepare the Client for Treatment Image: Ch 8 Do: Preparation Case Study
	PERFORM: Procedure 8-1: Pre-Service— Preparing the Client for Treatment	Refer to Rubrics folder: I Ch 8: Do: Download Rubrics
V.	 EXPLAIN THE KEY STEPS OF THE BASIC FACIAL TREATMENT Slides 21–33 A. The Initial Consultation and Analysis Obtain Signed Consent Obtain Signed Consent Proper Client Draping and Hand Washing Perform an Initial Skin Analysis and Agree on a Treatment Plan Create a Treatment Plan Complete the Facial Cleansing with Appropriate Cleanser and Toner Remove Eye and Lip Makeup Cleansing Toners 	 Ch 8 Read: Explain the Key Steps of the Basic Facial Treatment Ch 8 Read: The Facial Procedure Checklist (Download) Ch 8 Do: Key Steps Multiple Choice Ch 8 Do: Key Steps Case Study
	PERFORM: Procedure 8-2: Remove Eye Makeup and Lipstick	Refer to Basic Facial Procedures and Videos folder: ■ Ch 8 Read: Procedure 8-2: Remove Eye Makeup and Lipstick Refer to Rubrics folder: ▼ Ch 8: Do: Download Rubrics

	 PERFORM: Procedure 8-3: Applying a Cleansing Product In-Depth Skin Analysis Client Charts Exfoliation Product or Mask Desincrustation with a Galvanic Machine Steam or Warm Towels Use of the Steamer Extractions and/or Deep Pore Cleansing Massage Treatment Masks 	 Refer to Basic Facial Procedures and Videos folder: I Ch 8 Read: Procedure 8-3: Applying a Cleansing Product Ch 8 Watch: Facial Cleansing Ch 8 Watch: Skin Analysis Refer to Rubrics folder: I Ch 8: Do: Download Rubrics
	PERFORM: Procedure 8-4: Removing Products	Refer to Basic Facial Procedures and Videos folder: ■ Ch 8 Read: Procedure 8-4: Removing Products Refer to Rubrics folder: ▼ Ch 8: Do: Download Rubrics
	PERFORM: Procedure 8-6: Applying and Removing the Cotton Compress	 Refer to Basic Facial Procedures and Videos folder: ■ Ch 8 Read: Procedure 8-6: Applying and Removing the Cotton Compress ► Ch 8 Watch: Cotton Mummy Mask Refer to Rubrics folder: ☑ Ch 8: Do: Download Rubrics
l N	 PERFORM: Procedure 8-8: Applying a Sheet Mask Toners Serums, Eye Treatments, and Lip Treatments Moisturizers Sun Protection Products Completing the Service 	 Refer to Basic Facial Procedures and Videos folder: ■ Ch 8 Read: Procedure 8-8: Applying a Sheet Mask ▶ Ch 8 Watch: Sheet Mask Refer to Rubrics folder: ✓ Ch 8: Do: Download Rubrics

 PERFORM: Procedure 8-9: Post- Service Procedure O. Post-service Checklist 	 Refer to Basic Facial Procedures and Videos folder: Image: Ch 8 Read: Procedure 8-9: Post-Service Procedure Ch 8 Watch: Wrap Up Refer to Rubrics folder: Image: Ch 8: Do: Download Rubrics
PERFORM: Procedure 8-5: Performing the Basic Facial	 Refer to Basic Facial Procedures and Videos folder: ■ Ch 8 Read: Procedure 8-5: Performing the Basic Facial Watch all videos related to the basic facial. Refer to Rubrics folder: ✓ Ch 8: Do: Download Rubrics
 VI. DESCRIBE HOW TO CONSULT CLIENTS ON HOME CARE Slides 34–36 A. The Art of Recommendation 	 Ch 8 Read: Describe How to Consult Clients on Home Care Ch 8 Do: Consultation Matching Ch 8 Discuss: Skin Care Routines
VII. DISCUSS VARIATIONS OF THE BASIC FACIAL Slides 37–41 A. The Express Facial	Ch 8 Read: Discuss Variations of the Basic Facial
 VIII. OUTLINE THE TREATMENT GOALS FOR SIX SKIN TYPES/CONDITIONS Slides 42–54 A. Dry Skin Treatments for Dry Skin Dehydrated Skin Transepidermal Water Loss (TEWL) Treatments for Dehydrated Skin C. Mature or Aging Skin Biological Changes in Aging Skin Pollution 	 ■ Ch 8 Read: Outline the Treatment Goals for Six Skin Types/Conditions ▶ Ch 8 Watch: Treatments for Sensitive Skin or Rosacea ☑ Ch 8 Do: Skin Types True or False ☑ Ch 8 Do: Skin Types Case Study

3. Poor Diet

- 4. Hormones
- 5. Stress
- 6. UV Exposure
- 7. Other External Factors
- 8. Treatments for Aging and Mature Skin
- D. Sensitive and Sensitized Skin or Rosacea
 - 1. Rosacea
 - 2. Treatments for Sensitive and Sensitized Skin or Rosacea
- E. Treatments for Hyperpigmentation
- F. Treatments for Oily Skin

IX. DESCRIBE ACNE FACIALS

Slides 55–61

■ Ch 8 Read: Describe Acne Facials
 ☑ Ch 8 Do: Acne Facial Case Study

- A. Acne Treatment
 - 1. Products and Equipment for Acne Care
- B. Acne Care Tips

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- C. Home Care for Acne
- D. Extraction Techniques
 - 1. Importance of Infection Control
 - 2. Extraction Training
 - 3. Extraction Methods
 - 4. Treatment for Milia (Closed Comedones)

PERFORM: Procedure 8-7: Performing	ng Refer to Basic Facial Procedures and Videos folder:
Extractions	
	Refer to Rubrics folder:

Ch 8: Do: Download Rubrics

Slides 62–66 Step 1: Wash hands and put on gloves. Step 2: Perform deep cleansing. Step 3: Analyze the skin. Step 4: Steam and apply serum. Step 5: Proceed with desincrustation. Step 6: Perform extractions. Step 7: Apply astringent/toner. Step 8: Apply a clay-based mask for deep cleansing. Remove with towels. Step 9: Apply a soothing mask. Remove with wet cotton. Step 10: Apply moisturizer. Step 11: Perform galvanic treatment or high-frequency treatment. Step 12: Finish with the post-treatment consultation

- Ch 8 Read: Discuss Men's Skin Care Treatment Options Ch 8 Watch: Treatments for Men **OPTIONS** Ch 8 Do: Men's Skin Care Case Study Slides 67–72 A. Traits of Men's Skin B. Marketing to Men C. Men's Skin Care Products D. Professional Treatments for Men 1. Folliculitis XII. BASIC FACIAL PROCEDURES AND VIDEOS View all of the videos and readings related to the basic facial. Refer to **Rubrics** folder: Ch 8 Do: Download Rubrics XIII. CHAPTER REVIEW CHAPTER REVIEW: ☑ Ch 8 Do: Word Review Matching (Fundamentals) ☑ Ch 8 Flashcards: Key Terms Review (Fundamentals) Ch 8 Study Notes (Fundamentals) Ch 8 Discuss: Essential Discoveries (Fundamentals) ☑ Ch 8 Do: Prepare for Licensure (Fundamentals)
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☑ Ch 8 Do: Final Chapter Exam (Fundamentals)

X. PERFORM AN ACNE TREATMENT PROCEDURE

XI. DISCUSS MEN'S SKIN CARE TREATMENT

Ch 8 Read: Perform an Acne Treatment Procedure Ch 8 Do: Acne Procedure Fill in the Blank





MINDTAP ACTIVITIES OUTLINE I. EXPLAIN THE IMPORTANCE OF FACIAL Ch 9 Read: Chapter Learning Objectives (Fundamentals) Ch 9 Do: Case Study (Fundamentals) MASSAGE AS AN ESTHETIC SERVICE Ch 9 Read: Explain the Importance of Facial Massage as an Esthetics Service Slides 1–6 Ch 9 Do: Why Study? Essay II. DESCRIBE THE BENEFITS OF MASSAGE Ch 9 Read: Describe the Benefits of Massage ☑ Ch 9 Do: Benefits of Facial Massage Multiple Choice Slides 7–10 III. DISCUSS FACIAL MASSAGE Ch 9 Read: Discuss Facial Massage Contraindications ☑ Ch 9 Do: To Massage or Not to Massage Matching CONTRAINDICATIONS ☑ Ch 9 Do: Facial Massage Case Study Ch 9 Discuss: Contraindications Slides 11–16 A. Know Your Scope of Practice IV. DESCRIBE THE FIVE TYPES OF MASSAGE Ch 9 Read: Describe the Five Types of Massage Movements Used by Estheticians MOVEMENTS USED BY ESTHETICIANS Ch 9 Do: Massage Movements Matching ☑ Ch 9 Do: Massage Movement Case Study Slides 17–26 ☑ Ch 9 Do: Massage Movements Multiple Choice Ch 9 Do: Motor Nerve Points Labeling A. Effleurage B. Pétrissage C. Tapotement D. Friction E. Vibration

F. Alternative Massage Techniques

 V. EXPLAIN HOW TO INCORPORATE MASS. DURING THE FACIAL TREATMENT Slides 27–37 A. Learn the Technical Skills B. Maintain Hand Mobility C. Use Proper Massage Products D. Relax E. Choose Your Starting Point F. Maintain Contact G. Massage from Insertion to Origin H. Check Pressure I. Sharpen Your Professionalism 	 AGE ■ Ch 9 Read: Explain How to Incorporate Massage During the Facial Treatment I Ch 9 Do: Know Your Facts True or False I Ch 9 Do: Massage Technique Case Study Part 1
VI. PERFORM THE BASIC FACIAL MASSAGE Slides 38–40	 Ch 9 Read: Perform a Basic Facial Massage Ch 9 Do: Facial Massage 101 Multiple Choice Ch 9 Do: Massage Technique Case Study Part 2
PERFORM: Procedure 9-1: Basic Fa Massage	cial PROCEDURES: ■ Ch 9 Read: Procedure 9-1 Perform a Basic Facial Massage ► Ch 9 Watch: Facial Massage
VII. PROCEDURES AND RUBRICS	 If students have not done so already, view all of the videos and readings in the Procedures folder: ■ Ch 9 Read: Procedure 9-1 Perform a Basic Facial Massage ▶ Ch 9 Watch: Facial Massage Refer to Rubrics folder: ☑ Ch 9: Do: Download Rubrics
VIII. CHAPTER REVIEW	 CHAPTER REVIEW: ☑ Ch 9 Do: Word Review Matching (Fundamentals) ☑ Ch 9 Flashcards: Key Terms Review (Fundamentals) I Ch 9 Study Notes (Fundamentals) ☑ Ch 9 Discuss: Essential Discoveries (Fundamentals) ☑ Ch 9 Do: Prepare for Licensure (Fundamentals) ☑ Ch 9 Do: Final Chapter Exam (Fundamentals)

CHAPTER 10 FACIAL DEVICES AND TECHNOLOGY

OUTLINE

EXPLAIN THE IMPORTANCE OF THE USE OF FACIAL DEVICES AND TECHNOLOGY

Slides 1–7

II. IDENTIFY THE BASIC CONCEPTS OF **ELECTROTHERAPY**

MINDTAP ACTIVITIES

- Ch 10 Read: Chapter Learning Objectives (Fundamentals)
- ☑ Ch 10 Do: Case Study (Fundamentals)
- Ch 10 Read: Explain the Importance of the Use of Facial **Devices and Technology**
- Ch 10 Do: Why Study? Essay
- Ch 10 Read: Identify the Basic Concepts of Electrotherapy
- Ch 10 Do: Listen: Electrotherapy Contraindications
- Ch 10 Do: Electrotherapy Terms Fill in the Blank



Slides 8–10

- A. General Contraindications for Electrotherapy
- **III. EXPLAIN THE BENEFITS OF THE HOT TOWEL** CABINET

Slides 11–15

- A. When to Use a Hot Towel Cabinet
- B. Effects of Warm Towels from a Hot Towel Cabinet
- C. Contraindications and Best practices for Warm Towels from a Hot Towel Cabinet
 - 1. Preparation of the Hot Towel Cabinet
- D. Safety and Maintenance of the Hot Towel Cabinet

- Ch 10 Read: Explain the Benefits of the Hot Towel Cabinet
- Ch 10 Do: Hot Towel Cabinet Fill in the Blank

- IV. DISCUSS THE MAGNIFYING LAMP AND ITS Ch 10 Read: Discuss the Magnifying Lamp and Its Uses ☑ Ch 10 Do: Magnifying Lamp True or False USES Slides 16–18 A. When to Use the Magnifying Lamp B. Contraindications and Best Practices for the Magnifying Lamp C. Safety and Maintenance of the Magnifying Lamp V. DISCUSS THE WOOD'S LAMP AND ITS USES Ch 10 Read: Discuss the Wood's Lamp and Its Uses ☑ Ch 10 Do: Wood's Lamp True or False Slides 19–23 A. When to Use the Wood's Lamp B. Contraindications and Best Practices for the Wood's Lamp C. Safety and Maintenance of the Wood's Lamp VI. DEMONSTRATE HOW TO SAFELY AND Ch 10 Read: Demonstrate How to Safely and Effectively Use the Rotary Brush EFFECTIVELY USE THE ROTARY BRUSH

Slides 24–27

- A. When to Use the Rotary Brush
- B. Effects of the Rotary Brush
- C. Contraindications and Best Practices for the **Rotary Brush**
- D. Safety and Maintenance of the Rotary Brush

- Ch 10 Watch: Rotary Brush
- ☑ Ch 10 Do: Rotary Brush Fill in the Blank

 VII. DEMONSTRATE HOW TO SAFELY AND EFFECTIVELY USE THE STEAMER Slides 28–32 A. When to Use the Steamer B. Effects of the Steamer 1. Steamers with Ozone C. Contraindications and Best Practices of the Steamer D. Safety and Maintenance of the Steamer 	 ■ Ch 10 Read: Demonstrate How to Safely and Effectively Use the Steamer ▶ Ch 10 Watch: Steamer ☑ Ch 10 Do: Use a Steamer Case Study
PERFORM: Procedure 10-1: Use and Care for the Steamer	Refer to Procedures folder: ■ Ch 10 Read: Procedure 10-1: Use and Care for the Steamer Refer to Rubrics folder: ▼ Ch 10: Do: Download Rubrics
VIII. DEMONSTRATE HOW TO SAFELY AND EFFECTIVELY USE THE VACUUM MACHINE	 Ch 10 Read: Demonstrate How to Safely and Effectively Use the Vacuum Machine Ch 10 Do: Vacuum Procedure Fill in the Blank
 Slides 33–35 A. When to Use the Vacuum Machine B. Effects of the Vacuum Machine Contraindications and Past Practices for the Vacuum Machine 	

- C. Contraindications and Best Practices for the Vacuum Machine
- D. Safety and Maintenance for the Vacuum Machine

IX. DEMONSTRATE HOW TO SAFELY AND EFFECTIVELY USE GALVANIC CURRENT

Slides 36–42

- A. When to Use Galvanic Current
- B. Effects of Using the Galvanic Machine
 - 1. Desincrustation
 - a. Effects of Desincrustation
 - b. Best Practices and Safety Considerations for Desincrustation
 - 2. Iontophoresis
 - a. Effects of lontophoresis
 - b. Best Practices and Safety Considerations for lontophoresis
 - c. Polarity of Solutions
- C. Contraindications and Best Practices for the Galvanic Machine
- D. Safety and Maintenance of the Galvanic Machine

PERFORM: Procedure 10-2: Perform Desincrustation and lontophoresis Using the Galvanic Machine

Refer to **Procedures** folder:

Ch 10 Read: Procedure 10-2: Perform Desincrustation and Iontophoresis Using the Galvanic Machine

Ch 10 Watch: Galvanic Treatment

Refer to **Rubrics** folder: Ch 10: Do: Download Rubrics

- Ch 10 Read: Demonstrate How to Safely and Effectively Use Galvanic Current
- Ch 10 Watch: Galvanic Treatment
- ☑ Ch 10 Do: Galvanic Current Multiple Choice

Refer to **Procedures** folder:

☑ Ch 10 Do: Spray Machine Labeling

Ch 10 Read: Procedure 10-3: Use the High-Frequency

Х.	DEMONSTRATE HOW TO SAFELY AND
	EFFECTIVELY USE THE HIGH-FREQUENCY
	MACHINE

- Ch 10 Read: Demonstrate How to Safely and Effectively Use the High-Frequency Machine
- ☑ Ch 10 Do: High-Frequency Machine True or False
- ☑ Ch 10 Do: High-Frequency Machine Case Study



- A. Electrodes
 - 1. Types and General Application of Electrodes
- B. When to Use High Frequency
- C. Effects of High Frequency
- D. Contraindications and Best Practices for
 - High-Frequency Machines
- E. Safety and Maintenance for High-Frequency Machines

-

PERFORM: Procedure 10-3: Use the High-Frequency Machine

- Machine

 ► Ch 10 Watch: High-Frequency

 Refer to Rubrics folder:

 ☑ Ch 10: Do: Download Rubrics

 XI. DEMONSTRATE HOW TO SAFELY AND

 Image: Ch 10 Read: Demonstrate How to Safely and Effectively Use Spray Machines
 - EFFECTIVELY USE SPRAY MACHINES

Slides 48–50

- A. When to Use a Spray Machine
- B. Effects of Using the Spray Machine
- C. Contraindications and Best Practices for the Spray Machine
- D. Safety and Maintenance for the Spray Machine

	PERFORM: Procedure 10-4: Use the Spray Machine	Refer to Procedures folder: I Ch 10 Read: Procedure 10-4: Use the Spray Machine
		Refer to Rubrics folder: Ch 10: Do: Download Rubrics

XII. STATE THE BENEFITS AND USE OF PARAFFIN WAX	 ☑ Ch 10 Read: State the Benefits and Use of Paraffin Wax ☑ Ch 10 Do: Paraffin Wax Case Study
Slides 51–53	
A. When to Use Paraffin Wax	
B. Effects of Using Paraffin Wax	
C. Contraindications and Best Practices of	
Paraffin Wax	
D. Safety and Maintenance	
XIII. STATE THE BENEFITS AND USE OF ELECTRIC	Ch 10 Read: State the Benefits and Use of Electric Mitts and Boots
MITTS AND BOOTS	 Ch 10 Watch: Electric Mitts and Boots Ch 10 Do: Electric Mitts and Boots Fill in the Blank
Slides 54–56	
A. When to Use Electric Mitts and Boots	
B. Effects of Electric Mitts and Boots	
C. Contraindications and Best Practices for	
Electric Mitts and Boots	
D. Safety and Maintenance of the Electric Mitts and Boots	
XIV. IDENTIFY WHY YOU SHOULD MAKE	Ch 10 Read: Identify Why You Should Make Informed
INFORMED DECISIONS WHEN PURCHASING	Decisions When Purchasing Equipment as a Licensed Esthetician
EQUIPMENT AS A LICENSED ESTHETICIAN	 Ch 10 Discuss: Equipment Research Ch 10 Do: Equipment Research on Pathbrite
Slides 57–60	
XV. PROCEDURES AND RUBRICS	View all of the videos and readings in the Procedures folder. Refer to Rubrics folder: T Ch 10: Do: Download Rubrics
XVI. CHAPTER REVIEW	 CHAPTER REVIEW: ☑ Ch 10 Do: Word Review Matching (Fundamentals) ☑ Ch 10 Flashcards: Key Terms Review (Fundamentals) I Ch 10 Study Notes (Fundamentals) ④ Ch 10 Discuss: Essential Discoveries (Fundamentals) ☑ Ch 10 Do: Prepare for Licensure (Fundamentals) ☑ Ch 10 Do: Final Chapter Exam (Fundamentals)

☑ Ch 10 Do: Final Chapter Exam (Fundamentals)





OUTLINE

MINDTAP ACTIVITIES

- EXPLAIN THE IMPORTANCE OF HAIR REMOVAL Ch 11 Read: Chapter Learning Objectives (Fundamentals) ☑ Ch 11 Do: Case Study (Fundamentals) Slides 1–5
 - Ch 11 Read: Explain the Importance of Hair Removal Ch 11 Watch: Why Study Hair Removal?
 - Ch 11 Do: Why Study? Essay
- II. DESCRIBE THE STRUCTURE OF HAIR

Slides 6-10

- A. The Hair Follicle and Its Appendages
 - 1. Follicular Canal
 - 2. Hair Root
 - 3. Hair Bulb
 - 4. Hair Papilla (plural: papillae)
 - 5. Hair Shaft
 - 6. Sebaceous Gland
 - 7. Arrector Pili Muscle
- B. List the Types of Hair
 - 1. Lanugo
 - 2. Vellus Hair
 - 3. Terminal Hair

III. EXPLAIN THE HAIR GROWTH CYCLE



Slides 11-13

- A. Anagen Phase
- B. Catagen Phase
- C. Telogen Phase

- Ch 11 Read: Describe the Structure of Hair
- ☑ Ch 11 Do: Structure of Pilosebaceous Unit Labeling
- ☑ Ch 11 Do: Structure of Hair Case Study
- Ch 11 Do: Structure of Hair Matching

- Ch 11 Read: Explain the Hair Growth Cycle
- ► Ch 11 Watch: Hair Growth
- Ch 11 Do: Hair Growth Cycle Multiple Choice

IV. IDENTIFY THE CAUSES OF EXCESSIVE HAIR GROWTH ■ Ch 11 Read: Identify the Causes of Excessive Hair Growth
✓ Ch 11 Do: Excessive Hair Growth Case Study

👤 Slides 14–19

- A. Hypertrichosis Versus Hirsutism
- B. Common Diseases, Disorders, and Syndromes Affecting Hair Growth
 - 1. Diseases Affecting Hair Growth
 - 2. Disorders Affecting Hair Growth
 - 3. Syndromes Affecting Hair Growth

V. COMPARE TEMPORARY AND PERMANENT HAIR REMOVAL AND REDUCTION METHODS

Iides 20–34

- A. Temporary Methods, Home and Professional
 - 1. Tweezing and "Electronic Tweezing"
- PERFORM: Procedure 11-1: Perform Eyebrow Tweezing
 - 2. Shaving
 - 3. Chemical Depilatory
 - 4. Threading
 - 5. Sugaring
 - 6. Waxing
- B. Permanent Hair Removal and Reduction
 - 1. Electrolysis
 - 2. Laser and Intense Pulsed Light

- Ch 11 Read: Compare Temporary and Permanent Hair Removal and Reduction Methods
- Ch 11 Read: Procedure 11-1: Perform Eyebrow Tweezing
- ► Ch 11 Watch: Eyebrow Tweezing
- ☑ Ch 11 Do: Hair Removal Case Study
- ☑ Ch 11 Do: Eyebrow Tweezing Steps Fill in the Blank
- ☑ Ch 11 Do: Hair Removal True or False

Refer to **Compare Temporary and Permanent Hair Removal and Reduction Methods** folder:

- Ch 11 Read: Procedure 11-1: Perform Eyebrow Tweezing
- Ch 11 Watch: Eyebrow Tweezing

Refer to **Rubrics** folder: **T** Ch 11: Do: Download Rubrics

VI. EXPLAIN WHEN TO USE HARD AND SOFT WAX METHODS OF HAIR REMOVAL

 Ch 11 Read: Explain When to Use Hard and Soft Wax Methods of Hair Removal
 Ch 11 Do: Removal Techniques Case Study

Slides 35–44

A. Hard Wax Essentials

- 1. Pre-treatment for Hard Wax
- 2. Hard Wax Technique
- 3. Hard Wax: Post-treatment Care
- B. Soft Wax Essentials
 - 1. Pre-treatment for Soft Wax
 - 2. Technique for Soft Wax
 - 3. Blending
 - 4. Post-treatment Care for Soft Wax
 - 5. Speed Waxing

Slides 45–48

- C. Selecting the Right Wax for the Best Service
 - 1. Facial Waxing During Facials

VII. PROVIDE A THOROUGH CLIENT CONSULTATION Ch 11 Read: Provide a Thorough Client Consultation for Hair Removal Services

- E Ch 11 Read: Client Wax Intake Form (Download)
- Ch 11 Read: Wax Release Form (Download)
- Ch 11 Read: Contraindications for Waxing Procedures (Download)
- ► Ch 11 Watch: Wax Consultation
- ☑ Ch 11 Do: Waxing Consultation Case Study
- A. Complete the Client Consultation Forms
 - 1. The Intake/Client Assessment Form
 - 2. The Wax Release Form
 - 3. Informed Consent for Minors
 - 4. Post-wax Instructions and Precautions
- B. Discuss the Client's Indications and Contraindications
- C. Consider the Needs of the Client Who Is Transgender
 - 1. Most Common Services
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VIII. LIST ITEMS NEEDED IN A WAX TREATMENT

ROOM

42

Slides 49–54

A. Wax Equipment

- 1. Wax Treatment Essentials
- 2. Single-Use Items
- 3. Consumables
- 4. Hygiene and Infection Control
- 5. Table and Chair Protection
- 6. Draping and Disposable Protection
- 7. Learn Hand Washing and Infection Control Measures
- 8. Understanding Glove Use
- 9. Do Not Double Dip
- 10. Disposal of Contaminated Waste Items
- 11. Mastering Clean-up

IX. DEMONSTRATE WAXING HEAD TO TOE WITH SOFT AND HARD WAXES

Slides 55–65

- A. General Waxing Dos and Don'ts
- B. Face Waxing on Women and Men
 - 1. Waxing the Eyebrows
- C. Performing a Men's Eyebrow Wax with Soft Wax

- Ch 11 Read: List the Items Needed in a Wax Treatment Room
- Ch 11 Watch: Infection Control
- Ch 11 Watch: Setup and Clean Up of the Wax Treatment Room
- ☑ Ch 11 Do: Equipment True or False

- Ch 11 Read: Demonstrate Waxing Head to Toe with Soft and Hard Waxes
- Ch 11 Watch: Do's & Don'ts of Waxing
- ☑ Ch 11 Do: Practice Waxing Activity
- ☑ Ch 11 Do: Dos and Don'ts Case Study
- Ch 11 Discuss: Waxing Hype

PERFORM: Procedure 11-2: Eyebrow Wax with Hard Wax	 Refer to Hard Wax Procedures and Videos folder: Ch 11 Read: Equipment, Materials, and Implements for all Procedures Ch 11 Read: Procedure 11-2: Perform an Eyebrow Wax with Hard Wax Refer to Rubrics folder:
	☑ Ch 11: Do: Download Rubrics
PERFORM: Procedure 11-3: Eyebrow Wax with Soft Wax D. Waxing the Lip	 Refer to Soft Wax Procedures and Videos folder: I Read: Equipment, Materials, and Implements for all Procedures Ch 11 Read: Procedure 11-3: Perform an Eyebrow Wax with Soft Wax ► Ch 11 Watch: Eyebrow Waxing
	Refer to Rubrics folder: 🗹 Ch 11: Do: Download Rubrics
PERFORM: Procedure 11-4: Lip Wax with Hard Wax	 Refer to Hard Wax Procedures and Videos folder: ■ Ch 11 Read: Procedure 11-4: Perform a Lip Wax with Hard Wax ► Ch 11 Watch: Lip Waxing Refer to Rubrics folder:
	☑ Ch 11: Do: Download Rubrics
PERFORM: Procedure 11-5: Lip Wax with Soft Wax E. Waxing the Chin	Refer to Soft Wax Procedures and Videos folder: Ch 11 Read: Procedure 11-5: Perform a Lip Wax with Soft Wax
	Refer to Rubrics folder: T Ch 11: Do: Download Rubrics
PERFORM: Procedure 11-6: Chin Wax with Hard Wax	Refer to Hard Wax Procedures and Videos folder: Ch 11 Read: Procedure 11-6: Perform a Chin Wax with Hard Wax
F. Waxing the Sides of the FaceG. Waxing the Underarm (Axilla)	Refer to Rubrics folder: T Ch 11: Do: Download Rubrics
PERFORM: Procedure 11-7: Axilla Waxing with Hard Wax	Refer to Hard Wax Procedures and Videos folder: ■ Ch 11 Read: Procedure 11-7: Perform Waxing of the Axilla with Hard Wax ► Ch 11 Watch: Axilla (Underarm) Waxing
	Refer to Rubrics folder: T Ch 11: Do: Download Rubrics

PERFORM: Procedure 11-8: Axilla Waxing with Soft Wax	Refer to Soft Wax Procedures and Videos folder: Ch 11 Read: Procedure 11-8: Perform Axilla Waxing with Soft Wax
H. Waxing the Arm and Hand	Refer to Rubrics folder:
1. Waxing the Upper Arm	☑ Ch 11: Do: Download Rubrics
PERFORM: Procedure 11-9: Arm and Hand Waxing with Hard Wax	Refer to Hard Wax Procedures and Videos folder: Ch 11 Read: Procedure 11-9: Perform Arm and Hand Waxing with Hard Wax
	Refer to Rubrics folder: 🗹 Ch 11: Do: Download Rubrics
PERFORM: Procedure 11-10: Arm and Hand Waxing with Soft Wax	Refer to Soft Wax Procedures and Videos folder: Ch 11 Read: Procedure 11-10: Perform Arm and Hand Waxing with Soft Wax
I. Waxing the Upper Body on Women and	
Men	Refer to Rubrics folder: 🗹 Ch 11: Do: Download Rubrics
J. Waxing the Chest	
PERFORM: Procedure 11-11: Men's Chest Waxing with Hard Wax	Refer to Hard Wax Procedures and Videos folder: I Ch 11 Read: Procedure 11-11: Perform a Men's Chest Waxing with Hard Wax
	Refer to Rubrics folder: 🗹 Ch 11: Do: Download Rubrics
PERFORM: Procedure 11-12: Men's Chest Waxing with Soft Wax	Refer to Soft Wax Procedures and Videos folder: Ch 11 Read: Procedure 11-12: Perform a Men's Chest Waxing with Soft Wax
K. Waxing the Back	Refer to Rubrics folder:
	☑ Ch 11: Do: Download Rubrics
PERFORM: Procedure 11-13: Men's Back Waxing with Hard Wax	Refer to Hard Wax Procedures and Videos folder: Ch 11 Read: Procedure 11-13: Perform a Men's Back Waxing with Hard Wax
	Refer to Rubrics folder: 🗹 Ch 11: Do: Download Rubrics

 PERFORM: Procedure 11-14: Men's Back Waxing with Soft Wax L. Waxing the Lower Body on Women and Men Pikini Waxing 	 Refer to Soft Wax Procedures and Videos folder: ■ Ch 11 Read: Procedure 11-14: Perform a Men's Back Waxing with Soft Wax ► Ch 11 Watch: Men's Back Wax Refer to Rubrics folder:
1. Bikini Waxing	Ch 11: Do: Download Rubrics
PERFORM: Procedure 11-15: American Bikini Wax with Hard Wax	Refer to Hard Wax Procedures and Videos folder: Ch 11 Read: Procedure 11-15: Perform an American Bikini Wax with Hard Wax
	Refer to Rubrics folder: 🗹 Ch 11: Do: Download Rubrics
PERFORM: Procedure 11-16: American Bikini Wax with Soft Wax	Refer to Soft Wax Procedures and Videos folder: ■ Ch 11 Read: Procedure 11-16: Perform an American Bikini Wax with Soft Wax ► Ch 11 Watch: American Style Bikini Wax
2. Waxing the Leg	Refer to Rubrics folder: Ch 11: Do: Download Rubrics
PERFORM: Procedure 11-17: Leg Waxing with Soft Wax	Refer to Soft Wax Procedures and Videos folder: ■ Ch 11 Read: Procedure 11-17: Perform a Leg Waxing with Soft Wax ► Ch 11 Watch: Leg Waxing
	Refer to Rubrics folder: 🗹 Ch 11: Do: Download Rubrics
X. PROCEDURES AND RUBRICS	View all of the videos and readings in the Hard Wax/ Soft Wax Procedures and Videos folder. Refer to Rubrics folder: T Ch 11: Do: Download Rubrics
XI. CHAPTER REVIEW	 CHAPTER REVIEW: ☑ Ch 11 Do: Word Review Matching (Fundamentals) ☑ Ch 11 Flashcards: Key Terms Review (Fundamentals) I Ch 11 Study Notes (Fundamentals) ④ Ch 11 Discuss: Essential Discoveries (Fundamentals) ☑ Ch 11 Do: Prepare for Licensure (Fundamentals) ☑ Ch 11 Do: Final Chapter Exam (Fundamentals)



OUTLINE

MINDTAP ACTIVITIES

EXPLAIN MAKEUP ESSENTIALS AS IT RELATES TO AN ESTHETICIAN'S SKILL SET



II. DESCRIBE THE PRINCIPLES OF COSMETIC COLOR THEORY



Slides 8–18

- A. The Color Wheel
 - 1. Primary Colors
 - 2. Secondary Colors
 - 3. Tertiary Colors
 - 4. Complementary Colors
 - 5. Analogous Colors
- B. Color Saturation
- C. Warm and Cool Colors

III. USE COLOR THEORY TO CHOOSE AND COORDINATE MAKEUP COLOR SELECTION



Slides 19-28

- A. Color Selections at a Glance
- B. Determine Skin Color
- C. Determine Eye Color
- D. Determine Hair Color
- E. Mature and Textured Skin

- Ch 12 Read: Chapter Learning Objectives (Fundamentals)
- Ch 12 Do: Case Study (Fundamentals)
- Ch 12 Read: Explain Makeup Essentials as It Relates to an Esthetician's Skillset
- Ch 12 Do: Why Study? Essay
- Ch 12 Read: Describe the Principles of Cosmetic Color Theory
- Ch 12 Watch: Color Theory
- Ch 12 Do: Color Theory True or False

- E Ch 12 Read: Use Color Theory to Choose and Coordinate Makeup Color Selection
- Ch 12 Read: Activity: Color Selections (Download)
- Ch 12 Discuss: Signature Styles / Favorite Flavors
- Ch 12 Do: Selecting Makeup Case Study
- Ch 12 Read: Meet Terri Tomlinson

- IV. IDENTIFY FACE SHAPES AND PROPORTIONS FOR MAKEUP APPLICATIONS
- Ch 12 Read: Identify Face Shapes and Proportions for **Makeup Applications** ☑ Ch 12 Do: Face Shapes Matching

Slides 29–33

47

- A. Analyzing Face Shapes
 - 1. Oval-Shaped Face
 - 2. Round Face Shape
 - 3. Square Face Shape
 - 4. Rectangle (oblong) Face Shape
 - 5. Triangle (pear-shaped) Face Shape
 - 6. Heart Face Shape
 - 7. Diamond Face Shape

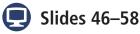
V. DESCRIBE THE DIFFERENT TYPES OF COSMETICS I Ch 12 Read: Describe the Different Types of Cosmetics and Their Uses AND THEIR USES Ch 12 Watch: Foundation

- Slides 34-45
- A. Foundation
- B. Mineral Makeup
- C. Concealer
- D. Face Powder
- E. Blush
- Highlighter F.
- G. Eyeshadow
- H. Eyeliners
- Eyebrow Color Ι.
- J. Mascara
- K. Eye Makeup Removers
- L. Lip Color
 - 1. Lip Liner
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- Ch 12 Watch: Eyeshadows
- Ch 12 Do: Types of Cosmetics Multiple Choice
- ☑ Ch 12 Do: Types of Cosmetics Case Study



VI. PREPARE THE MAKEUP STATION AND SUPPLIES FOR CLIENTS



A. Supplies and Accessories

- 1. Sponges
- 2. Spatulas
- 3. Tissues
- 4. Wands
- 5. Brow Comb
- 6. Lash Comb
- 7. Cotton Swabs
- 8. Paper Drapes
- 9. Cleaning Agents
- 10. Brushes
- 11. Lash Curler
- 12. Hair Clips or a Headband
- 13. Cape
- 14. Tweezers
- 15. Sharpeners
- 16. Mirror
- 17. Mixing Cups
- B. Use a Makeup Palette
- C. Makeup Brushes
 - 1. Caring for Makeup Brushes
- VII. FOLLOW INFECTION CONTROL REQUIRE-MENTS FOR MAKEUP SERVICES



 Ch 12 Read: Follow Infection Control Requirements for Makeup Services
 Ch 12 Do: Infection Control Matching

- Ch 12 Read: Prepare the Makeup Station and Supplies for Clients
- ► Ch 12 Watch: Facial Makeup Brushes and Their Uses
- Ch 12 Do: Makeup Supplies Fill in the Blank
- Ch 12 Do: Makeup Brushes Fill in the Blank
- ☑ Ch 12 Do: Makeup Supplies Case Study

VIII. CONDUCT A THOROUGH MAKEUP CONSULTATION WITH A CLIENT

- Ch 12 Read: Conduct a Thorough Makeup Consultation With a Client
- Ch 12 Read: Client Consultation (Download)
- Ch 12 Do: Client Consultation Case Study

Slides 63–67

- A. The Makeup Station and Consultation Area
 - 1. Lighting
- B. Makeup Lessons Versus Makeup Application

IX. PERFORM MAKEUP APPLICATION TECHNIQUES ICh 12 Read: Perform Makeup Application Techniques



49

Slides 68-81

- A. Foundation Application
 - 1. Matching and Blending
 - 2. Supplies for Foundation Application
- B. Concealer Application
- C. Highlighting and Shading
- D. Face Powder Application
 - 1. Loose Powder Makeup Application
 - 2. Pressed powder makeup application
- E. Blush Application
- **Eyeshadow Applicationv** F.
 - 1. Bracing During Application
- G. Eyeliner Application
- H. Mascara Application
- **Eyebrow Color Application** Ι.
- Lip Color Application J.
- K. Makeup Application Tips and Guidelines

- Ch 12 Watch: Foundation Application
 - Ch 12 Watch: Selecting and Applying Concealer

- X. USE HIGHLIGHTING AND CONTOURING TECHNIQUES FOR BALANCE AND PROPORTION
 - Slides 82–96
 - A. Jawline and Neck Area
 - B. Eye Shapes
 - C. Eyebrows
 - 1. The Ideal Eyebrow Shape
 - D. Lips

XI. CREATE MAKEUP LOOKS FOR SPECIAL OCCASIONS

- Slides 97–109
- A. Bridal Makeup
- B. Special-Occasion Makeup for Eyes
 - 1. Striking contour eyes
 - 2. Dramatic smoky eyes
- XII. APPLY MAKEUP FOR THE CAMERA AND SPECIAL EVENTS
 - A. Photography and Video Applications
 - B. Airbrush Makeup
- XIII. RECOGNIZE THE BENEFITS OF CAMOUFLAGE MAKEUP



- Ch 12 Read: Use Highlighting and Contouring Techniques for Balance and Proportion
- ☑ Ch 12 Do: Facial Analysis and Makeup Consultation on Pathbrite
- Ch 12 Do: Techniques True or False
- ☑ Ch 12 Do: Techniques Multiple Choice

■ Ch 12 Read: Create Makeup Looks for Special Occasions
 ☑ Ch 12 Do: Bridal Makeup Case Study

- Ch 12 Read: Apply Makeup for the Camera and Special Events
- Ch 12 Watch: Airbrush Makeup
- ☑ Ch 12 Do: Making a Name for Yourself on Pathbrite
- Ch 12 Read: Recognize the Benefits of Camouflage Makeup
- Ch 12 Watch: Camouflage Makeup
- Ch 12 Discuss: Tattoo Cover Up

XIV. DEMONSTRATE THE APPLICATION	Ch 12 Read: Demonstrate the Application of Artificial Evolution
OF ARTIFICIAL EYELASHES	Eyelashes Ch 12 Do: Artificial Lashes Steps Fill in the Blank
Slides 114–119	
A. Types of Lashes	
1. Band Lashes	
2. Tabs	
3. Individual Lashes	
B. Adhesive	
C. Contraindications	
D. Removing Artificial Eyelashes	
PERFORM: Procedure 12-2: Applying Artificial Lashes	Refer to Procedures folder:
XV. DESCRIBE TINTING LASHES AND BROWS	Ch 12 Read: Describe Tinting Lashes and Brows on a
ON A MAKEUP CLIENT	Makeup Client Ch 12 Watch: Lash Semipermanent Extensions Ch 12 Watch: Lash Perming
Slides 120–124	
A. Other Eyelash Services	
1. Lash extensions	
B. Lash Perming	
PERFORM: Procedure 12-3: Tinting Lashes and Brows	 Refer to Procedures folder: ■ Ch 12 Read: Procedure 12-3: Tinting Lashes and Brows ► Ch 12 Watch: Lash and Brow Tinting Refer to Rubrics folder: ✓ Ch 12: Do: Download Rubrics

XVI. EXPLAIN THE BENEFITS OF PERMANENT MAKEUP APPLICATION	 Ch 12 Read: Explain the Benefits of Permanent Makeup Application Ch 12 Do: Permanent Makeup Case Study
Slides 125–129	
A. Considerations for Permanent Makeup	
XVII. DESCRIBE THE BENEFITS OF A CAREER IN MAKEUP	 Ch 12 Read: Describe the Benefits of a Career in Makeup Ch 12 Do: Make Up Your Inspiration on Pathbrite Ch 12 Do: Freelance Case Study
 Slides 130–138 A. Freelance Makeup Artistry Marketing freelance makeup services B. Makeup Marketing Tips Creating Your On-Location Makeup Kit 	
XVIII. PROMOTE RETAIL SERVICES AS A MAKEUP ARTIST	 Ch 12 Read: Promote Retail Services as a Makeup Artist Ch 12 Watch: Retailing Ch 12 Do: Makeup Evaluation on Pathbrite
Iides 139–142	
XIX. PROCEDURES AND RUBRICS	View all of the videos and readings in the Procedures folder. Refer to Rubrics folder: I Ch 12: Do: Download Rubrics
XX. CHAPTER REVIEW	 CHAPTER REVIEW: ☑ Ch 12 Do: Word Review Matching (Fundamentals) ☑ Ch 12 Flashcards: Key Term Review (Fundamentals) I Ch 12 Study Notes (Fundamentals) ④ Ch 12 Discuss: Essential Discoveries (Fundamentals) ☑ Ch 12 Do: Prepare for Licensure (Fundamentals) ☑ Ch 12 Do: Final Chapter Exam (Fundamentals)

CHAPTER 13 **DVANCED TOPICS** AND TREATMENTS



I. EXPLAIN ADVANCED SKIN CARE TOPICS AND TREATMENTS FOR LICENSED, TRAINED **ESTHETICIANS**

Slides 1–6

II. DESCRIBE CHEMICAL EXFOLIATION AND PEELS

MINDTAP ACTIVITIES

- Ch 13 Read: Chapter Learning Objectives (Fundamentals)
- Ch 13 Do: Case Study (Fundamentals)
- Ch 13 Read: Explain Advanced Skin Care Topics and Treatments for Licensed, Trained Estheticians
- Ch 13 Do: Why Study? Essay
- Ch 13 Read: Describe Chemical Exfoliation and Peels
- Ch 13 Watch: Mini-Procedure of Chemical Exfoliation
- ☑ Ch 13 Do: Chemical Peels Multiple Choice



Slides 7–15

- A. Acid, Alkaline, and pH Relationships
- B. Light, Medium, and Deep Peels—What Is the Difference?
- C. General Effects of Chemical Exfoliation and Peels
- D. General Contraindications to and Precautions for Chemical Exfoliation and Peels

III. IDENTIFY HOW TO SAFELY AND EFFECTIVELY USE CHEMICAL EXFOLIATION AND PEELS	 Ch 13 Read: Identify How to Safely and Effectively Use Chemical Exfoliation and Peels Ch 13 Watch: AHAs and BHAs Ch 13 Do: Chemical Peels True or False
 Slides 16–26 A. What Is an Enzyme Peel? 1. When to Use Enzymes 2. Effects of an Enzyme Peel 3. Contraindications and Best Practices for Enzyme Peels 	
PERFORM: Procedure 13-1: Enzyme Mask	 Refer to Procedures folder: ■ Ch 13 Read: Procedure 13-1: Perform an Enzyme Mask Service ► Ch 13 Watch: Enzyme Mask Refer to Rubrics folder: ☑ Ch 13 Do: Download Rubrics
 PERFORM: Procedure 13-2: Back Facial with Enzyme Mask B. What Is an AHA or a BHA Peel? 1. When to Use AHA Peels 2. When to Use BHA Peels 3. Contraindications and Best Practices of AHA and BHA Peels 	 Refer to Procedures folder: ■ Ch 13 Read: Procedure 13-2: Perform a Back Facial with Enzyme Mask ► Ch 13 Watch: Back Facial with Enzyme Mask Refer to Rubrics folder: ✓ Ch 13 Do: Download Rubrics
 PERFORM: Procedure 13-3 Light Glycolic Peel C. What Is a Jessner's or a TCA Peel? 1. When to Use Jessner's and TCA Peels 2. Contraindications and Best Practices for Jessner's and TCA Peels D. What Is a Designer Peel? 	 Refer to Procedures folder: Image: Ch 13 Read: Procedure 13-3: Perform a Light Glycolic Peel Ch 13 Watch: Glycolic Peel Refer to Rubrics folder: Image: Ch 13 Do: Download Rubrics

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IV. DISCUSS THE BENEFITS OF MICRODERMABRASION BY TYPE OF DEVICE

Iides 27–34

- 1. Crystal Microdermabrasion
- 2. Crystal-Free Microdermabrasion
- PERFORM: Procedure 13-4: Crystal-Free Microdermabrasion (Diamond Tip)
- 3. Hydradermabrasion (Wet Microdermabrasion)
- 4. Timing and Technique
 - 1. When to Use Microdermabrasion
 - 2. Effects of Microdermabrasion
 - 3. Contraindications and Precautions for Microdermabrasion
 - 4. Best Practices and Safety Considerations for Microdermabrasion
 - 5. Safety and Maintenance of Microdermabrasion Machines
- V. EXPLAIN THE BENEFITS OF LASER TECHNOLOGY
 - .

Slides 35–38

A. When to Use and Effects of Laser

Technology

- Ch 13 Read: Discuss the Benefits of Microdermabrasion by Type of Device
- Ch 13 Watch: Crystal Microdermabrasion Procedure
- Ch 13 Watch: Diamond Tip Microdermabrasion
- ☑ Ch 13 Do: Microdermabrasion True or False

Refer to **Procedures** folder:

- Ch 13 Read: Procedure 13-4: Perform Crystal-Free Microdermabrasion (Diamond Tip)
- Ch 13 Watch: Diamond Tip Microdermabrasion
- Refer to **Rubrics** folder:
- ☑ Ch 13 Do: Download Rubrics

■ Ch 13 Read: Explain the Benefits of Laser Technology
 ☑ Ch 13 Do: Laser Technology Multiple Choice

I. EXPLAIN THE BENEFITS AND TYPES OF LIGHT THERAPY	 Ch 13 Read: Explain the Benefits and Types of Light Therapy Ch 13 Watch: Light Therapy Ch 13 Do: Light Therapy Multiple Choice
🗩 Slides 39–45	
A. What Is Infrared Light and When Do You Use It?	
B. What Is IPL and When Do You Use It?	
C. What Are the Effects of IPL?	
D. What LED Is and When to Use It	
E. Effects of an LED Treatment	
F. Contraindications and Best Practices for LED	
G. Safety and Maintenance for LED Machines	
/II. DISCUSS MICROCURRENT TREATMENTS	 Ch 13 Read: Discuss Microcurrent Treatments Ch 13 Do: Microcurrent True or False
Slides 46–49	
A. When to Use Microcurrent	
B. Effects of Microcurrent	
C. Contraindications and Precautions for	
Microcurrent	
D. Best Practices and Safety Considerations for	
Microcurrent	
E. Safety and Maintenance of Microcurrent	

 VIII. DISCUSS ULTRASOUND Slides 50–53 A. When to Use and Effects of Ultrasound Technology B. Contraindications and Precautions for Ultrasound Technology C. Best Practices and Safety Considerations for Ultrasound Technology D. Safety and Maintenance for Ultrasound Machines 	 Image: Ch 13 Read: Discuss Ultrasound Ch 13 Watch: Ultrasound and Ultrasonic Technology Image: Ch 13 Do: Ultrasound True or False
 IX. DISCUSS MICRONEEDLING AND NANO INFUSION Slides 54–56 1. Microneedling or Dermal Rolling 2. Nano Infusion 	 ■ Ch 13 Read: Discuss Microneedling and Nano Infusion ☑ Ch 13 Do: Microneedling True or False
 X. DESCRIBE SPA BODY TREATMENTS Slides 57–63 A. When to Use and Effects of Spa Body Treatments 	 Ch 13 Read: Describe Spa Body Treatments Ch 13 Watch: Stone Massage Ch 13 Watch: Shirodhara Treatment Ch 13 Do: Spa Treatments Matching Ch 13 Discuss: Body Treatments
XI. DISCUSS COMMON TREATMENTS USED TO ADDRESS CELLULITE Slides 64–65	 ■ Ch 13 Read: Discuss Common Treatments Used to Address Cellulite ▶ Ch 13 Watch: What is Cellulite? ☑ Ch 13 Do: Cellulite Multiple Choice
XII. EXPLAIN THE BENEFITS OF MANUAL LYMPH DRAINAGE Slides 66–68 A. When to Use Manual Lymph Drainage and	 Ch 13 Read: Explain the Benefits of Manual Lymph Drainage Ch 13 Do: Manual Lymph Drainage Multiple Choice

Effects of This Modality

XIII. DESCRIBE THE FIELD OF MEDICAL ESTHETICS

Iides 69–79

A. Pre- and Postoperative Care

Ch 13 Read: Describe the Field of Medical Esthetics
 Ch 13 Watch: Medical Aesthetics Overview

☑ Ch 13 Do: Medical Esthetics True or False

B. Microdermabrasion and Chemical Peels	
C. Documentation	
D. Other Clinical Procedures	
1. Injectables	
2. Botox [®]	
3. Dermal Fillers	
E. Surgical Procedures	
1. Cosmetic Surgical Procedures	
2. Body Procedures	
F. The Clinical Esthetician	
XIV. PROCEDURES AND RUBRICS	 PROCEDURES: ■ Ch 13 Read: Procedure 13-1: Perform an Enzyme Mask Service Ch 13 Watch: Enzyme Mask ■ Ch 13 Read: Procedure 13-2: Perform a Back Facial with Enzyme Mask Ch 13 Watch: Back Facial with Enzyme Mask ■ Ch 13 Watch: Back Facial with Enzyme Mask ■ Ch 13 Read: Procedure 13-3: Perform a Light Glycolic Peel Ch 13 Watch: Glycolic Peel ■ Ch 13 Read: Procedure 13-4: Perform Crystal-Free Microdermabrasion (Diamond Tip) Ch 13 Watch: Diamond Tip Microdermabrasion Refer to Rubrics folder: ✓ Ch 13 Do: Download Rubrics
XV. CHAPTER REVIEW	 CHAPTER REVIEW: ☑ Ch 13 Do: Advanced Treatments Case Study ☑ Ch 13 Do: Word Review Matching (Fundamentals) ☑ Ch 13 Flashcards: Key Terms Review (Fundamentals) I Ch 13 Study Notes (Fundamentals) I Ch 13 Discuss: Essential Discoveries (Fundamentals) ☑ Ch 13 Do: Prepare for Licensure (Fundamentals) ☑ Ch 13 Do: Final Chapter Exam (Fundamentals)