



bellevue  
massage school

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## COURSE SUMMARY

### Esthetic Licensing Program

33 Weeks – 780 Hours

The Esthetic Licensing Program containing 780 hours and provides both hands-on and technical training that will enable the student, upon licensing to function as a competent entry-level licensed esthetician. This course curriculum is approved by the Washington State Board of Massage and exceeds the 750 hours required by the state. It is organized and contains the pertinent information to prepare you for the Washington State Examination for Licensing as an Esthetician, with practical working knowledge to develop you as a skincare professional. For purposes of calculating program times for test preparing purposes, the State Board of Massage defines “Instructional Hour” as containing 50 minutes. (Per WAC 246-830-430)

This course includes comprehensive information in the following subject areas:

Theory in the practice of esthetics services, business practices and basic human anatomy and physiology (750 hours):

- (a) Care of the skin compresses, massage, facials, wraps, masks, exfoliation, use of electrical or mechanical appliances or chemical compounds;
- (b) Temporary removal of superfluous hair of the skin by means including tweezing, waxing, tape, chemicals, lotions, creams, sugaring, threading, mechanical or electrical apparatus and appliances;
- (c) Cleaning and disinfecting of individual work stations, individual equipment and tools and proper use and storage of linens;
- (d) Diseases and disorders of the skin;
- (e) Safety including proper use and storage of chemicals, implements and electrical appliances;
- (f) First aid as it relates to esthetics; and
- (g) Not all training may be on mannequins.

\*Graduates will be able to work in the following areas of employment: Spas, a Full Service Beauty Salon, creating your own Private Practice, Cruise Ships, Brow Bar or Waxing Businesses, Make-up Artist. (\*This is not a guarantee of employment.)

<b>Course Title</b>	<b>Course Hours</b>
<b>Esthetic Introduction</b>	6
<b>Infection Control</b>	50
<b>Skin Histology, Anatomy/Physiology, General Sciences</b>	50
<b>Skin Analysis and Consultations (Skin Sciences)</b>	110
<b>Skin Treatments</b>	250
<b>Hair Removal</b>	70
<b>Make Up</b>	9
<b>Advanced Skin Topics and Treatments</b>	175
<b>Business Skills and Practices</b>	18
<b>Washington State Law</b>	2
<b>Student Specific Needs, State Board Preparation, Outreach</b>	30
<b>CPR/First Aid</b>	4
<b>HIV/AIDS Awareness</b>	6
<b>Program Total:</b>	<b>780</b>
<b>*Up to 25% of Program Total in Student Clinic 195 hours</b>	

### **Esthetic Introduction, 6 Hours**

This class includes History, Opportunities, Life Skills, Professional Image and Communication. These are key factors in exploring your new career.

### **Infection Control, 50 Hours**

Infection control includes Public Health, Safety and Sanitation skills. Cleaning and disinfecting of individual workstations, individual equipment, tools and proper use and storage of linens. Using Universal Precautions and avoiding cross contamination.

### **Skin Histology, Anatomy & Physiology (A&P), General Sciences, 50 Hours**

This intensive course covers the structure and function of the body with a special emphasis on how it relates to skincare. The major systems of the body include: muscular, skeletal, neurological, circulatory, integumentary, digestive, endocrine, lymphatic and others. Later in this course specific conditions of these systems are examined as they relate to pathology and skin histology. The Basics of Chemistry, Nutrition and Electricity as well as Pharmacology for Estheticians are also included.

### **Skin Analysis and Consultations (Skin Sciences), 110 Hours**

Students become knowledgeable about the disorders and diseases of the skin, skin analysis, and equipment. By determining Skin types and conditions after completing a thorough consultation, understanding contraindications and safety measures for each individual. Throughout this course, these skills will naturally develop and well as the basic principles of

product knowledge. Learning through the application of specialized skin care products based off of the individual needs of the skin and key ingredients and how it interacts with each other is integral to building your skills. By conducting Post Consultation and recommending home care for our clients is essential to maintaining their individual results at home.

### **Skin Treatments, 250 Hours**

As the central subject of the course, Skin Treatments include preparing the treatment room, learning Facial treatments to include Chinese, Japanese, and Korean, Ayurveda and European facial techniques. Understanding the safety and function your facial machine equipment. You will learn special recipes for Masque treatments along with the art of facial massage. Our students benefit from our long history of massage. We have created specialty massage techniques from manual lymphatic, to decrease acne, anti-aging as well as general relaxation and maintaining a healthy glow to the skin.

### **Hair Removal, 70 Hours**

Learning the art of a balanced eyebrow as well as removal of unwanted hair can be a very lucrative part of your career. Waxing, Sugaring, Threading and Depilatories are means of removing hair. We will review contraindications and safety as well as the importance of aftercare. You will learn facial and body hair removal techniques.

### **Make Up, 9 Hours**

Make up artistry is another career path for our graduates. We must first understand the health and considerations of the individual's skin prior to becoming an effective make-up artist. You will learn purpose and effect, eyebrow and lash services, corrective and camouflage make up techniques. Face shapes along with highlighting and contouring to create a special effect. We will review High Definition and Air Brush Make Up for editorial work.

### **Advanced Skin Topics and Treatments, 175 Hours**

Our students graduate with a strong foundation in which to build future knowledge and skills. Our program covers Chemical Exfoliation, Microdermabrasion, Light Therapy, Micro-current Machines, Ultrasound and Ultrasonic Technology and Lymph drainage. You will perform Back Treatments, Body Wraps and Hydrotherapy.

**Spa Essentials** are taught as part the program because even in clinical settings, clients appreciate the little touches that enhance the session. An added benefit is the ability to be prepared for direct work in the spa setting.

### **Business Skills and Practices, 18 Hours**

Career Planning and creating a professional resume, understanding the business of skincare and marketing yourself, products and services is the key to your sustainability. We host a professional Employer Panel of experts who attend our Career Fair. They will conduct on site interviews while you are still a student. This is not a guarantee of employment, but an opportunity to network.

### **Student Specific Needs, State Board Prep and Outreach, 30 Hours**

These hours are customizable for each individual learning style. We have a variety of guest speakers and professionals from our industry to showcase specialty techniques, field trips and videos. We are able to take our students out into the community for real world hands on experiences.

### **Clinical Practices, 195 Hours**

Our Student Clinic program is included to integrate both practical and theoretical aspects to further prepare you for success as an esthetician. Students will be working with the public in a safe, supervised atmosphere to gain confidence and experience working in an actual clinic setting providing facials, completing forms and sharing experiences with co-students. This section includes human behavior and effective communication skills relating to client, practitioner and inter-professional relationships. Specific information is covered on Laws, Ethics, Hygiene, Business Practices, Billing and more as it relates to your esthetic business. This section is integrated with real world experience in our student clinic.

### **CPR/First Aid (minimum 4 hrs.)**

Cardio-Pulmonary Resuscitation (CPR) and First Aid are taught meeting the state requirements as stated in WAS246-830-410.

### **HIV/AIDS AWARENESS (6 hrs.)**

Four (4) hours of training, covers the material necessary to meet the Washington State Omnibus Bill.

## **ESTIMATED STUDENT SCHOOL COSTS Esthetics Certification Training Program**

The course requires completion of a total of **780** hours over a period of approximately 33 weeks.

### **Tuition and Fees**

*Registration Fee	\$100.00
Tuition	\$8,900.00
<b>Total</b>	<b>\$9,000.00</b>
<b>* Non-Refundable after 5 Business Days</b>	

### **Additional Costs**

Textbooks	Approximately \$288.55
(including Exam Coach Subscription)	
Kit Items:	Approximately \$600.00-\$1500.00
Costs varies depending on manufacture	
*Upgrade Kit items optional	

***Estimated prices are subject to change without notice***

### **Additional fees post-certification:**

1. Washington State license application fee \$30 (subject to periodic increase)
2. National NIC Esthetics written testing fee \$180
3. Practical testing fee \$114

## **MATERIALS & SUPPLIES**

### **Students will provide the following items for their own use during classes and Student Clinic:**

1. Set twin sheets and face cradle covers (1 to start. 6 sets by Student Clinic)
2. Blanket (twin sized)
3. Hand Towel
4. Oils/Lotions (Designated as Massage Oil/Lotion)
5. Apron or Holster for oil/lotion
6. Scrubs top (will need black for Student Clinic)
7. Esthetics Kit to include books, bowls, brushes (facial, body, makeup), mirror, eyebrow scissors, tweezers, sharpener.

### **Additional items students may want to purchase for kit:**

1. Table pad or table warmer
2. Knee/ankle bolster
3. Massage table
4. Hand Held magnifier, or visor

### ***Students Schedule:***

#### **Section A (morning)**

Days: M, T, Th, & F

Times: 8:00 AM – 2:30 PM

#### **Section B (evening)**

Days: M, T, W, Th

Times: 4:00 PM - 10:30 PM

Special class sessions and alternative schedules may occur as the Director deems necessary.

Tests and Quizzes - tests and quizzes are given periodically in classes. All tests must be taken when scheduled unless prior arrangements have been made. Students are responsible for making sure they have taken and passed these. Any tests and quizzes missed because of an emergency or illness must be made up within one (1) week of the scheduled test or quiz, or you will receive a zero (0). It is the student's responsibility to schedule make-ups with the school. A minimum average grade of 74% (C) is required for quizzes and tests for each course for each term. Practical make-ups must be arranged with your instructor. You may be required to bring your own partner to use as a body. You are responsible to schedule the make up at the instructor's convenience.

## Standards of Progress and Grading System

The student agreed when signing the contract to abide by all school requirements. The following are the school's minimum academic standards.

A student must maintain a minimum grade of 74% (C), which is required for each course for each term.

GRADE	MEANING	PERCENT
A	Excellent	94-100
A-	Excellent	91-93
B+	Very Good	88-90
B	Very Good	84-87
B-	Very Good	81-83
C+	Needs Improvement	78-80
C	Needs Improvement	74-77
F	Failing	BELOW 74

## Attendance and Tardiness

1. All absences will be taken from the teachers' attendance books and student sign-in sheets. Tardiness is rounded off in 15-minute increments and does count towards class hours missed. If there is a discrepancy between the sign in sheets and the attendance book, the attendance book takes precedence.
2. If the student forgets to sign in on the attendance sheets, they will be considered absent unless initialed by a staff member as being present.
3. Students must notify their instructor or a staff member in advance of being absent.
4. It is your responsibility to make up any work/quizzes/tests, etc. missed due to absences or tardiness. Lecture material must be obtained from another student.
5. Classroom hours must be made up beyond the 5% hours missed. This may be done by attending class outside of your regular schedule. In some cases, it may be necessary to attend classes after the graduation date before a certificate is awarded.
6. If you are late, come in quietly so you do not disturb the class already in session.

## **Join Us for a Complimentary Introductory To Esthetics Class**

If you're considering a career in esthetics-one of the most rewarding and fastest-growing areas in health and beauty today-selecting the right esthetics school for yourself is a very important decision. That's why we encourage you to explore our website, take a tour, meet our dedicated instructors and staff, and really get a feel for our intimate, independently-owned school. We know you'll like what you see!

Several times a year, we offer a complimentary three-hour Introductory class, giving prospective students the opportunity to ask questions and get a good feel for our school. This class also gives you a chance to have some hands-on esthetics instruction and experience before you commit to the program. By attending an Introductory class, you also receive a \$100 discount towards your tuition.