

## COURSE OUTLINE

**COURSE TITLE:**

Skin Health (2 hours)

**COURSE GOALS:**

To review principles, practices and theories of Skin Care & Health and Sanitation.

**COURSE OUTLINE:**

**Skin Health (4 hours)**

**Module 1: Skin Care**

**Module Outline**

- Composition of the Skin
- Functions of the Skin
- Diseases and Conditions
- Skin Pigment Disorders
- Hypertrophies, Inflammations, Allergies
- Contagious Disorders
- Environmental Impact, Protecting the Skin
- Categories of Facials
- Implements used for the Facial Service
- Client Preparation, Skin Analysis
- Application of the Facial Service
- Skin Care Products and Ingredients

***Learning objectives:***

After completing this lesson you will be able to:

- Describe the structural composition of the skin
- Explain functions of the skin
- List skin conditions and disorders
- Explain the environmental impact on the skin
- Describe aging skin
- Identify the benefits of a facial
- List the materials and equipment required for a facial
- List the basic procedures of a facial
- Identify skin care products and ingredients

## Module 2: Health and Sanitation

### Module Outline

- Universal Sanitation / Proper Cleaning and Disinfection
- The Study of MRSA
- OSHA Regulations

### ***Learning objectives:***

After completing this lesson you will be able to:

- Describe rules and regulations of proper care of salon products
- Define proper disinfection procedures
- Describe facts about MRSA
- Identify OSHA standards that pertain to matters of safety, health and sanitation

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