

PROPOSED COURSE SCHEDULE - PROFESSIONAL CERTIFICATE IN AESTHETICS THERAPY & PRACTICES

Full day class sample schedule

LESSON	TOPICS COVERED	MODE	DURATION	VENUE
1	PRE-TREATMENT / ANATOMY & PHYSIOLOGY	THEORY	4 Hours	Online
	* Introduction to Course Contents			
	* Hygiene, health & safety guidelines			
	* Pre treatment activities & set up			
	* Facial Bones & Muscles			
	* Circulatory System			
	* Lymphatic System			
	* Maintaining Healthy & Radiant Skin			
2	FUNDAMENTALS OF SKIN MECHANICS	THEORY	4 Hours	Online
	* Skin Structure & Functions			
	* Skin Types & Skin Conditions			
	* Factors Affecting the Skin			
	* Ageing			
	* Comedones, Acne & Post Acne Skin Conditions			
	* Pigmentary Skin Conditions			
3	CLIENT CARE & CONSULTATION	THEORY	4 Hours	Online
	* Effects & Benefits of Facial			
	* Types of skin disorders			
	* Types of contraindications to facial			
	* Skin Analysis			
	* Consultation			
	* Identify needs and expectations			
	* Home Care & After Care Advice			
4	BASIC FACIAL PROCEDURE	THEORY	4 Hours	Online
	* Step by Step Process			
	* Importance of Cleansing, Toning, Moisturizing			
	* Purpose of Skin Exfoliation			
	* Benefits of Facial Massage			
	* Different Types of Masks - Self Mixed versus Commercial			
	* Selection of Suitable Skin Care Products/Ingredients			
	* Activity - Understanding Your Own Skin Type & Conditions			

5	PRACTICAL ROLE PLAY	PRACTICAL	7 Hours	Spa Lab
	* Pre Treatment Set Up Procedure			
	* Client Care & Consultation			
	* Full Basic Facial Procedure Demonstration			
	* Cleansing Steps			
	* Skin Analysis using Magnifying Lamp			
	* Toning & Moisturising			
	* Post Treatment Activities (Reinstatement)			
6	PRACTICAL ROLE PLAY WITH DEEP CLEANSING	PRACTICAL	7 Hours	Spa Lab
	* Steamer & Exfoliation - Theory			
	* Pre Treatment Set Up Procedure			
	* Client Care & Consultation			
	* Cleansing Steps			
	* Skin Analysis using Magnifying Lamp			
	* Deep Cleansing - Steam & Exfoliate			
	* Shoulder Massage			
	* Toning & Moisturising			
	* Carry out Post Treatment Activities (Reinstatement)			
7	FACIAL MASSAGE PROCEDURE	PRACTICAL	7 Hours	Spa Lab
	* Introduction to 5 classical massage techniques			
	* Full Facial Massage Steps			
	* Role Play Practice Session			
8	PRACTICAL ROLE PLAY WITH MASK APPLICATION	PRACTICAL	7 Hours	Spa Lab
	* Types of Masks - Clay & Commercial (Theory)			
	* Pre Treatment Set Up Procedure			
	* Client Care & Consultation			
	* Cleansing Steps			
	* Skin Analysis using Magnifying Lamp			
	* Deep Cleansing - Steam & Exfoliate			
	* Facial Massage			
	* Mask Application			
	* Toning & Moisturising			
	* Carry out Post Treatment Activities (Reinstatement)			

9	FULL FACIAL PROCEDURE - MOCK EXAM PRACTICE	PRACTICAL	7 Hours	Spa Lab
	* 7 Steps Basic Facial Routine			
	* Consultation			
	* Cleansing Steps			
	* Skin Analysis using Magnifying Lamp			
	* Deep Cleansing - Steam & Exfoliate			
	* Facial Massage			
	* Mask Application			
	* Toning & Moisturising			
	* Carry out Post Treatment Activities (Reinstatement)			
10	INTRODUCTION TO ADVANCE FACIAL TECHNOLOGY	E-LEARNING	4 Hours	Online
	* Microdermabrasion, IPL, Micro Current, High Frequency			
	* Revision & Briefing for Theory & Practical Examination			
	* Mini Quiz			
	(1 HOUR THEORY & MINI QUIZ + 3 HOURS E-LEARNING)			
11	THEORY & PRACTICAL EXAMINATION	ASSESSMENT	5 Hours	Spa Lab

- Spa lab is located at Republic Hospitality Centre, 9 Woodlands Ave 9, Republic Polytechnic.