

London School of Hairdressing & Aesthetics
Course Outline
Aesthetics

Description:

Our Aesthetics program provides students with thorough training in Skin Care, Manicure and Nail Technology, and the basic principles of Make-up Artistry. As well, students will become familiar with the use of all tools and equipment involved in the delivery and application of Aesthetics services.

Hours of Instruction

800 Hours

240 hours of theory plus 560 hours of practical training

Learning Outcomes (Objectives):

By the end of the course, students should be able to demonstrate the following practical services:

- ❖ Manicure
- ❖ French Polish
- ❖ Pedicure
- ❖ Paraffin Wax for hands and feet
- ❖ Basic Polish Art
- ❖ Application of full and 1/4 well tips
- ❖ Application of Silk and Fiberglass (for artificial and repair)
- ❖ Application of Acrylic Overlay
- ❖ Application of Gel Overlay
- ❖ Artificial Fill procedure
- ❖ Waxing (whole body)
- ❖ Tweezing
- ❖ Basic Facial
- ❖ Skin Analysis (all skin types)
- ❖ Product Knowledge
- ❖ Swedish Body Massage
- ❖ Swedish Back Massage
- ❖ Basic Day and Evening Makeup
- ❖ Ear Piercing
- ❖ Lash & Brow Tinting
- ❖ Proper Bedside Manner
- ❖ Client Consultation
- ❖ Salon Set-up and Clean-up
- ❖ Hot Oil Manicure
- ❖ Spa Manicure
- ❖ Spa Pedicure
- ❖ Salt Glow Manicure and Pedicure
- ❖ Advanced Polish Art (optional)
- ❖ Application of Sculptured Acrylics
- ❖ Application of Sculptured Gels
- ❖ Proper use of nail drill
- ❖ Basic 3D Nail Art
- ❖ Advanced 3D Nail Art (optional)
- ❖ Brazilian Waxing
- ❖ Facial Waxing
- ❖ Advanced European Facial
- ❖ Paraffin Facial
- ❖ Acne Facial Massage
- ❖ Back Facial
- ❖ Lymphatic Drainage Massage and Facial Massage
- ❖ Algae Body Wrap
- ❖ Mud Body Wrap
- ❖ Salt Glow Body Wrap and Scrub
- ❖ Combination Body Wrap and Massage
- ❖ Glamour Makeup
- ❖ Ethnic Makeup
- ❖ Wedding Makeup

Theory Course Content:

The theory component of the Aesthetics program is delivered one day a week throughout the entire duration of the course. The curriculum is derived from and covers all major aspects of the *Milady's Standard Textbook for Professional Aestheticians*.

Theory classes are conducted in a casual classroom setting. Lectures are enhanced with keynotes supplied through overhead projection, and discussion is encouraged throughout. At the conclusion of each chapter, students are assessed through written examinations.

In addition to the basic textbook theory, classes are held covering some of the latest innovations in Aesthetics. These classes take the form of periodic in-class seminars and are often taught by visiting professionals from within the Aesthetics industry.

Materials Required:

Textbook – *Milady's Standard Textbook for Professional Aestheticians*

Student Kit

Lab Coat

Evaluation:

21 Theory Exams 50 marks

29 Practical Assessments 50 marks

**Passing Grade in Theory
and Practical:** 70%

OUR AIM

At London School of Hairdressing and Aesthetics, we are committed to providing quality instruction in hairdressing, aesthetics, and nail technology. In addition, we are committed to helping students attain their career goals and to preparing them to pass any applicable provincial exams. In the Aesthetics department, it is our goal that every student leaves the school having received in depth training in every major aspect of the Aesthetics industry.