

# Cosmetology

## (Diploma)

Express your creativity and talent in hair, skin and nail care, and makeup application. Our Cosmetology course incorporates 1,550 hours of extensive hands-on learning to provide you a complete understanding of beauty and wellness. Upon completion, you'll be ready to succeed as a licensed cosmetologist.

### Full-Time Schedules

46 weeks total

Day Schedule

Tuesday through Friday 9:00 am-4:30 pm, Saturday 8:00 am-3:30 pm (45 minute break)

Program Outline	
Hours/ Service Exercises	Subject (as required by Minnesota Rule 2110.0510)
240 hours	<b>Preclinical theory instruction</b> in the sciences of anatomy, dermatology, trichology, manicuring, and chemistry as related to cosmetology; electricity and light; infection control; safety procedures related to the practice of cosmetology; and Minnesota statutes and rules which pertain to the regulation of the practice of cosmetology; student orientation; and elementary service skills.
180 hours	<b>Theory</b> instruction in applied science and skills in shampooing, scalp and hair conditioning, hair design and shaping, chemical hair control, hair coloring, hair styling, skin care and facials, makeup, waxing, and manicuring and nail care, as well as instruction in business practice and in the Minnesota laws regulating those practices and labor relations
80 hours (150 exercises)	<b>Scalp and Hair Conditioning</b>
50 hours (300 exercises)	<b>Shampooing</b>
150 hours (75 exercises)	<b>Hair Design Shaping</b>
200 hours (300 exercises)	<b>Hair Styling</b>
200 hours (60 exercises)	<b>Chemical Hair Control</b> (includes six chemical relaxing exercises)
100 hours (50 exercises)	<b>Hair Coloring</b>
150 hours (50 exercises)	<b>Manicures</b> (includes 10 applications of artificial nails of which three are sculpted on the nail)
200 hours (140 exercises)	<b>Facials, Makeup, and Waxes</b> (including 60 facials, 40 makeup applications, 20 facial waxes, and 20 body waxes with one-half of all waxes being soft and one-half of all waxes being hard)
<b>1550 TOTAL HOURS</b>	<b>Skill Total Hours (1130)</b> <b>Theory Total Hours (420)</b> The above hour requirements must be met by each student in each category.

## Cosmetology Curriculum Overview

An Aveda Institute Minneapolis education is rigorous and thorough. Throughout the Cosmetology program, you'll cover the following topics in varying levels of depth and detail, giving you an exceptional foundation for your professional career.

### **Plant Aromaology**

history of aromaology  
therapeutic effects  
custom testing and blending

### **Chemistry**

scalp and hair analysis  
bacteriology  
infection control  
sanitation/sterilization  
ingredient analysis

### **Anatomy and Physiology**

cells, tissue, and organs  
muscular system  
nervous system  
circulatory system  
endocrine system  
excretory system  
respiratory system  
digestive system  
nutrition

### **Shampooing/Conditioning**

product analysis  
procedures/techniques  
draping for wet and dry chemical services  
selecting correct shampoo/conditioner

### **Hair Styling**

wet styling  
fingerwaving  
pin curl techniques  
roller curls  
comb out techniques  
artistry in hair styling  
thermal styling  
conventional thermal (marcel) irons  
electric thermal irons  
blow-dry styling

### **Hair Cutting**

implements and techniques  
sectioning  
scissors  
clippers  
razors  
client consultation

### **Chemical Hair Relaxing/Restructuring**

product analysis  
client hair analysis  
application techniques  
equipment, implements, and materials

### **Makeup**

color theory  
contoured and natural makeup application  
subtle and dramatic application

### **Skin Care**

histology  
disorders  
facials  
cleansing  
moisturizing

### **Hair Coloring**

color theory  
classifications of hair color  
product analysis  
corrective coloring  
contemporary techniques  
one dimensional  
multidimensional foils  
double process hair color

### **Nail Care**

manicures/pedicures  
nail design and artistry  
nail extensions  
massage techniques for hands, arms, and feet

### **Personal/Career Development**

time management  
goal-setting  
team building  
communication  
cover letter/resume writing  
interview techniques  
job requirements  
employee benefits and wages

### **Permanent Restructuring**

history of permanent waving  
chemistry of solutions  
pre-perm analysis  
rod selection  
perming techniques  
custom perm design and wrapping

### **State Rules and Regulations**

Minnesota laws and rules  
safety and sanitation requirements

## **Career Opportunities**

Career opportunities in the Cosmetology field include the following:

### *Salon/Spa Industry*

- hair stylist
- makeup artist
- manicurist
- sales representative
- texture specialist
- hair coloring specialist
- salon/spa manager
- salon/spa owner

### *Education and Other Fields*

- instructor
- state board member or inspector
- educational director for a product manufacturer
- consultant/trainer
- school owner
- freelance makeup artist
- stylist or makeup artist for film, theater, fashion, or print
- product development

## **Textbook Information**

- Aveda Education. *Learn Aveda Hair Cutting Curriculum* (2014), Civello, Neil, and Petrillo. Retail price \$305.
- Aveda Education. *Advanced Face to Face* (2011), Aveda. No charge.
- Aveda Education. *Aveda Hair Color Professional Reference* (2014), Aveda. No charge.
- Aveda Education. *Hair Color Solutions* (2013), Aveda. No charge.
- Aveda Education. *Face to Face* (2012), Aveda. No charge.
- Aveda Education. *Connect Aveda* (2011), Aveda. No charge.
- Aveda Education. *The Art and Science of Hair Color and Texture* (2006), Aveda. No charge.
- Aveda Education. *Full Spectrum Hair Color Professional Guide* (2011), Aveda. No charge.
- Pivot Point. *Fundamentals Cosmetology* (2016), Pivot Point. Retail Price \$576.