

Cosmetology

(Diploma)

Express your creativity and talent in hair, skin, nail care, and makeup application. Our Cosmetology program includes 1,000 hours of extensive hands-on training to provide you with a complete understanding of beauty and wellness. The program incorporates the basic fundamentals and the related subjects of hair, skin, nail care, and makeup application that are necessary for a well-rounded education. Upon completion, students will be awarded a diploma and be able to do the following:

- Describe the history and current status and career opportunities of the cosmetology profession;
- Describe and use ethical principles and practices and comply with state laws and regulations for the profession of cosmetology;
- Describe and use good habits for personal appearance, hygiene, good work ethic, and safe practices for infection control;
- Conduct client consultations and practice effective communication and business building skills;
- Demonstrate an understanding of the structure and function of the human body, with emphasis on the structure and function of the skin, hair and nails, including conditions and diseases likely to be encountered by cosmetologists;
- Define, recognize, and assess hair structure, growth, texture, diseases, and conditions;
- Define principles of chemistry related to the practice of cosmetology and safely select, apply, and recommend products based on their chemical composition and properties for desired results;
- Define principles of electricity related to the practice of cosmetology and safely use electrical tools;
- Demonstrate and understand the effects of nutrition on the health of the skin, hair, and nails;
- Skillfully perform hair styling, hair cutting, hair coloring, restructuring, hair removal, basic facials, basic manicuring, basic pedicating, and makeup application; and
- Use proper body positions and mechanics while performing all cosmetology services.

Day (Full time)

Total Weeks: 29 weeks
Hours per Week: 35 hours a week
Days: Tuesday through Saturday
Hours: 9 am - 5 pm (1 hour break)

Evening (Part time)*

Total Weeks: 63 weeks
Hours per Week: 16 hours a week
Days: Monday through Thursday
Hours: 5:45 pm - 9:45 pm

*Students have one week off during the evening Cosmetology program for Wellness Break.

Cosmetology Program Outline

Hours	Subject (as required by Title 19, NYCRR, Section 162.4)
24	Professional Requirements New York State License Requirements; State and Federal Payroll Requirements; New York State Sales Tax Requirements; Career Opportunities and Placement; Professional Ethics, Conduct, and Attitude; Professional Organizations, Trade Shows, and Publications
26	Safety and Health New York State Laws, Rules, and Regulations; OSHA Regulations Concerning Hazardous Materials Communications; Types and Classification of Infectious Organisms; Growth and Reproduction of Infectious Organisms; Infections and their Prevention; Immunity and Body Defenses; Decontamination and Infection Control; Physical and Chemical Agents
15	Anatomy and Physiology Cells, Tissues, and Organs; Body Systems; Basic Principles of Nutrition; Overview of Bones and Muscles of the Head, Arms, Hands, Legs, and Feet
10	Hair Analysis Structure; Growth Patterns; Texture; Porosity; Elasticity
10	Hair and Scalp Disorders and Diseases Dandruff; Alopecia; Fungal Infections; Infestations; Infections
5	Chemistry as Applied to Cosmetology Forms and Properties of Matter; Elements, Compounds, and Mixtures; Chemical Reactions and Solutions; the pH Scale; FDA Laws Governing Hair Care Products and Product Safety
30	Shampoos, Rinses, Conditioners and Treatments Client Preparation, Analysis, and Consultation; Hair Analysis Instruments and Equipment; Shampooing Products, Composition and Procedures; Rinsing Products, Composition, and Procedures; Conditioning Products, Composition and Procedures; Procedures for Hair and Scalp Disorders; Scalp Manipulations
175	Hair Cutting and Shaping Fundamentals, Principles and Concepts of Design; Scissor Haircutting; Razor Haircutting; Clipper Haircutting; Removal/Trim of Superfluous Hair; Contemporary and Specialized Haircutting; Mustache and Beard Shaping; Shaving
245	Hair Styling Fingerwaving; Pincurling; Skipwaving; Roller Styling; Patterns in Hairstyling; Finishing Techniques; Twisting, Wrapping, Weaving, Extending, Locking, and Braiding; Traditional Weaving and Styling; Services in Hairstyling (tools and implements, blowdrying, thermal curling, hair pressing); Hair Pieces
180	Chemical Restructuring Chemistry; Chemical Restructuring Products; Client Consultation; Preliminary Procedure of Chemical Restructuring; Procedure of Chemical Restructuring; Corrective Chemical Restructuring
180	Hair Coloring and Lightening Color Theory; Chemistry; Preliminary Procedures of Hair Coloring; Client Consultation; Hair Coloring Procedures; Hair Lightening; Special Effects; Corrective Procedures
40	Nail Care and Procedures Nail Structure; Nail Disorders and Diseases; Nail Shape and Color Analysis; Basic Manicuring and Pedicuring; Manipulations of the Hand, Arm, Leg and Foot; Nail Tip Application; Nail Wrap Application; Liquid and Powder Nail Extensions
60	Skin Care and Procedures Structure and Function of the Skin; Skin Conditions and Disorders; Facial and Body Procedures; Wet and Dry Exfoliations and Applications; Use of Various Products to Enhance the Appearance of the Skin; Discussion for Further Training Required for Advanced Techniques such as Aromatherapy and Water Therapies; Temporary Methods of Hair Removal; Make-Up Application
1000	Total Hours The above hour requirements must be met by each student in each category.

An Aveda Institute New York 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

bacteriology
infection control
sanitation/sterilization
ingredient analysis

Anatomy and Physiology

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

Shampooing/Conditioning

scalp and hair analysis
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
up styling
branding

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
diseases and disorders
facials
cleansing
moisturizing
nutrition

Hair Coloring

color theory
classifications of hair color
product analysis
corrective coloring
contemporary techniques
one dimensional
multidimensional foils
bleach/tone

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

New York 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

Student to Teacher Ratio

In accordance with New York state law, the maximum student to teacher ratio is 30:1 in theory courses and 20:1 in skill courses.

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. *The Art and Science of Men's Hair Design* (2007), Aveda. No charge.
- Aveda Education. *Hair Color Solutions* (2013), Aveda. No charge.
- Aveda Education. *Hair Color System* (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.