

Esthiology

(Diploma)

Prepare for an exciting future in skin care with Aveda Institute New York. Our Esthiology curriculum provides 600 hours of skin care training with an emphasis on using pure flower and plant essences in treatments. Upon completion, students will be awarded a diploma and be able to do the following:

- Describe the history and current status of esthetics as a distinct, specialized profession;
- Describe and use ethical principles and practices and comply with state laws and regulations for the profession of esthetics;
- Describe and use good habits for personal appearance, hygiene, a good work ethic, and safe practices for infection control;
- Conduct client consultations and practice effective communication skills;
- Demonstrate an understanding of the structure and function of the human body, with emphasis on the structure and function of the skin, and including conditions and diseases likely to be encountered by estheticians;
- Define, recognize, and assess skin types and skin conditions and their respective contraindications;
- Define principles of chemistry related to the practice of esthetics and safely select, apply, and recommend products based on their chemical composition and properties;
- Define principles of electricity related to the practice of esthetics and safely use electrical defines and treatments;
- Demonstrate an understanding of the effects of nutrition on the health of the skin;
- Skillfully perform facial treatments, back treatments, hair removal, and makeup application; and
- Use proper body mechanics while performing skin care treatments.

Day (Full time)

Total Weeks: 18 weeks
Hours per Week: 35 hours a week
Days: Tuesday through Saturday
Time: 9 am - 5 pm (1 hour break)

Evening (Part time)*

Total Weeks: 38 weeks
Hours per Week: 16 hours a week
Days: Monday through Thursday
Time: 5:45 pm - 9:45 pm

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

Esthiology Program Outline (for students starting before June 18, 2018)

Hours	Subject (as required by Title 19, NYCRR, Section 162.2)
11	Orientation School Rules and Regulations; History of Esthetics; The Role of the Esthetician; Qualities of the Professional Esthetician; and Code of Ethics
8	Safety and Health Local, State, Federal Safety Codes; Salon/Clinic Rules and Regulations; General Salon/Clinic Safety; First Aid; Hazardous Materials Communications (HAZMAT)
18	Bacteriology Types and Classification; Bacterial Growth and Reproduction; Bacterial Infections and their Prevention; Immunity and Body Defenses; Methods of Infection Control; and Physical and Chemical Agents
25	Anatomy, Physiology and Nutrition Cells, Tissues and Organs; Body Systems; Importance of Water; and Nutrition for Healthy Skin and Longevity
14	Structure and Functions of the Skin Physiology and Histology of the Skin; Structure and Functions of the Skin; Appendages—Hair Structure and Functions with Relation to Esthetics (Nails, Sebaceous Glands and Sweat Glands)
35	Superfluous Hair Theoretical Overview of Permanent Methods (Electrolysis, Thermolysis, Blend); Temporary Methods of Hair Removal (manual tweezing, depilatory lotion and waxing (strip and non-strip)); and Bleaching of the Hair
4	Chemistry Chemistry and Matter as Related to Esthetics; Chemical Reactions and Solutions/Elements, Compounds and Mixtures/Biochemistry; and the pH Scale
25	Chemistry as Applied to Cosmetics Cosmetics; Skin Care Products; Massage Creams and Oils, Ampoules, and Scrubs; New Technologies; FDA Laws Governing Cosmetics and Cosmetic Safety
20	Electricity and Machines Electricity and its Effects on the Skin; Galvanic Current for Iontophoresis or Disincrustation; High Frequency Current; Use of Magnifying Lamp and Wood's Lamp, Brushing Machine, Spray Machine, Suction Machine, Vaporizer and Pulverizador, Hot Towel Cabinet; Paraffin Unit; Electric Mittens, Booties, and Face Mask
225	Facial Treatments Client Preparation; Skin Analysis and Consultation; Skin Types; Skin Conditions and Disorders; Facial Procedures; Facial Treatments with or without Machines; Overview of Aromatherapy; and Product Recommendation
48	Body Procedures (No Machines) Body Exfoliation (wet and dry); Back Treatments; Use of Various Products to Enhance the Appearance of the Skin: Seaweed, Salt, Paraffin, Mud, Ampoules, Creams etc.; and Discussion for Further Training Required for Advanced Body Techniques such as Aromatherapy, Water Therapies
84	Make-Up Techniques Color Analysis; Morphology of the Face; Product Knowledge, Chemistry, and Related Composition; Eye Brow Contouring; Make-up Application; Corrections and Contouring; False Eyelashes; Eyelash and Eyebrow Tinting with Non-Permanent Mineral Colors; and Further Training Required for Advanced Techniques
54.5	Business Practices Business Operation; Site Planning and Design; Accounting, Inventory, and Sales Tax; Payroll Regulations; Ethics and Professional Conduct; Communication Skills; Retailing Techniques; Marketing; and Customer Relations
9.5	Job Skills Resume; Interviews; Letter Writing; Licensing Regulations; Job Attitudes; Professional Organizations; Continuing Education; Industry Trade Shows, Magazines etc.; and Career Opportunities
19	Introductions to Paramedical Esthetics Overview of Dermatologic Procedures; Topical and Oral Medications; Insight into Plastic Surgery; Pre-and Post-operative Care; Camouflage therapy
600	Total Hours The above hour requirements must be met by each student in each category.

Esthiology Program Outline (for students starting on or after June 18, 2018)

Hours	Subject
4	Orientation School Rules and Regulations; History of Esthetics; The Role of the Esthetician; Qualities of the Professional Esthetician; Code of Ethics; and New York State and Federal Law, Rules, and Regulations
8	Safety and Health Local, State, Federal Safety Codes; Classroom/Student Salon Rules and Regulations; and Hazardous Materials Communications (HAZMAT)
18	Infection Control Types and Classification of Bacteria; Viral, Bacterial, and Fungal Infections; Immunity and Body Defenses; Methods of Infection Control; and Physical and Chemical Agents for Infection Control
30	Anatomy and Physiology Cells, Tissues and Organs; and Body Systems
18	Structure and Functions of the Skin Physiology and Histology of the Skin; Structure and Functions of the Skin; and Appendages of the Skin
5	Nutrition for Healthy Skin and Longevity
12	Skin Disorders and Diseases
18	Skin Analysis
60	Superfluous Hair Theoretical Overview of Permanent Methods (Electrolysis, Thermolysis, Blend); and Temporary Methods of Hair Removal: Manual tweezing and waxing (strip and non-strip)
3	Chemistry Chemistry as Related to Esthetics; and Acidity and Alkalinity
21	Chemistry as Applied to Esthetics Cosmetics and Skin Care Products; Massage Cream and Oils; New Product Technologies; FDA Laws Governing Cosmetics and Skin Care; and Skin Sensitivity and Allergic Reactions
18	Electricity and Equipment Electricity as Related to Esthetics Equipment; Electrical Equipment Safety; Galvanic Current for Iontophoresis or Desincrustation; High Frequency Current; Esthetics Equipment; Paraffin Unit; and Emerging Technologies
240	Facial and Body Procedures Client Consultation; Skin Analysis, Product Selection and Treatment Recommendations; Facial and Body Procedures; Overview of Various Products to Enhance the Appearance of the Skin; Facial Procedures with Electrical Equipment; Wet and Dry Exfoliations and Applications; and Overview of Advanced Techniques
70	Make-up Techniques Color Theory; Morphology of the Face; Eyebrow Contouring; Make-up Application; Artificial Eyelashes; and Advanced Make-up Techniques
30	Business Practices Business Operation; Accounting and Inventory; Payroll Regulations; Ethics and Professional Conduct; Retailing Techniques; Marketing (Advertising, Retailing, and Promotion); and Customer Relations
12	Career Skills
9	Introduction to Advanced Esthetics Define Paramedical Procedures; Discuss Scope of Licensure; Overview of Medical Procedures; and Pre-and Post-Operative Care
24	Unassigned
600	Total Hours The above hour requirements must be met by each student in each category.

Esthiology Curriculum Overview

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

Anatomy and Physiology

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

Makeup

color theory
contoured and classic makeup applications
dramatic and subtle look lash application

Plant Aromaology

history of plant aromaology
psychology of aroma
therapeutic effect
custom testing and blending
methods of application

Facial Treatments

skin analysis and consultation
facial procedures

Treatments

Aveda product systems
facial treatments
full body waxing
methods of hair removal

Personal/Career Development

resume writing
interview process
responsibilities of employment
salary plans, benefits, and insurance
client retention
retail strategies
incentives
listening and communication
personal development

State Rules and Regulations

New York laws and rules
safety and sanitation requirements

Chemistry

bacteriology
safety and sanitation procedures
ingredient analysis
skin disorders
AIDS and hepatitis
nutrition

Clinic Practice

clinic set-up
sanitation
time management
daily goals

Career Opportunities

Career opportunities in the Esthiology field include the following:

Salon/Spa Industry

- esthetician
- makeup artist
- sales representative
- salon/spa manager
- salon/spa owner

Education and Other Fields

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

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. *Aromalology Participant Guide* (2013), Aveda. No charge.
- Aveda Education. *Advanced Face to Face* (2011), Aveda. No charge.
- Aveda Education. *Face to Face* (2012), Aveda. No charge.
- Aveda Education. *Connect Aveda* (2012), Aveda. No charge.
- Aveda Education. *The Art and Science of Esthiology* (2010), Aveda. No charge.
- Pivot Point International Inc. *Salon Fundamentals – Esthetics (Coursebook, Study Guide)* (2004, 2006), Pivot Point Internal Inc. Retail Price: \$181.00.