

Skin Health (5 hours)

Lesson 1: Anatomy and Conditions of the Skin (2 hours)

Outline

- Composition of the Skin
- Functions of the Skin
- Diseases and Conditions
- Skin Pigment Disorders
- Hypertrophies, Inflammations,
- Allergies Contagious Disorders

Learning objectives

- describe the structural composition of the skin
- describe the composition and the 3 principle functions of the epidermis
- define the composition of the dermis
- identify the composition and function of subcutaneous fat
- identify terminology for skin conditions and disorders
- describe pigment disorders
- define and describe vitiligo
- define and describe various types of warts
- identify inflammatory skin conditions
- describe eczema
- list and define the different types of psoriasis
- define dermatitis and it's causes and symptoms
- list and define the various types of skin lesions
- explain dermatitis and it's causes
- define fungal infections
- identify ringworm
- list the types of skin cancers and risk factors
- fine the types of disorders of the sebaceous gland
- identify and describe the various types of acne scars

Lesson 2: The Professional Facial (1 hours)

Outline

- Environmental Impact
- Protecting the Skin
- Categories of Facials
- Implements used for the Facial
- Service Client Preparation
- Skin Analysis
- Applications of the Facial Service
- Skin Care Products and Ingredients

Learning objectives

- explain the environmental impact on the skin
- describe symptoms of sunburn
- describe conditions that can change the appearance of the skin
- describe aging skin
- identify the benefits of a facial
- list the materials and equipment required for a facial
- list the basic procedures of a facial
- identify skin care products and ingredients
- describe skin cleansers
- identify the categories of skin toners
- identify types of skin masks

Lesson 3: Sanitation and Sterilization (1 hour)

Outline

- Standard cleaning and disinfecting precautions
- How to distinguish between disinfectants and antiseptics
- How to sanitize hands and disinfect tools used in the practice of cosmetology
- Bacterial, viral, and fungal control
- Bloodborne pathogens control
- Parasite infection and infestation control

Learning objectives

- identify cleaning precautions
- describe cleaning routines
- describe the importance of reading labels
- define the term clean
- describe the properties of ideal disinfectants
- identify sterilization
- describe wet disinfection
- define the purpose of infection control
- list safety and sanitation requirements
- describe cleaning and disinfecting procedures
- identify salon environment requirements
- identify CDC infection control guidelines
- describe chlorine based disinfectants
- describe phenol based disinfectants
- describe QAC based disinfectants
- list types of sterilization techniques
- identify lice and infestation

Lesson 4: Occupational Safety and Health Administration Regulations (1 hour)

Outline

- Hazard Communication Standard
- Safety Data Sheets
- Manufacturer's SDS

Learning objectives

- identify the purpose of the Hazard Communication Standard
- list the 16 sections of Safety Data Sheets
- recognize a manufacturer's SDS

References and Resources

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Centers for Disease Control and Prevention <https://www.cdc.gov/>
U.S. Department of Health and Human Services <https://householdproducts.nlm.nih.gov/>
U.S. Environmental Protection Agency <https://www.epa.gov/>
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