

COURSE OUTLINE

Wellness of the Salon Professional (2 hours)

Module 1: Self Care and Personal Health (1 hour)

Learning objectives

- List the foods of a healthy diet
- Identify the positive effects of exercise on the body
- Explain how posture correlates with good health
- Describe the science behind proper sleep
- Describe in brief the history behind hygiene
- Identify the cause and effect of perspiration
- Explain how bacteria plays a part in hygiene
- List ways to perform personal care techniques

Module 2: The Salon Team (1 hour)

Outline

- Preparing for the Job Interview
- Job Applications
- Prospering In The Salon
- Glossary

Key Terms

accomplishments
attitude
employment
enthusiasm
evaluation
integrity
motivation
portfolio
prosper
resume
revenue
role-play
subordinate

Module 1 Introduction:

The information contained in this lesson reviews the principles, practices, and theories of self care and personal health.

Module 1 Summary

We can now list the foods of a healthy diet, identify the positive effects of exercise on the body, and explain how posture correlates with good health. We can describe the science behind proper sleep, and the reasons for proper hygiene. And last but not least, we can list the ways the professional salon worker can effectively perform personal care techniques. Let's now turn our attention to a healthy salon, by studying proven methods of sanitation and sterilization.

Module 2 Introduction

In this study module, we will discuss ways of successful preparation for a job interview, what to expect on job application forms, and how to prosper once you do get the job. Advance preparation in several crucial areas can determine success or failure.

Module 2 Summary

By professionally applying employment principles, practices and theories, the salon professional will have the best chance to get the job. Applying what you have learned about the job, can greatly improve your chances among other employment candidates.

Course Conclusion

In this course of study, we have prioritized giving you the tools to take care of yourself and your working environment. The longer you can maintain personal health, the longer you can achieve your goals. We hope this study inspires you to make the most of your career in the beauty industry, and to live as an example to others as a happy and healthy salon team member. Thank you for your participation!

Credits, References, and Resources

Milady Standard Cosmetology, 13th Edition ISBN-13: 9781285769417 Milady Publishing Company Clifton Park, NY: Cengage Learning.

Milady's Standard Cosmetology 14th Edition copyright © 2022 ISBN-10. 0357871499 · ISBN-13. 978-0357871492
U.S. Department of Health and Human Services <https://householdproducts.nlm.nih.gov/> U.S. Environmental Protection Agency <https://www.epa.gov/dictionary.com>

Encyclopedia.com. <http://www.encyclopedia.com>

Wikipedia <https://www.wikipedia.org/>

Center for Disease Control and Prevention (CDC): <https://www.cdc.gov>

National Institute of Allergy and Infectious Diseases (NIAID): <https://www.niaid.nih.gov> Library of Congress: <https://www.loc.gov>

U.S. Department of Health and Human Services <https://www.hhs.gov>

illustrations and images resources: photos © ContinuingCosmetology.com