



## FULL SPECIALIST PROGRAM SOC Code 39-5012



### 720 HOURS

#### Objective:

The Full Specialist program provides students with the knowledge to obtain the Full Specialist Florida State License, as well as the necessary skills to start a professional career in spas, beauty salons, cruises, or independently as business owner.

#### Course Description:

The school covers in the Full Specialist Program the tasks, duties, laws and practices associated with the esthetics and nail technology areas. The teaching methods used are theories and lecture, a supervised laboratory and services.

#### Requirements:

Must be 16 years of age and have a high school diploma, or GED.

#### Completion Time:

25 hours a week = 30 weeks (180 Days) Maximum Time Frame = 54 weeks

#### GRADUATION REQUIREMENTS:

Students must complete 720 hours of theory, and lab/shop training with a minimum cumulative grade point average of a 2.0.

#### Cost Of Program

Tuition	\$ 5,400.00
Registration Fee	100.00
Books/Supplies	Included
<b>Total</b>	<b>\$ 5,500.00</b>

#### Method of Payment:

Full payment may be made in advance, at the beginning of the program, by mid-point of the program, or paid on a monthly basis arranged with the School office.

#### DIPLOMA

After the completion of the program, the student receives a diploma providing that the final examination is approved and all requisites and financial obligations with the institution have been met.



## PROGRAM DESCRIPTION

### **FS001 Esthetics: Orientation and Business Skills (90 clock hours total, 30 lecture, 60 lab)**

At the end of this chapter the student learns how helpful it is to understand what materials used in early beauty preparations may have been instrumental in determining how materials are used today, such as in color formulations and cosmetics and the changes in skin care and grooming in the twentieth and twenty-first centuries. How all of the technical skills acquired in the school are vastly important and how the way you handle yourself and behave towards others will ultimately determine whether you can attain----and sustain--- success. Understand how the way you look, act, and speak is critical to presenting a polished professional image in the skin care business. And how communicating effectively is the basis of all long-lasting relationships with clients and coworker. After completing the business skills section of this module, the student will be able to: explain the steps involved in preparing for and passing the licensing exam. describe those qualities that are needed to be successful in a service profession, list and describe the various types of esthetics practices and determine employment options, demonstrate effective techniques for writing a good resume, be prepared to complete a successful job interview, describe the different methods of compensation that are utilized in esthetics, and explain the importance of meeting financial responsibilities and managing money well.

Professional Image and Ethics / 15 Services  
Bacteriology, Sanitation, and Sterilization/30 Services

### **FS002 Esthetics Sciences (90clock hours total, 30 lecture, 50 lab, 10 work base hours)**

After completing the esthetics sciences module, the student will be able to: identify and apply infection controls principles and practices, understand general anatomy and physiology, the basics of chemistry, the basics of electricity, the basics of nutrition, physiology and histology of the skin, disorders and diseases of the skin, skin Analysis, skin care products: chemistry, ingredients, and selection. The course includes theory, hands-on practice, as well as services provided to school clients under an instructor's supervision and guidance.

Basic of Electricity and Machines /20 Services

### **FS003 Esthetics – The Treatment Room (90 clock hours total, 30 lecture, 30 lab, 30 work base hours)**

At the end of this chapter the student will be able to: Understand, have the knowledge and the skills to provide his/her esthetics services in the treatment room, describe what equipment and supplies are needed for facials, prepare and set up the treatment room in order to create a professional atmosphere. Explain the key elements of the basic facial treatment; list and describe the products used in a facial treatment, perform a step-by-step facial treatment, understand extraction methods, perform sanitation procedures and provide a safe environment for clients.

Describe the benefits of a facial massage: Understand contraindications for performing massage, explain the different types of massage movements, describe other massage techniques, and perform a massage. Describe the different types of cosmetics and their uses, consult with clients to determine their needs and preferences; identify different facial features and demonstrate procedures for basic corrective makeup, as well as perform a basic makeup procedure for any occasion. The course includes theory, hands-on practice, as well as services provided to school clients under an instructor's supervision and guidance.

Basic Facials /25 Services  
Make up Eye Lashes and Eyes Brows /30 Services  
Nail Care for Artificial and Natural /25 Services



#### **FS004 Esthetics Advanced Treatments and Body Wraps (90 clock hours total, 30 lecture, 30 lab, 30 work base hours)**

At the end of this chapter the student will be able to explain, provide, and know how and when it is beneficial and/or recommended to apply advanced treatments. This module covers the following topics:

Waxing and hair removal: explain the morphology of hair and its growth stages, describe methods of temporary and permanent hair removal, identify different hair removal equipment, tools, and accessories, perform face and body waxing, name the conditions that contraindicate hair removal.

Identify the machines used in skin care treatment, describe the mechanization used with each machine, explain the benefits of each machine, and describe the contraindications for machines. Understand peels and other exfoliation techniques: the process of removing excess accumulation of dead cells from the corneum layers of the epidermis as superficial peeling, exfoliation, keratolysis, and desquamation. Accomplishment of this by three different systems: mechanically (microdermabrasion), manually (scrubs) or chemically, (AHA and BHAs) by the use of specific products to achieve these results. Describe the Spa Body Treatments and Services: understand how to perform a Body Wrap, products used, how to perform a Body Scrub and understand how to perform a Body Mask and the differences among them. Understand and perform a Stone Massage (use of hot and cold stones), Foot Reflexology: understand the key points located on the bottoms of the feet and how this points balance and relax the entire body.

Hair Removal / 25 Services | Peels / 15 Services | Body Treatments / 20 Services

#### **FS005 Esthetics Hands On Practice and Services (90 clock hours, 30 lecture, 50 lab, 10 work base hours)**

At the end of this module the student will have acquired the proficiency necessary in the use of the esthetics equipment necessary for a successful career. Equipment include: microdermabrasion, lifting, ultrasound, passive gym, vacuum and radiofrequency. The course includes theory, hands-on-practice, as well as service provided to school clients under an instructor's supervision and guidance.

Salon Management / 20 Services

#### **FS006 Nail Technology Orientation and Business Skills (90 clock hours, 30 lecture, 45 lab, 15 work base hours)**

At the end of this module the student will have acquired the required knowledge in the following subjects: history of the nail technology and career opportunities, life skills, your professional image, communicating for success, seeking employment, on the job, the salon business. The course includes theory, hands-on practice, as well as services provided to school clients under an instructor's supervision and guidance.

Salon Management / 20 Services | Ethics in Business Skills and Career Planning / 15 Services

#### **FS007 Nail Technology Sciences (90 clock hours, 30 lecture, 30 lab, 30 work base hours)**

At the end of this module the student will have acquired the required knowledge in the following subjects: Infection control principles and practices, general anatomy and physiology, skin structure, growth, nutrition, nail structure and growth, nail disorders and diseases, the basics of chemistry, nail product chemistry simplified, and the basics of electricity. The course includes theory, hands-on practice, as well as services provided to school clients under an instructor's supervision and guidance.

Infection Control, Hygiene and Bacteriology / 25 Services | Manicure and Pedicure Procedures / 30 Services

#### **FS008 Nail Technology Care and Services (90 clock hours, 30 lecture, 40 lab, 20 work base hours)**

At the end of this module the student will have acquired the required knowledge and skills required to provide services such as: manicure, pedicure, electric filing, nail tips and wraps, monomer liquid and polymer powder nail enhancements, UV and LED Gels, and adding a creative touch. The course includes theory, hands-on practice, as well as services provided to school clients under an instructor's supervision and guidance.

Polishing and Nails Arts / 15 Services | Nail Care for Artificial and Natural / 25 Services