

AVOLA COLLEGE

OF HAIRSTYLING & ESTHETICS

Since 1924

ESTHETICS, MEDICAL ESTHETICS & POST GRADUATE COURSE CURRICULUM OUTLINES

ESTHETICS

SKIN CARE

Introduction
Basic Facial
Anatomy of the Skin
Skin Types
Skin Analysis
Disorders of the Skin
Pigmentation Abnormalities
The Importance of Consultation
Product Knowledge
Chemistry
Specialized Facials
Procedure for Specialized Facials
Case Histories
Electricity, Machines and Apparatus
Compu-Lift (Non Surgical Face Lifts)
Techniques for Facial Massage
Facial Treatments (with and without the aid of machines)
Microdermabrasion
Glycolic Peels
Treatments for each Skin Condition
The Aging Process
Enemies of the Skin
Nutrition and Health of the Skin
Nutrition and How it Affects the Skin
Differences in Light and Dark Skin
Beauty Culture Exams

BODYCARE / AROMATHERAPY

Introduction to Body Treatments
The Muscular System
The Skeletal System
Body Treatments (with and without the aid of machines)
Bust Treatments
Cellulite Treatments
Body Consultation
Posture
Body Types
Product Knowledge and Use
Introduction to Reflexology
Human Anatomy
Anatomy Exams
Origins of Aromatherapy
Use of Essential Oils in Face and Body Skin Treatments
Aromatherapy Relaxation Massage of the Face and Body
The Art of Creating Your Own Essential Perfumes
The Art of Creating Essential Body Salts and Scrubs
The Art of Creating Your Own Bath Oils
Anatomy and Physiology
Systems of the Body
Essential Oils in Beauty Therapy
Carrier Oils and their Use
Top Notes, Middle Notes and Base Notes

PROFESSIONAL MAKE UP ARTISTRY

Introduction to Make Up
Color Psychology
Color Coordination
Preparation of the Client
Preparation of the Skin
Facial Shapes
Eyebrow Shapes
Theory of Cosmetics used in Make Up
Procedure for Applications: Day, Evening, Brides, Runway, Fantasy, Photography
Selecting Colors
Theory of Implement and their Use
Corrective Make Up
Shading and Highlighting
Application of Artificial Eyelashes
Rules for the Make Up Artist

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continued

ESTHETICS *continued...*

MANICURE/ PEDICURE

Introduction to Manicuring
Hygiene, Bacteriology, Sterilization and Sanitation
Anatomy of the Nail, Hand and Arm
Shapes, Malformation and Growth of the Nail
Theory of Cosmetics Used in Manicuring
Different Types of Manicures
Preparation of Working Area
Nail Disorders
Contra Indications
Nail Diseases
Treatment Manicures
Aromatherapy Manicures
Paraffin Treatments
Hand and Arm Massage
Safety Rules in Manicuring
Introduction to Pedicuring
Anatomy of the Foot and Leg
Equipment, Implements and Materials Used
Pedicure Preparation and Procedures
Abnormal Foot Diseases and Disorders
Aromatherapy Pedicures
Foot and Leg Massage
Treatment Pedicures

SMALL SERVICES

(Waxing and Eyebrow and Eyelash Tinting)

Waxing (Full Body)
Anatomy of Hair
Temporary Hair Removal
Contra Indications for Waxing
Different Types of Wax
Practical Applications
Eyebrow and Eyelash Tinting

NAIL EXTENSIONS

Bacteriology, Hygiene, Sterilization and Sanitation
Acrylic, Gel and Fiberglass (All-in-One)
Nail and Overlay Mending
Nail Tips Application
Nail Fills
French Tips
Nail Color

MEDICAL ESTHETICS

Microdermabrasion
Compu-Lift (Non-Surgical Face Lifts)
Lymphatone (cellulite treatments, body toning, body firming, muscle development)
Chemical Peels

LASER HAIR REMOVAL

History of Laser
Conventional Epilation Techniques: waxing, electrolysis
Clinical Advantages
Equipment Needed
Contra Indications
Treatment Procedure
Client Preparation
Parameters and Modification
Post Treatment
Tips and Trouble Areas

PHOTO LASER

Acne Treatment
Photo Rejuvenation
Broken Capillary Treatment
Vascular Capillary Treatment
Removal of Pigmented Lesions

POST GRADUATE

ELECTROLYSIS

Introduction to Electrolysis:
- Galvanic, Thermolysis
and The Blend
Methods of Hair Removal
Basic Electricity
The Endocrine System
The Anatomy of Hair
Sterilization and Sanitation
Permanent Methods of Hair Removal
Proper Machine Use
Needle Insertion With and Without Current
Evaluation of the Skin During Treatment
Consultation
Contra Indications
Proper Set Up of Client Cards