



Aglaia Esthetics
Professional Training

Course Outline Description

Revised on Jan. 2020



“Committed to excellence, to enhance confidence through extraordinary training”.

AGLAIA ESTHETICS DISTANCE LEARNING ONLINE

379 – 1917 West 4th Avenue | Vancouver | BC | V6J 1M7 | Tel: 604.313.8045 | Fax 604.909.1880 | www.aglaiaesthetics.com

BENEFITS OF DISTANCE LEARNING

Are you thinking of changing your profession, but are unable to leave your job and too busy to even take night courses? The Aglaia Distance Learning Online will allow you to enjoy many of the benefits of classroom education, with a flexible learning pace, determined by you. You can learn anytime it suits you. So, your family and business commitments are not affected by your distance learning choices.

Aglaia distance learning caters to your needs. You study at your *own time*, at your *own speed* and can take more time to master a lesson you find difficult, and you can progress quickly through material you understand more easily. And the best news is that you will not require prior knowledge of the spa esthetic industry in order to benefit from these distance learning courses – the curriculum is comprehensive and easy to understand.

Learning should be an enjoyable experience in which you satisfy your curiosity and develop your skills, knowledge and personal confidence. Students who have completed Aglaia training, have shown to perform consistently well in examinations, because they have learned the material thoroughly.

A NEW GENERATION FOR ESTHETICS ONLINE

Aglaia Esthetics Online is a new methodology that reaches further than the standard textbooks, conventional classroom setting and practical clinics, an approach that includes a study of intellect, character, soul and lifestyle. What does this all mean? It means that as an Aglaia Esthetics student, you have choices: to be self motivated, to work at your own speed and to make a commitment to yourself to become the **protagonist** of this journey and the creator of your own **destiny**.

It all begins with your initial dream and Aglaia Esthetics can make it all happen, who will support you alongside. Aglaia Esthetics is giving an opportunity to anyone who wants to enter the Esthetics industry, even for the individual that could not imagine leaving her job and security or a single struggling parent to partake in the esthetics training, however, now she has an alternative.

Aglaia Esthetics goal, is to deliver not only the technical side of this industry, but also a total service experience, helping students to create excellent communication skills, positive client relations by interacting and relating with clients through confidence, warmth, and respect.

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Individuals from all walks of life, have become increasingly conscious of the health and appearance of their hair and skin. As specialized beauty products and services are developed to meet this growing interest, the demand for cosmetology and esthetics experts will open the field to all those who are trained and knowledgeable in the latest trends and ideas.

STEP BY STEP TRAINING PROCESS

In order to provide the training that will enable you to succeed, the knowledge component of all courses are divided into performance objectives that are often part of job descriptions in our industry. You may want to complete one or more courses. Each course is a stand alone course and the student enrolls in one course at the time and receives a separate certification after the completion of each course.

These performance objectives such as listing the steps of a beauty service, choosing the right active ingredients for a specific skin type, identifying a skin or nail disease, to explaining the safety and procedure of an esthetics machine, ability to

analyze or to solve a problem from the backbone of our system. You are taught how to perform in theory these related objectives then asked in your progress assignment or quiz to perform the objectives. You demonstrate your new knowledge and skill to your facilitator through practical case studies and assignments.

We are able to check your advancement and confirm that you have completed the theory section(s) before you can advance to the practical section(s) and case studies.



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THEORY SECTION(S) – The theory section(s) are completed prior the practical section(s). The theory provided, will cover information on how beauty practitioners have become a crucial element in the salon and spas.

Once you have enrolled in a course you are provided with learning objectives to complete your training. Your learning materials include lessons that are carefully written and designed by industry professionals. These lessons show you necessary information and skills. We test your progress on an ongoing basis by challenging you to answer questions showing that you understand the material, can complete the objectives and demonstrate your knowledge. If you do not have a clear understanding, your facilitator will work with you to help you understand what you need to learn by contacting your facilitator either by email, Skype, texting, WhatsApp or phone. *Aglaia* places a great importance to the development of a personal connection between the student and the facilitator.

Your facilitator will give you comments and suggestions for improvement, point out where you have not quite understood something, or give you some well-deserved praise. You are encouraged to look on your facilitator as your personal guide who shows you the way, and to create a friendly but professional relationship between you and your facilitator.

PRACTICAL SECTION(S) – After viewing all the practical DVDs and the completion of practical case studies, if you want to achieve *diploma certification* (a requirement of many Provinces and States), you must complete the online studies and in addition the practical residency, 3 days (max. 25 hours) hands-on practice for *each module completed*. The practical section(s) can be completed either at the Aglaia Esthetics location in Vancouver or at a spa of your choice.

The final practical examination is performed after the student completes the theory & practical module section(s). The practical examination is carried out as a case study in conjunction with a professional esthetician of your choice. The practical exam takes approximately 3 to 4 hours.

When you select your practical examiner (he/she must have a minimum 3 years of industry experience), we will contact the examiner and give the exam outline.

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INDIVIDUAL COURSE DESCRIPTIONS SUMMARY

MANICURIST & PEDICURIST

In this module, students will learn the application of hand, arm, foot and lower leg therapeutic massage to improve blood circulation and relax the client, spa treatments, such as foot paraffin baths. Students will also develop an awareness of personal, public hygiene and consciousness is placed on the importance of sanitation and sterilization of implements and workplace. Students will study the anatomy of the foot, leg, hand and arm, as well as, the development and growth of nails. Students will acquire knowledge of the disorders, diseases and imperfections of the foot and nails and determine which treatments are available for each condition during the manicure and pedicure procedures. Students will be taught the practices and procedures for callous removal, the prevention of ingrown toe nails and foot sanitation.

The final grade is achieved through theoretical quizzes, assignments, case studies, final theory and practical examination. (For nail technologist a choice of nail extension either gels or acrylics).

MAKE-UP ARTISTRY

The make-up section has been designed to provide students with the confidence in different areas of make-up artistry with an opportunity to experiment creatively and evaluate applications of make-up. Make-up application begins with the knowledge and understanding of morphology of facial and bone structures, identifying prominent facial shapes, classification of eyes, brow design and lips. These important analytical details are the basis for skilled make-up artists to accurately identify and emphasizes attractive features, diminish facial irregularities, and to create new individual looks. Once the basic principles of make-up are established, students may advance to conventional make-up application for various skin types, occasions, age and ethnic groups. The make-up module also includes the art of eyebrow design, tinting of brows and lashes.

The student will study colour theory in depth and gain knowledge of the various tools of makeup available to the professional makeup artist. The student will demonstrate the proper order of makeup application and practice the skills required to apply makeup for a variety of occasions, such as, weddings, evening and everyday wear, for each age group and for all skin tones.

The final grade is achieved through theoretical quizzes, assignments, practical case studies and final theory and practical examination.

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FACIAL MASSAGE, SKIN ANALYSIS & WAXING

Students receive extensive education in the analysis of skin types and subsequent application of varied facials and skin care services. To attain the desired effect of increased relaxation, improved tissue stimulation and circulation, students apply the techniques of nourishing massage, which incorporates the traditional Swedish movements of effleurage, petrissage and tapotement. Product knowledge and the appropriate use of cleansers, toners, moisturizers, peelings and masks is an essential component of selected salon or spa treatments.

Students will study the physiology, histology, structures, and disorders of the skin. Nutrition and health of the skin, enemies of the skin, aging factors, working with physicians and various cosmetic procedures will also be discussed. Personal hygiene, professionalism, safety, and first aid as it relates to the salon and spa businesses. The fundamentals and importance of bacteriology, sterilization and disinfection methods, and the safe use of various disinfectant products in the esthetic industry will be covered.

The practical components of skin care are covered. These include: performing facial services following the facial muscles correctly, preparing the treatment area, conducting consultations, analyzing the skin

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by means of magnifying lamps, properly cleansing and exfoliating of the skin and choosing the correct products and a variety of masks and towel steaming in a safe hygiene manner.

This segment is designed for students to obtain a good understanding of all aspects of facial massage manipulations and working area set up. Students will also learn in depth studies of all body tissues, the skin, basic chemistry and introduction to active ingredients.

The structure of hair and hair growth in both males and females, hair removal techniques, up to date waxing methods. The proper care, operation and safety of waxing equipment will be emphasized as well as the proper sterilization techniques, contra-indications and hygiene.

The techniques of wax application and removal of hair for both face and body are taught, as well as types of waxes, their properties and specific uses of each. The differences in temporary and permanent hair removal methods will be discussed.

The final grade is achieved through theoretical quizzes, assignments, practical case studies and final theory and practical examination.

FACIAL ADVANCED APPLICATION, ELECTRO-THERAPY MACHINES AND SPA SERVICES

The study of cosmetology and esthetics is to simultaneously be informed of the latest developments and scientific recognition in physical culture and to delve back thousands of years in history as far as the human desire for eternal youth and beauty began. In this section students will cover theoretical and practical subjects representing the scientific basis for the study of esthetics. The study of human anatomy and physiology is to help students realize the interrelation between a normal functioning body system and healthy, attractive skin. The correct application and safe use of esthetics equipment for facial therapy is covered such as Skin Scanner, Galvanism, Iontophoresis, Disincrustation, High Frequency, Lymphatic Drainage, Micro-Current, Brushes, Ultra Violet and Infra Red Therapy. The objective of the Spa Services component is to enlighten students through extensive theory and practical procedures of the most popular spa services available in the industry. This section is designed to provide students with a

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thorough understanding of the theory of all pertinent subjects dealing with skin care and advancements. The basic chemistry of products and their ingredients will be covered. Other topics include: how skin care differs in male and female clients, mask therapy with an in-depth look at the various masks available and their ingredients, how to determine which mask would be most beneficial for each skin type. Students will gain invaluable information on the various machines used during facial and body treatments, their care, the safe handling of each and identify benefits as well as the contraindications of each.

The final grade is achieved through theoretical quizzes, assignments, practical case studies and final theory and practical examination.

Our Mission Statement - *Committed to excellence to enhance confidence through extraordinary training.*

Our Purpose - *To educate students in their chosen profession and to empower them through personal and professional growth.*

Our Goal - *To become one of the most prominent online training institution in Canada & US by offering the best online esthetics education.*

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