

# Esthiology

Full-Time Schedule

**13 weeks**

Tuesday through Friday:

8:30 am | 4 pm

Saturday:

9 am | 4 pm

Part-Time Schedule

**26 weeks**

Tuesday through Friday:

4:30 pm | 9:30 pm



Prepare for an exciting future in skin care with The Institute of Beauty and Wellness. Our Esthiology curriculum provides 450 hours of skin care training with an emphasis on using pure flower and plant essences in treatments. Upon completion, you'll be ready to succeed as a licensed esthetician.

### **Introduction/Alpha**

Learn the fundamentals of dermanalysis, facial manipulations and equipment and plant aromaology as you study the related sciences of anatomy and histology, along with state safety requirements. Combining theoretical knowledge and hands-on experience, this unit puts you on your way to a career in skin care.

### **Betal**

Apply your knowledge through clinic experiences while you increase your understanding in the classroom. In this unit, you'll refine your skills and gain the expertise you need to meet The Institute of Beauty and Wellness' skin care and makeup service standards and state safety requirements.

### **Gamma**

Learn real-world strategies to get the job of your dreams, from interviewing to resume writing and beyond. Fine-tune your accuracy, concentration and speed. At this point, you'll have the competency required for the skill certification examination, as well as the theoretical knowledge needed to pass the written examination required by The Institute of Beauty and Wellness and the State of Wisconsin for licensure. Now you're ready to start your career in skin care.

### **Course Hours**

Theory/Classroom: 229 hours

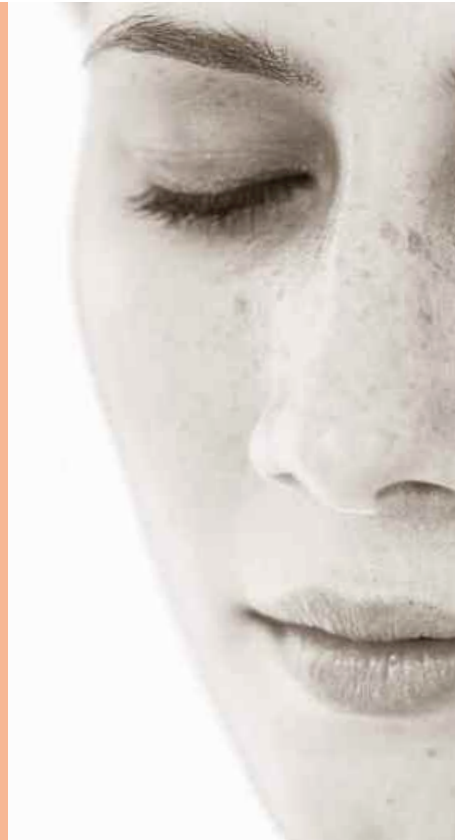
Practical: 221 hours

Total: 450 hours

Curriculum Overview

## Esthiology

An Institute of Beauty and Wellness education is rigorous and thorough. Throughout the Esthiology program, you'll cover the following topics in varying levels of depth and detail, giving you an exceptional foundation for your professional career.





### **Anatomy & Physiology**

cells, tissue and organs  
muscular system  
nervous system  
circulatory system  
endocrine system  
excretory system  
respiratory system  
digestive system

### **Chemistry**

bacteriology  
safety and sanitation procedures  
ingredient analysis  
skin disorders  
AIDS and hepatitis

### **Makeup**

color theory  
contoured and classic makeup  
    applications  
dramatic and subtle looks  
lash application  
photoshoots

### **Plant Aromaology™**

history of plant aromaology  
psychology of aroma  
therapeutic effect  
custom testing and blending  
methods of application

### **Facial Massage**

relaxation through massage  
detoxification massage for  
    lymphatic drainage  
basic touch  
facial massage

### **Clinic Practice**

clinic set-up  
sanitation  
time management  
daily goals

### **Treatments**

Aveda product systems  
facial treatments  
brow and lash tinting  
full body waxing  
methods of hair removal  
spa body treatments

### **Business of Being™**

cover letter and resume writing  
interview techniques  
employee benefits and wages  
job requirements  
responsibilities of employment  
goal-setting/personal development  
team building  
communication/effective listening  
time management  
client retention  
retail strategies  
marketing  
incentives  
state and federal tax  
nutrition  
yoga & pilates classes