GAVILAN COLLEGE
5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

COURSE: COS 220 DIVISION: 50 ALSO LISTED AS:

TERM EFFECTIVE: Fall 2025 CURRICULUM APPROVAL DATE 03/11/2025

SHORT TITLE: SCIENTIFIC SKN CARE

LONG TITLE: Scientific Skin Care - Esthetics

Units	Number of Weeks	Type	Contact Hours/Week	Total Contact Hours/Units
8.5	18	Lecture:	4	72 / 4 Units of Lecture
		Lab:	13.5	243 / 4.5 Units of Lab
		Other:	0	0
		Total:	17.5	315

Out of Class Hrs:	144.00
Total Learning Hrs:	459.00

COURSE DESCRIPTION:

An introductory course designed to provide the skills necessary to be employed as an Esthetician (Facialist). Skills taught include skin care and treatment, cosmetics, and the use of electrical modalities. REQUIRED: 17 years of age, completed 10th grade or equivalent, needed to be eligible for State Board of Barbering and Cosmetology examination.

PREREQUISITES:
17 years of age, completed 10th grade or equivalent, needed to be eligible for State Board of Barbering and Cosmetology examination.

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES
L - Standard Letter Grade

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:
02 - Lecture and/or discussion
03 - Lecture/Laboratory
04 - Laboratory/Studio/Activity

04A - Laboratory - LEH 0.65

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Develop and perform a course of treatment based on skin analysis.
2. Evaluate and prepare the Sanitary Maintenance Area (SMA) according to state board requirements, based on the clinical service to be performed.
3. Select the proper modalities to give a complete facial, including cosmetics, utilizing the Woods Lamp and various other machines.
4. Describe and explain the fundamentals of the theory of anatomy as it relates to esthetics.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Acquire the product knowledge of cosmetics for proper selection and application for treatments
2. Develop an understanding and the skill requirements necessary in the skin care profession.
3. Comprehend and proper use of electrical modalities in facial treatments.
4. Follow all State Board rules and regulations at all times.

COURSE CONTENT:

Curriculum Approval Date 03/11/2025

LECTURE CONTENT:

4.12 Hours

Content: Orientation and overview of course objectives. Introduction to Esthetics and Spa Therapies including career options, its history, and the future of the profession.

Introduction to scientific skin care massage techniques. Hygiene and sanitation methods discussed. Presentation on the history of beauty, including the cosmetics used in different eras.

4.12 Hours

Content: Lecture on the anatomy and physiology of skin, including skin function, the layers of the skin, cell physiology and biochemistry.

4.12 Hours

Content: Presentation on the anatomy of a facial (part I). Products, procedures, analysis and consultations will be discussed.

4.12 Hours

Content: Introduction/lecture on various massage techniques. Molding will also be presented.

4.12 Hours

Content: Lecture on the anatomy of a facial (part II).

.4.12 Hours

Content: Lecture on client relations and ethics. The rights and obligations of estheticians will be discussed.

4.12 Hours

Content: Introduction to skin care machines. Their purpose and the proper use of each modality will be presented.

4.12 Hours

Content: Lecture on post consultation and home care as well as closing consultation and home care products.

4.12 Hours

Content: Presentation on skin types and conditions, skin analysis, and health screening.

4.12 Hours

Content: Presentation on professional products. The theory of botanical ingredients used to enhance the present state of the skin will be discussed.

4.12 Hours

Content: Discussion on the operation of a skin care salon. Information provided on shop management, the physical arrangement of treatment rooms, and the selling of retail products.

4.12 Hours

Content: Lecture on the Cosmetology State Board rules and regulations.

4.12 Hours

Content: Introduction to light therapy. The uses of dermal lights for facial and skin health purposes will be discussed. Red, white, and blue light therapy will be presented.

4.12 Hours

Content: Lecture on bacteriology, sanitation, anatomy, and the safety precautions related to skin conditions.

4.12 Hours

Content: Introduction to cosmetic chemistry, composition, and the purpose of cosmetics as skin preparations. Review of material presented in lecture.

COURSE CONTENTCONTINUED):

LECTURE CONTENT(CONTINUED):

4.12 Hours

Content: Introduction to make-up technology. A contemporary perspective for a professional application will be discussed.

4.12 Hours

Content: Introduction to lash and brow tinting and brow arching.

2 HOURS

Written Final.

COURSE CONTENTCONTINUED):

LAB CONTENT:

14.18 Hours

Content: Practical application by students of massage techniques.

14.18 Hours

Content: Presentation on skin glands, their function and skin disorders. Introduction to manipulations. Student application.

14.18 Hours

Content: Presentation on the preparation of pads used for cleansing and their use in masks and massages. Also deep cleansing treatment. Student participation in preparation of pads.

14.18 Hours

Content: Students will practice at least two different massage techniques. Molding will be demonstrated and practiced.

14.18 Hours

Content: Presentation on masks, packs, gommage, compresses, and peels. Students will practice the application and removal of masks, packs, gommage, and compresses. Peels will also be practiced.

14.18 Hours

Content: Class will participate in role playing of a client's first appointment. The proper approach will be discussed. In addition, analysis of skin conditions will be practiced. This would include the categories of: dry, couperose, imperfections, acne, blemishes, comedones, and dehydration.

14.18 Hours

Content: Presentation on the safety and sanitation of skin care machines. Students will have the opportunity to use the various machines.

14.18 Hours

Content: The benefits and selection of cosmetics for one's skin type will be discussed. The focus will be on biogenic products. Application of these products will be performed.

14.18 Hours

Content: Demonstration on the use of the high frequency machine, galvanic currents, and polarity of ampoules. Student application.

14.18 Hours

Content: Demonstration on the professional application of a botanical line.

14.18 Hours

Content: Review of information presented in lecture. Students will set up a mock salon. They will also continue to practice the skills presented to date.

14.18 Hours

Content: Practical application by students of skills provided throughout the class.

14.18 Hours

Content: Practical application of light therapy by students. They will also continue to apply skills learned to date on clients and/or mannequins.

14.18 Hours

Content: Continued discussion on skin conditions and their relationship to genetic factors, improper sanitation, and bacteria intrusion. Application by students of these conditions through skin analysis.

14.18 Hours

Content: Practical application of cosmetics by students on mannequins and/or live models.

14.18 Hours

Content: Demonstration of the use of cosmetics to develop art as a skilled technique. Student application.

14.18 Hours

Content: Practical application by students of material presented in lecture.

2 HOURS Final Exam.

METHODS OF INSTRUCTION:

Lecture, Demonstration, Audio-Visual Presentations, Guest Speakers

OUT OF CLASS ASSIGNMENTS

Required Outside Hours 40

Assignment Description

HW: Research and make a comprehensive report on the history of esthetics. HW: List the important factors to remember during the client's first visit. HW: In an essay form, list the cosmetics that would be used for oily, aged, acne, and blemished skin.

Required Outside Hours 52

Assignment Description

Complete practical and theory workbook after reviewing appropriate chapter in text/reviewing notes.

Required Outside Hours 52

Assignment Description

Read appropriate chapter(s) in textbook and complete assignment(s).

METHODS OF EVALUATION:

Writing assignments

Evaluation Percent 25

Evaluation Description

Written homework;

Lab reports

Skill demonstrations

Evaluation Percent 50

Evaluation Description

Performance exams

Objective examinations

Evaluation Percent 25

Evaluation Description

Multiple Choice;

True/False;

Matching Items;

Completion

REPRESENTATIVE TEXTBOOKS:

Milady Standard Esthetics Fundamentals Exam Review and State Board review book., Gerson, Joel, CENGAGE Learning, 2019.

Milady Standard Esthetics Fundamentals Workbook, Linda, Amato, CENGAGE Learning, 2020 or a comparable textbook/material.

ISBN: 978-1-3370-9504-4

Rationale: This is the latest edition of our textbook

Milady Standard Esthetics Fundamentals textbook, Linda, Amato, CENGAGE Learning, 2020 or a comparable textbook/material.

ISBN: 978-1-337-09502-0

Rationale: newest edition of Esthetics text book

Milady Standard Esthetics Standards Foundations workbook, Linda, Amato, CENGAGE Learning, 2020 or a comparable textbook/material.

ISBN: 978-1-337-09527-3

Rationale: newest edition of Esthetics text book

Milady Standard Foundations, Linda, Amato, Cengage Learning, 2020 or a comparable textbook/material.

ISBN: 978-1-337-09525-9

Rationale: newest edition of Esthetics text book

ARTICULATION and CERTIFICATE INFORMATION

CSU TRANSFER:

Not Transferable

UC TRANSFER:

Not Transferable

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: C

Course Control Number: CCC000562977

Sports/Physical Education Course: N

Taxonomy of Program: 300700

CIP: 120401