

Beauty Educators

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CE At Home- Skin



Continuing Education at your Convenience!

Course Name: CE At Home for Skin Care Professionals
Course Number: SC 092026 Hours: Eight (8)

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The Ohio State Board of Cosmetology has approved both at home and online training for license renewal for the renewal period ending on January 31, 2011. This course is approved for eight (8) hours of continuing education for Cosmetologists!

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CONTINUING EDUCATION AT HOME ESTHETICIAN or COSMETOLOGIST

Dear Colleague:

Thank you for your interest in our 8-hour at home course. For over 20 years, Inner State Beauty School has been dedicated to providing the highest standard of on-site cosmetology education. More than 3,500 students have received their beauty licenses through this institution, entering the field with endless opportunities for fulfilling, rewarding career options. In addition, we have been offering on-site continuing education classes since 1996. With today's busy schedules, taking a correspondence course from the comfort of your own home is an appealing option for many beauty professionals. Like all of our course offerings, this course is approved by the Ohio State Board of Cosmetology.

To take this course:

1. Simply read each of the eight sections, complete the final exam at the end of the course and fill out the course evaluation. Each section includes a practice test to help you prepare for the final exam.
2. Mail the completed Final Examination sheet along with the Course Evaluation to us with the test fee of \$19.95.
3. A score of 75% or higher will guarantee that you receive 8 hours of continuing education for your license renewal. You will receive your results by mail.

You may take this course if you have a Esthetician or Cosmetology license.

Thank you for your interest in the Inner State Beauty School at home course. I hope you find this a convenient, cost effective alternative to on-site continuing education. Please contact us if you have any questions.

Sincerely,

Heather Walczak

Heather Walczak

Director of Continuing Education

Inner State Beauty School... the beauty educators!

TABLE OF CONTENTS

SECTION 1

Cosmetic Chemistry.....	2
Section 1 Practice Test.....	4

SECTION 2

Skin Care Disorders and Diseases.....	5
Section 2 Practice Test.....	12

SECTION 3

Skin Analysis.....	12
Section 3 Practice Test.....	14

SECTION 4

The Treatment Room.....	15
Section 4 Practice Test.....	17

SECTION 5

Facial Massage.....	18
Section 5 Practice Test.....	20

SECTION 6

Basic Facials and Treatments.....	20
Section 6 Practice Test.....	25

SECTION 7

Hair Removal.....	26
Section 7 Practice Test.....	32

SECTION 8

The World of Makeup.....	32
Practice Test.....	38

FINAL EXAM QUESTIONS.....	39
---------------------------	----

ANSWER SHEET.....	41
-------------------	----

COURSE EVALUATION.....	42
------------------------	----

SECTION 1

COSMETIC CHEMISTRY

(1 credit hour)

General

The esthetician must have a general knowledge of chemistry to understand how different products and cosmetics affect their client's skin. Cosmetics, makeup and skin care products are all made of chemicals. The skin itself is made of chemicals. A clear understanding of how the skin and skin care products work together will help the esthetician choose the most effective products for the client.

Chemistry

Chemistry is the science of the composition, structure and properties of matter. Matter changes under different conditions such as changes in temperature. Knowledge of chemistry helps the esthetician understand how cosmetics might change under different circumstances or conditions.

Organic chemistry is the study of matter that contains carbon. All living things contain carbon. Organic substances are or were once living things. Fabrics, pesticides, gasoline, and plastics are all organic because they are produced from natural gas and oil. Organic compounds will burn.

Inorganic chemistry is the study of compounds that do not contain carbon. Things such as metal, minerals and water are inorganic substances. Inorganic chemicals do not burn.

Matter

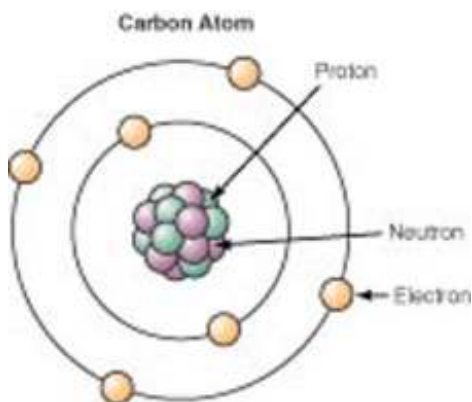
Matter is anything that occupies space and has mass. Unlike light or sound, matter has physical properties.

Elements

Elements are the simplest form of matter. They cannot be broken down into any simpler substance without change. The periodic table of elements identifies the elements by symbols. Elements include more than 90 substances including hydrogen, carbon, silver, gold, iron and potassium.

Atoms

Elements are made up of atoms. Atoms are the tiniest particles from which all matter is composed. Atoms are made up of protons, neutrons and electrons and cannot be broken down by ordinary chemical reactions.



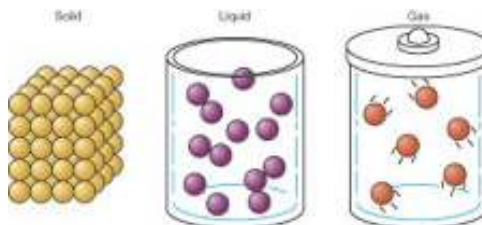
Atoms Consist of Protons, Neutrons and Electrons

Molecules

Molecules are made up of two or more atoms. They can be classified into compound or elemental molecules.

States of Matter

The states of matter include solid, liquid and gas. Temperature determines the state of matter. Solids have a size and shape. For example, ice is water in a solid state of matter. Water must be below freezing temperature to exist in ice form. Liquids have size but not shape. Water is a liquid shape and exists only in a range of temperatures. Gases have no definite shape or volume. Steam is water in the form of gas. Steam can only exist at a temperature above 212 degrees Fahrenheit.



States of Matter include Solid, Liquid & Gas

Physical and Chemical Properties

Chemicals can be identified by their physical and chemical properties. Physical properties can be determined without a chemical reaction. They include color, odor, weight, density, specific gravity, melting point, boiling

point and hardness. Chemical properties are determined by a chemical reaction such as burning or rusting, and result in a chemical change in the identity of the substance.

Properties of Common Elements, Chemical Compounds and Physical Mixtures

Estheticians should understand why certain cosmetic products act the way they do, and how they react on the skin. Chemical compounds are a combination of two or more atoms of different elements united chemically with a fixed chemical composition, definite proportions and distinct properties. Understanding the physical mixtures of specific chemical compounds helps the esthetician understand how cosmetics can react on the skin.

Hydrogen is the lightest of all elements and exists in gas form. Hydrogen is both flammable and explosive when mixed with air.

Oxygen is also a gas, and is the most abundant element on earth. It combines with most other elements and support combustion.

Nitrogen is also a gas and is part of the air in our atmosphere.

Air is essential to all plant and animal life and is the gas mixture that makes up the earth's atmosphere. It is made up of oxygen and nitrogen.

Water makes up about three quarters of the earth's surface and much of the human body. It is essential to the survival of humans.

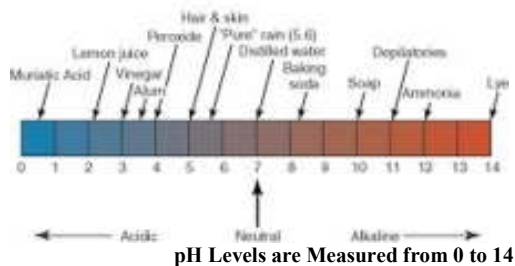
Hydrogen peroxide is made of hydrogen and oxygen and comes in the form of a liquid. It can be used as an antiseptic and is an essential ingredient in hair coloring.

Potential Hydrogen (pH)

The pH of a substance is based on its degree of acidity or alkalinity and is measured on a scale of 0 to 14. Acids have a pH below 7 and alkalis have a pH above 7. Substances such as lemon juice and vinegar have a low, or acidic, pH while substances like ammonia and lye have an alkaline, pH.

The normal pH of skin is 5.5. The acid mantle is a protective barrier on the skin that protects against bacteria and microorganisms. Low or

high pH levels can result in skin irritations and even chemical burns. An esthetician must understand the chemistry of products in order to make the proper selection of skin care products for skin type. For some skin types, even a slight variation in pH levels can cause skin irritation.



Chemical Reactions

Acid-alkali neutralization reactions and oxidation-reduction reactions are critical to how skin care products work.

Acid-alkali neutralization reactions occur when acid is mixed with alkali. In equal proportions they form water and salt.

Oxidation-reduction reactions are one of the most chemical reactions and involve the addition of oxygen to a substance. When oxygen is added to substance, the substance is oxidized. When oxygen is removed from a substance, it is reduced. Oxidation cannot happen without reduction. For example, when rust is formed, oxygen has been added to iron. At the same time, oxygen in the atmosphere has been reduced.

Combustion is the rapid oxidation of a substance and requires heat and light. Antioxidants are common ingredients in skin care products. They act as stabilizers and prevent oxidation which can spoil a product. Free radicals are super oxidizers that cause oxidation reactions and produce other free radicals in the process. Antioxidants neutralize free radicals preventing oxidation from occurring.

Chemistry in Cosmetics

Most products used by estheticians include solutions, suspensions and emulsions.

Solutions are uniform mixtures of two or more mutually mixable substances. A solute is a

substance that is dissolved by a solvent to form a solution. Miscible liquids are mutually soluble. Immiscible liquids are not mutually soluble. Water and oil are examples of immiscible liquids. Solutions do not separate on standing and are usually transparent. Salt water is a solution.

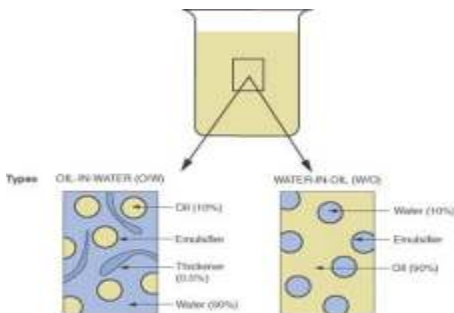
Suspensions are uniform mixtures of two or more substances. Typically, suspensions are made up of larger particles that can be seen with the naked eye. Oil and vinegar salad dressing is an example of a suspension, because particles of oil are visible.

Emulsions are suspensions of unstable mixtures that can be mixed with the aid of an emulsifier. Over time, emulsions can become unstable and separate.

Surfactants are used to create an emulsion. Surfactants dissolve in oil and water and join them together to form an emulsion. Most skin care products are emulsions of oil and water. Skin moisturizers contain oil that smoothes and protects the surface of the skin while water restores the moisture of the skin.

Oil-in-Water emulsions are droplets of oil in water. Typically, oil-in-water emulsions contain more water than oil. Most lotions and creams are oil-in-water emulsions including body washes, skin cleansers and moisturizers.

Water-in-oil emulsions consist of small droplets of water dispersed in oil. Typically, they consist of a large amount of oil and a smaller amount of water. They are also heavier and greasier in feel than oil-in-water emulsions. Cold creams, cleansing creams, massage creams and baby creams are all examples of water-in-oil emulsions.



Most Skin Care Products are Emulsions of Oil-in-Water

PRACTICE TEST – SECTION 1

All answers to the following practice test can be found in the text of Section 1.

1. Elements are the simplest form of matter.
True False
2. Hydrogen is the heaviest of all elements.
True False
3. Lemon juice has a highly alkaline pH.
True False
4. Physical properties include color, odor and weight.
True False
5. Ice is water in liquid form.
True False
6. Examples of water-in-oil emulsions include lotions and skin cleansers.
True False
7. A suspension is a uniform mixture of two or more substances.
True False
8. All skin types can handle skin care products with a wide range in pH levels.
True False
9. Oxidation cannot happen without reduction.
True False
10. Oil-in-Water emulsions generally contain more water than oil.
True False

SECTION 2

SKIN CARE DISORDERS & DISEASES

(1 credit hour)

General

Estheticians can educate and help clients with many common skin concerns. That is why it is important they are knowledgeable about skin disorders and diseases. However, they may not diagnose or treat beyond their scope of practice, and should never perform services on clients who have contagious or infectious diseases.

Dermatology and Esthetics

A dermatologist is a physician who treats skin disorders and diseases. Estheticians are not licensed to diagnose skin conditions, disorders or diseases, and should never work on any skin condition they do not recognize. Refer clients to a physician if it appears a client has a disorder or disease that needs medical attention. Estheticians can help clients with common conditions such as mild acne or sensitive skin. Caution and strict sanitation practices are imperative when working with skin disorders.

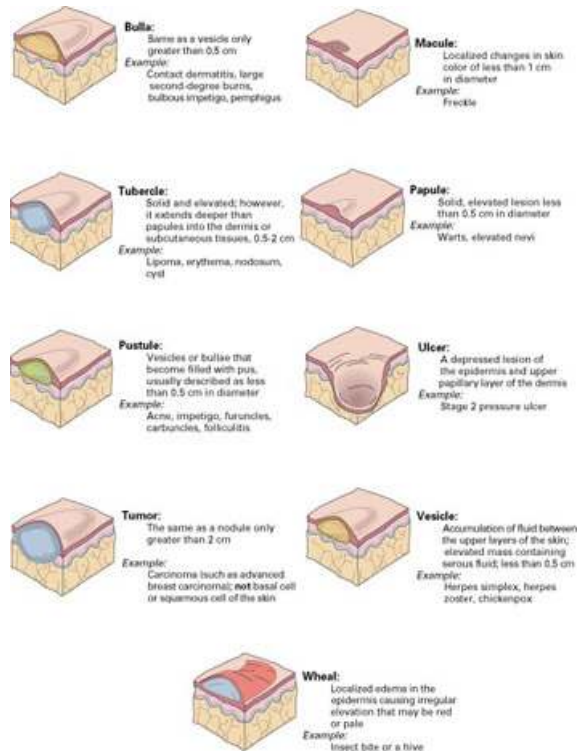
Lesions

Any mark or abnormality is described as a lesion. Lesions can be categorized into primary, secondary and tertiary, or vascular, lesions.

Primary Lesions are typically in the early stages of development or change.

1. **Bulla.** A large blister containing watery fluid.
2. **Cyst.** A closed abnormally developed sac containing fluid, infection or other matter above or below the cyst.
3. **Macule.** A flat spot or discoloration on the skin such as a freckle.
4. **Nodule/Tumor.** Small bumps caused by conditions such as scar tissue, fatty deposits or infections.
5. **Papule.** A small elevation on the skin that contains no fluid but may develop into a pustule.

6. **Pustule.** An inflamed papule with a white or yellow center containing pus, a fluid consisting of white blood cells, bacteria and other debris produced from an infection.
7. **Tubercle.** An abnormal rounded solid lump, larger than a papule.
8. **Tumor.** A large nodule; an abnormal cell mass resulting from excessive cell multiplication, varying in size, shape and color.
9. **Vesicles.** A small blister or sac containing clear fluid. Poison ivy and oak cause vesicles.
10. **Wheal.** An itchy, swollen lesion caused by a blow, insect bite, skin allergy reaction or stings. Hives and mosquito bites are wheals.

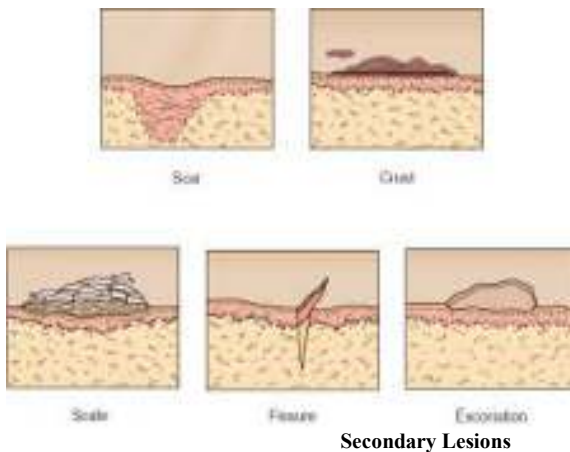


Primary Lesions

Secondary Lesions are lesions in the secondary stage of disease.

1. **Crust.** Dead cells formed over a wound or blemish while healing.
2. **Excoriation.** A skin sore or abrasion produced by scratching or scraping.
3. **Acne excoriee.** A condition where clients scrape of acne lesions, causing scarring.

4. **Fissure.** A crack in the skin caused by chapping. Common on lips and hands.
5. **Keloid.** A thick scar resulting from excessive growth of fibrous tissue.
6. **Scale.** Shredding of dead or flaky skin cells. Dandruff and psoriasis are examples of scale.
7. **Scar.** Light-colored, slightly raised mark on skin formed after an injury or lesion has healed.
8. **Ulcer.** An open lesion on the skin accompanied by pus and loss of skin depth. Often due to infection or cancer.



Sebaceous (Oil) Gland Disorders

1. **Acne.** A chronic inflammatory skin disorder characterized by comedones and blemishes. Also known as acne simplex or acne vulgaris.
2. **Asteatosis.** Dry, scaly skin from sebum deficiency due to aging, body disorders, alkalies of harsh soaps or cold exposure.
3. **Comedone.** A non-inflamed buildup of cells inside follicles. An open comedone is a blackhead. Closed comedone is a whitehead.
4. **Furuncle** is a subcutaneous abscess filled with pus. Also known as boils, they are caused by bacteria in glands or hair follicles.
5. **Carbuncles** are groups of boils.
6. **Milia** are also called whiteheads and consist of pearl-like masses of sebum and dead cells under the skin with no visible opening. They can form in dry skin types after trauma or exposure to

UV radiation. They usually form around the eyes, cheeks and forehead.

7. **Seborrhea** is severe oiliness of the skin.
8. **Seborrheic dermatitis** is caused by an inflammation of the sebaceous glands. Red, flaky skin often appears in the eyebrows, scalp and hairline. It can be treated with cortisone creams. Severe cases should be referred to a dermatologist.
9. **Steatoma** is a sebaceous cyst of subcutaneous tumor filled with sebum and ranging in size from a pea to an orange. Often appears on scalp, neck and back.

Disorders of the Sudoriferous (sweat) Glands

1. **Anhidrosis** is a deficiency in perspiration due to failure of the sweat glands. Medical attention is required.
2. **Bromhidrosis** is foul-smelling perspiration found in the armpits or on the feet. It is caused by bacteria and yeast that break down the sweat on the surface of the skin.
3. **Hyperhidrosis** is excessive perspiration caused by heat, genetics or body weakness. Medical treatment is required.
4. **Miliaria rubra** is also known as prickly heat. It is an acute inflammatory disorder of the sweat glands and results in the eruption of red vesicles and burning, itching skin from excessive heat exposure.

Inflammation of the Skin

1. **Atopic Dermatitis** is a rash resulting in redness, itching and dehydration of the skin. Lotions and humidifiers keep the skin hydrated while the use of cortisone creams or lotions can relieve the symptoms.
2. **Contact dermatitis** is an inflammatory skin condition caused by contact with a substance or chemical. The irritant can be makeup, detergents, dyes or fabrics that cause red, itchy irritated skin. Wearing gloves or protective creams while working with irritating substances can help prevent the condition.

3. **Dermatitis** is an inflammation of the skin. It can come in many forms including lesions, eczema, or lesions.
4. **Eczema** can be an acute or chronic skin disease resulting in painful inflammation and itching and dry or moist lesions. **Seborrheic dermatitis** is a form of eczema that affects oil areas of the skin. Avoid contact and skin care treatments if a client has eczema. The condition should be referred to a physician.



Eczema

5. **Edema** is swelling from a fluid imbalance and can occur as a response of injury or infection.
6. **Erythema** is redness caused by inflammation.
7. **Folliculitis** is ingrown hair that causes a bacterial infection. This condition is common in men and usually occurs from shaving. Razor bumps without pus or infection are called **pseudofolliculitis**.
8. **Pruitis** is the medical term for itching.
9. **Psoriasis** is caused by a proliferation of skin cells. It is characterized by red patches covered with a white or silver scaly appearance. It is often found on the chest, lower back, scalp, elbows or knees.
10. **Rosacea** occurs on the cheeks and nose and is characterized by redness and a dilation of blood vessels. Pustules and papules may appear. Though the cause is not known, this chronic condition is aggravated by spicy foods, alcohol, caffeine and exposure to heat or sun. Stress can also make the condition worse.

Calming or soothing treatments will decrease inflammation.

11. **Telangiectasia**, also known as couperose skin, is a vascular lesion. Damaged capillaries and blood vessels become larger and visible.
12. **Urticaria** is an allergic reaction resulting in hives.

Allergic Contact Dermatitis

Normally the immune system protects people from pathogens and disease. Allergic reactions are caused by repeated direct skin contact to an allergen. During an allergic reaction, the immune system mistakes a harmless substance for a toxic one and reacts accordingly. A severe reaction can be life threatening and result in anaphylactic shock.

Allergic reactions are caused by repeated exposure to an allergen. The process, called sensitization, can take several exposures, months or years.

Cosmetologists can develop allergies to chemicals used in the salon such as hair dyes, detergents, creams, etc. Some allergies may be inherited, and some people can be exposed to allergens and never develop allergies.

Irritant Contact Dermatitis

Some irritant reactions occur within a few hours of contact while other can take months or years to develop. Chemical or caustic substances can be irritants and result in the immune system flooding the affected area with fluid to dilute the substance. The fluid causes swelling. Histamines are released by the bloodstream and enlarge the vessels around the affected site. This can cause redness, warmth and itching. Damaged or scaly skin can result. Repeated contact with the irritant can cause lasting damage, but avoiding repeated contact with the irritant relieves the skin and allows it to repair itself.

Pigmentation Disorders

Abnormal pigmentation, or dyschromia, can be genetic or caused by external factors such as sun exposure or drugs and medications. Exposure to sunlight is the biggest external cause of pigmentation disorders and can make existing problems

worse. **Hyperpigmentation** is the overproduction of pigment and **hypopigmentation** is the lack of pigment.

Hyperpigmentation

1. **Chloasma** is an increased pigmentation resulting in liver spots.
2. **Hyperpigmentation** is an overproduction of pigment and can be caused by sun exposure, acne or medication.
3. **Lentigo/Lentigenes** are single or multiple freckles. Patches of freckles are macules.
4. **Melasma** is another term for hyperpigmentation and can have a mask-like appearance. It is triggered by hormonal changes such as pregnancy. Some discolorations can fade with time.
5. A **nevus** is a birthmark or mole.
6. **Stains** are brown or wine discolorations and can occur with certain diseases. Port wine stains are vascular birthmarks and have a reddish or purplish appearance.
7. Tanning is a change in pigmentation caused by exposure to the sun. Melanin is produced in order to protect the body against sun-damaging rays causing the skin to darken and tan.

Hypopigmentation

1. **Albinism** is the absence of melanin in the body including in the hair, skin and eyes. People with this condition are sensitive to light and are at risk for cancer.
2. **Hypopigmentation** is the lack of pigment in the skin.
3. **Leukoderma** are light, abnormal patches caused by a congenital disease. Both vitiligo and albinism are leukodermas.
4. **Vitiligo** are white spots on the skin from lack of pigment and can worsen as people age or are exposed to sunlight.

Hypertrophies

1. **Hypertrophy** is an abnormal growth that may be benign or malignant. Malignant growths can be dangerous or cancerous.

2. **Keratoma** is a thickened area of skin that results in a callus or corn.
3. **Keratosis** is an abnormally thick buildup of cells.
4. **Hyperkeratosis** is a thickening of the skin caused by a mass of keratinized cells. Some of these can be precancerous and should be checked by a dermatologist.
5. **Moles** are spots that can be flat or raised and range in color from light tan to bluish black. Changes in the shape or color of a mole should be checked by a physician. Hair should not be removed from a mole unless by a physician.
6. **Skin tags** look like flaps of skin and are common under the arms or on the neck.
7. A **verruca** is a wart caused by a virus. Practitioners should wear gloves and avoid contact with warts. They are infectious and contagious.

Skin Cancer

Skin cancer is caused by damage to DNA and the risk is increased with repeated sun exposure. Tumors form when cells begin to divide rapidly and unevenly.

Early detection is important in skin cancer. With early detection, abnormal growths can be removed. It is important for estheticians to recognize the signs and symptoms of skin diseases, particularly cancer, so that they can refer their clients to physicians for treatment. Never speculate on a skin disorder, simply suggest the client seek medical advice for proper diagnosis. All clients should be screened for skin cancer on a yearly basis by their physicians.

Skin Cancer and Sun Exposure

1. Melanoma is the fastest rising cancer and kills 8,000 people every year.
2. More than 90% of all skin cancers are caused by sun exposure.
3. Only 33% of the population uses sunscreen.
4. The risk of skin cancer doubles if a person has had five or more sunburns in their lifetime, or had a single severe sunburn as a child.
5. Most parents do not use sunscreen properly on their children or properly

- protect their children with hats or clothing.
6. Eighty percent of lifetime sun exposure occurs before age 18.
 7. Most people diagnosed with melanoma are white males over age 50.
 8. Men over 40 spend the most time outdoors and have the most exposure to UV radiation.
 9. Skin cancer has tripled in women under age 40 in the past 30 years.
 10. Skin cancer kills more women in their late 20s and early 30s than breast cancer.
 11. Nearly 30 million people in the U.S. tan indoors with UVA radiation exposure.
 12. The effects of photoaging from sun or indoor tanning can be seen as early as age 20 or before.
 13. UV rays pass through clouds and window glass.
 14. There is no safe way to tan.

Types of Skin Cancer

Basal cell carcinoma is the most common and least severe of all skin cancers. The nodules appear as light, pearly nodules and can be easily removed via surgery or medical procedures.



Basal Cell Carcinoma

Squamous cell carcinoma appears as red or pink scaly papules or nodules. They can be characterized by open sores that do not heal and bleed easily. Squamous cell carcinoma can spread to other areas of the body.

Malignant Melanoma is the most serious form of skin cancer. Black or dark moles or spots on the skin may be uneven in

texture, jagged or raised. They may also be tan or white in appearance. They are asymmetrical and have uneven borders. The spots are often found on the feet, toes or legs. This deadly disease can spread throughout the body and to internal organs. The following changes to a mole are important to note as they may indicate malignant melanoma:

- A. Asymmetry
- B. Border
- C. Color
- D. Diameter
- E. Evolution

Any of the above changes to an existing mole should be examined by a physician.



Malignant Melanoma

Contagious Diseases

Infectious, contagious or communicable diseases are easily spread from person to person. An esthetician should never perform a service on anyone with a contagious disease and should refer the client to a physician.

Bacterial conjunctivitis is commonly known as pink eye and is highly contagious.

Herpes simplex virus 1 is indicated by fever blisters or cold sores and is a recurrent infection. Blisters often appear on the lips or nostrils.

Herpes simplex virus 2 is genital herpes. Waxing, peels and other stimuli can encourage breakouts of genital herpes. Clients with current herpes lesions should not be treated.

Herpes zoster or **shingles** is a painful skin condition from the chickenpox virus. It appears as groups of blisters that form a rash.

Impetigo is a contagious skin condition that is often seen in children. It is characterized by small blisters or lesions.

Tinea is a fungal infection. **Tinea pedis**, also known as athlete's foot, is a fungal infection of the skin on the foot.

Tinea versicolor is a fungal infection that inhibits melanin production. Hypopigmentation, or white patches, can be treated with an antifungal cream. It is not contagious but high humidity and summer heat can stimulate the condition.

Verruca are **warts**. Warts are caused by a virus and can be spread from person to person. To avoid infection wear gloves and avoid contact with the wart.

Acne

Acne can be a severe skin problem. It is a disorder of the sebaceous, or oil, glands and is characterized by comedones and blemishes. It is often triggered by hormonal changes and usually appears during puberty.

Acne can range from mild to severe. The worst cases cause scarring and disfigurement. It can be controlled with medication by a dermatologist. An esthetician can also improve the appearance and severity of mild acne through skin treatments and skin care regimes.

Causes of Acne

Acne is caused by genetics, clogged pores and bacteria. Flare-ups can be triggered by stress, hormones, cosmetics, food, and skin care products.

Retention hyperkeratosis is a condition in which dead skin cells do not shed from the follicles as they do on normal skin. Sebum buildup can also cause cell buildup and plugs in the follicles. Comedones are formed from the buildup and are the beginning of acne problems. Some pores also have openings which are too small to let impactions out.

There are two types of pores, one is a follicle and the other is a sudoriferous pore. The entire follicle that includes the hair, hair shaft,

sebaceous gland and the duct is called the pilosebaceous duct. The hairless sebaceous follicle is the main type of follicle involved in acne.

Sebaceous filaments are solidified impactions of oil without cell matter. The filaments block the follicle and can cause acne breakouts, particularly on the nose.

Bacteria in the follicles are anaerobic and cannot live without oxygen. Follicles that are blocked with sebum and dead skin buildup do not allow oxygen to reach the bottom of the follicle and bacteria grow. Redness and inflammation develop as the bacteria grow and pressure is exerted on the follicle wall. If the wall ruptures, it becomes infected and debris spill into the dermis causing papules. **Papules** are red, inflamed lesions caused by the process of bacterial infection. Infected papules cause **pustules** that are filled with fluid and dead white cell buildup.

Cysts are nodules that form and contain deep pockets of infection. Hardened tissue forms around the infection to stop the spread of bacteria and can cause scarring. Cystic acne can only be treated by a physician.

Acne Triggers

Male **hormones** called androgens stimulate the sebaceous glands. High levels of the male hormone testosterone can cause an increase in oil production. These hormones increase during puberty when teen acne first starts to appear. Females are more likely to suffer from adult acne. Women are likely to have hormonal changes due to birth control pills, pregnancy, premenstrual changes, and menopause. All of these can lead to acne for women. Hormonal acne is commonly seen on the chin.

Stress often causes hormonal changes and can result in increased sebum production. Androgen, a male hormone, is often produced during times of stress. This hormone stimulates the sebaceous, or oil, glands and can result in acne.

Cosmetics and other ingredients may aggravate acne or clog pores and irritate the follicles. Comedogenic ingredients such as emollients and creams can cause cell buildup.

Moisturizers and sunscreens should be oil-in-water types that do not irritate the skin.

Food may not trigger acne but poor eating habits can affect many of the bodies' functions. Excess salts, cheese, processed and packaged foods may irritate acne as excess iodides are excreted through the pores and may irritate them. Though opinions differ on how some foods may trigger acne, eating a healthy with lots of fresh fruits and vegetables seems to help those with acne experience fewer breakouts.

Irritations such as rubbing or touching the face, coming in contact with a phone or wearing hats or headbands may cause breakouts. Dirty pillows or makeup brushes can also transfer bacteria to the face. Encouraging clients to keep hands away from their face and keeping any items that touch the face clean may help reduce acne breakouts. Swelling from heat, sweating and humidity can also cause pores to close and get blocked. Other irritants that can increase acne outbreaks include drugs. Steroids and hormonal drugs such as birth control can also trigger acne.

Grades of Acne

Acne can be categorized into different severity levels based on the number of lesions and cysts present on the skin.

Grade I acne is characterized by a few comedones and papules.

Grade II is acne with many closed comedones, open comedones and some papules and pustules.

Grade III acne has many comedones, papules and pustules. Some areas of the skin are red and inflamed.

Grade IV is cystic acne. Cysts, papules, pustules and inflammation are present. Scar formation from tissue damage is common.



Grade IV Acne

Treating Acne

Good skin care and proper nutrition can help clients with acne. Estheticians can also educate their clients on acne triggers and proper skin care. Physicians may prescribe a variety of medications to treat acne, particularly Grades III and IV.

1. Tretinoin or Retin-A® is a topical agent that can be drying, cause redness and irritation. It is a peeling agent that flushes follicles.
2. Clindamycin is a topical antibiotic that kills bacteria. This can be drying to the skin.
3. Adapalene or Differin® is a peeling agent that can cause drying, redness and irritation.
4. Tazarotene or Tazorac® is a retinoid peeling agent that often causes redness, drying and irritation.
5. Azelaic acid or Azelex® is a topical agent that flushes follicles. Like other acne medications, it causes drying, redness and irritation.
6. Accutane® is an oral medication that can cause dryness to the skin, depression and other health problems including birth defects.

SECTION 3 SKIN ANALYSIS (1 credit hour)

PRACTICE TEST - SECTION 2

All answers to this Practice Test can be found in Section 2.

1. It is safe for an esthetician to perform service on a person with a contagious disease as long as they wear gloves.
True False
2. A dermatologist is a physician who treats skin disorders and diseases.
True False
3. Moles that change in shape, size or color should be ignored.
True False
4. The sebaceous gland is also known as the oil gland.
True False
5. One severe sunburn as a child doubles the risk of skin cancer.
True False
6. Eczema is a condition easily treated by an esthetician.
True False
7. Hypopigmentation is the over production of pigment in the skin.
True False
8. Contact dermatitis can be an allergic reaction to a chemical or allergen.
True False
9. Bullas, cysts and papules are secondary lesions.
True False
10. Skin cancer risk is increased with repeated sun exposure.
True False

General

Skin analysis is a very important part of the facial treatment and helps determine what type of skin the client has and what type of treatment is best for the client. A consultation allows the cosmetologist to ask the client questions about his/her health, skin care history and offer advice on skin care treatments and products.

Skin Types are Genetically Determined

Skin types are determined by genetics and ethnicity. Skin type is based on how much oil is produced by the sebaceous glands and can usually be determined by examining the T-zone. The T-zone is the area down the nose and chin extending up into the forehead. Dry, normal, combination, oily or sensitive types all require cleansing, exfoliating and hydrating.



The T-Zone

Dry Skin

Alipidic, or dry, skin does not produce enough oil. Dry skin can be indicated by nearly invisible follicles or pores. Dry skin lacks the protection of oil secretions and can be more sensitive. Occlusive products help hold in moisture and protect the skin.

Dry vs. Dehydrated Skin

Dehydrated skin lacks water. Dry skin lacks oil. Even oily skin can be dehydrated. Dehydrated skin may look thin or flaky and

may be described by the client as feeling tight or dry. Medications and products can dehydrate skin. Drinking plenty of water and hydrating the skin with moisturizers and humectants can help minimize the effects of dryness and dehydration.

Normal Skin

Normal skin can fluctuate between dry and oily, but generally has a good oil-water balance. The follicles or pores are a normal size and the skin is usually free of blemishes.

Combination Skin

Combination skin is characterized by an oily T-zone and dry, normal or flaky skin around the edges of the face. Combination skin needs to be balanced by deep cleansing and regular exfoliation. Water-based products work best.

Oily Skin

Oily skin is characterized by excess sebum (oil) production and larger pores. Oily skin is also prone to blemishes because the pores have a tendency to get blocked by oil and dead skin cells. Caution must be taken to avoid over-cleansing this type of skin. If the skin is stripped of too much oil, it can become irritated and unbalanced. To overcompensate, the skin produces more oil. Proper exfoliation and hydration will keep the skin clean and balanced.

Sensitive Skin

Sensitive skin is genetic and can be characterized by fragile, thin skin and redness. This type of skin is easily irritated by products and exposure to heat or sun. Treatments should be gentle and nonirritating. Excess rubbing, heat and strong exfoliation should be avoided. Soothing treatments should be the main goal.

The Fitzpatrick Scale

Dr. Thomas Fitzpatrick developed a scale to determine the skin's ability to tolerate sun exposure. Lighter skin types are generally more sensitive and reactive. Darker skin may be more resistant to sun, but may have other sensitivities. The scale ranges from Type I to Type VI. Type I is very fair with blond or red hair, light eyes and freckles, and always burns. Type VI is black skin that is rarely sun sensitive and tans easily.

Ethnic Skin

Ethnic skin contains more melanin than Caucasian skin types. Melanin varies in Blacks, Hispanics, Asian and Native Americans, but is greater in darker toned skin. Though ethnic skin types can be oily, they can also have special concerns and sensitivities. Black skin is prone to cell buildup and abnormal scarring. Though it has more melanin, it still needs protection from sun damage. Hyperpigmentation can also be a problem for darker skin types. Asian skin is often sensitive, but has great elasticity and firmness and does not show signs of aging as early as Caucasian skin. Asian skin should always wear sunscreen and avoid harsh exfoliating agents.

Skin Types vs. Skin Conditions

The most common skin conditions that an esthetician sees are adult acne, actinic aging, and problems from hormonal fluctuations. Other common concerns are dehydration, pigmentation disorders and rosacea.

Factors that Affect the Skin

Skin is affected by internal and external factors. Internal factors such as lifestyle, stress, dehydration, nutrition and hormones all affect the skin. Other internal factors include medications, smoking and the amount of sleep a person may be getting. External factors include environmental pollutants, misuse of products, air quality and home care.

Sunlight is a major external factor that can have devastating effects on the skin. The dosage of sun depends on the time of exposure and how strong the exposure is. Minimal erythemal dose (MED) describes how long it takes skin to redden from sun exposure.

Healthy Skin Habits

Sunscreen is one of the best preventative measures for protecting the skin. Proper home care and the use of ingredients such as antioxidants, peptides and alpha hydroxyl acids are all beneficial ingredients. A healthy diet, exercise and hydration are also important factors in skin health.

Contraindications

Legally, an esthetician cannot ask a client about contagious diseases, but he/she can list them on a questionnaire. It is important to

recognize disease to avoid harm to the client or the professional. Other contraindications include:

1. Use of Accutane® or other skin-thinning drug. Waxing, exfoliation and peeling treatments should be avoided.
2. Pregnancy can limit treatment. Electrical treatments, waxing and any other questionable treatment should be OK'd by the physician in writing.
3. Metal plates or pins negate the use of any electrical treatment.
4. Pacemakers or heart irregularities make electrical treatment dangerous.
5. Clients with allergies should be treated with fragrance free products designed for sensitive skin use. Avoid any substances listed by the client as an allergen.
6. Seizures or epilepsy are conditions which should never be exposed to light or electric treatments.
7. Oral steroids can make skin sensitive to waxing, exfoliating and stimulating massage.
8. Stimulating or harsh treatments can be dangerous if a client has Lupus or other autoimmune diseases.
9. Diabetes affects blood circulation and can cause problems with the feet and extremities. Check with physician when in doubt.
10. Blood thinners make skin sensitive to extraction and waxing.

Consultations, Client Charts and Health Screening

Consultation allows the esthetician to know about any contraindications prior to treatment. Other information such as lifestyle, habits and overall health can offer important insight into a client's skin type and need. Questions on a consultation should include:

1. Do you have any allergies to products or fragrances?
2. What brought you to the salon today?
3. What are your skin concerns?
4. What products do you currently use?
5. How does your skin feel during different times of day?

Performing an Analysis

1. Prepare the bed and room.
2. Set out supplies and products.

3. Prepare the client and cover the hair.
4. Look at client's skin with naked eye or magnifying light.
5. Cleanse the skin.
6. Use a magnifying light to closely examine the skin.
7. Look at the client's skin type, conditions, appearance and touch the skin to check texture.
8. Listen to the client while continuing to examine the skin.
9. Ask questions relating to the skin's appearance and client's health. Discuss the skin type and make product recommendations.
10. Choose products for treatment and home care.
11. Record information after treatment.
12. Clean the area.



Use a magnifying light to examine skin thoroughly

PRACTICE TEST – SECTION 3

All answers to the following practice test can be found in Section 3.

1. The Fitzpatrick Scale is a way to measure sunlight exposure.
True False
2. Alipidic skin is also known as dry skin.
True False
3. Oily skin is indicated by large pores and often appears shiny.
True False
4. Caucasian skin contains more melanin than ethnic skin types.
True False
5. Contraindications for treatment may include allergies or heart conditions.
True False

SECTION 4

THE TREATMENT ROOM

(1 credit hour)

Presentation

First impressions are important in any business setting. A positive attitude, professional appearance, and confident image are important and inspire trust and confidence in clients.

Professional Atmosphere

Having the proper equipment in a clean, professional atmosphere is part of the service a client expects. The room should be clean, professional and comfortable. Good quality equipment, clutter free room and organized products are all part of providing professional service.

Furniture & Equipment

1. Facial bed, chair or table for the client to recline on during service.
2. Esthetician's chair should have back support and rollers.
3. Towel warmer keeps towels and other products warm.
4. Magnifying lamp to analyze the skin and perform detail work.
5. Steamers are essential for warming and softening the skin.
6. Step stool allows clients to get on and off the bed easily. It should be safe and sturdy.
7. Utility cart holds tools and supplies.
8. Galvanic, high-frequency, brush, vacuum and spray machines.
9. Sanitizer for disinfecting tools and equipment.
10. Wax heater for warming wax or paraffin.
11. Covered waste container.
12. Closed, covered laundry hamper.
13. Sharps container.



Magnifying Lamp

The Dispensary

The dispensary is a separate room from the treatment room that houses supplies. Clean, covered, labeled containers will keep supplies organized and sanitary.

Facial Supplies

1. Hand cleaner or antibacterial soap.
2. Face and hand towels.
3. Astringent or witch hazel.
4. Disinfectant to clean surfaces.
5. Fan and mask brushes to apply masks and lotions.
6. Bowls to warm and mix products and hold supplies.
7. Spatulas to dispense products from jars.
8. Headbands for clients to secure hair off of face.
9. Gowns or wraps for clients.
10. Clean linens or towels.
11. Blankets.
12. Distilled water for steamer.
13. Client charts.
14. Relaxing music.
15. Implements.
16. Bed warmer or electric blanket.
17. Bolster for back support.
18. Pillow or rolled hand towel for neck.

Disposable Supplies

1. Paper Towels.
2. Cotton pads or sponges.
3. Gauze squares.
4. Cleansing pads.
5. Tissues.
6. Cotton swabs.
7. Disposable gloves.
8. Plastic bags.
9. Extraction supplies.

Products

1. Cleanser
2. Exfoliant
3. Mask
4. Face massage cream or lotion
5. Toner
6. Moisturizer
7. Sunscreens
8. Serums, eye cream, lip balm.

Room Preparation

A setup checklist can ensure that all supplies are available and the room is ready for the client. It should take approximately 15 minutes

to set up prior to a service and 15 minutes to clean up after a service.

Equipment Preparation

1. Turn on wax machine and adjust temperature.
2. Preheat towel warmer or caddy and fill with wet towels and cotton cleansing pads to warm.
3. Preheat and fill steamer with distilled water.
4. Prepare the bed with clean linens, pillows, gown and headband.
5. Wash hands, check sanitizer, set up supplies, disposables, products and client chart. Make sure everything is neat, clean and ready for the client.



Prepare the Bed with Clean Linens

Prepare the Client

It is important that the client has an area to change with the proper wrap or gown provided. The client may not be familiar with the facial process or with the salon. Explain how to put the wrap on, where to store valuables, how to get into the bed and where to put their head. The more information he/she is given, the more comfortable the client will feel.

Ergonomics

Ergonomics is the study of adapting work conditions to suit the worker. Equipment designed to help posture, positioning and comfort prevents injury and discomfort throughout the day. An esthetician's chair should be adjustable and have proper back support. When working, the technician should align the height of the chair with

table to comfortably perform service. The feet should be flat on the floor and the hands below shoulder level. Chairs with wheels allow the technician to roll towards needed supplies so that he/she is not reaching or straining back and shoulders. Loosening up the hands throughout the day helps keep them relaxed and reduces strain on the wrists, arms and elbows.



Ergonomically Correct Esthetician's Chair

Cleansing Pads & Eye Pads

Esthetic wipes or sponges can be purchased pre-packed in 4" x 4" squares. If compresses must be made from rolls of cotton, they should be prepared in the proper quantity for the number of appointments before the start of the day. Pads for each treatment should be placed in a steel or glass bowl prior to each client visit. Each client will need one pair of eye pads and four to six cleansing pads. The additional pads can be stored in an airtight covered container or placed in a zip-lock bag in the refrigerator for use the next day.

Making Cleansing Pads

1. Divide roll of cotton into strips 4" wide by tearing.
2. Hold one of the strips and pull downward until the cotton tears making a square 4" wide by 5" long.
3. Submerge the cotton strip in water.
4. Tuck edges of cotton under while turning to form a circle. Squeeze excess water from pad.



Make into 4 x 5 inch pad

Clean-Up Procedures and Sanitation

After the service, record the client chart notes and write up and retail sales. Prepare the room for the next client.

Clean and Disinfect Implements

1. Wash and disinfect all non-disposable implements.
2. Wash thoroughly in antibacterial soap and dry before placing in disinfectant. It is important to wash and dry properly so that the disinfectant works most effectively.
3. All implements must remain in disinfectant according to manufacturer's instructions. Then, rinse and store.
4. Clean and disinfect bowls and other items. Dry and store properly.
5. Change the disinfectant as guided by the instructions. It may be necessary to log when the disinfectant is changed with dates and initials.

Equipment and Room Sanitation

1. Clean wax machine and turn off at the end of the day.
2. Disinfect the steamer.
3. Disinfect the equipment used and turn off.
4. Clean all containers and wipe off dirty product containers with disinfectant.
5. Clean all counters, sinks, surfaces and floors.
6. Properly dispose of used supplies.
7. Turn off facial chair warmer or electric blanket.

Disposables

All gloves and extraction supplies must be placed in sealed plastic bag and then into covered waste container. Keep all clean supplies separate from used supplies. Take out only what is needed for each service and dispose of all lancets and needles into a biohazard/sharps container. Check all OSHA rules and regulations for proper handling.

End of Day Clean-Up

Cleaning and disinfecting procedures are regulated by state laws, and estheticians are responsible for cleaning up their own work area after every client and at the end of every day. Following a checklist can be helpful and assure that nothing is missed.

1. Prepare the room and check the schedule for the next workday.
2. Turn off all equipment.
3. Refill all containers, wax supplies and the steamer.
4. Check floors, sweeping and mopping as necessary.
5. Empty waste containers and replace with clean liners.
6. Remove any personal items from the area.
7. Leave hot cabbie door open to dry and cool. Empty tray underneath and sanitize.
8. Wipe down all surfaces including doorknobs, counters and client chair.

PRACTICE TEST – SECTION 4

All answers to the following practice test can be found in Section 4.

1. Steamers are essential for warming & softening the skin.
True False
2. The dispensary is the area that houses trash.
True False
3. Ergonomics is the study of adapting work conditions to suit the worker.
True False
4. Cleansing pads should be made as needed during the client appointment.
True False
5. A sharps container should be used to dispose of all lancets and needles.
True False

SECTION 5

FACIAL MASSAGE

(1 credit hour)

Massage benefits the client in a number of ways, and is the part of the service that keeps clients coming back for repeat appointments. The specific benefits of facial massage include:

1. Relaxes the client and facial muscles.
2. Stimulates blood and lymph circulation.
3. Improves metabolism.
4. Helps muscle tone.
5. Cleanses the skin of impurities.
6. Sloughs off dead skin cells.
7. Reduces puffiness and sinus congestion.
8. Increases product absorption.
9. Relieves muscle pain and tension.
10. Provides a sense of well-being.

The hands of a masseuse must be soft and flexible. Nails should be short and filed to avoid the possibility of scratching a client's face. All movement during a massage should be from the insertion of the muscle toward its origin. The origin is the portion of the muscle at the fixed attachment to the immovable portion of the skeleton.

Facial massage typically lasts 10 to 15 minutes during a facial session. It is important to stay alert to the process and communicate with the client in order to adjust touch according to their preference. Estheticians are not licensed therapists and are not trained to do deep tissue or therapeutic massage techniques. Too much pressure on the face can result in elasticity breakdown or even premature aging.

Massage Contraindications

Health issues can make massage dangerous for a client. The following conditions are contraindications for massage:

1. Contagious disease.
2. Inflamed acne.
3. Sunburn, rosacea or erythema.
4. Sensitive or deeply peeled skin.
5. High blood pressure, heart conditions or cancer.

It is best to alter the service by substituting another step for massage such as a facial mask.

Types of Massage Movements

Effleurage is a light, continuous stroking movement in a rhythmic manner. No pressure

is used. Fingertips are used at the delicate areas around the eyes and the palms are used on the larger surfaces. It is used on the forehead, face, scalp, back, shoulders, neck, chest, arms and hands. The hand should be held loosely while keeping the wrist and fingers flexible. This massage technique is often used with other types of massage techniques.



Effleurage

Petrissage is a kneading movement used by pressing and squeezing the tissue with light, firm pressure. Muscles, nerves and glands are stimulated by this method. It is generally performed on the fleshier parts of the face, shoulders, back and arms. **Fulling** is a form of petrissage in which the tissues is grasped, lifted and spread out. It is used mainly in massaging the arms.

Friction is excellent for circulation and glandular activity and involves a deep rubbing movement. It is beneficial for the scalp, arms, hands and even the face and neck.



Friction is excellent for circulation

Tapotement is used in facial massage and consists of a light tapping of the fingertips on the skin in rapid succession.

Vibration is a highly stimulating movement that should be used sparingly. The esthetician uses his/her body and shoulders to create a rapid shaking movement.

Dr. Jacquet Movement is a method of massage particularly helpful for people with acne or oily skin. To perform the method, a small section of skin is gathered between the thumb and forefinger and gently squeezed. At the same time the skin should be slightly twisted and kneaded. This method keeps the sebum moving forward and out of the follicles and should follow the desincrustation step that prepares the skin for extractions.



Dr. Jacquet Movement

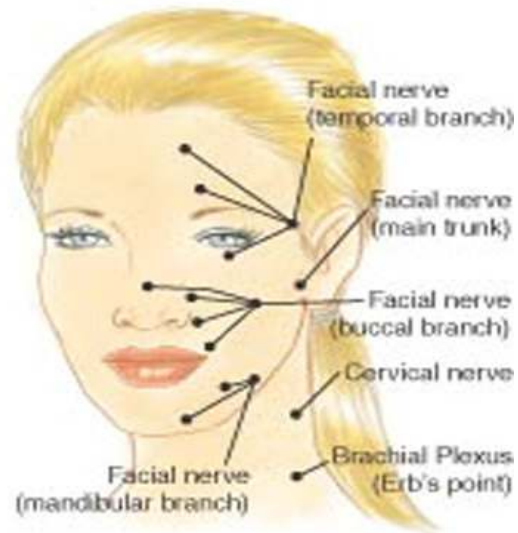
Other Massage Techniques

Advanced massage techniques require additional training and skill. They can include:

1. **Acupressure.** An Asian technique of applying pressure to specific points on the body to release muscle tension and energy. Many of the motor points on the face are acupressure points.
2. **Pressure point massage.** The movement on each acupressure point is repeated three to six times with pauses on each point. Techniques may vary with method but require training and expertise.
3. **Manual lymph drainage** massage uses pressure on the lymphatic system to detoxify and remove waste materials from the body more

quickly. The method requires a light touch and special training, but is often helpful after surgery.

4. **Reflexology** uses pressure points on the hands and feet to induce relaxation and reduce stress.



Motor Points of the Face

Basic Facial Massage Technique

Facial massage can be used on the face, chest and shoulders. Typically, massage is started on the chin, décolleté or forehead. Movements should be repeated three to six times before moving on to the next one. Hands should be used in a flowing rhythm to promote relaxation.

Do not remove the hands from the client's face once the massage has started. If it is necessary to lift the hands from the client's face, feather them off slowly. When coming back to the face, gently make contact on the side of the face or top of the head to avoid startling the client. Keep one hand on the client's body at all times during the massage if it is necessary to take one hand away. Massage should always be from the insertion towards the origin of the muscle. When working on extremities, massage toward the heart.

A cleansing massage is a special type of massage designed to continue the facial cleansing process by increasing blood circulation and helping to remove dead skin cells. The movements in this massage are more vigorous than those used for a relaxing

massage. Deep-penetrating creams should not be used in this massage, as they could drive dirt, oil or makeup deeper into the pores.

Classic massage techniques can be incorporated into facial treatments and have many benefits. Using proper technique is important and can be as relaxing to the esthetician as it is to the client.

PRACTICE TEST – SECTION 5

All answers to the following practice test can be found in Section 5.

1. Massage can increase puffiness and sinus congestion.
True False
2. Massage can stimulate the lymph system.
True False
3. Massage can actually act as a cleansing technique.
True False
4. Massage can be beneficial for clients with high blood pressure.
True False
5. Contagious disease is a contraindication for massage.
True False
6. Massage can slough off dead skin cells and help in the cleansing process.
True False
7. Vibration is a massage technique that should be used sparingly.
True False
8. Fulling is a form of petrissage.
True False
9. The Dr. Jacquet Movement massage technique should be used on people with diabetes or high blood pressure.
True False
10. A facial massage should start on the arms.
True False

SECTION 6

BASIC FACIALS AND TREATMENTS (1 credit hour)

Facial Treatment Benefits

Facials are designed to improve and rejuvenate the skin. They help maintain the health of the skin and correct certain skin conditions through deep cleansing, massage, and the use of products and treatment methods. Clinical services generally focus on corrective skin treatments, but spa treatments are designed to create a relaxing experience. Blending results-oriented treatment with the spa experience provides the best overall service a spa can offer to a client. Facial treatments include the following benefits:

1. Deep cleanses
2. Exfoliates
3. Increases circulation and detoxifies
4. Relaxes the senses, nerves and muscles
5. Stimulates skin functions and metabolism
6. Slows down premature aging.
7. Treats conditions such as dryness, oiliness or redness
8. Softens wrinkles and aging lines
9. Clears up blemishes and minor acne

Treatment and Client Preparation

First impressions are critical when meeting new clients. Be polite, friendly and inviting. Clients are paying for the service and expect good service.

1. Approach the client with a smile.
2. Do not discuss personal problems. Focus only on the client.
3. Greet the client by name and introduce yourself. Offer a warm handshake.
4. Take new clients on a tour of the facility.
5. Be genuine and open.

Prepare the client for the facial by showing him/her where to change, where to store belongings and clothing and how to put on the gown. Assist him/her onto the facial bed and drape the hair and chest.

The Facial Procedure

1. Client consultation, initial skin analysis, and review of any contraindications.

2. Client draping.
3. Warm towels and cleansing.
4. In-depth skin analysis.
5. Exfoliation and product or mask.
6. Softening with steam or warm towels.
7. Extractions and brow wax if necessary.
8. Massage.
9. Mask.
10. Toner.
11. Moisturizer and/or sunscreen.



Consult with the Client and Assess the Skin

Contraindications

1. Contagious disease such as HIV, herpes, hepatitis, pinkeye or ringworm.
2. Medical conditions including pregnancy.
3. Medications such as Accutane® or topical peeling agents.
4. Skin irritation.
5. Allergies to products or ingredients.
6. Electrical contraindications.

Examine the client's skin before and after makeup removal with a lighted magnifying lamp.

Cleansing and Analysis

After the initial analysis apply warm towels. Cleanse to remove impurities and makeup. Milky or creamy cleansers that rinse easily are preferred.

Exfoliation

Products such as peels or a brush machine can be used to remove dead skin cells that block

pores. Exfoliation makes skin smoother and helps product penetration.

Steam or Warm Towels

Towels or steam should never be too warm or used for too long. This can cause capillary damage and overstimulation, redness and irritation. The warmth of the towels or steam softens the skin and opens the pores, promoting more effective cleansing, product penetration and more effective extraction.



Steamers soften the skin and open the pores

Extraction and Deep Pore Cleansing

Manual removal of blackheads and comedones helps clean out debris and refines the pores. Once the skin is cleansed and warmed, extractions can be performed. Estheticians must wear gloves during extractions and should remain on the hands throughout the rest of the procedure. Three methods can be used for extractions: the forefingers wrapped with finger gloves and cotton, cotton swabs or comedone extractors. For all methods, press gently around the lesion.

Extraction of Open Comedones (Blackheads)

Before any extraction, desincrustation such as galvanic current, enzyme peels or lifting masks must be used to soften the sebaceous material. Follicles must also be prepared with steaming or warm towels.

Properly wrapped fingertips should be used to exert firm pressure on the skin directly surrounding the blackhead. Work gently and carefully on one blackhead at a time. Never use fingertips. A blackhead should be coaxed from the follicle with a minimum amount of

pressure if the skin has been prepared properly.



Gloves must be worn during extractions

To use the extractor, place the loop over the lesion and gently apply pressure. Too much pressure can traumatize the tissues and cause infection or irritation.

Clients will typically tolerate 10 minutes of extractions. Repeat appointments should be encouraged to continue the extraction process.

Extraction of Closed Comedones, Whiteheads and Other Blemishes

Closed lesions are removed in the same manner as blackheads, but an opening in the dead cell layer must be made. Using a lancet placed parallel to the skin, pierce or prick the skin to make an opening for the debris to pass through. Fresh lancets must be used for each client and disposed of in a sharps container.

Following extractions, a calming mask can be beneficial and soothing. Col water or skin globes can also calm irritated skin and reduce redness.

Massage

Massage products are applied warm with fingertips or a fan brush. Always use a clean spatula to remove product from the container, never the fingers.

Treatment Masks

Treatment masks can draw impurities out of the pores, clear up blemishes, tone the skin and hydrate and calm the skin. Masks can be applied at different times during a facial. It can

be beneficial before using steam and doing extractions or after extractions to calm irritated skin. Towels, sponges or cotton pads are used to remove mask products.



Treatment Masks Help a Variety of Skin Conditions

Toner Applications

Toners hydrate and finish the cleansing process by removing any products left on the skin after cleansing. Different formulas can also help skin problems such as dehydration or acne. Toners can be applied by misting or spraying or using cotton pads.

Serums, Eye and Lip Treatment Applications

Serums are concentrated ingredients used for corrective treatments. They can be applied with fingertips under a mask or moisturizer. Eye and lip creams are often thicker and can also be applied with the fingertips or cotton swabs.

Moisturizer Applications

Moisturizers seal in moisture and protect the skin. They can also balance the skin moisture content. They are most effective when applied at the end of a treatment.

Sunscreens

Daily application of sunscreen is critical. After finishing a facial, do not send a client out with newly exfoliated skin without sun protection. Most sunscreens are in a moisturizing base.

Completing the Service

Slowly and quietly inform the client when the service is complete. Encourage the client to take time sitting up and offer assistance if needed. Leave the room so the client can

change and let him/her know where to meet. Meet the client outside the room or in reception area and offer some water to rehydrate after the service. The client consultation after service should include rebooking another appointment and recommending products. Write down any instructions to accompany products the client has purchased. Recommend how often the client should be re-booking visits and suggest other services (such as waxing) that are offered by the salon. Thank the client and make any notes in the chart for the next visit. Clean the room and prepare for the next client.

Facial Philosophies and Methods

Philosophies and products vary from facial to facial. Many set goals such as stimulation or calming. Others focus on holistic approaches. European techniques and various regions such as Bali or Japan have different focuses and practices that may be worth exploring and incorporating into the services the salon offers. Some are focused on product while others focus on technique, equipment or philosophies.

Consultation and Home Care

Home care should be part of a client's skin care program. A program is a long-range plan for home care, salon treatments and client education. A thorough explanation regarding the client's skin care goals and treatment plans for his/her skin conditions can be explained with feedback from the client. Explain the uses of any products that the salon recommends and provide full instructions for the client to take home. It is important that salon personnel choose products that are trusted and produce results.

The Mini-Facial

Time and the number of steps differentiate a basic facial from a mini-facial. While a basic facial is scheduled for 60 minutes, the mini-facial takes about 25 minutes. Some of the steps that are omitted in a mini-facial are comprehensive skin analysis, massage and extractions. Deep cleansing and masking are included in the mini-facial due to their quick, visible results.

Clients who are pressed for time appreciate the mini-facial. It also introduces a client to the facial experience and may tempt them to return for a more in-depth treatment.

Mini-Facial Procedure

1. Perform a quick cleansing to remove makeup and rinse well.
2. Analyze with a magnifying lamp.
3. Perform a second quick cleansing with an exfoliant or deep pore cleanser. Rinse thoroughly. A brush machine can also be used as a quick exfoliating method.
4. Apply a mask.
5. Remove the mask.
6. Apply toner appropriate for client's skin type.
7. Apply moisturizer and sun screen.
8. Recommend a treatment for client's next visit.
9. Recommend home-care products and complete the home-care chart.

Treatments for Skin Types & Conditions

Facials can and should be altered according to the client's skin type and condition. A basic facial with ingredients designed for normal skin benefit almost every client, but certain steps and products should be added or omitted for various skin types.

Dry Skin

Dry skin is often due to an inactivity of the sebaceous glands. Dry skin often appears thin and fine but can be coarse to the touch. Though serums and creams for dry skin are important, overuse can inhibit the skin's production of natural oils. Moderation is important. The goal should be to hydrate and nourish the skin.

During a facial, use products designed for dry skin. In addition, an enzyme peel or alpha hydroxyl acid peel can be used to exfoliate the skin. A collagen, paraffin wax, hydrating or thermal mask can also be used. The use of a galvanic machine can help products penetrate and nourish the skin. A moisturizing cream with oil base, antioxidants and sunscreen should finish the treatment.

Dehydrated Skin

Dry or oily skin can be dehydrated. Drying products, too much sun, harsh soaps or a poor diet can all contribute to dehydrated skin. The esthetician should recommend a client seek a physician's advice if she suspects the skin is dehydrated for medical reasons. Dehydration can fluctuate from season to season.

Treatments for mature or aging skin are often appropriate for dehydrated skin.

Treatments for Mature or Aging Skin

Dry skin is often due to the aging process. Skin can age prematurely due to environmental factors, poor health, disease, emotional stress or extreme weight loss. Medications, diet, alcohol consumption and smoking can also age the skin.

Firming ingredients and antioxidants are often helpful to restore elasticity and help sun-damaged skin. Procedures used for dry skin are often equally effective on aging skin. Serums and creams utilized during massage can also help aging skin. Collagen or hydrating masks, thermal masks and firming products are all techniques and products that benefit aging skin.

Sensitive Skin or Rosacea

Cooling and calming the skin are important goals during a facial for sensitive skin. Products such as aloe, chamomile, allantoin, azulene and licorice extracts can be beneficial for sensitive skin. Clients with rosacea should be encouraged to see a dermatologist. In recent years, medications have been very successful in treating rosacea.

Gentle cleansers and enzyme peels formulated for sensitive skin are excellent additions to a basic facial for people with sensitive skin. Avoid hot towels or too much steam during treatment. Soothing gel masks and serums or moisturizers are also beneficial. Products labeled for sensitive skin should always be used to assure gentle, less irritating ingredients.



Avoid hot towels for clients with sensitive skin

Treatments for Hyperpigmentation

Sun exposure and hormonal changes often contribute to hyperpigmentation. Peels and brightening agents can be effective in reducing the appearance of discolorations on the skin. Clients should also be advised to avoid the sun and use sunscreen every day. Alpha hydroxy acid and hydroquinone are approved for the treatment of hyperpigmentation but can cause thinning of the skin. Brighteners include kojic acid, mulberry, licorice root, bearberry and azaleic acid. They can be more effective when used in conjunction with alpha hydroxy acid or peels. It is important to use caution, because over-exfoliating can make hyperpigmentation worse or cause hypopigmentation.

Treatment for Oily Skin

Oily skin benefits from water-based products and facials should be focused on deep cleansing. Avoid heavy creams or oils. Though oily skin can tolerate stronger products and stimulation, overuse can dry the skin or increase oil production

Acne Treatment

Extractions, masks and regular facials can improve acne-prone skin. Extractions should be done gently and without pain to the client.

Treatments for acne should focus on clearing the follicles through deep cleansing and extractions. Clients should follow a good home care regime and regular treatments and facials. Treatments may include clay, oxygen or sulfur masks. Desincrustation, steam and extractions should be included in acne facials. Glycolic peels, beta hydroxyl acids, and alpha hydroxyl acids are products useful in keeping the pores open. Vitamin A and benzoyl peroxide are also products that benefit acne-prone skin. Clients should be encouraged to use noncomedogenic products and makeup. Dirt, oil, sun, humidity and pollution can also aggravate acne. Clients should have regular facials and avoid stress. Products should be recommended for home use in between facials including benzoyl peroxide, toners, and masks formulated for acne.

The Acne Treatment Procedure

1. Cleanse with acne-appropriate cleanser that rinses clean.
2. Exfoliate with enzyme peel, an AHA or BHA peel or an exfoliating mask.
3. Steam.

4. Optional desincrustation using a galvanic machine or a fluid applied while steaming.
5. Perform extractions.
6. Use toner or astringent to kill bacteria.
7. Use high-frequency mushroom electrode to spark blemishes to kill bacteria and heal lesions. An acne serum can also be applied after extractions.
8. Use light acupressure massage with less friction on non-inflamed areas.
9. Apply a clay or soothing mask.
10. Apply benzoyl peroxide on blemishes if the client is not allergic to it.
11. Finish with soothing, hydrating gel.

Men's Skin Care

Men are increasingly aware of the importance of regular skin care. Salons should market their services to men as skin treatments vs. facials. Men are less likely to want to purchase and use multiple products. Simple advice directed in private is more likely to make men feel comfortable in the salon setting.

The facial treatment for men requires a firmer touch and deeper massage. Men also enjoy steam and brush machines. Sponges and towels are more appropriate for a man's face, since cotton pads often get caught in men's facial hair. Shaving before a facial can make a man's skin more sensitive to products such as exfoliating products or alpha hydroxy acids. Movement should flow with the hair growth.

Folliculitis is the inflammation or infection of the hair follicles due to shaving. Exfoliating is necessary to keep the follicles open and soothing gel masks can also be helpful with this condition.



Folliculitis is due to shaving

PRACTICE TEST – SECTION 6

All answers to the following practice test can be found in Section 6.

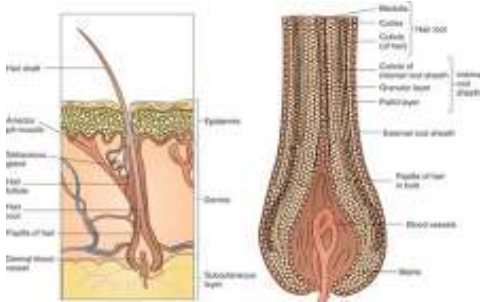
1. The mini facial is designed for children.
True False
2. Discussing personal problems can help the esthetician bond with the client.
True False
3. Pregnant women are perfect candidates for massage.
True False
4. Heavy creams and oils are good choices for clients with oily skin.
True False
5. Dry and oily skin can be dehydrated.
True False
6. Factors such as smoking and medications can age the skin.
True False
7. Men should not receive facials or skin treatments.
True False
8. A thermal or paraffin wax mask can help dry skin.
True False
9. Sensitive skin benefits from soothing gel masks.
True False
10. Folliculitis is caused by growing a heavy beard.
True False

SECTION 7 HAIR REMOVAL (1 credit hours)

Hair removal has been popular throughout the ages and is desired by both men and women. For the esthetician, hair removal service can comprise as much as 50% of a salon's business. Women make up most of a spa's hair removal clients. Eyebrows, upper lip, cheeks, chin, underarms, bikini line and legs are common areas for women to request hair removal. Men may choose to have hair removed from back and chest. Regardless of the client or the request, it is important for an esthetician to understand the benefits and risks of hair removal. How to properly perform the various techniques is critical to an esthetician's success in this area. Understanding issues such as sanitation and how to prevent the spread of infectious diseases are primary concerns, and are critical to the success of the salon.

Morphology of the Hair

Trichology is the study of hair and its diseases. Hair consists of the follicle, bulb, papilla, arrector pili muscle and sebaceous glands. Hair is made from a protein called keratin, which is produced from the hair follicle. The amount of hair a person has is determined by genetics.



The Hair Follicle

Hair follicles are slanted and grow in different directions. The hair bulb forms the lower part of the hair root. Both the arrector pili and sebaceous glands are attached to the follicles. The papilla contains the blood vessels and cells necessary for hair growth and nourishment of the follicle.

Proper nutrition is necessary for strong, healthy hair. Blood vessels provide the nutrients to the base of the bulb causing new

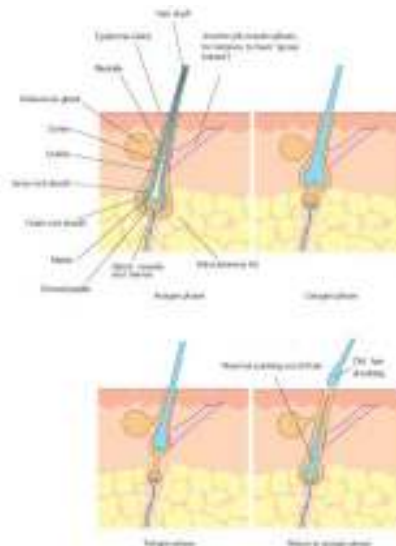
hair to grow. The arrector pili muscle can contract, causing the hair to stand straight up and the skin to form goose bumps. The sebaceous, or oil, glands lubricate both skin and hair.

Hair is formed before birth and is predetermined by genetics. The short, fine, downy hair found on areas of the body like the cheeks is called vellus or lanugo hair.

Hair Growth Cycle

Hair grows as a result of the activity of cells found within the hair bulb. Hair growth has three stages:

1. **Anagen** is the stage in which hair is produced.
2. **Catagen** is the stage in which hair grows upward and detaches from the bulb.
3. **Telogen** is the final stage of hair growth. Hair is full size and erect in the follicle, showing above the skin's surface. The hair eventually falls out and new growth is started again. During this stage a new hair growth can start before the old hair falls out, causing two hairs to be present in one follicle.



Hair Growth Stages

It takes 4 to 13 weeks for hair to grow from the papilla to the surface of the skin. For the esthetician, it is important to understand the hair growth cycle. Long

term hair reduction requires repeat visits that should be scheduled accordingly.

Indicator of Health

Hair and skin are indicators of good or poor health. Shiny, strong hair is typically matched with a good skin tone. Lank, lifeless hair is often accompanied by sallow skin. The environment can play a factor in hair growth. Environmental factors, disease, drug use and the aging process all affect hair growth and appearance.

Excessive Hair Growth

Hirsutism is a condition where excess hair grows on the face, arms or legs, particularly in women. In females, this condition is often due to hormonal changes. Pregnancy, vitamin deficiencies, disease and emotional stress or shock can cause this condition.

Hypertrichosis is excess hair growth where hair does not normally grow. It is often attributed to hormonal changes such as menopause.

Characteristics of Hair Growth

Hair protects the body from ultraviolet rays and guards the nose, ears and reproductive areas with fine hairs that filter out dust and other particles.

Throughout the centuries, people from northern regions have historically had lighter, finer hair. People whose origins are from regions closer to the equator have darker, coarser hair to protect them from the sun. Fair skin tends to be more sensitive to hair removal. People with thicker, coarser hair have deeper roots making hair removal more difficult. People with origins from Africa and Australia tend to have coarse, curly hair which has a tendency to become ingrown. Aging also changes the hair; gray hair is more difficult to remove than other hair.

Ultimately, an understanding of regional differences can help the esthetician with proper hair removal techniques.

Methods of Hair Removal

Hair removal is either temporary or permanent. Temporary hair removal

involves repeat treatments as hair grows. Permanent hair removal destroys the papilla making hair re-growth impossible.

Electrolysis

Electrolysis is the only true method of permanent hair removal. It should be performed by a certified and licensed (if required by the state) electrologist. There are three methods of electrolysis.

Galvanic Electrolysis uses a direct current which causes the decomposition of the hair follicle. The electrical charge transforms saline moisture inside the follicle into sodium hydroxide along with hydrogen and chlorine gas. This weakens the follicle wall allowing the hair to be removed easily.

Thermolysis utilizes a high-frequency current to produce heat that destroys the hair follicle. It is a faster method than galvanic electrolysis.

Blend combines both systems. AC and DC currents run through the needle at the same time causing quicker results than the galvanic method alone.

Permanent Reduction and Semipermanent Hair Removal

Methods of permanent hair reduction include laser and photo light hair removal systems. These methods are typically performed in a medical setting and are only permanent if the hair bulb is destroyed completely.

Laser and Pulse Light Technology

Photoepilation uses intense light to destroy the growth cells of the hair bulb. Both intense pulsed light and laser hair removal are used to reduce hair growth. Clinical studies have shown that photoepilation can provide a 50 to 60 percent removal of hair in 12 weeks.

Lasers pulse a laser beam on the skin, impairing the hair follicles. Laser reduces the number of body hairs but not all hair. The laser method was discovered by chance when it was noted that birthmarks treated with lasers also removed hair. Coarse, dark hair responds best to laser treatments.

Intense Pulsed Light or IPL is different from a traditional laser. Short, powerful pulses of light direct the targeted hair without allowing heat to build up and burn the surrounding skin. While there is a risk of scarring with any laser procedure, the newer technology reduces the risk of scarring to less than 1 percent.

All lasers must have FDA approval and many must be used under the supervision of a physician. Manufacturers of the equipment often offer training for the procedure but certification is recommended and sometimes required.

Temporary Hair Removal Methods

Depilation and epilation remove the hair at the level of the skin.

Depilation

The main method of depilation is **shaving** which removes hair at the level of the skin. Regrowth depends upon the individual's hair growth pattern. Hair usually takes anywhere from days to weeks to grow back. While shaving is quick, it can result in ingrown hairs.

Depilatories are substances which dissolve the hair at skin level. These chemicals can be highly irritating and are not recommended for use on the upper lip or other sensitive areas.

Methods of Epilation

Tweezing pulls out hair from the roots one at a time. If clients are sensitive to waxing, tweezing is an effective alternative for removing hair from the face or eyebrow areas. **Electronic Tweezers** use an electronic charge to remove hair a strand at a time. The process is slow and is not a method of permanent hair removal.

Sugaring is an ancient method of hair removal that dates back to Egyptian times. This method is similar to waxing but uses a thick, sugar-based paste. It can be appropriate for sensitive skin and is also effective on shorter hair growth. The product was traditionally a combination of sugar, water and lemon juice. Today, it is sold in small, ready-to-heat containers.

Threading is another ancient method of hair removal that involves using twisted and rolled cotton thread that grabs the hair and lifts it out of the follicle. It is effective for clients unable to tolerate waxing but can leave the skin temporarily red and sore. The method is becoming increasingly popular but requires specialized training.

Waxing is the primary method of hair removal used by estheticians. It can be applied in hard or soft form and is made of resins and beeswax. Waxing results last longer than tweezing or shaving, and the hair growth tends to feel smoother than razor stubble. Waxing generally lasts 4 to 6 weeks.

Waxing Techniques

Proper technique is important with waxing to assure desired results. The wax must be applied correctly and at the proper temperature. Wax that is too hot can cause burns and blisters. Too cool and the hair will not be removed properly.

Types of Wax Products

Hard waxes are applied directly to the skin while soft waxes are applied in a thin layer and pulled off using a strip of muslin material.

Hard wax is available in block, disks, pellets or beads and is considered a "no strip" wax. The harder the wax, the more heat is required to melt it. Hard wax is gentle on the face but strong enough to be used in the bikini and underarm areas that have coarser hair. Estheticians generally use hard wax in small areas.



Hard Wax Hair Removal

Soft wax comes in tins or plastic containers and can be melted in the microwave and poured into a warming pot or wax heater. A thin coat of wax is applied to the skin and removed immediately with muslin or cotton strips before it cools.



Soft Wax Warming Pot

Roll-on wax uses a roll-on applicator. The applicators are warmed in a heating unit designed to fit the applicators. It is a clean, efficient method that many estheticians prefer. Applicators and rollers should be properly sanitized between uses.

Waxing Room Preparation

Waxing rooms should be clean and disinfected with the proper linens or coverings on the waxing table.

Furniture/Accessories

Waxing on larger areas is labor intensive and should be comfortable for both the client and the esthetician. Both the waxing table and the technician's chair should be adjustable. A wheeled cart is useful for holding supplies and wax. A covered waste container is also necessary for the proper disposal of used supplies.

Tools and Supplies

A trolley or cart should be well stocked with disposable supplies and non-disposable tools. Sanitation is always the chief concern during all esthetic services.

Tweezers are available in different point sizes and should be slanted for general tweezing needs. Stainless steel is the most

durable for cleaning and disinfecting purposes. High quality is important for this frequently-used tool.

Applicators are disposable wooden sticks or non-disposable stainless steel 5-inch spatulas. Both can be used for spreading wax. However, stainless steel applicators must be disinfected after each use.

Wax strips are made of cotton muslin or Pellon® which is a fiberlike material that does not shed or stretch. Strips can be used several times on the same client before disposal. Strips that are not pre-cut should be cut and prepared prior to seeing clients. Smaller strips are for the eyebrows and face, while larger strips can be used for legs or backs.

Linens/Roll Paper

Clean sheets of paper or clean towels/sheets must be used for each client. Roll paper can be ordered through esthetic or medical suppliers.

Pre- and Post-Epilation Products

Products are available to treat skin before and after waxing. Prep solutions clean the skin prior to waxing. Powder and other pre-wax products protect the skin while waxing. Antiseptic products may also be used for pre-waxing. Many of the post-wax products have both antiseptic and soothing properties. Ingredients such as witch hazel, arnica, chamomile and calendula are all good choices. Aloe products, alcohol and fragrances can all be irritating to the skin and should be avoided.

Sanitation

Waxing stations must be kept clean and sanitized. Dirty equipment, dripping wax and messy spills should be wiped off immediately. Never double-dip a spatula unless the entire pot of wax is going to be disposed of after treating the client. Wooden applicators and other disposable supplies should be kept in a clean, covered container.

Latex-free gloves should be worn during every waxing procedure. If they become sticky, change them. Any blood stained gauze or materials should be discarded in

a hazardous waste container. Slight bleeding should be covered with antiseptic-soaked gauze and gently patted on the affected area. It stops the bleeding and calms the area. Cold wet cotton compresses are also soothing after waxing.

Sanitizers and Disinfectants

Wet sanitizers should be available to store cleaned supplies that are ready to be disinfected. Manufacturer's directions should be followed when disinfecting tools and implements. The solution should be a hospital-strength disinfectant designed to kill all microbes including the HIV virus, staphylococcus, tuberculosis, pseudomonas and fungus.

Contraindications for Hair Removal

Leg waxing should not be performed on clients with: Varicose veins, phlebitis or diabetes. **Facial waxing** should not be performed on clients who have the following:

1. Recent chemical peels.
2. Recent microdermabrasion or injectables.
3. Recent cosmetic surgery.
4. Rosacea or extremely sensitive skin.
5. Sunburn.
6. Fever blisters or cold sores.
7. Pustules or papules on the area to be waxed.
8. Topical medications such as Retin-A®, Differin®, Azelex® or other peeling agents.
9. Hydroquinone for skin lightening.
10. Topical or oral cortisone medication.
11. Accutane® or other acne medications.
12. Blood thinners.

A client assessment form can help identify contraindications, allergies and skin disorders. Repeat clients should be re-assessed as medications and conditions can change. Clients must also fill out a release form for the hair removal service being provided.

RELEASE FORM FOR HAIR REMOVAL	
I, _____, am _____ as not _____ presently using:	
_____ Retin-A or any other topical vitamin A	
_____ Acetone or any other acne medication	
_____ any exfoliant or hydroxy-based products	
_____ any medications such as cortisone, blood thinners, or diabetic medication	
I understand that if I begin using any of the above products and do not inform my esthetician/ cosmetologist prior to hair removal, I am accepting full responsibility for any skin reactions.	
_____ The hair removal process has been thoroughly explained to me, and I have had an opportunity to ask questions and receive satisfactory answers.	
Client Signature _____	Date _____
Technician Signature _____	Date _____

Client Release Form

General Waxing Procedures

Waxing procedures include client preparation, wax application, wax removal, post-wax product application and post-wax clean-up. Brow and body waxing follow the same procedures. In each case, waxing over an area more than once is not recommended, because it is irritating to the skin. Tweeze remaining hair if there are a few. With a large patch of hair, the esthetician can check in with the client to decide whether to leave the hair, or if the client thinks he/she can handle an additional waxing.

Client Preparation

Provide the client with a gown, disposable panties or other item appropriate to the service. Draping is important for the client's modesty. Then, prepare the skin per the manufacturer's instructions.

Brows/face. The client's eyes should be closed. Remove all traces of makeup with a gentle cleanser. Follow with a preparation solution to remove any residue and let dry.

All areas. Clean the skin thoroughly with pre-epilation solution such as witch hazel on a cotton pad. Powder should be applied to any moist area such as the underarms. Powder also protects the skin and makes hair more visible. Do not use talcum powder. Cornstarch is also acceptable.

Excess body hair. Trim any thicker or longer hair with scissors before applying wax. This allows the wax to adhere better with less trauma to the follicles and less pain for the client. Trim hair no shorter than 1/2-inch.

Wax Application

Soft wax. Dip end of small spatula into warm wax and apply a very thin coating along the area to be waxed in the direction of hair growth. Do not drip wax on surrounding areas.

Hard wax. Dip spatula into wax and apply in opposite direction and then the same direction of hair growth in a smooth, figure-eight pattern. Apply to the thickness of a nickel over

the area to be waxed. Apply a thicker area on the end to pull up with and make a tab that can be grasped with thumb and index finger. Wait a few moments for wax to set up. If allowed to sit too long, it will become too brittle and break. Hard wax is a slower method and experience will allow the esthetician to apply wax to secondary areas while waiting for the first application to set.

Wax Removal

The skin must be held taut and the wax removed quickly for wax removal to be successful.

Soft Wax. The muslin strip must be applied evenly and with light pressure. Rub firmly in same direction as wax and leave a 1-inch portion free to grip for removal. Hold the skin tight next to the end being pulled, and remove wax quickly with one continuous pull in the direction opposite hair growth. When pulling, keep strip parallel to skin without lifting. Do not pull straight up and avoid slowing down. This will avoid bruising. Once the strip is removed, immediately place hand quickly over the area to apply pressure and block the nerves from sensing pain.

Hard Wax. Follow all previous steps but without the strips. Once the wax has set, pull off in the appropriate direction according to instructions. Immediately put other hand over the area to sooth nerve endings. Visually check the area and remove any residual hair with tweezers. Pointed tweezers can be used to remove any ingrown hairs.



Apply Pressure Immediately to Sooth Nerve Endings

Post-Wax Application

Remove any residual wax with a remover safe for the skin. Rub with a cotton pad to remove

excess wax and product. Some products have too much alcohol and may not be soothing. Aloe can also be irritating. After waxing, open follicles are susceptible to irritation. Keep area clean and free from debris.

Post-Wax Clean-Up

Follow all sanitation procedures and give the client instructions and precautions.

Eyebrows

Well-shaped eyebrows have a strong, positive impact on the overall attractiveness of the face. The natural arch follows the orbital bone or the curved line above the eye socket. Most people have hair growth above and below the natural line. Those hairs can be removed to give a cleaner, more attractive appearance. Before tweezing or waxing, consult with the client to determine shape.

Brow Waxing Tips

Men's eyebrows are usually kept natural with cleaning up underneath and between the brows. Defining and tweezing is typically not necessary or desired by male clients.

Sculpting. Brows are arched according to the standard diagram.

Corrections. If brows become uneven or thin, let the stray hairs grow back to match the shape the client wants. Recommend letting the brows grow back to achieve the desired shape. Hair density gets thinner with time, and overthinning can affect the brow shape for years to come.

Body Waxing Procedures

Waxing equipment is similar with eyebrow waxing with the addition of a large wooden or metal spatula. Disposable spatulas are more convenient and do not have the risk of burning. Prepare the correct strips.

1. Drape the treatment bed with clean linens or disposable paper.
2. Conduct the consultation.
3. Instruct the client on how to prepare and be award of modesty and comfort.
4. If bikini waxing, offer disposable panties or a small, sanitized towel.
5. If waxing the underarms or legs, have the female client put on a wrap.
6. Assist the client on the treatment bed and drape with towels.

PRACTICE TEST – SECTION 7

All answers to the following practice test can be found in Section 7.

1. Waxing is a method of permanent hair removal.
True False
2. Threading is a method of sewing on false eyebrows.
True False
3. Trichology is the study of hair and its diseases.
True False
4. Follicles are nourished by blood vessels.
True False
5. Electrolysis is a method of temporary hair removal.
True False
6. Tweezing is an excellent way to remove hair from the legs and back.
True False
7. Hard wax should be used on large areas.
True False
8. Soft wax must be removed using cotton strips.
True False
9. Wax should be removed slowly for the most effective hair removal.
True False
10. Ingredients such as witch hazel and chamomile are good choices as post wax products.
True False

**SECTION 8
THE WORLD OF MAKEUP
(1 credit hour)**

General

The primary goal of makeup is to enhance the client’s natural beauty by bringing out the most attractive features of the face and minimize those features that are less attractive.

Psychological Aspects of Makeup

Some women do not leave the house without makeup while others never wear makeup, and many women are somewhere in-between. Makeup can give people a lift and make them feel more attractive, enhancing self esteem and confidence. For people with disfigurements, makeup can be a tool that allows them to live more comfortable, normal lives. The American Cancer Society sponsors a program designed to help cancer patients look and feel better, by hosting hair and makeup clinics.

Makeup Service

Spas and salons offer a variety of services involving makeup application. Makeovers, lessons and special occasion applications such as weddings make up a large part of business for some spas and salons.

Makeup Products

Makeup ranges in price and quality. Much of makeup costs are tied to advertising, but quality does vary with brands. There are high-end exclusive spa lines and good quality private label brands. Part of makeup success involves the brushes and application methods used. Makeup comes in a variety of forms and can be healthy for the skin.

Foundation

Foundations even out skin tone and color, conceals imperfections in the skin and protects the skin from environmental damage. Foundations that contain oil are oil based and are appropriate for normal or dry skin. Oil-free products are water based and are preferred for oil skin.

Cream foundations give medium to heavier coverage and are good choices for dry or normal skin. **Powder foundations** are good for oily skin and often contain sunscreen to

protect the skin from environmental damage. **Mineral makeup** is a natural choice and designed to be healthy for the skin. Mineral foundations offer good coverage while being lightweight. **Greasepaint** is a heavy makeup used for theatrical purposes and **cake makeup** is a heavy cream foundation that can be used to camouflage scars and pigmentation defects.

Foundation should be matched to the client's skin tone. To test, apply some foundation near the jawline and blend. If the color disappears it is the correct one. Too much contrast either light or dark is not a good choice for foundation. A foundation should be applied with a sponge, brush or fingertips depending upon the formulation.

Concealers

Concealers cover blemishes and discolorations and may be applied before or after foundation. They come in pots, pencils, wands and sticks and may be oil free or moisturizing. The concealer should be removed from the pot with a spatula and applied with a brush, sponge or the fingertips. It is important that concealer matched carefully to the skin and blended well. If the color is too light or the product applied too heavily, concealer can actually highlight imperfections.

Face Powders

Powder adds a matte finish and helps to set foundation. It can also enhance skin's natural color and conceal minor blemishes and discolorations. Powders can be loose or pressed and often contain talc, zinc oxide, titanium dioxide, chalk, kaolin and other ingredients. Preservatives are often added to powder to inhibit bacterial growth and preserve the product.

Powders come in a variety of shades and weights but should match a client's skin tone. It should have a smooth, matte finish and never appear caked. Powder should be applied after foundation with a brush or puff. Pressed powder is nice for touch-ups throughout the day and comes in compact form.

Blush

Cream, powder, or liquid formulations of blush are available. It gives the face a natural looking glow and highlights the cheekbones. Cream or gel formulations are preferred for dry skin, while powder is better for oily skin.

Some blush contains wax or oil and should be removed thoroughly at night or it will clog pores. Powder blush is usually applied with a brush, while creams can be applied and blended with the fingertips or sponges.

Eye Shadow

Eye shadows are available in a wide range of colors from warm to cool, neutral to bright and light to dark. Some can be used wet or dry and may have different finishes such as matte, frost or shimmer. They can be in cream, stick or powder formulations. Creams are often water-based with oil, petrolatum, thickeners, wax and color added. Water resistant shadows often have a solvent base. Powders are similar in chemistry to cheek and pressed face powder.

Eye shadows should be applied in lids in a complementary color to the eyes. Darker shades make the natural color of the iris appear lighter while lighter shades make the iris appear deeper. Colors can also coordinate with clothing. Blending is the key. Eye shadow shades are often referred to as highlighters, bases and contour.

Highlight colors are lighter than the client's skin and can be matte or shiny. Often they are used on the brow bone.

Base colors are close to a client's skin tone and are applied on the entire lid blending up into the brow bone. Matte tones are often preferred for base colors.

Contour colors are deeper and often applied to the crease of the eyelid or along the lash line to add definition.

Eye shadows should be applied with applicator or brush. Base should be applied close to the lashes on the eyelid, sweeping the color slightly upward and outward. Highlighters are used under the eyebrow. Darker colors are used in the crease. Blend all colors. Eye makeup removers are either water- or oil-based.

Eyeliners

Eyeliners outline and define the eyes. They can be found in pencil, liquid and pressed forms. Pencils have wax or oil bases with color additives while liquid and cake eyeliners

contain alkanolamine, cellulose, ether and other ingredients.

Eyeliners can be applied before or after eye shadow. Because liner is applied along the lashline, caution must be exercised when applying for a client. A pencil should be sharpened and wiped off with a clean tissue before each use and the sharpener sanitized.

Eyebrow Color

Eyebrow pencils add color and shape to the brows. They can darken, correct the shape or fill in sparse areas of the brows. Match the natural eyebrow color as closely as possible and avoid harsh contrasts.

Mascara

Mascara darkens and defines the lashes and is available in liquid, cake and cream form in a variety of shades. Along with pigments, mascara also contains water, wax, thickeners and preservatives. Some also contain fibers to lengthen and thicken the lashes.

When applying mascara, use a disposable wand and dip into a clean tube of mascara. Apply from the base to tips of lashes. Never double dip the wand. A lash separator can be used to comb out clumps. If using an eyelash curler, it must be used before mascara is applied.

Lip Color

Lip color can be worn alone or as a finishing aspect of makeup applications. Lipsticks and glosses often contain moisturizers and sunscreens to moisturize and protect the lips. Lip color comes in creams, glosses, pencils and stick forms. Most lip color contains a combination of oils, waxes and dyes. Some contain mineral oil, olive oil, cocoa butter, petroleum and even vegetable oils. Beeswax and paraffin are also common ingredients.

Fashion trends can dictate lip color, but client preference, skin tone and eye color also should be taken into consideration. Matte and gloss finishes come in and out of style from season to season. Lipstick can be applied straight from the container by removing some with a spatula and applying with a lip brush. For longer-lasting color, line lips first with lip liner, apply lipstick and top with a gloss.

Lip liners are sold in pencil form and can be used to outline and fill in the lips. Some liners double as a lipstick. A liner should be close in color to a lipstick, and should not form a harsh, visible line.



Lip lining to outline the lips

Makeup Brushes

Makeup brushes come in a variety of shapes and sizes and are designed for different applications.

The **powder brush** is large and soft for the application of powder or blush.

The **blush brush** is smaller than the powder brush and specifically designed for the application of powder blush.

Concealer brushes are narrow and firm with a flat edge to apply concealer around the eyes or on blemishes.

The **lip brush** is small and tapered and can be used to apply lipstick or concealer.

Eye shadow brushes can be soft or firm and are designed to blend and apply eye shadow.

Eyeliners brush has tapered, firm bristles for applying liner along the base of the eye and the eyelash line.

Angle brushes are firm and thin for use on the eyebrows or for eyeliner applications.

Lash and brow brushes have a comb and a brush side for combing out excess mascara and brushing the eyebrows smooth.

Caring for Makeup Brushes

Quality makeup brushes will last and can be used over and over. Clean brushes gently in a gentle shampoo or brush solvent. Commercial sanitizers can be used for quick cleaning. Brushes must be sanitized and disinfected after each client with liquid antibacterial soap and a disinfectant. Brush cleaners may not be enough to disinfect brushes for clients. The brush should always be put into running water with the bristles pointing downward. Rinse thoroughly. Reshape when wet and allow to dry flat. Cover with a towel while drying and store in closed container or drawer when completely dry.

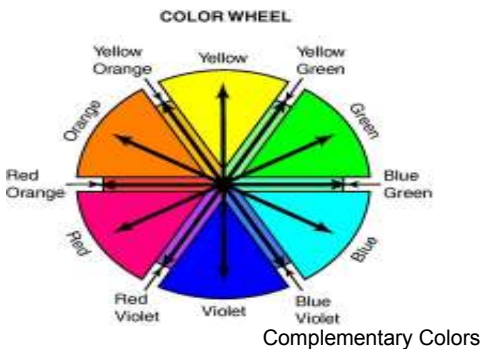
Makeup Color Theory

An understanding of color theory is important to effective makeup application. Color is described as a property of objects that depends on the light they reflect. Color is perceived by the human eye in primary shades of red, green, blue or shades of those colors.

Primary colors include red, yellow and blue, and are the foundation from which all colors are created.

Secondary colors are created by mixing primary colors and **tertiary colors** are achieved by mixing secondary colors and primary colors.

Complementary colors are those primary and secondary colors positioned directly opposite one another on the color wheel. Complementary colors neutralize each other. Understanding these tones can help a colorist neutralize unwanted or compliment skin tone or eye color.



Warm and cool colors are the basis for all color selection for makeup applications.

Understanding these colors can help enhance a client's coloring and skin tone.

Warm colors have a yellow undertone and range from yellow and gold through the oranges, red-oranges, reds and yellow-greens.

Cool colors are dominated by blues, greens, violets and blue-reds.

Reds can be warm and cool. Orange based reds are warm while blue based reds are cool. Greens can also be warm or cool: gold-based greens are warm and blue-based greens are cool. Makeup colors with blue undertones are cool. Those with orange or peach undertones are warm.

Selecting Makeup Colors

There are three main factors to consider when choosing a makeup color for a client: skin color, eye color and hair color.

Skin color is determined to be light, medium or dark and skin tone is described as warm or cool. Once skin color and tone is determined, eye, cheek and lip colors can be chosen to create a neutral effect or have more of an impact.

Complementary Colors for Eyes

Matching eye color with shadow color is not the best way to enhance the eyes. Eye color is best complemented by contrasting with complementary colors.

Blue eyes look best with the complementary color of orange. Shadows that contain yellow and red will make the eyes look bluer. Common choices include gold, orange-browns, peach, copper, red-browns, mauves, plums and neutrals like taupe or camel.

Green eyes look best with the complementary shade of red. Of course pure red will make the eyes look bloodshot, but brown-based reds such as coppers, rusts and purples can be very flattering to green eyes.

Brown eyes are neutral and can wear almost any color. Greens and blues are particularly flattering. Grey should be avoided.

Cheek and Lip Color

Cheek and lip colors should be coordinated within the same color family as the eye color.

If the client has green eyes and plum was the eye shadow choice, cool colors should also be the choice for lips and cheeks. Neutral colors also work with warm or cool color choices. Mixing warm and cool colors can compete with each other and appear imbalanced.

Hair Color

Hair color is an important factor in choosing makeup colors. Use the color wheel to assure that the makeup selected also complements the hair color.

Face Shapes and Proportions

Makeup should enhance the client's most attractive features and downplay less appealing features. At one time, face shape was a focus of makeup application. Today, it is not a primary consideration when applying makeup. The goal of makeup application is to enhance a client's individuality and best features.

Corrective Makeup

Corrective makeup involves using light and dark colors to highlight and contour features. Most faces are not perfectly symmetrical. One eye might be larger than another, the lips may not be even or the eyebrows may not match perfectly. If applied properly, corrective makeup can enhance the features. Incorrect application of corrective makeup technique can result in an artificial-looking appearance.

Facial features can be accented with highlighting and subdued with shadowing and shading. Highlighting is achieved when a concealer or pencil lighter than the original foundation is applied on one area of the face. When the product applied is darker than the foundation shade, it can produce shadowing and minimize features so they are less noticeable.

Skin Tones

Clients sometimes wish to alter their skin tone with corrective makeup. Skin that is red, ruddy or is affected by rosacea can be toned down with a yellow or green-tinted foundation. Red and pink blushes should be avoided. Sallow skin has a yellow undertone and can be corrected by using a pink-based foundation.

Client Consultations

The makeup process should begin with a consultation. Before even speaking with the

client, assess her visually to get an idea of her personal style. The client should be questioned as to her preferences and concerns. A questionnaire can help with added insight into her makeup needs. Make recommendations based on the consultation, but be sensitive to the client's wishes. Skin type, likes and dislikes and lifestyle can all be important factors in choosing makeup for a client. All information and product purchases should be recorded for future appointments.

Makeup Station and Consultation Area

The makeup area used for consultation should be clean and organized. Dirty brushes, messy makeup and unorganized displays can be a turn-off to a potential client. A portfolio of satisfied clients and pictures from magazines can help a client find a look they like.

Lighting

Natural light is the best choice for makeup application. If artificial light is used, a combination of incandescent light and fluorescent light is the best option. The light should be well-directed and shine evenly on the client's face to assure even makeup application. Encourage the client to go to a window to see the finished results in natural light in case adjustments need to be made.

Sanitation

Makeup products:

1. Do not touch product containers to hands or previously used applicators. Distribute onto clean brushes, sponges or applicators.
2. Scrape powders with clean brushes or spatulas onto tissue or clean tray.
3. Scrape off powders and other products before and after use if contaminated.
4. Do not apply lipstick or gloss directly onto the lips from tube. Use a spatula to remove the product, then apply with a clean brush.
5. If the product is accidentally contaminated, either throw it away or give to the client. Do not put it back to reuse.

Applicators, pencils and other products:

1. Applicators. Use sanitary applicators, brushes and spatulas to distribute products. Disinfect after each use and do not double dip into products.

2. Pencils. Sharpen pencils, spray to disinfect and wipe with tissue. If they cannot be sharpened, they cannot be sanitary.
3. Testers. Keep testers clean and sanitary. Assist all clients who are using testers to avoid contamination.
4. Pallets and supplies. Wash and disinfect all trays, brushes, sharpeners and mixing cups after each use.

15. Lip gloss
16. Lip liner
17. Lipstick

Products, Tools and Supplies

Supplies and accessories useful for makeup application include the following:

1. Sponges
2. Brushes
3. Lash curler
4. Disposable wand for mascara
5. Lash comb
6. Hair clips
7. Capes or towels
8. Sanitizing agent for hands, surfaces & tools
9. Tissue
10. Spatulas
11. Cotton swabs
12. Mixing cups
13. Artist's palette



Makeup Products

Makeup Application Tips & Guidelines

1. Fingernails should be short and smooth.
2. Blending and even application are the most important factors in proper application.
3. Creams and liquids must be applied before powders.
4. Do not tug or rub too hard on the client's skin.
5. Do not hold the client's head or lift the eye skin unless necessary.
6. Avoid getting products in the client's eyes. They should be closed when applying shadow and powder.
7. Apply foundation and powder makeup downward for better blending.
8. Mascara and lipstick have great impact on the face and eyes.



Disposable Tools and Supplies

Products for makeup application include the following:

1. Cleanser
2. Toner
3. Moisturizer
4. Lip conditioner
5. Concealer
6. Foundation
7. Highlighters
8. Contouring colors
9. Powder
10. Eye shadow
11. Eyeliner
12. Brow pencils
13. Mascara
14. Blush

Special Application Makeup

Many clients come to a makeup professional due to a special occasion in their lives. Special events such as weddings will involve photography and clients want to look their best. The more information the makeup professional can learn from the client the better. Is it a day or evening event? Will it involve photography? Caution should be exercised. If the makeup is too dramatic, it can look overdone and harsh. Often, highlighting one feature, such as lips or eyes is the most effective way to add drama without overdoing things.

Makeup Lessons

A salon can offer makeup lessons to clients as a way to introduce new products and colors while teaching a client application techniques. Lessons are more than makeovers, because the goal is to teach clients how to do the makeup themselves. Makeovers focus on giving clients a new look. Lessons are an excellent opportunity to retail products.

Camouflage Makeup

Post-surgery patients and individuals with permanent scars or disfigurements can benefit from camouflage makeup. Working with patients in a medical setting can show patients how to apply their own makeup to improve the quality of their lives and their confidence once they go home. Advanced training is recommended for camouflage makeup techniques.



Camouflage Makeup Can Benefit Many People



PRACTICE TEST – SECTION 8

All answers to the following practice test can be found in Section 8.

1. Double-dipping in makeup products is OK as long as the hands are clean.
True False
2. Eye shadow is most flattering when it is the same color as the eyes.
True False
3. Lip and cheek color should be coordinated with eye shadow color.
True False
4. Highlighting enhances facial features.
True False
5. If pencils cannot be sharpened, they cannot be sanitary.
True False
6. Client consultation is not necessary with makeup applications.
True False
7. As long as the makeup professional knows where everything is, it shouldn't matter what the display looks like.
True False
8. Makeup lessons can be an excellent way to introduce and sell new products.
True False
9. Warm and cool colors are the basis for all color selection for makeup application.
True False
10. Mixing warm and cool colors on a client is an excellent way to get creative with makeup application.
True False

**FINAL EXAMINATION
SECTIONS 1-8**

Mark your answers on the answer sheet found on page 41 of this course booklet. To receive 8 credit hours, your total score must be 75% or higher.

- | | |
|--|---|
| <p>1. Warm colors include blues, greens and violets.
True False</p> <p>2. Waxing is the primary method of hair removal used by estheticians.
True False</p> <p>3. Inorganic chemistry is the study of compounds that contain carbon.
True False</p> <p>4. A dermatologist is a physician who treats skin disorders and diseases.
True False</p> <p>5. Atopic dermatitis is characterized by a red, itchy rash.
True False</p> <p>6. Hot towels and exfoliation are excellent treatments for sensitive skin.
True False</p> <p>7. Lancets and needles can be disposed of in any handy garbage can lined with a plastic liner.
True False</p> <p>8. Reflexology uses pressure points on the hands and feet to induce relaxation and reduce stress.
True False</p> <p>9. Soft wax can be applied with the fingers.
True False</p> <p>10. Antioxidants neutralize free radicals.
True False</p> <p>11. Bullas, cysts and papules are examples of secondary lesions.
True False</p> <p>12. Skin cancer risk is increased with repeated sun exposure.
True False</p> <p>13. Eczema is a disease that should be treated by a physician.
True False</p> | <p>14. Retin A® is a topical agent used to treat acne.
True False</p> <p>15. Alipidic skin is oily skin.
True False</p> <p>16. Cotton strips are used to remove hard wax.
True False</p> <p>17. Grade 1 acne is characterized by cysts and scarring.
True False</p> <p>18. Oily skin is indicated by large pores and often appears shiny.
True False</p> <p>19. Ethnic skin contains more melanin than Caucasian skin types.
True False</p> <p>20. Cleansing pads should be cut in lengths of 12 inches.
True False</p> <p>21. Dry skin is caused by overactivity of the sebaceous glands.
True False</p> <p>22. Concealer should be applied heavy to cover blemishes and imperfections.
True False</p> <p>23. Acne is a disorder of the sebaceous glands.
True False</p> <p>24. Surfactants are used to create an emulsion.
True False</p> <p>25. Estheticians should feel free to move about the room during a massage.
True False</p> <p>26. Medications, diet, alcohol consumption and smoking age the skin.
True False</p> <p>27. Effleurage uses light stroking movements.
True False</p> <p>28. Soothing gel masks and serums are excellent for sensitive skin.
True False</p> <p>29. Folliculitis is due to shaving.
True False</p> |
|--|---|

30. Facials cleanse, exfoliate, and treat conditions such as dryness or oiliness.
True False
31. Extractions should be done before steaming when skin is cold.
True False
32. Electrolysis is a method of temporary hair removal.
True False
33. Contraindications for a facial include the use of Accutane® and steroids.
True False
34. Sunscreen is one of the best preventative measures for protecting skin from cancer.
True False
35. The Fitzpatrick Scale measures a client's body fat.
True False
36. A single severe sunburn as a child can double the risk of skin cancer.
True False
37. The T-zone is an area in a salon where products & equipment are stored.
True False
38. Estheticians can develop allergies to chemicals in the salon.
True False
39. Dry skin can be thin and rough to the touch.
True False
40. Cystic acne is a mild form of acne.
True False
41. Knowledge of chemistry helps the esthetician understand how cosmetics change under different conditions.
True False
42. For some skin types, a slight variation in pH levels can cause skin irritation.
True False
43. Contact dermatitis is caused by shaking hands.
True False
44. Eye shadow should be matched with eye color.
True False
45. Water-based foundations are best for dry skin.
True False
46. Toners lower remove excess residue from the skin.
True False
47. Hard wax is best used on large areas.
True False
48. All lasers must be FDA approved and used under the supervision of a physician.
True False
49. Steamers should be cleaned monthly.
True False
50. The amount of hair a person has is determined by genetics.
True False

**Mail to: Inner State Beauty School
5150 Mayfield Road
Lyndhurst, Ohio 44124**

**Questions ?
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Fax to: (440) 442-4630

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**CE At Home for Esthetics & Cosmetology Professionals
FINAL EXAMINATION**

Final exam questions can be found on pages 41-42 of this booklet. Please fill in all circles completely with a #2 pencil. Any incomplete circles or unanswered questions will be scored as incorrect. **You must score 75% to receive 8 credit hours.**

	T	F		T	F		T	F		T	F
1.	○	○	11.	○	○	21.	○	○	31.	○	○
2.	○	○	12.	○	○	22.	○	○	32.	○	○
3.	○	○	13.	○	○	23.	○	○	33.	○	○
4.	○	○	14.	○	○	24.	○	○	34.	○	○
5.	○	○	15.	○	○	25.	○	○	35.	○	○
6.	○	○	16.	○	○	26.	○	○	36.	○	○
7.	○	○	17.	○	○	27.	○	○	37.	○	○
8.	○	○	18.	○	○	28.	○	○	38.	○	○
9.	○	○	19.	○	○	29.	○	○	39.	○	○
10.	○	○	20.	○	○	30.	○	○	40.	○	○

Course Evaluation: Please Complete and Return with Exam to Inner State Beauty School

Your opinion counts! Take a moment and give us some valuable feedback to keep our standards high.

CE # _____ Course Name: Continuing Education At Home for Cosmetology

I would rate this course	1	2	3	4	5
The course was easy to read	1	2	3	4	5
The content was helpful to my career	1	2	3	4	5
The test information was informative	1	2	3	4	5
I would take another at-home course	Yes	No			
I would recommend this course to a co-worker	Yes	No			

Comments _____

5. Excellent 4. Good 3. Average 2. Below Average 1. Poor

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CE at Home for Cosmetology. This is an 8-hour correspondence course that you can take in the privacy of your home. It is an excellent way to fulfill your Continuing Education requirement for the renewal period that ends January 31, 2011. Approved for 8 hours by the Ohio State Board of Cosmetology

The Ohio State Board of Cosmetology has approved both at home and online training for license renewal for the renewal period ending on January 31, 2011. This course is approved for 8 hours of continuing education for Estheticians and Cosmetologists.