Introduction to Spa Techniques

Introduction to Spa Techniques is a one-credit course that focuses on the structure and function of various systems of the body, massage techniques, skin care, and hair removal. Upon successful completion of this course, students are able to assemble sanitized materials, follow procedures for product application, recognize skin disorders, and demonstrate facial massage movements and hair removal. Safety and sanitary precautions are emphasized in the performance of these services. The prerequisite for this course is Introduction to Cosmetology.

Career and technical student organizations are integral, cocurricular components of each career and technical education course. These organizations serve as a means to enhance classroom instruction while helping students develop leadership abilities, expand workplace-readiness skills, and broaden opportunities for personal and professional growth.

Anatomy and Physiology

Students will:

1. Explain scientific principles related to the study of organs and tissues relevant to cosmetology.
   * Identifying types of tissues found in the body

2. Describe the function and principle parts of the nervous, skeletal, muscular, and circulatory systems as they relate to cosmetology and barbering.

3. Describe the structure, composition, and function of the skin.
   * Explaining factors that influence the aging process of skin
   * Identifying contagious and noncontagious skin disorders
   * Identifying various types of skin
   * Explaining regeneration of the skin

Basic Facial Care

4. Describe procedures for performing a basic facial treatment.

5. Identify various types of massage movements and their effects.

6. Describe types of electrical current used in facial treatment and related safety precautions.

7. Describe techniques for performing hair removal.
   * Differentiating between permanent and temporary hair removal

8. Demonstrate basic facial massage movements.
   * Identifying products and supplies used to perform a basic facial

9. Identify safety and infection control procedures for skin care services.

Skin Care, Cosmetics, and Applications

10. Identify categories, types, and uses of professional skin care products and cosmetics.

11. Describe characteristics of facial types.
    - Identifying considerations for creating color harmony based on skin tone, needs, and preferences

12. Demonstrate the application of makeup, including analysis and recommendation, based on facial type.