

**HS166**  
**Skin Care Lab**  
**3 Credits**

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## HS166 Version: 5



### Skin Care Lab

#### Calendar Description

This is an overview course of the importance of skin factors and the function of skin in its normal existence. Understanding the skin and taking care of it comes with knowledge of good nutrition. Essential nutrients for growth, nourishment and repair are circulated through the skin. This course provides the student with the basic understanding of taking care of the skin and the factors and function of how health affects the skin of an individual.

#### Rationale

This is a required course for the Certified Esthetician students. In this course students gain knowledge of proper skin care, the body's biological changes, and how regular skin care throughout time effects appearance. Students also receive information on basic dietary issues, hormones, medication and habits and how they affect the skin condition.

#### Prerequisites

None

#### Co-Requisites

None

#### Course Learning Outcomes

Upon successful completion of this course, students will be able to

1. define the morphology and treatment of the 5 skin types.
2. explain the importance of nutrition and its effects on the skin.
3. relate information on nutrition to clients.
4. describe how factors such as nutrition and fitness activities affect the skin of an individual.
5. list ways to effectively deal with stress related to life, work, and people as a function of how health affects an individual's skin.

## Resource Materials

### **Required Text:**

Gerson, J., et al. (2013). *Milady's standard esthetics: Fundamentals* (11 ed.).

New York, New York: Cengage Learning. ISBN 13:978-1-1113-0689-2.

Harrity, J. (2013). *Milady's standard esthetics: Fundamentals student workbook* (11 ed.).

New York, New York: Cengage Learning. ISBN 13:978-1-1113-0689-2.

### **Reference Text:**

None

## Conduct of Course

Lectures, videos, class discussions, simulation labs, and guest speakers are used to deliver the course content. Participation is necessary.

## Evaluation Procedures

Grading system is based on the number of points received for each assignment. Students are required to complete all assignments and the exam.

Assignments: 50%

Exams: 50%

Points are accumulated for a total possible 100 points. The accumulated points are converted to a final grade using the following scale:

## Grade Equivalents and Course Pass Requirements

***A minimum grade of D (50%) (1.00) is required to pass this course.***

Letter	F	D	D+	C-	C	C+	B-	B	B+	A-	A	A+
Percent Range	0-49	50-52	53-56	57-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-100
Points	0.00	1.00	1.30	1.70	2.00	2.30	2.70	3.00	3.30	3.70	4.00	4.00

**Students must maintain a cumulative grade of C (GPA - Grade Point Average of 2.00) in order to qualify to graduate.**

## Attendance

Regular attendance is essential for success in any course. Absence for any reason does not relieve a student of the responsibility of completing course work and assignments to the satisfaction of the instructor. Absences may result in probation or suspension from the program.

In cases of repeated absences due to illness, the student may be requested to submit a medical certificate.

*Instructors have the authority to require attendance in classes.*

## Course Units/Topics

### MORPHOLOGY & TREATMENT OF SKIN TYPES

1. Intrinsic Aging
2. Extrinsic Aging
3. Treatment Concepts for the Sun-Damaged skin
4. Advanced Mature Skin Treatments
5. Hyperpigmentation
6. Acne
7. Ethnic Skin

### NUTRITION AND THE ESTHETICIAN

1. Nutrition for Maintenance of Health
2. Macronutrients
3. Micronutrients
4. Minerals
5. Nutrition and Esthetics
6. Skin Nourishment
7. Water
8. Nutrition and Prevention of Disease
9. Medications that affects the Skin



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