Esthetician DIPLOMA

Program Overview
Esthetician services include specialized work with skin care products, analysis of skin, massage techniques and facials. Students learn to tint brows and lashes, apply makeup, provide temporary hair removal and to use a steamer.

The Esthetic diploma program prepares the student for the CIDESCO examination.

Career Opportunities
After esthetician students complete 600 hours of skills and theory training and pass the written exam through the State designated testing service and skills certification, they are eligible for licensure through the Minnesota Board of Cosmetologist Examiners. Estheticians work in a variety of settings including salons, spas, and fitness centers.

CIDESCO certification holders are able to license as an esthetician technician, certify as a massage therapist, and license as a nail technician upon completion of clinic nail hours. Cross trained therapists are able to work in Spas, Cruise Ships and 5 Star Resorts.

Licensing or certification exams are independent of graduation requirements.

Program Outcomes
1. Graduates will perform skin care services.
2. Graduates will recommend skin care products to clients.
3. Graduates will perform brow & lash tinting, lash extensions, waxing, and body treatments.
4. Graduates will be able to perform Massage in a professional setting.
5. Graduates will be able to perform nail care services.
6. Graduates will demonstrate the skills necessary for the practical skills test.

Program Faculty
Lyubov Babina
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Textbook and Supply Costs
Students should expect to spend approximately $2,200.00 for esthetics books and supplies (first semester). Tuition, college fees and books for remaining courses are not included in this cost. Items can be purchased in the College Bookstore. In addition, there is a fee to take the Minnesota licensure exam.

Be prepared to purchase all Esthetics kits with the instructor on the second day of class. Financial aid must have been completed.

CIDESCO Certification Exam
Graduates of this diploma program are eligible to take the CIDESCO certification exam. The cost of this exam is approximately $660.00. After passing the CIDESCO exam a fee of $65.00 is charged for the CIDESCO diploma and pin. ESTH 1671 CIDESCO Exam Preparation and ESTH 1672 CIDESCO Exam is offered summer semester only.

The Esthetician Diploma will meet the criteria for the CIDESCO exam requirement of 1200 hours of training in skin, massage and nail services.

The CIDESCO examination includes:
- a facial examination
- a body examination
- a waxing examination
- a make-up examination
- a tinting examination
- a massage examination
- an additional subject, and
- a written examination.

Program Requirements & Course Sequence

Minimum Program Entry Requirements
Students entering this program must meet the following minimum program entry requirements:

Reading: Score of 240+ or grade of “C” or better in READ 0721 or READ 0724 or EAPP 0860
Writing: Score of 240+ or grade of “C” or better in ENGL 0921 or EAPP 0870
Arithmetic: Score of 250+ or grade of “C” or better in MATH 0745

Assessment Results and Prerequisites:
Students admitted into Saint Paul College programs may need to complete additional courses based on assessment results and course prerequisite requirements. Certain MATH, READ, and ENGL courses have additional prerequisites.

CIDESCO
Saint Paul College – A Community and Technical College Esthetician Program is a CIDESCO school. This means the program is allowed to prepare candidates for the CIDESCO examination. CIDESCO is the World’s Major International Beauty Therapy Association:
- Founded in 1946 with its Head Office in Zurich, Switzerland.
- CIDESCO is represented in over 37 countries.
- The CIDESCO Diploma is the world’s most prestigious qualification in the field of Aesthetics and Beauty Therapy.
- Since 1957, the CIDESCO qualification has set standards that have been initiated over the five continents of the globe.

Comite International d’Esthetique et de Cosmetologie
e-mail: info@cidesco.com
website: www.cidesco.com
### Program Requirements

- Check off when completed
- Required Program Orientation

All Cosmetology, Esthetics and Nail Technician applicants must attend a program orientation prior to enrollment as a full-time student. Please call the Clinic receptionist at 651.846.1329 to reserve your space at an orientation.

<table>
<thead>
<tr>
<th>Course</th>
<th>Cr</th>
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</thead>
<tbody>
<tr>
<td>CHSN 1698 Body Systems &amp; Diseases (online)</td>
<td>3</td>
</tr>
<tr>
<td>CHSN 1699 Preclinic Introduction (online)</td>
<td>3</td>
</tr>
<tr>
<td>COSM 1603 Preclinic Nail Care</td>
<td>3</td>
</tr>
<tr>
<td>COSM 1908 Clinic 1 for Nail Technicians</td>
<td>3</td>
</tr>
<tr>
<td>COSM 1951 Salon Operations 1 for Nails</td>
<td>1</td>
</tr>
<tr>
<td>ESTH 1645 Cosmetic Chemistry &amp; Makeup Applications</td>
<td>4</td>
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<tr>
<td>ESTH 1650 Skin Analysis and Massage</td>
<td>4</td>
</tr>
<tr>
<td>ESTH 1651 Clinic 1 for Estheticians</td>
<td>4</td>
</tr>
<tr>
<td>ESTH 1652 Clinic 2 for Estheticians</td>
<td>4</td>
</tr>
<tr>
<td>ESTH 1671 CIDESCO Exam Preparation</td>
<td>4</td>
</tr>
<tr>
<td>HLTH 1410 Medical Terminology</td>
<td>1</td>
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<tr>
<td>HLTH 1421 Anatomy &amp; Physiology for the Somatic Practitioner</td>
<td>4</td>
</tr>
<tr>
<td>HLTH 1425 Clinical Applications in Kinesiology</td>
<td>3</td>
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<tr>
<td>MASS 1400 Introduction to Therapeutic Massage</td>
<td>4</td>
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<tr>
<td>MASS 1421 Massage Spa Techniques</td>
<td>2</td>
</tr>
<tr>
<td>MASS 1422 Massage Clinical Techniques</td>
<td>4</td>
</tr>
<tr>
<td>MASS 1480 Massage Therapy Practicum</td>
<td>4</td>
</tr>
</tbody>
</table>

Subtotal | 56

**General Education/MnTC Requirements**

Refer to the Minnesota Transfer Curriculum Course List for each Goal Area

- Goal 1: Communication
  - COMM 17XX (COMM 1720 Interpersonal Communication recommended) | 3 cr
- Goal 3: Natural Sciences
  - BIOL 1760 Nutrition | 3 cr
- Goals 1-10 of the Minnesota Transfer Curriculum
  - Select a minimum of 3 additional credits

General Education Requirements | 9

Total Program Credits | 65

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### Course Sequence

The following course sequence is required. Not all courses are offered each semester.

#### First Semester

**CHSN 1698 Body Systems & Diseases**

- (online) | 3

This course is a prerequisite to or must be taken concurrently with ESTH 1645, ESTH 1650, ESTH 1651 and ESTH 1652.

**CHSN 1699 Preclinic Introduction (online)** | 3

This course is a prerequisite to or must be taken concurrently with ESTH 1645, ESTH 1650, ESTH 1651 and ESTH 1652.

**ESTH 1645 Cosmetic Chemistry & Makeup Applications** | 4

**ESTH 1650 Skin Analysis and Massage** | 4

**ESTH 1651 Clinic 1 for Estheticians** | 4

This course is a prerequisite to ESTH 1650.

**Total Semester Credits** | 22

#### Second Semester

**COSM 1603 Preclinic Nail Care** | 3

**COSM 1908 Clinic 1 for Nail Technicians** | 3

**COSM 1951 Salon Operations 1 for Nails** | 1

**HLTH 1421 Anatomy & Physiology for the Somatic Practitioner** | 4

**MASS 1400 Introduction to Therapeutic Massage** | 4

**MASS 1421 Massage Spa Techniques** | 2

**MASS 1422 Massage Clinical Techniques** | 4

**MASS 1480 Massage Therapy Practicum** | 4

General Education/MnTC Requirements | 9

**Total Semester Credits** | 21

#### Third Semester

**ESTH 1671 CIDESCO Exam Preparation** | 4

This course is offered only Summer Term.

**ESTH 1672 CIDESCO Exam** | 2

This course is offered only Summer Term.

**HLTH 1425 Clinical Applications in Kinesiology** | 3

**MASS 1421 Massage Spa Techniques** | 2

**MASS 1422 Massage Clinical Techniques** | 4

**MASS 1480 Massage Therapy Practicum** | 4

**Goals 1-10: General Education Electives** | 3

**Total Semester Credits** | 22

**Total Program Credits** | 65