

## 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 machines designed to administer skin treatments.

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, fitness centers, dermatologist, plastic surgeon offices and hospitals.

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, Medical Offices, Cruise Ships and 5 Star Resorts.

Licensing or certification exams are independent of graduation requirements.

### Program Outcomes

1. Graduates will be prepared to take the esthetician skills certification.
2. Graduates will be prepared to take the Minnesota State Esthetician written exam and state law test administered through the state designated testing service (access through [www.bceboard.state.mn.us](http://www.bceboard.state.mn.us)).
3. Graduates will have knowledge and skills in esthetician (skin) services.
4. Graduates will have knowledge and skills in salon operations focusing on skin services.
5. Graduates will possess knowledge and skills for personal care of the skin.
6. Graduates will be prepared for employment as an esthetician.
7. Graduates will have the knowledge and skills for work and life roles.
8. Graduates will have knowledge in cosmetic care product ingredients.
9. Graduates will be prepared to take the CIDESCO exam.
10. Graduates will have knowledge and skills in spa operations focusing on therapeutic skin and body services.
11. Graduates will be prepared for employment as a CIDESCO certification holder.

*Information is subject to change.  
This Program Requirements Guide is not a contract.*

### Program Faculty

Lyubov Babina lyubov.babina@saintpaul.edu

### Textbook and Supply Costs

Students should expect to spend approximately \$1,900.00 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 \$350.00 for under graduate students and approximately \$650.00 for post graduate students. After passing the CIDESCO exam a fee of \$65.00 is charged for the CIDESCO diploma and pin. ESTH 1670 CIDESCO Exam Student Preparation class and the 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.

### 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](mailto:info@cidesco.com)  
website: [www.cidesco.com](http://www.cidesco.com)



### Program Start Dates

Fall, Spring

Summer – online CHSN 1598 & CHSN 1599 only

### Course Sequence

The course sequence listed on the back of this guide is required.

### Cosmetology Student Handbook/ Agreement Form

All new and returning students will need to access D2L Brightspace PRIOR to the first day of classes to read the Cosmetology student handbook.

After you have read the handbook, you must print and sign Student Agreement Form, Hepatitis B Vaccination/Declination Form, Property and Equipment Form, and Rollabout Form and return them to your instructor on the first day of class before you will be admitted to class. You will need to perform this task prior to the first day of each semester. Please direct questions to the assigned instructor of your first class.

*See back of this guide for  
Program Requirements and Course Sequence*

### Minimum Program Entry Requirements

Students entering this program must meet the following minimum program entry requirements:

**Reading:** Score of 78+ or grade of "C" or better in READ 0722

**Writing:** Score of 60+ on Reading Comprehension or grade "C" or better in ENGL 0921

**Arithmetic:** Score of 52+

### 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.

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**Esthetician DIPLOMA** *(continued)*

**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.

Course	Cr
<input type="checkbox"/> CHSN 1598 Body Systems & Diseases (online) . . . . .	4
<input type="checkbox"/> CHSN 1599 Preclinic Introduction (online) . . . . .	4
<input type="checkbox"/> COSM 1603 Preclinic Nail Care . . . . .	3
<input type="checkbox"/> COSM 1908 Clinic 1 for Nail Technicians . . . . .	3
<input type="checkbox"/> ESTH 1645 Cosmetic Chemistry & Makeup Applications . . . . .	4
<input type="checkbox"/> ESTH 1650 Skin Analysis and Massage . . . . .	4
<input type="checkbox"/> ESTH 1651 Clinic 1 for Estheticians . . . . .	4
<input type="checkbox"/> ESTH 1652 Clinic 2 for Estheticians . . . . .	4
<input type="checkbox"/> ESTH 1670 CIDESCO Exam Student Preparation . . . . .	3
<i>This course is offered only Summer Term</i>	
<input type="checkbox"/> HLTH 1410 Medical Terminology . . . . .	1
<input type="checkbox"/> HLTH 1421 Anatomy & Physiology for the Somatic Practitioner . . . . .	4
<input type="checkbox"/> HLTH 1425 Clinical Applications in Kinesiology . . . . .	3
<input type="checkbox"/> MASS 1400 Introduction to Therapeutic Massage . . . . .	4
<input type="checkbox"/> MASS 1421 Massage Spa Techniques . . . . .	2
<input type="checkbox"/> MASS 1422 Massage Clinical Techniques . . . . .	4
<input type="checkbox"/> MASS 1480 Massage Therapy Practicum . . . . .	4
<b>Subtotal . . . . .</b>	<b>55</b>

General Education/MnTC Requirements	Cr
Refer to the Minnesota Transfer Curriculum Course List for each Goal Area	
<input type="checkbox"/> Goal 1: Communication . . . . .	3
SPCH XXXX (SPCH 1720 Interpersonal Communication recommended) 3 cr	
<input type="checkbox"/> Goal 3: Natural Sciences . . . . .	3
BIOL 1760 Nutrition 3 cr	
<input type="checkbox"/> Goals 1-10 of the Minnesota Transfer Curriculum . . . . .	3
Select a minimum of 3 additional credits	
<b>General Education Requirements . . . . .</b>	<b>9</b>

**Total Program Credits . . . . .64**

**Course Sequence**

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

**First Semester**

CHSN 1598 Body Systems & Diseases (online) . . . . .	4
<i>This course is a prerequisite to or must be taken concurrently with ESTH 1645, ESTH 1650, ESTH 1651 and ESTH 1652</i>	
CHSN 1599 Preclinic Introduction (online) . . . . .	4
<i>This course is a prerequisite to or must be taken concurrently with ESTH 1645, ESTH 1650, ESTH 1651 and ESTH 1652</i>	
ESTH 1645 Cosmetic Chemistry & Makeup Applications . . . . .	4
ESTH 1650 Skin Analysis and Massage . . . . .	4
ESTH 1651 Clinic 1 for Estheticians . . . . .	4
ESTH 1652 Clinic 2 for Estheticians . . . . .	4
<i>This course is a prerequisite to ESTH 1650</i>	
<b>Total Semester Credits . . . . .</b>	<b>24</b>

**Second Semester**

COSM 1603 Preclinic Nail Care . . . . .	3
COSM 1908 Clinic 1 for Nail Technicians . . . . .	3
HLTH 1410 Medical Terminology . . . . .	1
HLTH 1421 Anatomy & Physiology for the Somatic Practitioner . . . . .	4
MASS 1400 Introduction to Therapeutic Massage . . . . .	4
Goal 1: SPCH XXXX (SPCH 1720 Interpersonal Communication recommended) . . . . .	3
Goal 3: BIOL 1760 Nutrition . . . . .	3
<b>Total Semester Credits . . . . .</b>	<b>21</b>

**Third Semester**

ESTH 1670 CIDESCO Exam Student Prep . . . . .	3
<i>This course is offered only Summer Term</i>	
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
<b>Total Semester Credits . . . . .</b>	<b>19</b>

**Total Program Credits . . . . .64**