

# CIDESCO Readiness CERTIFICATE

## Program Overview

This certificate is designed for the licensed esthetician or licensed cosmetologist who wants to examine for the International CIDESCO certification. It provides the course work to support the CIDESCO exam prep class and CIDESCO examination. With CIDESCO certification, the licensed esthetician is able to complete a massage program, certify as a massage therapist, complete a nail technician program and obtain a nail technician license. CIDESCO is the world's largest major International Beauty Association. **Program enrollment requires a current Minnesota Cosmetology or Esthetics license.**

## Career Opportunities

The CIDESCO certification holder is cross trained and able to offer potential employers, skills in esthetics, massage therapy, body assessment and treatment and nail care. Cross trained therapists are able to work in spas, medical offices, fitness centers, 5 star resort spas, and on cruise ships.

## Program Outcomes

1. Graduates will have knowledge and skills in esthetician services.
2. Graduates will have knowledge and skills needed for body assessment and body treatments.
3. Graduates will have knowledge and skills to assist clients with diet and exercise.
4. Graduates will have knowledge in cosmetic product ingredients.
5. Graduates will have knowledge and skills for work and life roles.
6. Graduates will have determined a topic for the CIDESCO special project.
7. Graduates will have prepared their CIDESCO special project for presentation during the exam.
8. Graduates will be prepared to take the International CIDESCO practical and written exam.

## Program Faculty

Lyubov Babina lyubov.babina@saintpaul.edu

## 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"/> COSM 1603 Preclinic Nail Care	3
<input type="checkbox"/> ESTH 1645 Cosmetic Chemistry & Makeup Applications	4
<input type="checkbox"/> ESTH 1650 Skin Analysis & Massage	4
<input type="checkbox"/> ESTH 1651 Clinic 1 for Estheticians	4
<input type="checkbox"/> ESTH 1670 CIDESCO Exam Student Prep	3
<i>Class 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"/> MASS 1400 Introduction to Therapeutic Massage	4
<b>Subtotal</b>	<b>27</b>

## General Education/MnTC Requirements

- Refer to the Minnesota Transfer Curriculum Course List for each Goal Area
- Goal 3: Natural Sciences
  - BIOL 1760 Nutrition – 3 cr
  - General Education Requirements** 3

**Total Program Credits** 30

## Textbook and Supply Costs

Students should expect to spend approximately \$1900.00 for esthetics books and supplies (ESTH 1645, 1650 & 1651). Tuition, college fees, and books required for remaining courses are not included in this cost. Items can be purchased in the College Bookstore. Financial aid must have been completed.

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.

Comite International d' Esthetique et de Cosmetologie  
e-mail: info@cidesco.com  
Web site: www.cidesco.com



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

## Program Start Dates

Fall, Spring

## Course Sequence

The following sequence is recommended. Not all courses are offered during summer session.

Full-time students can complete the program in two semesters.

### First Semester

ESTH 1645 Cosmetic Chemistry & Makeup Applications	4
ESTH 1650 Skin Analysis & Massage	4
ESTH 1651 Clinic 1 for Estheticians	4
Goal 3: BIOL 1760 Nutrition	3
<b>Total Semester Credits</b>	<b>15</b>

### Second Semester

COSM 1603 Preclinic Nail Care	3
ESTH 1670 CIDESCO Exam Student Prep*	3
HLTH 1410 Medical Terminology	1
HLTH 1421 Anatomy & Physiology for the Somatic Practitioner	4
MASS 1400 Introduction to Therapeutic Massage	4
<b>Total Semester Credits</b>	<b>15</b>

**Total Program Credits** 30

\*This course is only offered summer term.

## Current Minnesota Esthetics or Cosmetology License:

Students must bring a copy of their license on the first day of class. A copy will be added to the students' permanent file.

## 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+ or grade of "C" or better in ENGL 0921

**Arithmetic:** Score of 31+

### Assessment Results and Prerequisites:

Students admitted to 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.

This advanced certificate is designed for the licensed esthetician or licensed cosmetologist.

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