

# Esthetician Spa AAS DEGREE

## Program Overview

Esthetician services include specialized work with skin care products, analysis of skin, skin exfoliation, massage techniques and facials. Students learn to tint brows and lashes, apply makeup, provide temporary hair removal, and use machines designed to administer skin treatments.

The Esthetician Spa AAS Degree is designed for future employment in a spa/resort setting. This program also 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, as well as dermatologist, plastic surgeon's 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 diploma holder.

## Program Faculty

Lyubov Babina lyubov.babina@saintpaul.edu

### Textbook and Supply Costs

Students should expect to spend approximately \$1900.00 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. Be prepared to purchase all Esthetics kits with the instructor on the second day of class.

Financial aid must have been completed. In addition, there is a fee to take the Minnesota licensure exam.

## 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"/> 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 1652 Clinic 2 for Estheticians . . . . .	4
<input type="checkbox"/> ESTH 1670 CIDESCO Exam Student Preparation . . . . .	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
<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>49</b>

### General Education/MnTC Requirements Cr

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

<input type="checkbox"/> Goal 1: Communication . . . . .	7
ENGL 1711 Composition 1 – 4 cr	
SPCH XXXX – 3 cr	
<input type="checkbox"/> Goal 3: Natural Sciences . . . . .	7
BIOL 1760 Nutrition – 3 cr	
CHEM 1711 Principles of Chemistry 1– 4 cr	
<input type="checkbox"/> Goal 5: History, Social Science and Behavioral Sciences . . . . .	3
<b>General Education Requirements</b> . . . . .	<b>17</b>

**Total Program Credits . . . . . 66**

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

## 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 recommended for a full-time student. Not all courses are offered during summer session.

*See back of this guide for Course Sequence*

### 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)  
Web site: [www.cidesco.com](http://www.cidesco.com)



### 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 78+ or grade of "C" or better in ENGL 0922

**College Level Mathematics:** Score of 50+ or grade of "C" or better in MATH 0920

**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.

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## Esthetician Spa AAS DEGREE *(continued)*

### Course Sequence

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

#### 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
<i>This course is a prerequisite to ESTH 1650</i>	
ESTH 1650 Skin Analysis and Massage . . . . .	4
ESTH 1651 Clinic 1 for Estheticians . . . . .	4
ESTH 1652 Clinic 2 for Estheticians . . . . .	4
<b>Total Semester Credits.</b> . . . . .	<b>24</b>

#### Second Semester

COSM 1603 Preclinic Nail Care . . . . .	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 . . . . .	3
Goal 3: BIOL 1760 Nutrition . . . . .	3
<b>Total Semester Credits.</b> . . . . .	<b>18</b>

#### Third Semester

MASS 1421 Massage Spa Techniques . . . . .	2
MASS 1422 Massage Clinical Techniques . . . . .	4
MASS 1480 Massage Therapy Practicum . . . . .	4
<b>Total Semester Credits.</b> . . . . .	<b>10</b>

#### Fourth Semester

ESTH 1670 CIDESCO Exam Student Prep . . . . .	3
<i>Offered summer semester only</i>	
Goal 1: ENGL 1711 Composition 1 . . . . .	4
Goal 3: CHEM 1711 Principles of Chemistry 1 . . . . .	4
Goal 5: History, Social Science and Behavioral Sciences . . . . .	3
<b>Total Semester Credits.</b> . . . . .	<b>14</b>

**Total Program Credits . . . . .66**

### 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.

### Transfer Opportunities

Saint Paul College has a transfer articulation agreement between the following program and post-secondary institutions for the baccalaureate degree programs listed below.

For more information please go to [www.saintpaul.edu/Transfer](http://www.saintpaul.edu/Transfer).

#### Esthetician Spa AAS

- BS Healthcare and Human Service Management  
Saint Mary's University-Twin Cities Campus
- BA Health Care Administration  
Concordia University, St. Paul
- BA Individualized Studies  
Metropolitan State University