



Paramedical Esthetician Program
Southeastern School of Neuromuscular Massage
9424 Baymeadows Road, Suite 200,
Jacksonville, Florida 32256
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PME 430 Principles of Esthetics

6.0 credit hours

This course focuses on the study of basic principles of esthetics; which includes the history of esthetics, the role of the esthetician, and the psychology of the patient. In addition, this course will cover math skills as applicable to esthetics and salon services. This course covers the concepts of teamwork and the social skills required for proper professional ethics. Students will learn to employ safe, sanitary and efficient work practices. In addition, students will study bacteriology. Different types of bacteria, how they grow and reproduce, and how the spread of bacteria can be prevented will also be discussed. CPR/First Aid, Universal Safety precautions, Safety and Health practices, OSHA Blood borne pathogens, proper handling of Hazardous Materials, MSDS, proper disposal, and HIV/AIDS will also be covered.

PME 500 Laws, Communication, and Business Operations 6.0 credit hours

This course teaches appropriate work behavior, ethics as they apply to business operations, communication skills and management skills. Florida Law (Chapter 477), Florida Right to Know Law (Chapter 442), and appropriate State Board Requirements are covered. This course will cover topics such as: administrative policy and procedure, entrepreneurship, accounting, retailing, Day Spa business planning and retailing, and marketing principles. Students will learn basic resume and letter writing skills as well as interviewing techniques. This course will also help students to identify career opportunities in the grooming, salon services, and medical fields. Licensing regulations, professional organizations, and HIPPA will also be covered.

PME 432 Make-up Techniques & Hair Removal

4.0 credit hours

This course focuses on the application of cosmetics, skin care products, color analysis,

morphology of the face, eyebrow contouring and corrections, and eyebrow and eyelash tinting. Students will learn the proper steps in removing hair through tweezing or waxing, and the safety precautions to follow in the use of electrical apparatus in hair removal (excluding electrolysis). Camouflage theory and corrective make-up techniques are also discussed. FDA laws governing cosmetics and cosmetic safety is also outlined. Students are taught product knowledge and ingredient composition, chemistry, related composition, chemicals used, indications, and adverse reactions as they apply to the techniques covered in this course. Basic theoretical knowledge of permanent cosmetics and Air Brush make-up techniques will also be covered. Proper sterilization and sanitation methods, as they relate to these topics will also be included. Related medical terminology will be discussed.

PME 410 Facial and Body Treatments 4.0 credit hours

Students will learn about client consultation, client preparation, draping, and skin analysis, and product retailing as it applies to the techniques covered in this course. Cleansing and toning techniques will also be covered. Students will learn about Vitamin C treatments, European Galvanic, Facial and Back treatments. Facial techniques and the various types of corrective facials will also be discussed. The benefits and nature of light therapy will also be discussed. Product selection and equipment requirements which meet the needs of the client will be discussed. Students are taught product knowledge and ingredient composition, chemistry, related composition, chemicals used, indications, and adverse reactions as they apply to the techniques covered in this course. Proper sterilization and sanitation methods, as they relate to these topics will also be covered. The anatomy, physiology, and histology of the skin will be discussed as they pertain to the topics covered in this course.

PME 411 Facial and Body Techniques 4.0 credit hours

Students will learn client consultation, client preparation, draping, and skin analysis, and product retailing as it applies to the techniques covered in this course. This course will expose students to the Ayurveda treatments as they pertain to skin wellness and health. Students learn body exfoliation (wet/dry), body polishing, and skills for product recommendation. Students are taught product knowledge and ingredient composition, chemistry, related composition, chemicals used, indications, and adverse reactions as they apply to the techniques covered in this course. Proper sterilization and sanitation methods, as they relate to these topics will be covered. The anatomy, physiology, and histology of the skin will be discussed as they pertain to the topics covered in this course.

PME 412 Facial and Body Procedures 4.0 credit hours

Students will learn client consultation, client preparation, draping, and skin analysis, and product retailing as it applies to the techniques covered in this course. This course will cover extractions and scrub techniques. Four layer facial methodology, collagen blanket facials. Exfoliating peels, cellulite treatments, stress recovery and natural treatments will also be discussed. Students are taught product knowledge and ingredient composition, chemistry, related composition, chemicals used, indications, and adverse reactions as they apply to the techniques covered in this course. Proper sterilization and sanitation

methods, as they relate to these topics will be covered. The anatomy, physiology, and histology of the skin will be discussed as they pertain to the topics covered in this course.

PME 450 Nutrition and Pathology

6.0 credit hours

This course will cover the fundamentals of nutrition and its effects on the skin. The importance of water intake, nutrition for healthy skin, hormones, metabolism, and vitamins and herbs will be discussed. Students will learn about internal conditions and the manifestation of these illnesses through the skin. Students will be able to describe, observe, identify and analyze the functions, structures, and diseases and disorders of skin through cleanliness, nutrition, and healthy living. Students will also learn about inherited and inflammatory diseases of the skin. Nutritional healing recommendations for various skin disorders will be covered. Related medical terminology will be discussed.

PME 262 Esthetician Spa Theory

4.0 credit hours

This course teaches students the history and evolution of the spa. Students will study esthetician spa theory in the areas of thermal theory, body wrap application (For the purpose of cleansing and beautifying the skin of the body without massage), homeostasis, detoxification of the body, and body typing. Treatment planning will also be covered. Spa hydrotherapy, salt glow exfoliation, seaweed body masking, cellulite treatment, and spa treatment of the feet will also be discussed. Students will also learn the principles of herbal medicine, the properties of herbs, and the indications of selected herbs. This course will also cover the theory of Aromatherapy, its applications, medical treatments and skin associations. Students are taught product knowledge and ingredient composition, chemistry, related composition, chemicals used, indications, and adverse reactions as they apply to the techniques covered in this course. Proper sterilization and sanitation methods, as they relate to these topics will be covered.

PME 420 Mechanical and Electrical Devices

4.0 credit hours

This course teaches electricity and its effect on the skin. The focus of instruction on the effectiveness of electrical apparatus and the safe and proper uses. Students will learn the nature of electrical current, principles of operating electrical devices, and the various safety precautions used when operating electrical equipment. Use of all electrical modalities of advanced technology for facial, body, and skin care purposes, including magnifying lamps, light therapy, hi-frequency, and galvanic currents will be covered.

PME 435 Aging, Cosmetic Surgery and Esthetics

4.0 credit hours

This course teaches the progression from natural skin care to plastic surgery. There is emphasis on pharmacology; topical and oral medications, and pre-post operative care. Spider vein treatment, glycolic acid theory and skin age management are covered. The use of chemical peels and masks, holistic skin treatment, and vitamin therapies will be discussed. Proper sterilization and sanitation methods, as they relate to these topics will be covered. Students are also taught product knowledge and ingredient composition, chemistry, related composition, chemicals used, indications, and adverse reactions as they apply to the techniques covered in this course. Related medical terminology will be discussed.

PME 433 Dermatology and Esthetics I

4.0 credit hours

Students will learn about skin diseases and disorders that may be encountered in the field of dermatology. This course focuses on dermatologic procedures, pharmacology, micro-dermabrasion, derma-plane exfoliation, ethnic skin care and hyperpigmentation. Laser hair reduction is also discussed. Students are taught product knowledge and ingredient composition, chemistry, related composition, chemicals used, indications, and adverse reactions as they apply to the techniques covered in this course. Proper sterilization and sanitation methods, as they relate to these topics will also be covered. Related medical terminology will be discussed.

PME 434 Dermatology and Esthetics II

4.0 credit hours

Students will learn about cancers of the skin (melanomas, squamous cell, and basal cell). Students will study esthetic therapy for cancer patients and the basics of breast reconstruction surgery. The effects of sun damage and UV rays on the skin will also be covered. Students will be exposed to pathologies that they may treat as a skin care professional, may assist in treating, or need to mask and camouflage. Students are taught product knowledge and ingredient composition, chemistry, related composition, chemicals used, indications, and adverse reactions as they apply to the techniques covered in this course. Proper sterilization and sanitation methods, as they relate to these topics will also be covered. Related medical terminology will be discussed.