

Master Esthetics Curriculum & Hours of Instruction Requirement
 600 Hour Requirement
 Regulation: 18 VAC 41-70-190

Instruction	Theory Complete	Instructor Initials
1. Orientation, advanced business subjects, and infection control - minimum of 45 hours of instruction		
School policies and procedures		
Professional ethics and practices		
Ethics and professional conduct		
Insurance and liability issues		
Confidentiality and Health Insurance Portability and Accountability Act of 1996 Privacy Rule (HIPAA)		
Client records and documentation		
Microbiology and bacteriology		
Infection control, disinfection, and sterilization		
Occupational Safety and Health Administration (OSHA), U.S. Food & Drug Administration (FDA), and Material		
Personal protective equipment		
2. State laws, rules, and regulations - Minimum of 10 hours of instruction		
3. Advanced anatomy and physiology - Minimum of 65 hours of instruction		
Advanced anatomy and physiology		
Advanced skin structure and functions		
Advanced skin typing, and conditions		
Advanced disease and disorders		
Advanced cosmetic ingredients		
Pharmacology		
Advanced homecare		
4. Advanced skin care and advanced modalities - minimum of 90 hours of instruction		
Introduction to microdermabrasion and dermaplaning		
Indications and contraindications for crystal microdermabrasion		
General procedures and safety measures for crystal microdermabrasion		
Indications and contraindications for crystal-free microdermabrasion and dermaplaning		

Instruction	Theory Complete	Instructor Initials
General procedures and safety measures for crystal free microdermabrasion and dermaplaning		
Equipment safety: crystal-free microdermabrasion and dermaplaning		
Waste disposal, Occupational Safety and Health Administration (OSHA)		
Introduction to microdermabrasion techniques and proper protocols		
Machine parts, operation, protocols, care, waste disposal and safety		
Practical application and consultation for crystal microdermabrasion		
Practical application and consultation for crystal-free microdermabrasion and dermaplaning		
Pretreatment and post-treatment for microdermabrasion		
5. Advanced procedures and chemical exfoliation - minimum of 270 hours of instruction		
Advanced skin analysis and consultation and health screening and documentation		
Advanced procedures, light treatments, light-emitting diode (LED), intense pulsed light device (IPL)		
Advanced manual, machine, and electric treatments, microcurrent, and ultrasound		
Introduction to chemical exfoliation and peels and wound healing		
Fundamentals of skin care associate with chemical exfoliation and peels and wound healing		
Pretreatment and post-treatment for chemical exfoliation and peels		
Assessing suitability and predicting chemical exfoliation efficacy		
General practical application and consultation protocols		
Practical application and consultation for enzymes, herbal exfoliators, and vitamin-based peels		
Indications and contraindications for enzymes, herbal exfoliators and vitamin based peels		
General procedures and safety measures for herbal exfoliations, and vitamin based peels		
Pre-treatments and post-treatments for herbal exfoliations, and vitamin-based peels		
Practical applications and consultations for alpha hydroxy peels		
Indications and contraindications for alpha hydroxy peels		
General procedures and safety measures for alpha hydroxy peels		
Pretreatment and post-treatment for alpha hydroxy peels		
Practical application and consultation for beta hydroxy peels		

Instruction	Theory Complete	Instructor Initials
Indications and contraindications for beta hydroxy peels		
General procedures and safety measures for beta hydroxy peels		
Pretreatment and post-treatment for beta hydroxy peels		
Practical application and consultation for Jessner and Modified Jessner peels		
Indications and contraindications for Jessner and Modified Jessner Peels		
General procedures and safety measures for Jessner and Modified Jessner Peels		
Pretreatment and post-treatment for Jessner and Modified Jessner Peels		
Practical application and consultation for trichloroacetic acid peels		
Indications and contraindications for trichloroacetic acid peels		
General procedures and safety measures for trichloroacetic acid peels		
Pretreatment and post-treatment for trichloroacetic acid peels		
6. Lymphatic drainage - minimum of 120 hours of instruction		
Introduction to lymphatic drainage		
Tissues and organs of the lymphatic system		
Functions of the lymphatic system		
Immunity		
Etiology of edema		
Indications and contraindications for lymphatic drainage		
Lymphatic drainage manipulations and movements		
Face and neck treatment sequence		
Lymphatic drainage on the trunk upper extremities		
Lymphatic drainage on the trunk and lower extremities		
Cellulite		
Using lymphatic drainage effleurage with other treatments		
Machine aided lymphatic drainage		