



# ESTHETICS TRAINING PROGRAM

LEARN. CREATE. ADVANCE.

## ESTHETICS TRAINING - 750 HRS

(10% OF HRS ARE THROUGH DISTANCE EDUCATION)

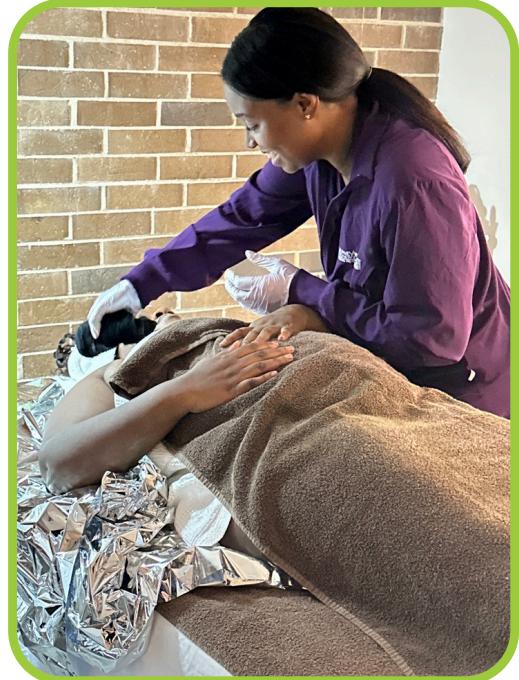
Our program is designed for estheticians who are passionate about exploring the complexities of skin at a deeper level and achieving exceptional, results-driven outcomes. Whether working independently or in collaboration with physicians, you'll graduate as a clinical skin expert equipped to transform clients' esthetic goals into reality. From foundational peel procedures to advanced laser techniques, our curriculum empowers you with the expertise to thrive in a competitive industry.

Students in our program receive extensive training in the CIDESCO and NCEA curricula, preparing them for success at state, national, and international levels. Upon graduation, you'll earn your esthetics license, national certification, and the prestigious International Diploma, solidifying your credentials as a globally recognized skincare professional.

Beyond clinical skincare, our program offers a comprehensive education in a variety of specialized techniques, including advanced hair removal methods, professional makeup artistry (with special effects and airbrush techniques), body treatments, wellness practices, and body contouring. You'll also master sugaring, hard and soft wax applications, and portfolio development to showcase your skills.

Throughout the course, you'll not only gain technical expertise but also learn the essential business strategies to build, expand, and sustain your own practice or establish a thriving career in the field of esthetics.

**Advanced Certificates:** This course includes advanced certificates in



CHOICE IN EDUCATION

# ESTHETICS COURSE CONTENT

LEARN. CREATE. ADVANCE.

STEPNEY INSTITUTE  
OF ESTHETICS & WELLNESS  
EDUCATING THE FUTURE IN ESTHETICS



## CORE ESTHETICS TRAINING PROGRAM

### Introduction to Esthetics

- History of Beauty
- Personal Care
- Professional Care
- Nutrition
- Exercise
- Self-Care

### Facials

- Facials w/o machines
- Facials w machines
- Male Facials
- Skin Analysis
- Treatment Protocol
- Massage techniques
  - Lymphatic
  - Accupressure
  - Swedish
  - Gua Sha

### Esthetic Sciences

- Chemistry
- Anatomy and Physiology
- Skin Physiology
- Electricity
- Salon Ecology
- Product Formulation

### Lash & Brow Care

- Strip & Tab application, safety and care
- Brow Design, Tinting
- Brow Lamination & Lash Lift

### Business & Customer Care

- Customer Relations & Retention
- Clinic Floor Operations
- Retailing
- Marketing
- Business Building & Leadership
- Human Resources

### Advanced Topics

- Body Treatments
- Hydrotherapy
- Paraffin & Seaweed Treatments
- Essential Oils, Flower Essences
- Herbology and Phytotherapy
- Reflexology and Auriculotherapy

### Clinical Skin Care - Advanced Certificates

- Ultrasound
- Microdermabrasion
- HydraFacial
- Micro needling / Nano Infusion
- Body Analysis, Cavitation & Woodworking
- LED & Microcurrent

### Waxing / Hair Removal

- Soft/Hard/Sugar/Threading
- Arms & Legs
- Under Arms
- Bikini, Back, Belly, Chest
- Face, Brazilian

### MakeUp Artistry

- Day & Evening Wear
- Portfolio
- Fantasy,
- Editorial
- Special Effects

**FOR MORE INFORMATION**

(708) 991-7598

BEGIN AND RISE