

**Survival Skills for Aestheticians**  
**Three Day Seminar**  
**November 4<sup>th</sup> – 6<sup>th</sup>, 9am – 5pm**  
**Georgetown, Texas**

**Attendees: Aestheticians, Cosmetologists**  
**Instructor: Janet McCormick, MS, CIDESCO**

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This class is a must for licensed professionals who need a boost of information and skills to get to the next level in their skin care expertise. This three day seminar is designed to take you into advanced skills that provide the confidence and information needed for success.

Subjects will include: Skin type in 30 seconds or less, client consultation and recommendation skills, essential alternative massage technique, OSHA and Universal Precautions, preconditioning - its role in our success, expanded acne care, exfoliations and peels, introduction to microdermabrasion, and much more. Building clientele, client retention and home care sales are learnings that are interspersed throughout all the days of classes.

**Day 1** - Introduction, OSHA/Universal Precautions-we get all the boring stuff out of the way quickly.... Advanced skin analysis, client consultation, retail and client retention skills, then an ingredients discussion to facilitate optimum learning for the remaining classes. Using the Fitzpatrick UV Scale and the Glogau Scale are taught to upgrade the ability of making appropriate and results oriented choices in professional recommendations.

**Day 2 AM** We discuss massage-when appropriate and when not, then check your massage techniques. An alternative massage method is taught, (Pressure Point) Hopefully we start Exfoliation and Peels, review the Fitzpatrick and Glogau Scales.

**Day 2, Afternoon** - Exfoliation and Peels - Aging is discussed, including the Grades of Aging/review appropriate ingredients. Then, we compare exfoliators, resurfacers and peels. We will be discussing resurfacers to use when and on which clients, and be applying them to each other. The resurfacers are Vitamin C, the enzyme mask, the Alpha Beta Peel, and the Salicylic Peel. I will not be training the TCA and Modified Jessners as Novita Spa does not sell it. We will, however, be discussing them, the appropriate client, pre-conditioning, etc. We will be discussing support modalities, such as LED, Microdedermabrasion and Microcurrent, their benefits and contraindications, how they support client care in our industry, and how Novita Spa supports their results. These are NOT hands on in class as their use should be trained on the machine purchased. It is when/who to use it on, etc.

**Day 3 - AM** - Acne Care for Aestheticians - Causes, the Grades of Acne are taught, how to define them quickly and how to choose treatments, programs and home care for each of these clients. It would be great if we have clients to determine grade, home care, treatment and program. An acne treatment client is important for demonstration to see how the sal acid peel is performed/how it works, right after lunch.

**Day 3 PM** - We discuss choosing product lines, then mineral makeup and where it fits into every regimen of care. To close, we will be doing "scenarios" so you will be ready to define treatments, home care and programs for every client who walks in the door of your room when you go home. Personal mentoring discussions will be conducted, if we have the time—and energy. If not, we will schedule them over the telephone after the student gets home.

A manual will be provided to take home and everyone is encouraged to take lots of notes and ask a lot of questions. Those who have techniques and information to share, please do so as we are here to learn!

The aesthetician that takes this class will be, after a few practice faces back in their location, confident and READY to advance in skin care! Thank you for your interest!