



COS 23 - Skin Care

Catalog Description

Transfer Status: CSU

Unit(s): 4.00

Lab: 204.00 Contact hours/0.00 Out of class hours/204.00 Total hours/4.00 Unit(s)

Total: 204.00 Contact hours/0.00 Out of class hours/204.00 Total hours/4.00 Unit(s)

Course Description: This course will develop the knowledge and skills necessary to understand the nature of skin care and show proficiency in skin-related services. Topics include skin disorders and diseases, skin structure, growth and nutrition, advanced skin care, facials and lashes, to include lash lifting, coloring and lash extensions. Students will work towards California State Board of Barbering and Cosmetology minimum requirements and hours in subjects learned. This course is part of the Cosmetology and Barbering sequences, and foundational in the Esthetics course sequence.

Objectives

Upon successful completion of this course, the student should be able to:

1. Perform client consultations for all skin care and services.
2. Analyze and identify different skin types and apply corrective treatments.
3. Apply proper and safe massage techniques depending on the needs of the client's skin.
4. Synthesize the correct use of color theory when applying makeup.
5. Demonstrate all proper safety, sanitation, and disinfection procedures for skin care services.
6. Analyze skin for contraindications to hair removal services.

Course Content

Topic Titles / Suggested Time Topic	
Topics	Lab Hrs
Skin Assessment and Consultation	20.00
• Analysis of skin for hair removal services • Analysis of skin for facial treatments • Identification of contraindications to skin services • Identification and treatment of skin diseases and conditions	
Disinfection and Sanitation	10.00
• Demonstrate a habit and consistent practice of disinfection and sanitation standards set by the Board of Barbering and Cosmetology	
Makeup	50.00
• Color theory for makeup application • Basic makeup application • Artificial lashes • Eyebrow beautification • Eyebrow and eyelash tinting • Special occasion makeup	
Skin Structure, Growth and Nutrition	24.00
• Anatomy of the skin • Nutrition and skin health	
Facials	50.00
• Consultation, assessment and contraindications • Facial massage • Needs assessment • Specialty facials	
Hair Removal	50.00
• Consultation and assessment • Identification of contraindication	

Topics

Lab Hrs

- Permanent hair removal
- Temporary hair removal

Total Hours: 204.00

Methods of Instruction

- A. Class Activities
- B. Demonstrations
- C. Discussion
- D. Guest Speakers
- E. Multimedia Presentations
- F. Reading Assignments

Methods of Evaluation

- A. Exams/Tests
- B. Oral Presentation
- C. Class participation
- D. Practical Evaluations
- E. Mid-term and final examinations
- F. Group Participation

Examples of Assignments

Reading Assignments

1. Read about controversial ingredients used in cosmetic products that may or may not cause harm, such as: triclosan, para-aminobenzoic acid, ethyl methyl methacrylate and formaldehyde. Be prepared to discuss your findings in class.
2. Read two or three professional articles that focus on diseases and disorders of the scalp, skin and nails. Prepare a disease identification guide and share it with the class.

Writing Assignments

1. Write a 1-2 page essay on current trends in the Cosmetology industry related to skin care and salon management.
2. Write a 1-2 page essay summarizing key industry trends for the treatment of acne, wrinkles and skin discoloration.

Out-of-Class Assignments

1. Interview five local salon professionals, focusing on key strategies for passing the state board licensing exam. Summarize your findings.
2. Prepare a poster-size diagram of the structure of the skin. Be prepared to present your diagram to the class with a summary of how knowledge of the structure of the skin is critical to skin care treatment.

Recommended Materials of Instruction

Milady. (2023). Milady's Standard Cosmetology with Standard Foundations + Student Workbook for Milady Standard Foundations + Workbook for Milady's Standard Cosmetology. Cengage, 14th. 9780357925256.

Minimum Qualifications

Cosmetology

Created/Revised by: Flores, Felicia

Date: 04/07/2025