

MILADY STANDARD COSMETOLOGY—12th to 13th EDITION REVISION SYNOPSIS

<i>Milady Standard Cosmetology</i> 12th Edition	<i>Milady Standard Cosmetology</i> 13th Edition	Synopsis of Significant Changes
PART I: ORIENTATION	PART I: ORIENTATION	
Chapter 1—The History and Opportunities Learning Objectives: 1. Describe the origins of personal beautification. 2. Name the advancements made in cosmetology during the twentieth and early twenty-first centuries. 3. List the career opportunities available to a licensed cosmetologist.	Chapter 1—History and Career Opportunities Learning Objectives: 1. Describe appearance enhancement and how it relates to cosmetology. 2. Recognize how trends are influenced by the history of cosmetology. 3. List several career opportunities available to a licensed beauty practitioner.	Both editions cover essentially the same information including an introduction to the world of cosmetology, a detailed history of cosmetology, and a variety of career opportunities. New to the 13th edition: Updated history of cosmetology to include the Africans. Expanded career options to include: artistic director, education director, and creative director.
Chapter 2—Life Skills Learning Objectives: 1. List the principles that contribute to personal success. 2. Explain the concept of self-management. 3. Create a mission statement. 4. Explain how to set short-term and long-term goals. 5. Discuss the most effective ways to manage time. 6. Describe good student habits. 7. Define <i>ethics</i> . 8. List the characteristics of a healthy, positive attitude.	Chapter 2—Life Skills Learning Objectives: 1. List the principles that contribute to personal and professional success. 2. Create a mission statement. 3. Explain long-term and short-term goals. 4. Discuss the most effective ways to manage time. 5. Demonstrate good study habits. 6. Define <i>ethics</i> . 7. List the characteristics of a healthy, positive attitude.	Both editions cover essentially the same information.

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Chapter 3—Your Professional Image

Learning Objectives:

1. Understand personal hygiene.
2. Explain the concept of dressing for success.
3. Demonstrate an understanding of ergonomic principles and ergonomically correct postures and movements.

Chapter 4—Communicating for Success

Learning Objectives:

1. List the golden rules of human relations.
2. Explain the definition of effective communication.
3. Conduct a successful client consultation/needs assessment.
4. Handle unhappy clients.
5. Build open lines of communication with coworkers.

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Chapter 3—Your Professional Image

Learning Objectives:

1. Name four good personal hygiene habits.
2. Explain the concept of dressing for success.
3. Practice ergonomically correct movement, postures, and principles.

Chapter 4—Communicating for Success

Learning Objectives:

1. Take practical steps for effectively communicating in the workplace.
2. Conduct a successful client consultation.
3. Adequately manage tardy clients, schedule mix-ups, and unhappy clients.
4. Build open lines of communication with coworkers.

Synopsis of Significant Changes

Both editions cover essentially the same information regarding personal hygiene, dressing for success, and the importance of ergonomics.

Both editions cover essentially the same information.

New to the 13th edition:

Detailed explanation of the client intake form and service record card.

A rating system has been added to some of the questions in the client consultation.

<i>Milady Standard Cosmetology 12th Edition</i>	<i>Milady Standard Cosmetology 13th Edition</i>	Synopsis of Significant Changes
PART II – GENERAL SCIENCES	PART II – GENERAL SCIENCES	
Chapter 5—Infection Control: Principles and Practices	Chapter 5—Infection Control: Principles & Practices	Both editions cover essentially the same information.
Learning Objectives:	Learning Objectives:	New to the 13th edition:
<ol style="list-style-type: none"> 1. Understand state laws and rules and the difference between them. 2. List the types and classification of bacteria. 3. Define hepatitis and HIV and explain how they are transmitted. 4. Explain the differences between cleaning, disinfecting, and sterilizing. 5. List the types of disinfectants and how they are used. 6. Discuss universal precautions. 7. List the responsibilities of a salon professional. 8. Describe how to safely clean and disinfect salon tools and equipment. 	<ol style="list-style-type: none"> 1. List the 16 categories of information required on Safety Data Sheets. 2. Understand state laws and rules and the differences between them. 3. List the types and classifications of bacteria. 4. Define blood-borne pathogens and explain how they are transmitted. 5. Explain the differences between cleaning, disinfecting, and sterilizing. 6. List the types of disinfectants and the steps to using them properly. 7. Define Standard Precautions. 8. List your responsibilities as a salon professional. 	Changes in the OSHA rulings since the last revision. Gives a clearer, more detailed explanation of the information to be found on SDS. Addresses and defines <i>biofilms</i> . More detailed explanation of sterilizing. A deeper understanding of how hand washing works and why it's important. Procedure for Handling an Exposure Incident

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Chapter 6—General Anatomy and Physiology

Learning Objectives:

1. Define and explain the importance of anatomy and physiology to the cosmetology profession.
2. Describe cells, their structure, and their reproduction.
3. Define tissue and identify the types of tissues found in the body.
4. Name the 11 main body systems and explain their basic functions.

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Chapter 6—General Anatomy & Physiology

Learning Objectives:

1. Define and explain the importance of anatomy and physiology to the cosmetology profession.
2. Describe cells, their structure, and their reproduction.
3. Define tissue and identify the four types of tissues found in the body.
4. Name the 11 main body systems and explain their basic functions.

Synopsis of Significant Changes

Both editions cover essentially the same information regarding anatomy and physiology.

The 13th edition has been streamlined, and the following have been removed:

Histology

Osteology

Myology

The three types of muscle tissue in the body

Muscles of the ear

Muscles of mastication

Nerve cell structure and function

Explanation of how blood flows through the heart

Composition of the blood

Parathyroid glands

Pancreas

Adrenal glands

Ovaries

The digestive system

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Chapter 7—Skin Structure and Growth

Learning Objectives:

1. Describe the structure and composition of the skin.
2. List the functions of the skin.
3. List the classes of nutrients essential for good health.
4. List the food groups and dietary guidelines recommended by the U. S. Department of Agriculture (USDA).
5. List and describe the vitamins that can help the skin.

Chapter 8—Skin Disorders and Diseases

Learning Objectives:

1. Recognize common skin lesions.
2. Describe the disorders of the sebaceous glands.
3. Name and describe changes in skin pigmentation.
4. Identify the forms of skin cancer.
5. Understand the two major causes of acne and how to treat them.
6. List the factors that contribute to the aging of the skin.
7. Explain the effects of overexposure to the sun on the skin.
8. Understand what contact dermatitis is and how it can be prevented.

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Chapter 7—Skin Structure, Growth, & Nutrition

Learning Objectives:

1. Describe the structure and composition of the skin.
2. List the six functions of the skin.
3. Name the classes of nutrients essential for good health.
4. Identify the food groups and dietary guidelines recommended by the U.S. Department of Agriculture (USDA).
5. List and describe the vitamins that can help the skin.

Chapter 8—Skin Disorders & Diseases

Learning Objectives:

1. Identify and describe common skin lesions, differentiating between primary and secondary lesions.
2. List and describe common disorders of the sebaceous glands.
3. List and describe common changes in skin pigmentation.
4. Identify the forms of skin cancer including symptoms and mortality rates
5. Identify and describe the major causes of acne and current treatments.
6. List the factors that contribute to the aging of the skin.
7. Explain the effects of exposure to the sun on the skin.
8. Describe contact dermatitis and prevention measures for cosmetologists.

Synopsis of Significant Changes

Both chapters describe the structure, composition, and functions of the skin.

New to the 13th edition:

USDA update from MyPyramid to MyPlate.

Both chapters describe skin diseases and disorders and factors that contribute to aging.

New to the 13th edition:

Tables for primary and secondary lesions that include: lesion name, pronunciation, image, graphic, description, and example of lesion.

An even more in-depth discussion of skin cancer.

Sun protection

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<i>Milady Standard Cosmetology 12th Edition</i>	<i>Milady Standard Cosmetology 13th Edition</i>	Synopsis of Significant Changes
<p>Chapter 9—Nail Structure and Growth</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Describe the structure and composition of nails. 2. Discuss how nails grow. 	<p>Chapter 9—Nail Structure & Growth</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Describe the characteristics of normal, healthy nails. 2. Describe the nine basic parts of the nail unit. 3. Discuss how nails grow. 	<p>Both editions cover essentially the same content regarding the structure and composition of nails and how they grow.</p>
<p>Chapter 10—Nail Disorders and Diseases</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. List and describe the various disorders and irregularities of nails. 2. Recognize diseases of the nails that should not be treated in the salon. 	<p>Chapter 10—Nail Disorders & Diseases</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. List and describe the various disorders and irregularities of nails. 2. Recognize diseases of the nails that should not be treated in the salon. 3. Perform a hand, nail, and skin analysis on a client. 	<p>Both editions cover essentially the same content regarding nail disorders and diseases.</p> <p>New to the 13th edition:</p> <p>Koilonychia</p>
<p>Chapter 11—Properties of the Hair and Scalp</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Name and describe the structures of the hair root. 2. List and describe the three layers of the hair shaft. 3. Describe the three types of side bonds in the cortex. 4. List the factors that should be considered in a hair analysis. 5. Describe the hair growth cycles. 6. Discuss the types of hair loss and their causes. 7. Describe the options for hair loss treatment. 8. Recognize hair and scalp disorders commonly seen in the salon and school and know which can be treated by cosmetologists. 	<p>Chapter 11—Properties of the Hair and Scalp</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Identify and distinguish the different structures of the hair root. 2. Point out and differentiate the differences among the three main layers of the hair shaft. 3. Identify and explain the three types of side bonds in the cortex. 4. Name and compare the differences among the three cycles of hair growth. 5. Give examples of the common types of hair loss and explain what can cause hair loss. 6. Identify and explain at least three options for hair loss treatment. 7. Learn to identify the most common hair and scalp disorders seen in the salon and school, and then name which ones a physician should treat. 8. Compare and describe the different factors that should be considered during a hair and scalp analysis. 	<p>Both editions cover essentially the same content regarding the structure of the hair and its growth cycles.</p> <p>New to the 13th edition:</p> <p>Updated definitions and explanations for whorl and cowlick.</p>

<i>Milady Standard Cosmetology 12th Edition</i>	<i>Milady Standard Cosmetology 13th Edition</i>	Synopsis of Significant Changes
<p>Chapter 12—Basics of Chemistry</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Explain the difference between organic and inorganic chemistry. 2. Explain oxidation-reduction (redox) reactions. 3. Discuss the different forms of matter: elements, compounds, and mixtures. 4. Explain the difference between solutions, suspensions, and emulsions. 5. Explain pH and the pH scale. 	<p>Chapter 12—Basics of Chemistry</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. List the difference between organic and inorganic chemistry. 2. Categorize and give examples of different substances for each of the different states of matter: solid, liquid, and gas. 3. Summarize, in your own words, oxidation–reduction (redox) reactions. 4. Define the differences between pure substances and physical mixtures. 5. Evaluate the difference among solutions, suspensions, and emulsions. 6. Explain what pH is and how the pH scale works. 	<p>Both editions cover essentially the same content regarding the basics of chemistry, pH, and the different forms of matter.</p>
<p>Chapter 13—Basics of Electricity</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Define the nature of electricity and the two types of electric current. 2. Define electrical measurements. 3. Understand the principles of electrical equipment safety. 4. Define the main electric modalities used in cosmetology. 5. Describe other types of electrical equipment that cosmetologists use and information about their use. 6. Explain electromagnetic spectrum, visible spectrum of light, and invisible light. 7. Describe the types of light therapy and their benefits. 	<p>Chapter 13—Basics of Electricity</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Identify the nature of electricity and the two types of electric current. 2. List electrical measurements. 3. Understand the principles of electrical equipment safety. 4. Examine the main electric modalities used in cosmetology. 5. Outline other types of electrical equipment that cosmetologists use and describe how to use them. 6. Explain the electromagnetic spectrum, visible spectrum of light, and invisible light. 7. Compare the types of light therapy and their benefits. 	<p>Both editions cover essentially the same content regarding the basics of electricity, electrical measurements, modalities, and the electromagnetic spectrum.</p> <p>New to the 13th edition:</p> <p>Updated terminology for converter with inverter.</p> <p>Ground fault interrupter (GFI)</p>

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Milady Standard Cosmetology 12th Edition

PART III: HAIR CARE

Chapter 14—Principles of Hair Design

Learning Objectives:

1. Describe the possible sources of hair design inspiration.
2. List the five elements of hair design.
3. List the five principles of hair design.
4. Understand the influence of hair type on hairstyle.
5. Identify different facial shapes and demonstrate how to design hairstyles to enhance or camouflage facial features.
6. Explain design considerations for men.

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PART III: HAIR CARE

Chapter 14—Principles of Hair Design

Learning Objectives:

1. Describe sources of hair design inspiration.
2. List the five elements of hair design and how they relate to hairstyling.
3. Explain the five principles of hair design and recognize their specific contribution to a hairstyle.
4. Understand the influence of hair type and texture on design.
5. Identify the seven different facial shapes and design a beneficial hairstyle for each.
6. Explain two design considerations for men.

Synopsis of Significant Changes

Both editions cover essentially the same content regarding the elements and principles of hair design, face shapes, and how to design styles accordingly.

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Chapter 15—Scalp Care, Shampooing, and Conditioning

Learning Objectives:

1. Explain the two most important requirements for scalp care.
2. Describe the benefits of scalp massage.
3. Know how to treat scalp and hair that are dry, oily, or dandruff ridden.
4. Explain the role of hair brushing to a healthy scalp.
5. Discuss the uses and benefits of the various types of shampoo.
6. Discuss the uses and benefits of the various types of conditioner.
7. Demonstrate the appropriate draping for a basic shampoo and draping for a chemical service.
8. Demonstrate the Three-Part Procedure and explain why it is useful.

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Chapter 15—Scalp Care, Shampooing, and Conditioning

Learning Objectives:

1. Identify the two most basic requirements for scalp care.
2. Demonstrate a scalp massage during a shampoo service.
3. Examine the differences and similarities of treating scalp and hair that are dry, oily, and/or affected by dandruff.
4. Describe how hair brushing contributes a healthy scalp.
5. Evaluate the uses and benefits of the various types of shampoo.
6. Evaluate the uses and benefits of the various types of conditioners.
7. Demonstrate the appropriate draping for a basic shampooing and conditioning, and draping for a chemical service.
8. Identify the three-part procedure of a hair care service and explain why it is useful

Synopsis of Significant Changes

Both editions contain essentially the same information regarding pH in shampoos, surfactants, scalp manipulations, and proper shampoo procedures.

New to the 13th edition:

Strengthening shampoo

Uses for dry shampoo

Cleansing conditioner

The 13th edition has been streamlined, and the following have been removed:

Procedure for Normal Hair and Scalp Treatment

Procedure for Dry Hair and Scalp Treatment

Procedure for Oily Hair and Scalp Treatment

Procedure for Antidandruff Treatment

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Chapter 16—Haircutting

Learning Objectives:

1. Identify reference points on the head form and understand their role in haircutting.
2. Define angles, elevations, and guidelines.
3. List the factors involved in a successful client consultation.
4. Explain the use of the various tools of haircutting.
5. Name three things you can do to ensure good posture and body position while cutting hair.
6. Demonstrate mastery of the blunt haircutting.
7. Demonstrate the mastery of the graduated, 45-degree elevation haircut.
8. Demonstrate mastery of the uniform layered (90-degree) haircut.
9. Demonstrate mastery of the long layered (180 degree) haircut.
10. Demonstrate mastery of a men's basic clipper cut

Milady Standard Cosmetology 13th Edition

Chapter 16—Haircutting

Learning Objectives:

1. Identify the reference points on the head and understand their role in haircutting.
2. Define lines, sections, elevations, and guidelines.
3. List the factors involved in a successful client consultation.
4. Explain the uses of the various tools of haircutting.
5. Name three things you can do to ensure good posture and body position while cutting hair.
6. Perform the four basic haircuts.
7. List the multiple ways to section and cut the bang (fringe) area.
8. Discuss and explain three different texturizing techniques performed with shears.
9. Explain a clipper cut.
10. Identify the uses of a trimmer.

Synopsis of Significant Changes

Both editions contain essentially the same information regarding haircutting including angles, elevations, guidelines, proper use of tools, and the four basic haircuts.

New to the 13th edition:

Discussion of horseshoe section, pivoting section, profile section, radial section

Expanded content for cutting the bangs (fringe), including instructions for five new techniques.

Use of tattoo trimmers.

Updated definition for long-layered haircut.

All Procedures have been updated and simplified to be less text heavy and current with industry trend and terminology.

Milady Standard Cosmetology 12th Edition

Chapter 17—Hairstyling

Learning Objectives:

1. Demonstrate finger waving, pin curls, roller setting, and hair wrapping.
2. Demonstrate various blowdry styling techniques.
3. Demonstrate the proper use of thermal irons.
4. Demonstrate various thermal iron manipulations and explain how they are used.
5. Describe the three types of hair pressing.
6. Demonstrate the procedures involved in soft pressing and hard pressing.

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Chapter 17—Hairstyling

Learning Objectives:

1. Execute finger waving, pin curling, roller setting, and hair wrapping.
2. Perform various blowdry styling techniques and learn the proper use of blowdrying tools.
3. Demonstrate the proper use of thermal irons.
4. Demonstrate the proper use of a flat iron and show an understanding of heat settings.
5. Demonstrate various thermal iron manipulations and explain how they are used.
6. Perform the four basic curl patterns and explain the end result.
7. Describe the three types of hair pressing.
8. Understand the importance of preparation, sectioning, pinning, and balance with regard to updos.
9. Create the two foundational updos for styling long hair.

Synopsis of Significant Changes

Both editions contain essentially the same information regarding hairstyling principles and procedures for wet styling, blowdry styling, styling long hair, thermal styling, flat iron styling, hair pressing, and creating updos.

New to the 13th edition:

The four basic curl patterns

Five key points to consider when styling long hair

Procedure for French Pleat or Twist

Procedure for Half Updo

The 13th edition has been streamlined, and the following have been removed:

Procedure for Carved or Sculpted Curls

Procedure for Curling Short Hair

Procedure for Curling Medium Length Hair

Procedure for Curling Hair Using Two Loops or Figure 8

Procedure for Soft Pressing for Normal Curly Hair

Procedure for Twist

Procedure for Pleat

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Chapter 18—Braiding and Braid Extensions

Learning Objectives:

1. Explain how to prepare the hair for braiding.
2. Demonstrate the procedure for cornrowing.

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Chapter 18—Braiding and Braid Extensions

Learning Objectives:

1. Know the general history of braiding.
2. Recognize braiding basics and the importance of a consultation.
3. Explain how to prepare the hair for braiding.
4. Describe the six types of braiding techniques: rope, fishtail, halo, invisible, single, and single braids with extensions.
5. Demonstrate the procedure for cornrowing.
6. Explain the techniques for textured sets and styles.
7. Demonstrate the procedures for starting locks and lock grooming.

Synopsis of Significant Changes

Both editions contain essentially the same information regarding procedures for braiding with and without extensions.

New to the 13th edition:

Braiding and textured hairstyling consultation

Extensive revision to include terminology and practice of caring for highly textured and or natural hair. To include styles, techniques, terminology, and procedures.

Procedure for Halo Braids

Procedure for Nubian Coils: Coil Comb Technique

Procedure for Twist

Procedure for Starting Locks with Nubian Coils

Procedure for Cultivating and Grooming Locks

The 13th edition has been streamlined, and the following have been removed:

Procedure for Rope Braid

Procedure for Fishtail Braid

Procedure for Invisible Braid

Procedure for Single Braids without Extensions

Procedure for Cornrows with Extensions

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Chapter 19—Wigs and Hair Additions

Learning Objectives:

1. Explain the differences between human-hair and synthetic wigs.
2. Describe the two basic categories of wigs.
3. Describe the various types of hairpieces and their uses.
4. Explain several different methods of attaching extensions.

Chapter 20—Chemical Texture Services

Learning Objectives:

1. Explain the structure and purpose of each of the hair's layers.
2. Explain the chemical actions that take place during permanent waving.
3. Explain the difference between an alkaline wave and a true acid wave.
4. Explain the purpose of neutralization in permanent waving.
5. Describe how thio relaxers straighten the hair.
6. Describe how hydroxide relaxers straighten the hair.
7. Describe curl re-forming and what it is best used for.

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Chapter 19—Wigs and Hair Additions

Learning Objectives:

1. Understand why cosmetologist should study wigs and hair additions.
2. Explain the differences between human hair and synthetic hair.
3. Examine the two basic categories of wigs.
4. Distinguish several types of hairpieces and their uses.
5. Review several different methods of attaching hair extensions.

Chapter 20—Chemical Texture Services

Learning Objectives:

1. Explain the four chemical reactions that take place during permanent waving.
2. Explain the difference between an alkaline wave and a true acid wave.
3. Explain the purpose of neutralization in permanent waving.
4. Demonstrate safe and effective perm techniques.
5. Describe how thio relaxers straighten the hair.
6. Describe how hydroxide relaxers straighten the hair.
7. Demonstrate safe and effective hydroxide relaxing techniques.
8. Describe curl re-forming and how it restructures the hair.

Synopsis of Significant Changes

There is no substantive new information in the current edition.

New in the 13th edition:
Double-lock stitch

Both editions contain essentially the same information regarding chemical texture services including both the physical and chemical actions occurring in permanent waving and hair relaxing as well as numerous wrapping procedures used in permanent waving.

New to the 13th edition:

Content has been reorganized to cover the chemistry of each texture service prior to discussing technique and application.

Images to accompany Procedure for Applying a Thio Relaxer to Virgin Hair.

Images to accompany Procedure for Thio Relaxer Retouch.

Extensive update and revision for Procedure for Curl-Reforming (Soft Curl Perm).

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Milady Standard Cosmetology 12th Edition

Chapter 21 — Haircoloring

Learning Objectives:

1. List the reasons people color their hair.
2. Explain how the hair's porosity affects haircolor.
3. Understand the types of melanin found in hair.
4. Define and identify levels and their role in formulating haircolor.
5. Identify primary, secondary, and tertiary colors.
6. Know what role tone and intensity play in haircolor.
7. List and describe the categories of haircolor.
8. Explain the role of hydrogen peroxide in a haircolor formula.
9. Explain the action of hair lighteners.
10. List the four key questions to ask when formulating a haircolor.
11. Understand why a patch test is useful in haircoloring.
12. Define what a preliminary strand test is and why it is used.
13. List and describe the procedure for a virgin single-process color service.
14. Understand the two processes involved in double-process haircoloring.
15. Describe the various forms of hair lightener.
16. Understand the purpose and use of toners.
17. Name and describe the three most commonly used methods for highlighting.
18. Know how to properly cover gray hair.
19. Know the rules of color correction.
20. Know the safety precautions to follow during the haircolor process.

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Chapter 21 — Haircoloring

Learning Objectives:

1. List the reasons why people color their hair.
2. Explain how the hair's porosity affects haircolor.
3. Understand the types of melanin found in hair.
4. Define and identify levels and their role in formulating haircolor.
5. Identify primary, secondary, and tertiary colors.
6. Know what roles tone and intensity play in haircolor.
7. List and describe the categories of haircolor.
8. Explain the role of hydrogen peroxide in a haircolor formula.
9. Explain the action of hair lighteners.
10. List the five key questions to ask when formulating a haircolor.
11. Understand why a patch test is useful in haircoloring.
12. Define what a preliminary strand test is and why it is used.
13. List and describe the procedure for a virgin single-process color service.
14. Understand the two processes involved in double-process haircoloring.
15. Describe the various forms of hair lightener.
16. Understand the purpose and use of toners.
17. Name and describe the three most commonly used methods for highlighting.
18. Know how to properly cover gray hair.
19. Know the rules of color correction.
20. Know the safety precautions to follow during the haircolor process.

Synopsis of Significant Changes

Both editions contain essentially the same information regarding color theory, formulation, and procedures.

New to the 13th edition:

Examples of technique for baliaage—single-, dual-, and three-point application.

Using two color formulas to cover salt and pepper hair.

The 13th edition has been streamlined, and the following have been removed:

Procedure for Semipermanent Haircolor Application

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Synopsis of Significant Changes

PART IV: SKIN CARE

PART IV: SKIN CARE

Chapter 22—Hair Removal

Chapter 22—Hair Removal

Learning Objectives:

Learning Objectives:

1. Describe the elements of a client consultation for hair removal.
2. Name the conditions that contraindicate hair removal in the salon.
3. Identify and describe three methods of permanent hair removal.
4. Demonstrate the techniques involved in temporary hair removal.

1. Explain the significance of a client intake form used in hair removal services.
2. Name the conditions that contraindicate hair removal in the salon.
3. Identify and describe three methods of permanent hair removal.
4. List the eight methods used for temporary hair removal.

Both editions contain essentially the same information regarding temporary hair removal including consultation procedures, contraindications, and hair removal methods and techniques.

New to the 13th edition:

Determining the best shape for eyebrows

Procedure for Lip Waxing Using Hard Wax

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Chapter 23—Facials

Learning Objectives:

1. Understand the importance of skin analysis and client consultation.
2. Understand contraindications and the use of health screening forms to safely perform facial treatments.
3. List and describe various skin types and conditions.
4. Describe different types of products used in facial treatments.
5. Perform a client consultation.
6. Identify the various types of massage movements and their physiological effects.
7. Understand the basic types of electrical equipment used in facial treatments.
8. Understand the basic concepts of electrotherapy and light therapy techniques.

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Chapter 23—Facials

Learning Objectives:

1. Explain the pertinent information to gather during a client consultation and skin analysis before performing facial treatments.
2. Identify examples of contraindications that prohibit performing facial treatments.
3. Determine the difference between skin type and skin condition.
4. Name the different categories of skin care products used in facial treatments.
5. Explain the different categories of skin care products used in facial treatments, and provide examples of each.
6. Define why massage is used during a facial.
7. Name and briefly describe the five categories of massage manipulations.
8. Name and describe two types of electrical machines used in facial treatments.
9. Explain how the two types of electrical machines add value to a facial.
10. Know the difference between galvanic and high-frequency treatments used in facial services.
11. Explain how light therapy is used to treat the skin.
12. Discuss how aromatherapy is used in the basic facial.

Synopsis of Significant Changes

Both editions contain essentially the same information regarding facials including skin types and conditions, massage movements, product types and uses, electrical equipment, and the procedure for a basic facial.

New to the 13th edition:

Additional information to discuss during the client consultation: Client's occupation, client's date of birth, recommend services and products

Extraction

Facial treatments for men

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Chapter 24—Facial Makeup

Learning Objectives:

1. Describe the different types of cosmetics and their uses.
2. Demonstrate an understanding of cosmetic color theory.
3. Demonstrate a basic makeup procedure for any occasion.
4. Understand the use of special-occasion makeup.
5. Identify different facial types and demonstrate procedures for basic corrective makeup.
6. Demonstrate the application and removal of artificial lashes.

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Chapter 24—Facial Makeup

Learning Objectives:

1. Describe the various types of cosmetics and their uses for facial makeup.
2. Explain how to use color theory when choosing cosmetics for makeup application.
3. Identify different facial types and summarize basic makeup techniques to alter them.
4. Name and describe the two types of artificial eyelashes.
5. List tips for creating special-occasion makeup for eyes, cheeks, and lips.

Synopsis of Significant Changes

Both editions contain essentially the same information regarding facial makeup including product types, color theory, makeup and artificial eyelash application procedures, and safety measures.

New to the 13th edition:

Table 24-1: Identifying Makeup Brushes And Their Uses

Color selection for mature skin

Previous corrective makeup content has been moved to a section called Alter Face Shapes with Makeup

Application descriptions for each face shape have been deleted.

A discussion of camouflaging techniques has been added.

Tips for creating special occasion makeup looks have been added.

Procedure for False Eyelash Application

(continued)

Milady Standard Cosmetology 12th Edition

PART V: NAIL CARE

Chapter 25—Manicuring

Learning Objectives:

1. Identify the four types of nail implements and/or tools required to perform a manicure.
2. Explain the difference between reusable and disposable implements.
3. Describe the importance of hand washing in nail services.
4. Explain why a consultation is necessary each time a client has a service in the salon.
5. Name the five basic nail shapes for women.
6. Name the most popular nail shape for men.
7. List the types of massage movements most appropriate for a hand and arm massage.
8. Explain the difference between a basic manicure and a spa manicure
9. Describe how aromatherapy is used in manicuring services.
10. Explain the use and benefits of paraffin wax in manicuring.
11. Name the correct cleaning and disinfection procedure for nail implements and tools.
12. Describe a proper setup for the manicuring table.
13. List the steps in the post service procedure.
14. List the steps taken if there is an exposure incident in the salon.
15. List the steps in the basic manicure.
16. Describe the proper technique for the application of nail polish.
17. Describe the procedure for a paraffin wax hand treatment before a manicure.

Milady Standard Cosmetology 13th Edition

PART V: NAIL CARE

Chapter 25—Manicuring

Learning Objectives:

1. Define *scope of practice*.
2. Describe the potential consequences if a nail technician works outside the state's scope of practice.
3. Identify the four types of nail technology tools required to perform a manicure.
4. Explain the difference between multiuse (reusable) and single-use (disposable) implements.
5. Name and describe the three-part procedure used in the performance of the basic manicure.
6. Explain why a consultation is important before a service in the salon.
7. List and describe the five basic nail shapes for women.
8. Describe the most popular nail shape for men.
9. List the massage movements for performing a relaxing hand and arm massage.
10. Explain the differences between spa manicures and basic manicures.
11. Describe how aromatherapy is best used in manicuring services.
12. Explain the benefits of paraffin wax in manicuring.

Synopsis of Significant Changes

Both editions cover essentially the same information.

New to the 13th edition:

- Ventilation systems
- New definition for *acetone*
- Gel polish products
- Things to consider during a manicure consultation
- Waterless manicures
- Cheesecloth or paper towel paraffin application
- Spray paraffin
- Single-use commercial gloves
- New nail art section
- The French Manicure

The 13th edition has been streamlined, and the following have been removed:

- Procedures for Handling an Exposure Incident and Proper Hand Washing have been moved to Chapter 5, Infection Control.
- Paraffin wax treatment

Milady Standard Cosmetology 12th Edition

Chapter 26—Pedicuring

Learning Objectives:

1. Identify and explain the equipment used when performing pedicures.
2. Identify and explain three materials used when performing pedicures.
3. Describe a callus softener and how it is best used.
4. Explain the differences between a basic and a spa pedicure.
5. Describe reflexology and its use in pedicuring.
6. Know why consistent cleaning and disinfection of pedicure baths must be performed.
7. Know and describe the steps involved in the proper cleaning and disinfecting of whirlpool foot spas and air-jet basins.
8. List and perform the steps in the pedicure pre-service procedure.
9. Describe the proper tool and technique to use to reduce the instance of an ingrown toenail.
10. Demonstrate the proper procedures for a basic pedicure.
11. Demonstrate a foot and leg massage.

Milady Standard Cosmetology 13th Edition

Chapter 26—Pedicuring

Learning Objectives:

1. Describe the equipment used when performing pedicures.
2. Identify materials only used when performing pedicures.
3. Describe the function of callus softener in a pedicure procedure.
4. Explain the differences between a basic pedicure and a spa pedicure.
5. Define *reflexology* and its use during a pedicure procedure.
6. Summarize the importance of cleaning and disinfecting a pedicure bath.

Synopsis of Significant Changes

Both editions cover essentially the same information.

New to the 13th edition:

Hot stones

Ingredients in callus softeners

Upgrade your pedicure service and price through nail art

(continued)

Milady Standard Cosmetology 12th Edition

Chapter 27—Nail Tips and Wraps

Learning Objectives:

1. Identify the supplies needed for nail tip application and explain why they are needed.
2. Name and describe the types of nail tips available and why it is important to properly fit them for your client.
3. List the types of fabrics used in nail wraps and explain the benefits of using each.
4. Demonstrate the stop, rock, and hold method of applying nail tips.
5. Demonstrate the Nail Tip Application Procedure.
6. Demonstrate the Nail Tip Removal Procedure.
7. Demonstrate the Nail Wrap Application Procedure.
8. Demonstrate the main difference between performing the Two-Week and Four Week Fabric Wrap Maintenance.
9. Demonstrate how to remove fabric wraps and what to avoid.

Milady Standard Cosmetology 13th Edition

Chapter 27—Nail Tips and Wraps

Learning Objectives:

1. In addition to your basic manicure table set up, identify any supplies that are needed for nail tip application and explain their use.
2. Name and describe the three types of nail tips available, and describe the importance of correctly fitting nail tips.
3. Demonstrate the stop, rock, and hold method of applying nail tips.
4. Explain a few methods of applying nail tips.
5. List the types of fabrics used in nail wraps and explain the benefits of using each.
6. Describe the main difference between performing the two-week fabric wrap maintenance and the four-week fabric wrap maintenance.
7. Demonstrate how to remove fabric wraps and what to avoid.

Synopsis of Significant Changes

Both editions cover essentially the same information.

Milady Standard Cosmetology 12th Edition

Chapter 28—Monomer Liquid Polymer Powder Nail Enhancements

Learning Objectives:

1. Explain monomer liquid and polymer powder nail enhancement chemistry and how it works.
2. Describe the apex, stress area, sidewall, and where they are located on the nail enhancement.
3. Demonstrate the proper procedures for applying one-color monomer liquid and polymer powder nail enhancements over tips and on natural nails.
4. Demonstrate the proper procedures for applying two-color monomer liquid and polymer powder nail enhancements using forms over nail tips and on natural nails.
5. Describe how to perform a one-color maintenance service on nail enhancements using monomer liquid and polymer powder.
6. Demonstrate how to perform crack repair procedures.
7. Implement the proper procedure for removing monomer liquid and polymer powder.

Milady Standard Cosmetology 13th Edition

Chapter 28—Monomer Liquid Polymer Powder Nail Enhancements

Learning Objectives:

1. Explain monomer liquid and polymer powder nail enhancement chemistry and how it works.
2. Name the specific tools, equipment, and supplies required to perform monomer liquid and polymer powder nail enhancements.
3. List the steps to apply nonacid and acid-free nail primers.
4. Explain how to properly store monomer liquid and polymer powder products.
5. Describe the apex, stress area, and sidewall, and tell where each is located on the nail enhancement.
6. Describe how to perform a one-color maintenance service on nail enhancements using monomer liquid and polymer powder.
7. Demonstrate how to perform crack repair procedures.
8. Implement the proper procedure for removing monomer liquid and polymer powder nail enhancements.
9. Describe the general process for using odorless products.
10. List two ways to create nail art from monomer liquid and polymer powder.

Synopsis of Significant Changes

Both editions cover essentially the same information.

New to the 13th edition:

- Why MMA should not be used
- Expanded discussion of grit and abrasives
- Create monomer liquid and polymer powder nail art
- Three dimensional nail art
- Inlaid designs

(continued)

Milady Standard Cosmetology 12th Edition

Chapter 29—UV Gel Nails

Learning Objectives:

1. Describe the chemistry and main ingredients of UV gels.
2. Describe when to use the one-color and two-color methods for applying UV gels.
3. Name and describe the types of UV gels used in current systems.
4. Identify the supplies needed for UV gel application.
5. Determine when to use UV gels.
6. Discuss the differences between UV light units and UV lamps.
7. Describe how to apply one-color UV gel on tips and natural nails.
8. Describe how to apply UV gels over forms.
9. Describe how to maintain UV gel nail enhancements.

Milady Standard Cosmetology 13th Edition

Chapter 29— Light Cured Gels

Learning Objectives:

1. Describe the chemistry and main ingredients of light cured gels.
2. Explain when you would use a one-color or two-color method for applying UV or LED gels.
3. List the different types of light cured gels used in current systems.
4. Identify the supplies needed for light cured gel application.
5. Determine when to use light cured gels on your client.
6. List the four guidelines that will assist you in choosing the proper light cured gel technology for your client.
7. Discuss the differences between light cured lamps and bulbs.
8. Identify the advantages of using light cured gel polish.
9. Describe how to maintain light cured gel nail enhancements.
10. Explain how to correctly remove hard light cured gels.
11. Identify the correct way to remove soft light cured gels.

Synopsis of Significant Changes

Both editions cover essentially the same information.

New to the 13th edition:

Chapter title change.

Publisher's note: The term *light cured gels* is used in this chapter to encompass UV and LED gels.

Nail forms

Storing light cured gels

Additional guidelines for using light cured gels

LED light to cure LED gel products

Using light cured gels to create nail art

<i>Milady Standard Cosmetology 12th Edition</i>	<i>Milady Standard Cosmetology 13th Edition</i>	Synopsis of Significant Changes
PART VI: BUSINESS SKILLS	PART VI: BUSINESS SKILLS	
Chapter 30—Seeking Employment Learning Objectives: 1. Understand what is involved in securing the required credentials for cosmetology in your state and know the process for taking and passing your state licensing examination. 2. Start networking and preparing to find a job by using the Personal Inventory of Characteristics and Skills. 3. Describe the different salon business categories. 4. Write a cover letter and resume and prepare an employment portfolio. 5. Know how to explore the job market, research potential employers, and operate within the legal aspects of employment.	Chapter 30—Preparing for Licensure and Employment Learning Objectives: 1. Describe the process of taking and passing your state licensing examination. 2. Determine your career focus by using the Inventory of Personal Characteristics and Technical Skills. 3. List the different salon business categories. 4. Develop a cover letter, resume, and employment portfolio. 5. Know how to explore the job market, research potential employers, and operate within the legal aspects of employment.	Both editions cover essentially the same information. New to the 13th edition: Chapter title change Online portfolio
Chapter 31—On The Job Learning Objectives: 1. Describe what is expected of a new employee and what this means in terms of your everyday behavior. 2. List the habits of a good salon team player. 3. Describe three different ways in which salon professionals are compensated. 4. Explain the principles of selling products and services in the salon. 5. List the most effective ways to build a client base.	Chapter 31—On the Job Learning Objectives: 1. Describe what is expected of a new employee and what this means in terms of your everyday behavior. 2. List the habits of a good salon team player. 3. Describe three different ways in which salon professionals are compensated. 4. Determine the best way to record your tips and make additional income. 5. Explain the principles of selling products and services in the salon. 6. List the most effective ways to build a client base.	Both editions cover essentially the same information. New to the 13th edition: Reporting your income Build client base: Ask for your clients' e-mail addresses. Utilize social media

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Milady Standard Cosmetology 12th Edition

Chapter 32—The Salon Business

Objectives:

1. Identify two options for going into business for yourself.
2. Understand the responsibilities of a booth renter.
3. List the basic factors to be considered when opening a salon.
4. Distinguish the types of salon ownership.
5. Identify the information that should be included in a business plan.
6. Understand the importance of recordkeeping.
7. Recognize the elements of successful salon operations.
8. Explain why selling services and products is a vital aspect of a salon's success.

Milady Standard Cosmetology 13th Edition

Chapter 32—The Salon Business

Objectives:

1. Identify two options for going into business for yourself.
2. List the basic factors to be considered when opening a salon.
3. Compare the types of salon ownership.
4. Recognize the information that should be included in a business plan.
5. Explain the importance of record keeping.
6. Examine the responsibilities of a booth renter.
7. Distinguish the elements of successful salon operations.
8. Validate why selling services and products is a vital aspect of a salon's success.

Synopsis of Significant Changes

Both editions cover essentially the same information.

New to the 13th edition:

Create your brand identity

Use social media to build the business

Build a website