

Milady Standard Esthetics Advanced Revision Synopsis

GLOBAL COMMENTS

New features added to the 2nd edition that are found throughout the textbook:

1. Each chapter contains a listing stating the most important reasons for studying the applicable subject. These reasons have been included in the Learning Motivation found at the beginning of each Lesson Plan.
2. Practical Skills Competency Evaluation Criteria have been added to the end of each practical lesson plan.
3. The term *sanitation* has been eliminated from the textbook. It has been replaced with *cleaning, decontamination, or disinfection* throughout.

MILADY STANDARD ESTHETICS ADVANCED 2ND EDITION – CHAPTER OBJECTIVES	MILADY'S STANDARD ESTHETICS: ADVANCED 1ST EDITION – CHAPTER OBJECTIVES	SYNOPSIS OF SIGNIFICANT CHANGES
<p>Chapter 1: Changes in Esthetics</p> <ul style="list-style-type: none"> -Describe the evolution of the esthetics industry. -Discuss the need for advanced education and list a variety of employment opportunities. -Identify and discuss the steps of critical thinking and problem solving. -Explain soft skills and how to incorporate them into your work. -List Health Insurance Portability and Accountability Act (HIPAA) guidelines and your legal obligations to your clients' privacy. -Reference a broad range of resources to assist you in the industry. 	<p>Chapter 1: Changes in Esthetics</p> <ul style="list-style-type: none"> -Describe the evolution of the esthetics industry. -Discuss the need for advanced education and list a variety of employment opportunities. -Identify and discuss the steps of critical thinking and problem solving. -Explain soft skills and how to incorporate them into your work. -Understand HIPAA and your legal obligations to your clients' privacy. -Reference a broad range of resources to assist you in the industry. 	<p>There are no significant changes to the information contained in the 2e. The new chapter does not include the specific steps an individual might take for treating yourself holistically.</p> <p>In addition, there are several new Professional Organizations and Publications listed in the 2e.</p>
<p>Chapter 2: Infection Control</p> <ul style="list-style-type: none"> -Explain the purposes and roles of the OSHA and the CDC. -Describe the Bloodborne Pathogens Standard. -Discuss autoimmune disorders caused by bloodborne pathogens. -Outline the principles of infection control. -Identify potential hazards an esthetician may encounter. -Establish and use safety guidelines for estheticians. 	<p>Chapter 2: Infection Control</p> <ul style="list-style-type: none"> -Understand the purposes and roles of the OSHA and the CDC. -Know the Bloodborne Pathogens Standard. -Discuss autoimmune disorders caused by bloodborne pathogens. -Know the principles of infection control. -Identify potential hazards an esthetician may encounter. -Establish and use safety guidelines for estheticians. 	<p>The following topics have been deleted from the 2e:</p> <ul style="list-style-type: none"> -Reference to the IRS Form SS-8 which is used to determine a worker's status for tax purposes. -The causes of Hepatitis -Reference is made to Hepatitis E and G. -Reference to the <i>water leak test</i> for gloves -Elements of body hygiene <p>The following topics have been added to 2e:</p> <ul style="list-style-type: none"> -Detailed discussion of MRSA

Chapter 3: Advanced Histology of the Cell and the Skin

- Recognize cellular components and their functions.
- Discuss the cellular membrane structure.
- Define cellular receptors and their purpose.
- Identify internal cellular structure and function.
- Define cellular differentiation.
- Name the major functions of the skin.
- Recognize key cells of the epidermis of the skin: keratinocytes, melanocytes, and Langerhans cells.
- Name key cells of the dermis of the skin: the fibroblast, the mast cell, and the leukocytes.
- Explain how keratinocytes replace the stratum corneum.
- Name the major proteins of the dermis: the extracellular matrix (ECM).
- Identify cell growth control mechanisms.
- Recognize stem cells: mesoderm, ectoderm, and endoderm.
- Discuss major types of tissues in the body.
- Match immune system cells and reactions.
- Describe the mechanism of exfoliation—the desmosomes.
- Summarize penetration and permeability.
- Discuss sensory nerves and perception in the skin.

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- Understand immune system cells and reactions.
- Describe the mechanism of exfoliation – the desmosomes.
- Understand penetration and permeability.
- Discuss sensory nerves and perception in the skin.

There are no significant changes from the first edition to the second edition.

Chapter 4: Hormones

- Identify the endocrine glands.
- Discuss hormone production.
- Classify the hormonal phases of life.
- Describe the phases of pregnancy and its impact on the skin.
- Recognize PMS flare-ups.
- Explain the impact of birth control pills.
- Discuss menopause and its impacts.
- Identify the skin conditions that can accompany menopause.
- Recommend recourses for hirsutism.
- Recognize other hormonal impacts on the skin.

Chapter 4: Hormones

- Identify the endocrine glands.
- Understand hormone production.
- Discuss the hormonal phases of life.
- Demonstrate a knowledge of pregnancy and its impact on the skin.
- Be able to recognize PMS flare-ups.
- Understand the impact of birth control pills.
- Be able to discuss menopause.
- Know the conditions that can accompany menopause.
- Be able to recommend recourse for hirsutism.
- Understand other hormonal impacts on the skin.

Both chapters contain essentially the same information regarding hormones.

Information found in the 1st edition that is no longer contained in the 2nd edition includes:

- The discussion on Skin Care for Young Teenagers
- Guidelines for treating young clients' skin

Information not contained in the 1st edition that is contained in the 2nd edition includes:

- Calcitonin and its purpose
- Cortisol and its purpose
- Significant discussion on diabetes including Type I, Type II, Gestational diabetes, diabetic dermopathy, and acanthosis nigricans
- Polycystic ovarian syndrome

Chapter 5: Anatomy and Physiology: Muscles and Nerves

- Explain voluntary and involuntary movement.
- Recognize the skeletal muscles of the body.
- Describe how muscles receive nerve impulses from the brain.
- Identify and demonstrate the placement of the facial muscles.
- Discuss the function of each facial muscle.
- List the facial nerves and explain their functions.

Chapter 5: Anatomy and Physiology: Muscles and Nerves

- Identify the facial muscles.
- Understand the functions of facial nerves.
- Demonstrate knowledge of the body muscles.
- Identify the different types of muscles.
- Explain the types and functions of the skeletal muscles.
- Explain the various types of muscle movement.
- Identify the purpose of these muscles.
- Identify the facial nerves and their innervations.

Both editions contain essentially the same information regarding the muscles and nerves as they relate to advanced esthetics.

The 2e contains no reference to the following:

- Venules
- Transverse facial arteries
- Musculo cutaneous perforators
- Gluteus brevis

Also, in the 2e, the *fibularis* is now referred to as *peroneal*.

Chapter 6: Anatomy and Physiology:
The Cardio-Vascular and Lymphatic
Systems

- Discuss the cardiovascular system.
- Explain the components and function of the blood.
- Describe the function of the heart.
- List the diseases and disorders of the heart.
- Write a summary of the components of the arterial system.
- Recognize the components, function, and disorders of the venous system.
- Identify the components and function of the lymphatic system.

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- Understand components and function of the blood.
- Understand the function of the heart.
- Know the diseases and disorders of the heart.
- Discuss the components of the arterial system.
- Identify the components, function, and disorders of the venous system.
- Identify the components and function of the lymphatic system.

Both editions contain essentially the same information regarding the cardiovascular and lymphatic systems with the following exceptions.

The 2e contains no reference to the following:

- Flexor or contractile surfaces.

The 2 e has added the following information:

- Fibrous pericardium
- Serous pericardium
- The blood transport loop and pulmonary circuit
- Functional Properties of Arteries: elasticity and contractability

Chapter 7: Chemistry and
Biochemistry

- Demonstrate a knowledge of chemistry and its fundamental principles.
- Define biochemistry and its importance to esthetics.
- Recognize chemical reactions and their importance to estheticians.
- Identify chemicals found in the body.
- Discuss important chemical terminology.
- Investigate the cosmetic uses of botanical chemistry.

Chapter 7: Chemistry and
Biochemistry

- Demonstrate a knowledge of chemistry and its principles.
- Define biochemistry and its importance to esthetics.
- Understand chemical reactions and their importance to estheticians.
- Identify chemicals found in the body.
- Discuss important chemical terminology.
- Demonstrate a knowledge of botanical chemistry.

Both editions contain essentially the same information regarding chemistry and biochemistry with the following exceptions.

The 2e has removed the following:

- Reference to sodium
- Reference to simple and conjugated proteins
- Phosphoroproteins
- Peptide
- Polypeptide

The 2e has added the following information:

- Nitrogen
 - Methylene groups
 - Hydrophobic
 - Carboxyl end
 - Scleroprotein
 - Globulins: albumin, nucleic acids
 - pH, Acids and Bases
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<p>Chapter 8: Laser, Light Energy, and Radiofrequency Therapy</p> <ul style="list-style-type: none"> -Describe how laser light is created. -Name three regulatory agencies that govern laser and light therapy usage. -Outline the role of the Laser Safety Officer. -Identify common lasers used in the cosmetic field. -Discuss common lasers/light therapies for facial rejuvenation. -List the required safety measures when using a laser system. -Explain common uses of LEDs. 	<p>Chapter 8: Laser, Light Energy, and Radiofrequency Therapy</p> <ul style="list-style-type: none"> -Describe how laser light is created. -List three regulatory agencies that govern laser and light therapy usage. -Review the role of the Laser Safety Officer. -Identify common lasers used in the cosmetic field. -Identify common lasers/light therapies for facial rejuvenation. -List the required safety control measures when using a laser system. -Discuss common uses of LEDs. 	<p>Both editions contain essentially the same information regarding lasers and light energy.</p> <p>The 2e has added the following information:</p> <ul style="list-style-type: none"> -Reference to nonablative devices and the different device types. -Chromophores that are targeted by the laser beam's thermal energy.
<p>Chapter 9: Wellness Management</p> <ul style="list-style-type: none"> -Identify the relationship between nutrition and stress. -Describe how poor nutrition causes aging. -Explain the effects of stress on the body. -Discuss nutritional and non-food methods of managing stress. 	<p>Chapter 9: Nutrition and Stress Management</p> <ul style="list-style-type: none"> -Identify the relationship between nutrition and stress. -Understand how poor nutrition causes aging. -Explain the effects of stress on the body. -Discuss nutritional and non-food methods of managing stress. 	<p>Both editions contain essentially the same information regarding nutrition and stress management.</p> <p>The 2e has added the following information:</p> <ul style="list-style-type: none"> -The measure of a calorie <p>The Esthetics Benefits of Vitamins now includes Vitamin K, P, Calcium, Chromium, Folate, Iron, Magnesium, Selenium, Zinc</p>

Chapter 10: Advanced Skin Disorders- Skin in Distress

- Understand the inflammation cascade.
- Understand wound healing.
- Identify injuries from laser and other treatment therapies.
- Recognize short-term sun damage.
- Identify long-term photo damage.
- Describe the factors that influence acne.
- Better understand rosacea.
- Recognize skin disorders that should be referred to a medical professional.

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Both editions contain essentially the same information regarding advanced skin disorders and skin in distress.

The following references have been removed from the 2e:

- Simple suture, buried suture, running suture

The 2e has added the following information:

- Significant discussion on burns and the effects of inflammation on the immune system
 - Radiation
 - The discussion on melanoma has been revised and updated.
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Chapter 11: Skin Typing and aging Analysis

- Discuss the various ways skin can be evaluated.
- Identify various Fitzpatrick skin types.
- Explain various Glogau classifications.
- Outline various Rubin classifications.
- Describe how estrogen-androgen balances define isotypes.

Chapter 11: Skin Typing and Aging Analysis

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- Identify various Fitzpatrick skin types.
- Identify various Glogau classifications.
- Describe how estrogen-androgen balances define useful isotypes.

Both editions contain essentially the same information regarding skin typing and aging analysis.

The following references have been removed from the 2 e:

- Kigman Classification
- DermLite

The 2e has added the following information:

- Other skin typing systems including: the Lancer System, the Kawada System, the Goldman World Classifications, The Willis and Earles Scale, the Taylor Hyperpigmentation Scale, the Bauman Skin Type Solution, The Roberts Skin Type Classification System.
 - A brief discussion of using the different skin typing systems and aging analysis
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Chapter 12: Skin Care Products –
Chemistry, Ingredients and Selection

- Explain how and why ingredients may or may not penetrate the skin.
- Describe the different types and categories of cosmetic and skin care ingredients.
- Define the difference between functional and performance ingredients.
- Discuss how key performance ingredients work on the skin.
- Compare how sunscreens function and the potential regulations regarding UVA protection.
- Describe how moisturizers work on the skin and why moisturization is key to proper skin functioning.
- Explain the difference between *natural* and *organic* with respect to botanical ingredients.
- Write about the future impact of nanotechnology in skin care.

Chapter 12: Skin Care Products:
Ingredients and Chemistry

- Describe the different types and categories of cosmetic and skin care ingredients.
- Define the difference between a drug and a cosmetic.
- Demonstrate how to interpret an ingredient label on a product.
- Discuss the difference between a functional and performance ingredient.
- Identify the functions of many functional and performance ingredients.
- Describe how products are made.
- Read and understand a product's ingredient label.

There are significant differences between the content contained in Chapter 12 of the 1st and 2nd editions. Both chapters discuss the following:

- Biology, chemistry, medicine, pharmacology, and cosmetology
- Performance and functional ingredients
- Vehicles, emulsifiers, AHAs, BHAs, and contraindications
- Antioxidants
- Plant extracts
- Anti-aging
- Sunscreen ingredients
- Free radicals
- Sunscreens and ingredients
- Polyphenols

The 2e contains the following new information:

- Why people use performance skin care cosmetics
- Expanded discussion on nanotechnology
- Free acid, neutralization, and partial neutralization
- Retinoids and retinoid derivatives
- UVA I and UVA II
- The real meaning of SPF
- Pomegranate Extract
- Coffee Cherries
- Understanding *organic*
- Reference to the ICCR

The 2e does not contain discussions about the following:

- Emollients and comedogenicity
- Fatty acids and esters
- High tech vehicles
- Anionic, cationic, amphoteric, and nonionic surfactants
- Physical emulsions
- Essential oils

Chapter 13: Botanicals and Aromatherapy

- Define herbal ingredients and extracts.
- Discuss benefits and uses of botanicals in skin care.
- Identify plant compounds.
- Discuss the methods of botanical extraction.
- Name 11 botanicals for skin care.
- Discuss aromatherapy and essential oils.
- Explain the sense of smell and olfactory response.
- Discuss essential oils and their chemistry.
- List contraindications to essential oils.
- Name 13 essential oils.
- Discuss how essential oils are blended.
- Prepare recipes for skin and spa.
- Discuss issues surrounding an aromatherapy practice.
- Describe a holistic consultation.
- Discuss legal considerations of using essential oils and botanicals.

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- Discuss benefits and uses of botanicals in skin care.
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- Discuss essential oils/chemistry.
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- Name 13 essential oils.
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- Prepare recipes for skin and spa.
- Discuss issues surrounding an aromatherapy practice.
- Understand a holistic consultation.
- Discuss legal considerations of using essential oils and botanicals.

Both editions contain essentially the same information regarding botanicals and aromatherapy.

In the 2nd edition, information regarding botanicals for skin care and thirteen essential oils is presented in a new, more easy to follow format.

Information new to the 2e includes:

- Safety and precaution guidelines for the use of essential oils
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Chapter 14: Ingredients and Products for Skin Issues

- Examine a product and determine by its ingredients the type of client for whom it is suitable.
- Select specialty treatment products for skin issues based on ingredients.
- Understand the process of developing a product.

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While the chapter objectives for both the 1e and 2e are identical, there are significant changes in both content and format.

The 1e broke out the skin type, product characteristics, and chemical action and design for each product listed, but the 2e provides general product information in a simple narrative format.

The following specific references have been deleted from the 2e:

- Cleansers for the various skin types
- Toners for the various skin types
- Creams for the various skin types
- Specialty creams and treatments
- Additional acne care considerations
- Additional rosacea product selection tips
- Reducing redness
- Lifestyle modifications

Information new to the 2 e includes discussions on the following:

- Cleanser removal
 - Subclassifications of creams
 - Performance Creams: Day and Night
 - Traditional Creams: Day and Night
 - Lotions
 - Moisturizers
 - Sunscreens and Sunless Tanners
 - Line Selection for Designing a Successful Home Care Regimen
 - Correction- and Prevention-Based Home Care Programs
 - A Table listing ingredient names and functions
 - New step 5, packaging selection, has been added to how to products are developed
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Chapter 15: Pharmacology for Estheticians

- Discuss the FDA and drug approval process.
- Identify different conditions and the medications used to treat them.
- Name frequently used medications and describe the effects of these medications on the skin.
- Discuss why estheticians need to be knowledgeable about medications and side effects.
- Define what is and isn't within the esthetician's scope of practice, as related to medications and side effects.

Chapter 15: Pharmacology for Estheticians

- Recognize medications used by clients.
- Discuss the FDA and drug approval process.
- Name drug categories.
- Understand different conditions and the drugs used to treat them.
- Discuss common skin side effects of these medications.
- Understand the effects of these medications on the skin.

Both editions contain essentially the same information regarding pharmacology for estheticians.

The following references have been deleted from the 2e:

- VLDL (very low density lipoprotein)
- Patent approvals
- Psychosis treatments including talk therapies and thioxanthenes

New information contained in the 2e includes:

- A detailed discussion on the initial consultation
- An explanation of the Latin derivatives for prescription, superscription, inscription, subscription, and signature
- A discussion of thrombolytics and hypolipidemic agents.
- Medications for Epilepsy and Seizures
- Anti-acne medications are expanded
- A discussion of superficial mycoses, subcutaneous mycoses, and opportunistic mycoses
- A discussion regarding scabies

Chapter 16: Advanced Facial Techniques

- Classify and employ variations in skin treatments to achieve goals.
- Develop and employ protocols for specific skin conditions.
- Identify sensitive skin and its issues.
- Perform manual microdermabrasion.
- Select and employ superficial peels that are appropriate for the client.
- Select and demonstrate different mask technologies.

Chapter 16: Advanced Facial Techniques

- Understand and employ variations in skin treatments.
- Develop and employ protocols for specific skin conditions
- Treat sensitive skin and its issues.
- Perform manual microdermabrasion.
- Select and use superficial peels that are appropriate for a client.
- Select and employ different mask technologies.

Both editions contain essentially the same information regarding advanced facial treatments and the same six procedures

New Information found in the 2e includes the following:

- Skin Care for Young Teenagers
 - Superficial peeling, medium-level peeling, deep peeling
 - Specialty peels
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Chapter 17: Advanced Skin Care Massage

- Demonstrate advanced facial massage movements to be incorporated into your current massage.
- Diagram advanced neck and décolletage movements to be included in your current massage.
- Show how to add appropriate massage movements into your back treatments.
- Identify movements that meet specific client needs.
- Explain the procedure for a Shiatsu face massage.
- List the steps for a reflexology ear massage.
- Discuss when to incorporate stones into facial massage.
- Complete a manual lymph drainage of the face
- Describe machine-aided lymph drainage of the face.

Chapter 17: Advanced Skin Care Massage

- Incorporate advanced facial massage movements into current massage.
- Include advanced neck and décolleté movements in current massage.
- Add back application movements into your back treatments.
- Select movements that meet the needs of your client.
- Perform Shiatsu face massage.
- Provide a reflexology ear massage.
- Incorporate stones into facial massage.
- Perform manual lymph draining of the face.
- Perform machine-aided lymph drainage of the face.

Both editions contain essentially the same information regarding advanced skin care massage.

New information found in the 2e includes the following:

- Expanded discussion of massage contraindications
- Identification of concerns regarding massage that are not actually contraindications
- A brief discussion on postmassage care

Information deleted from the 2nd edition includes:

- The advanced movement called Eye Express
- The advanced movement called Around We Go
- The advanced movement called the Paddle Wheel
- The discussion on pressotherapy

Chapter 18: Advanced Facial Devices

- Name the steps involved in purchasing cosmetic technology.
- Describe the technique for facial rejuvenation using an IPL.
- Understand the benefits of laser hair removal.
- List the advantages of an LED facial treatment.
- Discuss the different types of microdermabrasion devices.
- Discuss the use of ultrasonic devices.
- Discuss microcurrent treatments.
- Describe the steps used with advanced electrodesiccation devices.
- Describe dermaplaning and its use.
- Understand skin needling.
- Discuss your scope of practice in a medi-spa environment.

Chapter 18: Advanced Facial Devices

- Name the steps involved in purchasing cosmetic technology.
- Describe the technique for facial rejuvenation using an IPL.
- List the advantages of an LED facial treatment.
- Discuss the different types of microdermabrasion devices.
- Discuss the use of ultrasonic devices in the salon.
- Describe the steps used with advanced electrodesiccation devices.
- Discuss the technique for microcurrent treatment of the obicularis oculi.
- Know your scope of practice in a medi-spa environment.

Information contained in the Advance 2e contains much of the same information contained in the 1st edition, but a great deal of information has been moved from the former chapter 19 and has been placed in chapter 18 as follows:

- Laser Hair Removal
- Monochromatic Light
- IPL
- Safety Issues
- Client Selection
- Effects of Laser on Skin Type
- Patch Test
- Consultation
- Topical Anesthesia
- Laser Treatment Parameters
- Technical issues such as wavelength, energy fluence, pulse duration, spot size, thermal storage coefficient, thermal relaxation time, and post-treatment
- Liability Concerns

Information totally new to the 2e includes the following:

- Dermaplaning
 - Skin Needling
 - Procedure for Laser or IPL Hair Removal
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Chapter 19: Hair Removal

- Discuss the importance of safety and disinfection procedures.
- Explain the difference between hirsutism and hypertrichosis.
- Describe basic threading techniques and their uses.
- Discuss sugaring as an alternative technique.
- Employ advanced facial waxing techniques.
- Build speed-waxing techniques.
- Perform Brazilian waxing.
- Perform male waxing services.
- Discuss the basics of electrolysis.
- Discuss the uses of hair removal associated with medical intervention.

Chapter 19: Hair Removal

- Discuss the importance of safety and disinfection procedures.
- Describe basic threading techniques and their uses.
- Discuss sugaring as an alternative technique.
- Employ advanced facial waxing techniques.
- Build speed-waxing techniques.
- Perform Brazilian waxing.
- Perform male waxing services.
- Discuss the basics of laser and IPL hair removal.
- Describe liability issues related to hair removal.

Information contained in the 2nd edition is much the same as the information contained in the 1st edition except that substantial information from the 1e has been moved to chapter 18 as follows:

- Laser Hair Removal
- Monochromatic Light
- IPL
- Safety Issues
- Client Selection
- Effects of Laser on Skin Type
- Patch Test
- Consultation
- Topical Anesthesia
- Laser Treatment Parameters
- Technical issues such as wavelength, energy fluence, pulse duration, spot size, thermal storage coefficient, thermal relaxation time, and post-treatment
- Liability Concerns
- The procedure for Laser or IPL Hair Removal

Additional new information found in the 2e includes the following:

- A detailed discussion of Electrolysis and its modalities
- A discussion of Hair Removal and Plastic Surgery
- An expanded discussion of Hirsutism and Hypertrichosis
- A third position to facilitate the removal of hair from the buttocks.
- A discussion on Gender Reassignment (Male to Female) and the stages a patient must go through.

Chapter 20: Advanced Makeup

- Define and evaluate mineral makeup.
- Demonstrate mineral makeup application techniques.
- Employ mineral makeup camouflage techniques to hide a skin discoloration.
- Identify products and equipment used for airbrush makeup.
- Use the techniques needed to achieve a desired look.
- Apply maximum-coverage makeup to hide a tattoo.
- Design and create a custom stencil for fantasy makeup or body painting.
- Discuss the differences between airbrushing makeup and spray tanning.
- Describe techniques for eyelash perming.
- Apply different forms of lash enhancements.
- Explain basic permanent cosmetic procedures and training protocols.

Chapter 20: Advanced Makeup

- Apply different forms of lash enhancements.
- Describe techniques for lash perming.
- Define and evaluate mineral makeup.
- Use mineral makeup application techniques.
- Use mineral makeup camouflage techniques.
- Identify products and equipment used for airbrush makeup.
- Master the techniques needed to achieve a desired look.
- Complete a beauty makeup application.
- Accomplish maximum coverage makeup.
- Design and create custom stencils for fantasy makeup and body makeup.
- Explain basic permanent cosmetic procedures and training protocols.

Both editions contain essentially the same information regarding advanced makeup procedures.

The 2e contains the following new information:

- An extensive discussion on spray tanning procedures

The following information was deleted from the 2e:

- The specific procedure for Applying Mineral Makeup, although extensive discussion about the products and procedures remains.

Chapter 21: Spa and Alternative Therapies

- Discuss the differences in spa types and services.
- Identify the table that best suits your needs for spa treatments.
- Describe client preparation, treatment suitability, and confidentiality and privacy issues.
- Compare the types of wraps and mask options.
- Construct a chart identifying the supplies and equipment needed for spa treatments.

Chapter 21: Spa Treatments

- Discuss the differences in spa types and services.
- Select the table that best suits your needs.
- Handle client preparation, treatment suitability, and confidentiality and privacy issues.
- Discuss types of wraps and mask options.
- Discuss the supplies and equipment needed for spa treatments.

Both editions contain essentially the same information regarding spa and alternative therapies.

The 2e contains the following new information:

- A discussion on OSHA and Client/Practitioner Safety
- Disinfection
- Preparing the Room for a Body Treatment
- Pressotherapy/Lymphatic Drainage and Cellulite Treatments (which was contained in the 1e in chapter 17.

The following information was deleted from the 2e:

- The brief discussion on Raindrop Therapy

Chapter 22: Complementary Wellness Therapies

- Identify the relationship between energy balance and complementary therapies.
- Demonstrate a mini-wellness treatment
- Explain the effects of stress on the mental, emotional, and physical bodies.
- Select complementary wellness products for home care to retail.
- Discuss the chakra system and its associated colors, endocrine glands, and organs in the physical body.
- Describe how color relates to selecting your gemstone collection.

Chapter 22: Alternative Therapies

- Understand and perform various healing modalities.
- Explain how alternative therapies benefit daily life.
- Select alternative healing products for home care to sell from your facility.
- Select your healing stone collection.
- Know placement for hands-on treatments and gemstones.

Both editions contain essentially the same information regarding alternative therapies.

The title has been changed from Alternative Therapies to Complementary Wellness Therapies. In addition, the 1e used the term *spirit* and the 2e generally refers to *subtle energy body*.

New information contained in the 2e includes:

- Classifications of five domains within Complementary and Alternative Medicine (CAM).

Chapter 23: Ayurveda Theory and Treatments

- Discuss Ayurveda's history and treatments.
- Identify qualities of Ayurvedic treatments.
- Describe how the five elements form the three doshas.
- Discuss the positive qualities of each of the doshas as they relate to clients.
- Name lifestyle choice and habits that disrupt the doshas and cause problems.
- Describe how customizing treatments can help balance the doshas.
- Discuss the benefits of Ayurvedic treatments.
- Define the types of Ayurvedic services that are offered.

Chapter 23: Ayurveda Theory and Treatments

- Discuss what Ayurveda means, where it comes from, how old it is, and the types of treatments it includes.
- Name the unique qualities of Ayurvedic treatments.
- Describe how the five elements form the three doshas.
- Discuss the positive qualities of each of the doshas as they relate to clients.
- Name lifestyle choices and habits that disrupt the doshas and cause problems.
- Describe how customizing treatments can help balance the doshas.
- Name the benefits of ayurvedic treatments.
- Define the types of ayurvedic services that are offered.

Both editions contain essentially the same information regarding Ayurveda theory and treatments.

Information contained in the 1e that has not been included in the 2e includes:

- The opening sequence massage procedure

There is no significant new information in this chapter of the 2e.

<p>Chapter 24: Working in a Medical Setting</p> <ul style="list-style-type: none"> -Explain how estheticians work with physicians. -Name the key personnel in a medical esthetic setting. - Discuss common misconceptions in the field of medical esthetics. -Explain what the term scope of practice means for estheticians. -List the various types of medical esthetic practices. -Name the various procedures performed in a medical practice. -Discuss the difference in training and education for physicians and estheticians. -Consider best practices for interfacing with medical professionals. -Discuss the role of HIPAA in the medical esthetics practice. -Explain the scientific method. -Discuss the importance of medical record keeping. -Explore legalities in the medical esthetic environment. 	<p>Chapter 24: Working in a Medical Setting</p> <ul style="list-style-type: none"> -Explain how estheticians work with physicians. -Name the key personnel in a medical aesthetic setting. -Discuss common misconceptions in the field of medical aesthetics. -Explain what the term scope of practice means for estheticians. -List the various types of medical aesthetic practices. -Name the various procedures performed in a medical practice. -Discuss the difference in training for physicians and estheticians. -Consider best practices for interfacing with medical professionals. -Explain the scientific method. -Discuss the role of HIPAA in the medical aesthetics practice. -Explore legalities in the medical aesthetic environment. -Discuss best practices for coping with office politics. 	<p>Both editions contain essentially the same information regarding working in a medical setting.</p> <p>New information contained in the 2e includes:</p> <ul style="list-style-type: none"> -Core values and work approaches that the medical team presents.
<p>Chapter 25: Medical Terminology</p> <ul style="list-style-type: none"> -Discuss and define medical terminology. -Explain the history and origin of medical terminology. -Outline how to conduct a word analysis. -Describe the use of plurals -Define root words. -List and describe the use of prefixes. -Name and discuss suffixes. -Explain pronunciation. 	<p>Chapter 25: Medical Terminology</p> <ul style="list-style-type: none"> -Discuss and define medical terminology. -Explain the history and origin of medical terminology. -Instruct on how to conduct a word analysis. -Describe the use of plurals. -Define root words. -Describe the use of prefixes. -Describe the use of suffixes. -Explain pronunciation. 	<p>Both editions contain essentially the same information regarding medical terminology.</p> <p>The 2e has changed the Table containing root words and has now listed them alphabetically combining the Latin and Greek roots and has added examples for each.</p> <p>Information deleted from the 2e includes the following:</p> <ul style="list-style-type: none"> -The Table listing Common Suffixes Used In Medication Terminology

<p>Chapter 26: Medical Intervention</p> <ul style="list-style-type: none"> -Discuss and define medical intervention. -Explain what Botox Cosmetic is and how it is used. -Explain what Dysport is and how it is used. -Define what dermal fillers are and how they are used. -List the common types of dermal fillers used. -Describe what sclerotherapy is and how it is used. -Discuss medical peels, how they differ from esthetic peels, and how they are used. 	<p>Chapter 26: Medical Intervention</p> <ul style="list-style-type: none"> -Introduce and define medical intervention. -Explain what Botox is and how to use it in an esthetic environment. -Explain what dermal fillers are and how to use them in an esthetic environment. -Define the common types of dermal fillers used. -Explain what sclerotherapy is and how to use it in an esthetic environment. -Discuss medical peels, how they differ from esthetic peels, and how they are used. 	<p>Both editions contain essentially the same information regarding medical intervention.</p> <p>Information deleted from the 2e includes the following:</p> <ul style="list-style-type: none"> -Brief discussion of Bovine Collagen -Brief discussion of Human Collagen -Designer Peels -Reference to hylans, achal, and hylaform gel <p>Information added to the 2c includes the following:</p> <ul style="list-style-type: none"> -Introduction to Dysport -Complication and Side Effects of Dysport -Perlane, Juvedern, Juvederm Ultra Plus, and Prevelle Silk, Sculptra, and Radiesse have been added to the discussion of Hyaluronic Acid -The discussion on complications and side effects of dermal fillers has been expanded.
<p>Chapter 27: Plastic Surgery Procedures</p> <ul style="list-style-type: none"> -Report on common plastic surgery procedures. -Explain procedures to clients and answer basic questions about those procedures. -Discuss how you can interact with medical professionals. -Identify potential client needs associated with plastic surgery procedures. 	<p>Chapter 27: Plastic Surgery Procedures</p> <ul style="list-style-type: none"> -Demonstrate a basic working knowledge of common plastic surgery procedures. -Explain procedures to clients and answer basic questions about those procedures. -Interact with medical professionals and understand client needs about those procedures. 	<p>Both editions contain essentially the same information regarding plastic surgery procedures.</p> <p>New information contained in the 2e includes the following:</p> <ul style="list-style-type: none"> -A brief discussion on laser-assisted liposuction -A brief discussion on mesotherapy
<p>Chapter 28: The Esthetician's Role in Pre- and Post- Medical Treatments</p> <ul style="list-style-type: none"> -List pre-procedures estheticians can perform to enhance surgical procedures and ablative laser procedures. -Discuss home care products used before surgery. -Describe post-medical procedure esthetic protocols. -Outline home care products used after surgery. -Explain when to refer the client back to the physician for care. 	<p>Chapter 28: The Esthetician's Role in Pre- and Post-Medical Treatments</p> <ul style="list-style-type: none"> -Name pre-procedures estheticians can perform to enhance surgical procedures and ablative laser procedures. -Discuss home care products used before surgery. -List post-medical procedure esthetic protocols. -Discuss home care products used post-surgery. -Decide when to refer the client back to the physician for care. 	<p>Both editions contain essentially the same information regarding the esthetician's role in pre- and post-medical treatments.</p> <p>New information contained in the 2e includes the following:</p> <ul style="list-style-type: none"> -A brief discussion on caring for cancer patients.

<p>Chapter 29: Business Skills</p> <ul style="list-style-type: none"> -Discuss the risks involved in business ownership. -Explain the importance of drafting a business plan. Describe several methods that can be used to finance a business. -List the main financial tools used to track business. -Explain why insurance is important to the small business owner. -List the primary methods of compensation used in the skin-care industry. -Explain the importance of understanding IRS guidelines. 	<p>Chapter 29: Financial Business Skills</p> <ul style="list-style-type: none"> -Discuss the risks involved in business ownership. -Explain the importance of drafting a business plan. -Describe several methods that can be used to finance a business. -List the main financial tools used to track business. -Explain why insurance is important to a small business owner. -List the primary methods of compensation used in the skin care industry. -Explain the importance of understanding IRS guidelines. 	<p>Both editions contain essentially the same information regarding business skills in a spa or salon.</p> <p>Information new to the 2e includes the following:</p> <ul style="list-style-type: none"> -Several new “Here’s a Tip” comments regarding business.
<p>Chapter 30: Marketing</p> <ul style="list-style-type: none"> -Explain the basic principles of marketing. -Explain the role of demographics in creating customer value. -Discuss the various methods of marketing communications. -List the six main methods of marketing promotion. -Explain the value of developing a complete marketing plan. -Discuss several cost-effective ways to market a salon. - Discuss the use of technology in the salon. -List those government agencies responsible for overseeing marketing. 	<p>Chapter 30: Marketing</p> <ul style="list-style-type: none"> -Explain the basic principles of marketing. -Explain the role of demographics in creating customer value. -Discuss the various methods of marketing communications. -List the six main methods of marketing promotion. -Explain the value of developing a complete marketing plan. -Discuss several cost-effective ways to market a salon. -Discuss the use of technology in the salon. -List those government agencies responsible for overseeing marketing. 	<p>Both editions contain essentially the same information regarding marketing the spa or salon.</p> <p>Information new to the 2e includes the following:</p> <ul style="list-style-type: none"> -A brief discussion on rewards program -A new activity -New FYIs and “Here’s a Tip”