



# Esthetician-Skin Care Technician Certificate

## PLAR Candidate Guide

Prior Learning Assessment and Recognition (PLAR)

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### Prior learning credit options at Saskatchewan Polytechnic

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See [Get Credit for What you Know](#) for important information about all options to get credit for prior learning at Sask Polytech, including PLAR, transfer credit, Canadian Armed Forces credit, and equivalency credit.

### How to navigate this document

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This document contains links to other document sections or webpages. To return to where you were from another section in this document, press the *ALT* key and *left arrow* key at the same time. To return to this webpage from another webpage, close the other webpage or click back on the browser tab for this document.

### Contents of this guide

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This guide contains the following specific PLAR information and tools for this program

- A. [PLAR fees](#)
- B. [PLAR eligibility and options](#)
- C. [Dates when PLAR assessment is available](#)
- D. [Special directions for this program](#)
- E. [PLAR contact person](#)
- F. [Self-rating course outlines](#)

## A. PLAR fees

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Fees for PLAR challenges are set to cover our costs for consultation, assessment, and related administrative tasks. PLAR fees are non-refundable and non-transferrable.

The PLAR fees policy is subject to change for each new academic year. Please see the **Cost** section on the [PLAR webpage](#) for current fee information.

## B. PLAR eligibility and options

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To be eligible for PLAR for courses in this program, you must first apply for admission and be accepted into the program. You must also consult with the [PLAR contact person](#) and be approved for PLAR assessment.

### Course prerequisites and corequisites

Some courses have one or more other courses that must be completed first (prerequisite) or at the same time (corequisite). See [course outlines](#) in this guide to identify any pre- or co-requisites for each course. Discuss with your [PLAR contact person](#) how to deal with courses with corequisites.

### Block assessment

Some programs may assess a cluster of courses together in one block, which may save you time and effort. Ask the [PLAR contact person](#) whether there are any block assessment options in this program.

## C. Dates when PLAR assessment is available

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PLAR assessment for this program is available from Sept 1 to June 15 in each academic year.

**All PLAR assessments must be completed by June 15 of each academic year.**

## D. Special directions for this program

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1. **Review** the [PLAR process and FAQs](#) and the information in this guide.
2. **Self-rate** your learning for each course using the [Course Outlines](#) in this guide.
3. **Consult** with the [PLAR contact person](#) for PLAR approval. Be prepared to provide your resume, course self-ratings (see [section F](#)), and a partially completed [PLAR application](#). If you are approved for PLAR, the contact person will sign your PLAR application and explain next steps.
4. Apply for admission to the program. See [directions](#) for applying.
5. **Register** for PLAR at [Registration/Enrolment Services](#) once you have signed approval on your [PLAR Application Form](#). The PLAR fee will be added to your student account.
6. **Finalize** an assessment plan with your assigned assessor.
7. **Complete** assessment before your PLAR registration expires.

## E. PLAR contact person

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Contact one of the Program Heads below to arrange a consultation **after** you have read this guide and [general PLAR information](#) and rated yourself for each course (see next section). Consultation may be by phone, online, or in person. Be prepared to provide your resume, course self-ratings, and a partially completed [PLAR application](#). If agreement is reached to go ahead with PLAR, the contact person will sign approval on your PLAR application and explain the next steps. Admission to the program is required before you can register for PLAR.

**Louise Benson, Program Head**  
Saskatchewan Polytechnic, Prince Albert  
Phone: 306 - 765-1592  
Email: [benson4145@saskpolytech.ca](mailto:benson4145@saskpolytech.ca)

## F. Self-rating course outlines

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Clicking on a course code below opens a page where you can rate yourself on the knowledge and skills assessed for PLAR credit. For Arts & Sciences courses, clicking on the course code opens another PLAR guide. The [PLAR contact person](#) for this program will refer you to another person to discuss PLAR for courses delivered by Arts & Sciences or another program/department.

COURSE CODE	COURSE NAME	Delivered by another department/program
<a href="#">BUS 103</a>	Spa Operations	
<a href="#">ESTH 101</a>	Foundations of Esthetics	
<a href="#">ESTH 102</a>	Skin Care Techniques	
<a href="#">ESTH 103</a>	Make-up Artistry	
<a href="#">ESTH 104</a>	Machine Applied Facial and Body Treatments	
<a href="#">ESTH 105</a>	Esthetics Treatments and Massage	
<a href="#">ESTH 106</a>	Advanced Sciences and Clinical Skin Care	
<a href="#">ESTH 107</a>	Epilation	
<a href="#">ESTH 108</a>	Lash Enhancements	
<a href="#">NAIL 101</a>	Lash Enhancements	
<a href="#">NAST 103</a>	Introduction to Indigenous Studies	<a href="#">Arts &amp; Sciences</a>
<a href="#">PRAC 114</a>	Spa Reception and Retail Practicum	

COURSE CODE	COURSE NAME	Delivered by another department/program
<a href="#">PRAC 209</a>	Esthetics Customer Service Practicum 1	
<a href="#">PRAC 210</a>	Esthetics Customer Service Practicum 2	
<a href="#">PRAC 211</a>	Esthetics Customer Service Practicum 3	
<a href="#">PRAC 216</a>	Customer Service Practicum 4	
<a href="#">SANT 110</a>	Sanitation, Safety and Hygiene for Skin Care Technicians	

## BUS 103 - Spa Operations

You will develop an understanding of operating a spa and employer expectations. Your studies will develop your awareness of legal and labour regulations, financing, spa design and maintaining shop inventory and equipment. The course covers practical application of personality theories to spa situations.

**Credit unit(s):** 4.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Describe pre-employment activities for a skin care technician.			
2. Describe business operations and management of a spa.			
3. Describe methods of designing a spa.			
4. Explain retailing and merchandising for a spa.			
5. Describe business promotions and strategies.			
6. Describe personality theories as they apply to clients.			
7. Develop a professional approach to deal with customer problems and concerns in a spa.			
8. Communicate with customers.			
9. Prepare a report summarizing a spa field trip.			

**ESTH 101 - Foundations of Esthetics**

You will explore sciences as they relate to esthetics. The course content includes chemistry, physics, anatomy and physiology, trichology, nutrition, and metric conversion. You will examine communication skills for estheticians.

**Credit unit(s):** 4.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Describe how chemistry is applied in esthetics.			
2. Describe how physics is applied in esthetics.			
3. Describe how anatomy, physiology and trichology are applied in esthetics.			
4. Describe nutrition.			
5. Use the metric system as applied in esthetics.			
6. Examine communication skills as related to esthetics.			

## ESTH 102 - Skin Care Techniques

You will focus on a variety of methods and procedures that relate to preserving, maintaining, and enhancing the skin. You will practice techniques in skin analysis, eyebrow arching, plain and specialized facials. You will study skin diseases and disorders to assist you in selecting the most beneficial skin care products to suit the skin condition.

**Credit unit(s):** 3.0  
**Prerequisites:** ESTH 101, SANT 110  
**Corequisites:** none  
**Equivalent course(s):** none

<b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b>  <b>Competent:</b> I can apply this outcome without direction or supervision. <b>Learning:</b> I am still learning skills and knowledge to apply this outcome. <b>None:</b> I have no knowledge or experience related to this outcome.	<b>Competent</b>	<b>Learning</b>	<b>None</b>
1. Describe how the skin is affected by nutrition, aging and disorders.			
2. Analyze the skin for flaws and remediation.			
3. Apply basic skin care.			

### ESTH 103 - Make-up Artistry

You will learn how to use makeup techniques to enhance a client’s facial features. You will be introduced to the various looks that are created by make-up artists for theatrical, corrective, and camouflage purposes. In addition, you will learn how to apply the theory of colour, enhance eye brows and lashes, consult with a client, and choose suitable product.

**Credit unit(s):** 2.0  
**Prerequisites:** ESTH 102  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Describe the theory of colour and facial features.			
2. Identify the steps in performing advanced make-up applications.			
3. Describe make-up techniques.			
4. Apply make-up.			
5. Enhance eyes with lash and brow tinting.			
6. Perform make-up artistry.			



## ESTH 104 - Machine Applied Facial and Body Treatments

You will obtain and analyze essential data from the client through client consultation in order to make accurate decisions about recommended services. You will learn how to use technical tools to perform specialized facial treatments.

**Credit unit(s):** 4.0  
**Prerequisites:** ESTH 101, ESTH 102, SANT 110  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	<b>Competent</b>	<b>Learning</b>	<b>None</b>
1. Explain the importance of first impressions, professionalism, and how to set up treatment rooms and supplies.			
2. Describe skin types and conditions.			
3. Describe the purpose of a health analysis and a screening consultation.			
4. Describe skin care equipment and electrical safety practices.			
5. Perform a variety of specialized facials.			

## ESTH 105 - Esthetics Treatments and Massage

Your studies will focus on identifying skin conditions relating to the rapidly growing field of spa body treatments and cosmetic massage. You will learn how to combine both medical spa treatment and home care regime to treat these conditions.

**Credit unit(s):** 4.0  
**Prerequisites:** ESTH 101, ESTH 102, SANT 110  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	<b>Competent</b>	<b>Learning</b>	<b>None</b>
1. Describe the types and benefits of body treatments and body massage.			
2. Select treatments for aging, sensitive, acne, and ethnic skin types.			
3. Describe the causes of hyper-pigmentation and how to treat it.			
4. Perform various types of exfoliation and specialized esthetic treatments.			
5. Select products and procedures for advanced home care.			
6. Describe the various types of holistic massage techniques, the use of aromatherapy and their benefits.			
7. Practice methods of cosmetic massage.			

**ESTH 106 - Advanced Sciences and Clinical Skin Care**

You will gain a better understanding of basic chemical reaction that take place in the skin. Your studies will include information about new skin ingredients such as serums and polymers. You will learn how to cooperate with physicians to complement client care. Your studies will focus on protocols, advanced treatments, patient education, product knowledge, and counter indications.

**Credit unit(s):** 4.0  
**Prerequisites:** ESTH 105  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	<b>Competent</b>	<b>Learning</b>	<b>None</b>
1. Describe disorders and diseases of the skin.			
2. Describe pharmacology.			
3. Describe the elements of cosmetic chemistry.			
4. Describe the new technological developments and their effects on the skin.			
5. Describe the role of estheticians in medical esthetics.			
6. Identify the most common types of plastic and reconstructive surgery.			
7. Describe the components of preparing a patient profile.			
8. Describe the differences between pre- and postoperative care.			
9. Identify the different types of camouflage treatments and the medical applications.			

**ESTH 107 - Epilation**

You will learn the hair removal procedures and techniques an Esthetician is expected to know.

**Credit unit(s):** 2.0  
**Prerequisites:** ESTH 101, SANT 110  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	<b>Competent</b>	<b>Learning</b>	<b>None</b>
1. Describe how trichology is applied to the skin care trade.			
2. Describe methods of hair removal.			
3. Perform facial waxing hair removal.			
4. Perform body waxing hair removal.			

## ESTH 108 - Lash Enhancements

You will demonstrate the application of temporary and semi-permanent eyelash enhancements.

**Credit unit(s):** 3.0  
**Prerequisites:** SANT 110  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	<b>Competent</b>	<b>Learning</b>	<b>None</b>
1. Describe the natural eyelash growth cycle.			
2. Describe the cleanliness requirements needed to prevent cross-contamination.			
3. Practice client consultations.			
4. Describe the preparation for natural eyelashes for eyelash enhancement and extension application.			
5. Describe common eye conditions.			
6. Describe correct adhesive products according to Health Canada.			
7. Demonstrate applying individual lash, cluster artificial eyelashes, and strip lashes on the lash line.			

**NAIL 101 - Manicures and Pedicures**

You will develop an understanding of the anatomy of hands and feet, hand and nail care, disease, and disorders. Your studies will help you learn specialized techniques and treatments to offer to your manicure and pedicure clients. You will practice manicures, pedicures, and treatments.

**Credit unit(s):** 3.0  
**Prerequisites:** SANT 010  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Describe the anatomy of the hand, arm, foot, and leg.			
2. Describe the structure and shapes of the nail.			
3. Describe nail, hand and foot disorders and diseases.			
4. Demonstrate manicures.			
5. Demonstrate cosmetic corrections on natural nails.			
6. Demonstrate pedicures with foot massage.			
7. Explain the use of aromatherapy in manicures and pedicures.			
8. Explain methods of homecare for hands and feet.			
9. Demonstrate specialized manicures and pedicures.			

**NAST 103 - Introduction to Indigenous Studies**

You will receive an introduction to the Indigenous cultural groups within Saskatchewan. You will learn about the colonization of Indigenous peoples by the Canadian state. Your studies will help you discuss current issues and explore possible solutions.

**Credit unit(s):** 1.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Describe Indigenous nations of Saskatchewan.			
2. Explain how colonization has impacted Indigenous peoples.			
3. Discuss current issues and possible solutions.			

**PRAC 114 - Spa Reception and Retail Practicum**

Your studies will focus on telephone skills, processing payments, maintaining records, and opening and closing reception duties in a spa. You will practice your reception skills in the spa along with selling products and services, merchandising retail products and managing a spa. You will operate and maintain the spa dispensary.

**Credit unit(s):** 2.0  
**Prerequisites:** SANT 110, ESTH 101, BUS 103  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	<b>Competent</b>	<b>Learning</b>	<b>None</b>
1. Perform reception duties for a spa.			
2. Maintain records and inventory for a spa.			
3. Perform retail functions for a spa.			
4. Demonstrate leadership skills by managing a spa.			
5. Operate and maintain the spa dispensary.			



**PRAC 209 - Esthetics Customer Service Practicum 1**

You will become familiar with spa practices and gain experience in dealing with clients and reinforcing the skills you have practiced. You will prepare to work as a skin care technician by practicing under the direct supervision of an instructor.

**Credit unit(s):** 6.0  
**Prerequisites:** ESTH 103, ESTH 107, NAIL 101, PRAC 114, BUS 103  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Demonstrate sanitation and safety procedures in a spa setting.			
2. Observe standards of professionalism.			
3. Comply with dress code and rules of conduct.			
4. Observe teamwork.			
5. Recognize effective communication skills.			
6. Recognize quality customer service.			
7. Observe spa practices and procedures.			
8. Demonstrate basic esthetician skills.			

**PRAC 210 - Esthetics Customer Service Practicum 2**

You will learn to become more efficient in your skills in dealing with clients and learning the best practices of spa client consultation. You will prepare to work as a skin care technician by practicing under the direct supervision of an instructor. You will build on the skills you learned in PRAC 209.

**Credit unit(s):** 6.0  
**Prerequisites:** ESTH 104, ESTH 106, PRAC 209  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Comply with safety related policies and procedures.			
2. Apply the professional practices and standards required by industry.			
3. Follow the rules of conduct within the spa environment.			
4. Demonstrate teamwork.			
5. Demonstrate effective communication skills in the spa.			
6. Provide quality customer service.			
7. Demonstrate client retention practices.			
8. Demonstrate effective client consultation.			
9. Demonstrate improvement in your esthetician skills.			

**PRAC 211 - Esthetics Customer Service Practicum 3**

You will gain experience in dealing with conflict and consult with clients independently. You will prepare to work as a skin care technician by practicing with minimal supervision of an instructor. You will build on skills you learned in PRAC 210.

**Credit unit(s):** 6.0  
**Prerequisites:** PRAC 210  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Apply practices which ensure a safe working environment.			
2. Manage a network of clients.			
3. Identify personalized treatments based on your client consultation.			
4. Apply conflict resolution and problem solving techniques.			
5. Perform all skin care technician services to industry standards.			

**PRAC 216 - Customer Service Practicum 4**

You will demonstrate mastery in performing all skin care technician services. You will participate in a mock journey person evaluation.

**Credit unit(s):** 1.0  
**Prerequisites:** PRAC 210  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Demonstrate mastery in performing all skin care technician services.			
2. Participate in a mock journey person evaluation.			

**SANT 110 - Sanitation, Safety and Hygiene for Skin Care Technicians**

Your studies will focus on safety as it relates to a spa, personal health and sanitation. This course provides instruction in the study of bacteriology. You will also study relevant safety concerns such as fire safety, health risks and diseases.

**Credit unit(s):** 2.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	<b>Competent</b>	<b>Learning</b>	<b>None</b>
1. Demonstrate sanitation and safety procedures for skin care technicians.			
2. Apply personal hygiene and grooming standards for skin care technicians.			
3. Describe fire safety.			