

MILADY STANDARD ESTHETICS:
FUNDAMENTALS

Student Workbook

To be used with
Milady Standard Esthetics:
Fundamentals



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Student Workbook, Eleventh Edition****Author: Jean Harrity**

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How to Use this Workbook

This workbook has been especially designed to meet the needs, interests, and abilities of students receiving training for a career in esthetics, the art of skin care. It has been organized to be used in conjunction with *Milady Standard Esthetics: Fundamentals*, Eleventh Edition.

The material presented here has been prepared in accordance with the accepted methods of vocational training that are approved by state licensing organizations.

Mind mapping is used for developing an innovative and more creative approach to thinking. It simply creates a free-flowing outline of material or information. It is easy to learn, and when the technique is mastered, students will be able to organize an entire project or chapter in a matter of minutes. Mind mapping will allow students to release their creativity and engage both hemispheres of their brain. This technique has proved more effective than the linear form of note taking for most students. When mind mapping, the central or main idea is more clearly defined. The map lays out the relative importance of each idea or element of the subject matter. For example, the more important ideas or material will be nearer the center, and the less important material will be located in the outer parameters. Proximity and connections are used to establish the links between key concepts or ideas. The result is that review and recall will occur more quickly and be more effective. As you develop the art of mind mapping, you will see that each one takes on a unique appearance, which even adds to your recall ability of different topics or subjects. An example of how all the qualities, skills, and characteristics of an educator could be placed in a mind map is provided below.

1. Assignment and learning the Lesson

The student writes the answers in the workbook, consulting the text and glossary located in the back of *Milady Standard Esthetics: Fundamentals*, Eleventh Edition.

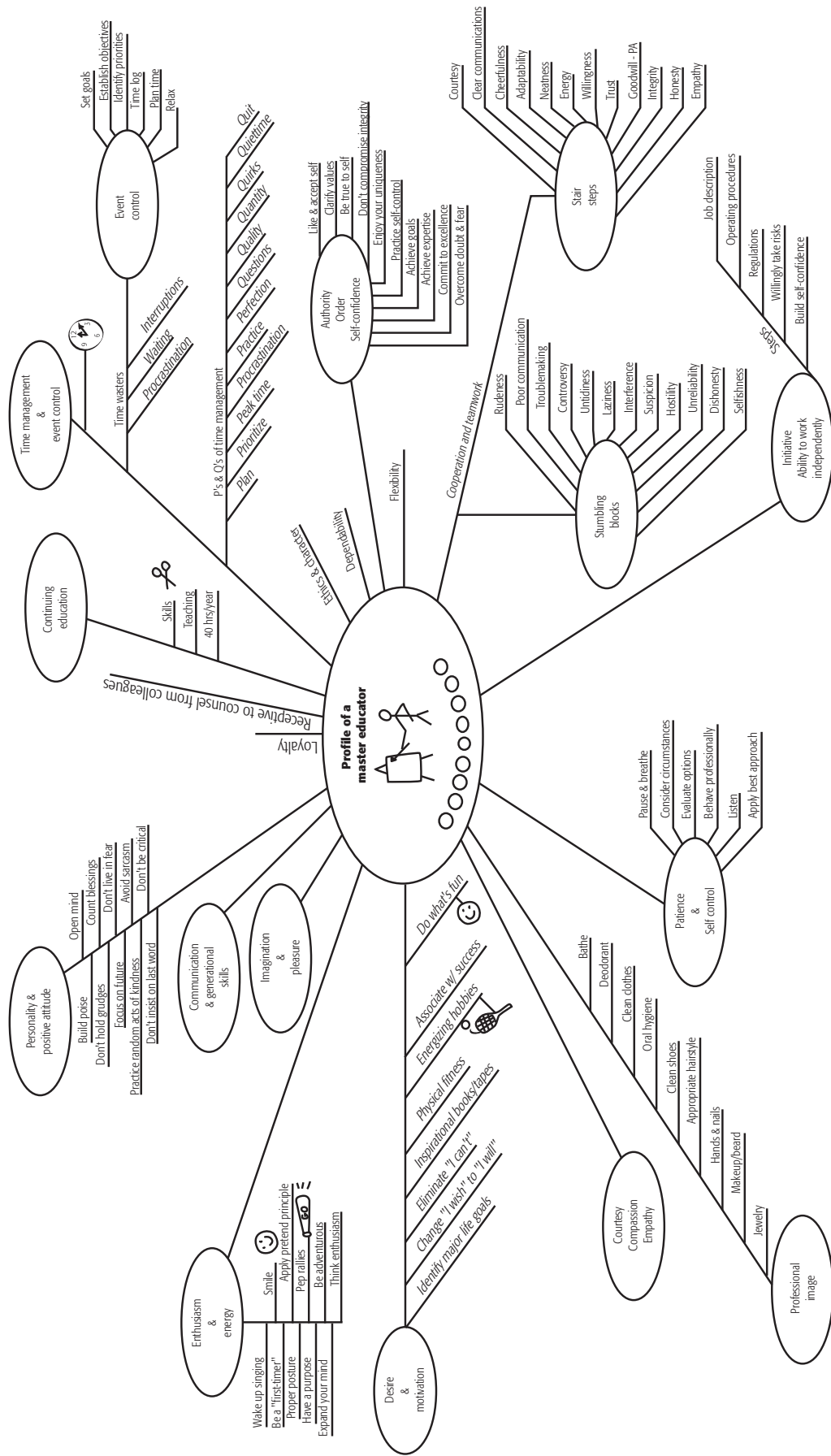
2. Correction of the Lesson

Answers may be corrected and/or rated during class or individual discussions or on an independent study basis.

3. Review of the Lesson

Various tests emphasize the essential facts found in the textbook and measure the student's progress.

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CHAPTER 1 History and Career Opportunities in Esthetics

Date: _____

Rating: _____



WHY STUDY HISTORY AND CAREER OPPORTUNITIES IN ESTHETICS?

Short Essay

Using the lines below, write down a description as to why you think it is important for you to learn about old and ancient techniques that were once used in skin care.

BRIEF HISTORY OF SKIN CARE

Fill in the Blank

Use the word bank below to fill in each blank with the appropriate word.

olive	scenery	rich oils
toothpicks	environment	baths
fingernails	kosmetikos	threading
temple	mignonette	tattooing
cosmetics	skin care	blackened

1. The Egyptians used _____ as part of their personal beautification habits, for religious ceremonies, and in preparing the deceased for burial.
2. Henna is obtained from the powdered leaves and shoots of the _____ tree.
3. Henna was used to dye hair and _____.
4. The early Hebrews had a wealth of grooming and _____ techniques.
5. The Hebrews used _____ and grapeseed oils to moisten and protect the skin.
6. The word *cosmetics* and *cosmetology* come from the Greek word _____.
7. The Greeks viewed the body as a _____.
8. The ancient Romans are famous for their _____.
9. After bathing, Romans applied _____ and other preparations to their skin to keep it healthy and attractive.
10. Both the Chinese and Japanese cultures blended the edges of their natural _____ into their looks.
11. Geishas removed their body hair by a technique similar to what we call _____ today.
12. From the tenth to the nineteenth centuries in the Asian culture, _____ teeth were considered beautiful and appealing.
13. Africans have created remedies and grooming aids from the materials found in their natural _____.
14. In North Africa, people use twigs from the mignonette tree as _____.

STYLE, SKIN CARE, AND GROOMING THROUGHOUT THE AGES

Matching

Match the time period clue on the left to the time period on the right.



- | | |
|---|--------------------------|
| 1. The period in European history between classical antiquity and the Renaissance.
_____ | The Twenty-First Century |
| 2. Marie Antoinette was queen of France from 1755 to 1793.
_____ | Middle Ages |
| 3. It has brought about many changes in style, skin care, and innovations of the beauty culture.
_____ | The Age of Extravagance |
| 4. Spans the reign of Queen Victoria of England (1837–1901).
_____ | The Twentieth Century |
| 5. This has a more relaxed approach to clothing, hair, and makeup.
_____ | The Victorian Age |

PRIVATE LABELING AND BRANDING

Create your own private label for your line of products using the space below. What would you call it? Which products would you have in your line? What would your logo look like?

CAREER PATHS FOR AN ESTHETICIAN

Short Essay

In your own words, explain the job tasks for each position. Discuss your answers with your instructor. The first line is filled in for you to help get you started.



1. Salon or day spa esthetician

- Retailing

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2. Medical aesthetician

- Microdermabrasion

3. Destination spa

- Retailing



4. Makeup artist

- Applying concealer and foundation

5. Manufacturer's representative

- Learning the product ingredients



6. Cosmetics buyer

- Making cold calls

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7. Beauty writer or editor

- Reading text

8. Esthetician on a cruise ship

- Retailing



9. Educator

- Writing a curriculum

A BRIGHT FUTURE

Short Essay

Estheticians taking a role in their local government also have an important job. One can become a state licensing inspector or examiner or a state board member. Create a list of what inspectors might look for upon entering a salon. You may need to research your own state's laws and regulations to obtain more information.

- Cleanliness

1. A state board member also assists in creating and enforcing laws. Explain other tasks that he or she accomplishes.

2. Now that your education has begun, explain where you would like to see your career in esthetics go. Would you want to be a medical aesthetician, day spa aesthetician, or some other type? Explain why you are choosing that path.

Note: At the end of your education, look back to see what you wrote—do you feel the same, or did your ambition change?

CAREER PATHS FOR AN ESTHETICIAN

Fill in the Blank

Fill in the blanks below with the appropriate answers.

1. Esthetics comes from the Greek word _____, meaning perceptible to the senses.
2. Estheticians offer skin care treatments and sell cosmetics but cannot prescribe _____ or give medical _____.
3. An esthetician is a person devoted to, or professionally occupied with, the _____ and _____ of the skin.
4. Estheticians in a salon or day spa are skin care _____ and _____.
5. Medical aesthetics involves the integration of _____ and _____.
6. A good makeup artist is skillful at _____ a person's more attractive features and _____ less attractive features.
7. Cosmetic manufacturers often hire _____ to call on salons or stores to sell products and help build clientele.
8. Cosmetics _____ estimate the amount of stock an operation will need over a particular period and keep records of product purchases and sales.
9. Educators may teach esthetics in _____, _____, _____, or _____ schools.
10. Skin care products are continuing to become more _____ and have more efficient _____ that penetrate deeper into the skin.

11. Skin care in general is becoming more _____ than corrective.
12. The branch of anatomical science dealing with the health and well-being of the skin is called _____.
13. The field that integrates surgical and esthetic treatments is called _____.
14. The medical setting in which patients receive both spa services and medical procedures is called a _____.
15. When you apply makeup to cover scars or congenital defects, you are performing _____.
16. A makeup artist who works in a mortuary is skilled at _____.
17. The travel industry is now using _____ for airport and in-flight services as well as on cruise ships.
18. Manufacturers often employ estheticians as _____ who conduct seminars and workshops, display products at conventions, and talk with teachers about the merits of the products.
19. Licensing exams are conducted and licenses are granted by _____.
20. Americans born between the years 1946 and 1964 are known as _____.
21. The U.S. Department of Labor predicts the rapid growth of _____ and a growing demand for practitioners licensed to provide a _____.

CAREER PATHS FOR AN ESTHETICIAN RAPID REVIEW TEST

Matching

Match the following terms with the most accurate description.

Term	Answer	Description
a) Estheticians in a spa or salon	_____	1. Demonstrate products to potential customers
b) Medical aestheticians	_____	2. Demonstrate products, cashiering
c) Salespeople/sales managers	_____	3. Serve the traveling public
d) Makeup artists	_____	4. Work for a magazine or newspaper

e) Manufacturer's reps	_____	5. Travel frequently; estimate stock for customers
f) Researchers	_____	6. Perform waxing and facial services
g) Cosmetics buyers	_____	7. Work in public, industrial, and vocational schools
h) Esthetics writers/editors	_____	8. Conduct regular salon inspections
i) Travel industry	_____	9. Determine the safety of products
j) Educators	_____	10. Work for television and movie productions
k) State licensing examiners	_____	11. Provide camouflage makeup and advanced treatments
l) State board members	_____	12. Conduct licensure examinations

IMPORTANT TERMS

Word Scramble

Unscramble each word by using the definition as a clue.

ehtsetaicin	1. A specialist in the cleansing, beautification, and preservation of the health of skin on the entire body, including the face and neck. _____
ethsecits	2. A branch of anatomical science that deals with the overall health and well-being of the skin, the largest organ of the human body. _____
nnaeh	3. A dye obtained from the powdered leaves and shoots of the mignonette tree; used as a reddish hair dye and in tattooing. _____
ledimac ashetsceti	4. The integration of surgical procedures and esthetic treatments. _____
nonachtelonoyg	5. The art of manipulating materials on an atomic or molecular scale. _____