

# FUTURA CAREER INSTITUTE



**HAIR DESIGN / BARBER  
COSMETOLOGY  
FULL SPECIALIST  
AIR CONDITIONING REFRIGERATION TECHNICIAN  
ELECTRICAL TECHNICIAN  
NAIL TECHNOLOGY**

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[WWW.FUTURACAREERINSTITUTE.NET](http://WWW.FUTURACAREERINSTITUTE.NET)

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Licensed by:

The Commission for Independent Education located at 325 W Gaines Street, Suite 1414, Tallahassee, Florida 32399-0400. Telephone Number 1-888-224-6684.

Accredited by:

The Council on Occupational Education (COE) located at 7840 Roswell Road, Building 300, Suite 325, Atlanta, GA 30350. Toll Free Number 1-800-917-2081, and recognized by the U.S. Department of Education under Title IV program.

**FULL SPECIALIST**  
**720 HOURS**

**Objective**

The Full Specialist program provides students with the knowledge to obtain the Full Specialist Florida State License, as well as the necessary skills to start a professional career in spas, beauty salons, cruises, or independently as business owner.

**Course Description**

The school covers in the Full Specialist Program the tasks, duties, laws and practices associated with the esthetics and nail technology areas. The teaching methods used are theories and lecture, a supervised laboratory and services.

**Requirements**

Must be 16 years of age and have a high school diploma, or GED.

**PROGRAM INFORMATION**

**Completion Time:** 25 hours a week = 28.8 weeks. Maximum Time Frame = 54 weeks

**Tuition and fees:**

Tuition	\$ 6.900.00
Registration Fee	100.00
Books/Supplies	Included
<b>Total</b>	<b>\$ 7000.00</b>

**PROGRAM DESCRIPTION**

**FS001: Career Opportunities; Anatomy, Physiology, Histology and Disorders of the Skin (90 clock hours total, 30 lectures, 45 services)**

Explain how career opportunities and the history of the profession are critical to esthetics. Describe the career options available to licensed estheticians. List types of existing esthetics practices to chart your career path. Outline skin care practices from early cultures

Explain why estheticians need knowledge of anatomy and physiology. Describe the basic structure and function of a cell; the four types of tissue found in the body; Identify the five functions of the skeletal system; Recognize the muscles involved in esthetic massage; Describe the three nerve branches of the head, neck essential for performing facial treatments; List how hormonal changes in the reproductive system can affect the skin; Explain the five steps in digestion and list the five organs that comprise the excretory system.

Distinguish the six primary functions of the skin; Identify a hair follicle and nails as an appendage of the skin; Describe the functions of the two types of nerves and distinguish the factors influencing skin health.

Explain why knowledge of diseases and disorders is valuable for an esthetician; Identify the differences between primary, secondary, and tertiary skin lesions; Recognize skin changes that could indicate a type of skin cancer; List common vascular conditions or disorders; Define nine contagious skin diseases; Identify two mental health conditions that may manifest as skin conditions and recognize common skin conditions related to skin diseases and disorders.

### **FS002: Skin Care Products; The Treatment Room**

#### **(90 clock hours total, 20 services, 10 Work-base hours)**

Explain the process of skin analysis; Distinguish the characteristics of sensitive skin; Illustrate and explain the causes of skin conditions and perform a skin analysis. Explain how skin care products and ingredients are significant to estheticians; Describe the main types of ingredients in cosmetic chemistry; Identify beneficial ingredients for various skin types and conditions and Summarize the points to consider when choosing a professional skin care line.

Explain why treatment room preparation is an integral part of providing treatments; Review the elements of an esthetician's professional appearance; Outline essential room and station structural features; Describe the ideal ambience, furniture, and equipment for facials; Properly manage treatment room supplies and products; Be able to set up a facial treatment area, such as a facial bar or station and Prepare the treatment room for services; Properly clean and disinfect the treatment room and Perform pre- and post-service procedures to meet safety and health requirements

### **FS003 Facial Treatments and Massage**

#### **(90 clock hours total, 55 services, 30 Work-base hours)**

Describe the benefits of a facial treatment; Explain the key steps of the basic facial treatment; Describe acne facials; Discuss men's skin care treatment options and perform the facial treatment procedures.

Explain the importance of facial massage as an esthetics service; Describe the benefits of massage; Discuss facial massage contraindications; Describe the five types of massage movements used by estheticians; Explain how to incorporate massage during the facial treatment and perform a basic facial massage.

### **FS004 Facial Devices and Technology; Hair Removal**

#### **(90 clock hours total, 60 services, 30 Work-base hours)**

Identify the basic concepts of electrotherapy; Discuss the magnifying lamp, the Wood's lamp and its uses; Demonstrate how to safely and effectively use the rotary brush, the steamer, the vacuum machine, galvanic current, the high-frequency machine and spray machines; State the benefits and use of paraffin wax and identify why you should make informed decisions when purchasing equipment as a licensed esthetician.

Describe the structure of hair; explain the hair growth cycle; Compare temporary and permanent hair removal and reduction methods; Provide a thorough client consultation for hair removal services; Demonstrate waxing head to toe with soft and hard waxes.

### **FS005 Infection Control; Makeup and Advanced Topics and Treatments**

#### **(90 clock hours, 20 services, 10 Work-base hours)**

Explain infection control; recognize the principles of infection; identify the types of pathogens; follow standard precautions; Describe the principles of cosmetic color theory; Identify face shapes and proportions for makeup applications; Follow infection control requirements for makeup services; Demonstrate the application of artificial lashes and explain the benefits of permanent makeup application.

Identify how to safely and effectively use chemical exfoliation and peels; Discuss the benefits of microdermabrasion by type of device; Explain the benefits of laser technology and types of light therapy; Discuss microcurrent treatments, ultrasound, microneedling and nano infusion. Describe spa body treatments; discuss common treatments used to address cellulite; Explain the benefits of manual lymphatic drainage and describe the field of medical esthetics.

### **FS006 Nail Structure; Chemistry; Manicuring and Pedicuring (90 clock hours, 35 services, 15 Work-base hours)**

Define the natural nail unit, label the structure of the nail, describe the factors that affect nail growth. Describe the function of adhesion, adhesives, and primers in nail products, define the chemistry behind the adhesion of nail enhancements.

Describe the materials used during nail services, demonstrate the basic manicure technique, compare the process of a spa manicure and a basic manicure. Describe the equipment needed to perform pedicuring services, explain the uses of professional pedicure products, identify the benefits of a pedicure massage and discuss the importance of following disinfection practices after each pedicure service.

### **FS007 Electric Filing & Nail Tips and Forms (90 clock hours, 55 services, 30 Work-base hours)**

Describe electric files; choose the proper bit for each service; demonstrate electric filing for pedicures; and list safety tips for electric filing. Identify the difference between a nail enhancement and a nail extension; explain how to prepare for the nail for extensions; describe the different types of nail tips; and name the most common nail shapes. Define nail resin and nail resin systems; describe the importance of nail wraps and the advantages of applying dip system.

### **FS08 Nail Enhancements (90 clock hours, 40 services, 20 Work-base hours)**

Describe the chemistry of liquid and powder nail enhancements; identify the supplies for liquid and powder nail enhancements services; outline the process of maintenance, repair and removal of liquid and powder nail enhancements. Explain the importance of learning about light cured gels and to describe the chemistry of gels and discover the difference between LED and UV light used to cure gels. Classify the types of gels, understand when to perform gel services and demonstrate the basic techniques used in hand-painted nail art, how to create 3D nail art and to explain the dip system.

### **Books**

Milady's Standard Esthetics Fundamentals 11<sup>th</sup> Edition  
Milady's Standard Cosmetology Workbook for Theory and Milady's Standard Cosmetology Workbook for Practical.

### **Requirements for Graduation**

Students must complete 720 hours of theory, and lab/shop training with a minimum cumulative grade point average of a 2.0.

### **Diploma**

After the completion of the program, the student receives a diploma providing that the final examination is approved and all requisites and financial obligations with the institution have been met.

### **Requirements for Licensing**

Submit to the State Board of Cosmetology the following:

1. Application form (duly completed and signed)
2. Money order or check in the proper amount depending on odd or even years payable to DBPR. The school office will help determine your total amount.
3. Certificate of completion of H.I.V. /A.I.D.S. Seminar (4 hours).

### **Method of Payment**

Full payment may be made in advance, at the beginning of the program, mid-point of the program, paid on a monthly basis arranged with the School office.

**School Calendar for Full Specialist 2024-2025**

<b><u>Start Date</u></b>	<b><u>Graduation Date</u></b>
12-04-2024	05-21-2025
01-13-2025	06-30-2025
02-07-2025	07-25-2025
03-06-2025	08-21-2025
04-01-2025	09-16-2025
04-28-2025	10-13-2025
05-22-2025	11-06-2025
06-18-2025	12-03-2025
07-16-2025	12-31-2025
08-11-2025	01-26-2026
09-05-2025	02-20-2026
10-01-2025	03-18-2026
10-27-2025	04-13-2026
11-21-2025	05-08-2026
12-19-2025	06-05-2026