



ESTHETICS PROGRAM INFORMATION

experience the artistry

OUR MISSION

“M.C. College Group inspires passion for our industry, nurtures creativity and cultivates financially rewarding careers.”

REPUTATION AND INNOVATION

M.C. College Group has been training spa professionals for over 80 years. The excellent reputation of our colleges are a direct result of our graduates. Our dedication to continually update and refine our programs to meet the needs of industry has made us a leader in spa training. Our programs combine a solid foundation of essential skills with current industry practices to provide comprehensive education that prepares graduates for careers, not jobs.

THE ESTHETICS PROGRAM

The Esthetics Program is designed to provide students with the skills necessary to become a successful Esthetician. The program offers a necessary balance between classroom theory and hands on practical experience. The program combines instruction in traditional Esthetics treatments like Manicures, Pedicures and Facials with the latest in-demand Spa Therapies like Body Wraps, Stone Therapy Massage and Reflexology. Students graduating from the program will receive an Esthetics Diploma along with certificates in: Make-Up Artistry, Nail Technology, Reflexology and Spa Therapies. Graduates are fully prepared to work in any full service medical or day spa on a cruise ship or at a resort destination spa.

NAILS - NATURAL AND ARTIFICIAL

Manicure and Pedicure classes instruct students in the treatment of natural nails. Students will learn about the anatomy of the nail, nail diseases, disorders, special treatments and repairs for nails along with the physiology of the muscles and circulatory system of the foot and hand and how it can affect the nail. Manicures and Pedicures improve the health and appearance of clients' nails while at the same time act as a relaxing stress relieving treatments.

- Hot Oil Manicures
- French Manicures
- Spa Manicures & Pedicures
- Paraffin Treatments

Students will learn to use their artistic abilities to create original designs on nails for fashion-conscious clients.

Instruction includes:

- Acrylic
- Gel
- Nail Tips
- Silk Wraps
- Nail Machines
- Fills
- Nail Art

HAIR REMOVAL - WAXING

Removal of unwanted hair is a valuable service that can be offered to both male and female clientele. Through demonstration and hands-on experience, students will learn the most effective techniques for hair removal by waxing. Instruction includes full body and facial waxing services. Providing quality waxing services can put a client at ease and have them returning on a regular basis.

EYE LASH AND EYE BROW TINTING

Lash and Brow tinting can create a subtle enhancement of a client's features or a dramatic new appearance to the eye area. Tinting is done through the use of vegetable dyes which last from between six to eight weeks. Proper application techniques are crucial in these delicate services.

SKIN CARE AND FACIALS

Skin Care and Facial treatments are essential services for every Esthetician. A good knowledge of human anatomy and physiology is the foundation for performing customized facial and body treatments. By understanding how the body works and how different body systems can affect the skin, the Esthetician can provide personalized facial and body treatments to address each individual client's needs. Students will learn the essential movements of manual facial treatments and the product knowledge that is the basis for all masks and treatments.

- Physiology and Histology of the Skin
- Consultation and Skin Analysis
- Massage and Mask Therapy

MAKE-UP ARTISTRY

Make-Up can enhance a client's full potential by complimenting inner beauty with outer beauty. It is important that the Make-Up Artist have a clear understanding of the balance and sensitivity of the skin as well as knowledge of color and tone. The Make-Up portion of the program includes theoretical instruction and practical experience in a variety of applications of Make-Up for:

- Day and Evening Wear
- Color and Black & White Photography
- Bridal
- Glamour/Fashion

SPA THERAPIES

Since the early 1990's, the growth of Day Spas has been the single most dominant trend in the Salon Industry.

Day Spa treatments offer clients relief from stress and improved health and well-being. M.C. College Group has significantly expanded its curriculum in this all important area of Esthetics. Students learn a variety of relaxation treatments essential to the field of Spa Therapies. Instruction includes Body Wraps, Relaxation Massage and Hot Stone Therapy.

The latest addition to the program, Stone Therapy Massage, uses basalt and marble stones at different temperatures in a full body massage. This treatment assists the circulatory system and helps the body to self-heal and re-energize while calming the client and promoting relaxation.

Other spa therapies include:

Detoxifying Massage – stimulates circulation to reduce waste and enhance the immune system

Aromatherapy – an introduction to the extraction and use of essential oils

Back Treatments – a Facial for the back

Body Wraps – Remineralization, Detoxification, Slimming

INTRODUCTION TO REFLEXOLOGY

Reflexology is a specialized treatment that focuses on minute reflex points in and around the feet and hands. Pressure movements on these points can alleviate stress, improve nerve functioning and blood supply in the body and normalize the body's functioning. By improving circulation, reflexology treatments can speed up the elimination of waste and reduce toxins in the liver, kidneys or bowel. Reflexology treatments also stimulate the release of endorphins which can help control the perception of pain. Students will learn to analyze the foot, assess client needs and provide treatments on both hands and feet.

FACIALS WITH MACHINES

Students will learn a variety of advanced facial treatments using machines and specialized techniques. Machines can help an Esthetician to give a more thorough facial treatment. Equipment used includes:

- Steamers
- High Frequency
- Brushes

ADVANCED TOPICS IN ESTHETICS

In Advanced Topics in Esthetics, students will explore Estheticians working with Physicians and will be introduced to Dermatology, Pre & Post-Op Skin Care, Problematic Skin Care, and Cosmetic Exfoliation. This segment of the program introduces students to a variety of career opportunities for Estheticians including medical setting with Physicians or Dermatologists, Hospital or Holistic Wellness setting.

THE M.C. ADVANTAGE

PRACTICAL EXPERIENCE

M.C. College Group believes that to fully prepare graduates for their careers, students need to train in a physical environment that reflects where they will be working. For that reason, all of our training centres feature spa areas where students apply their practical knowledge on clients and develop their customer service skills. This includes spa pedicure chairs and hydrotherapy tubs. The school spas are supervised by qualified instructors and are structured to ensure that classroom learning is complimented with this practical experience on clients. By simulating a realistic spa environment, we can further enhance the training the student receives and better prepare each graduate for success in her career.

EQUIPMENT AND BOOKS

Each student will receive an M.C. College kit and books package. This package includes all the necessary tools and equipment to provide client services in the school spa. The package includes a nail kit with U.V. lamp and products, full make up kit with brushes and a Master Implement kit for doing Manicure and Pedicure services. Also included in the package are the latest textbooks for theory instruction. These include Pivot Point Salon Fundamentals for Estheticians, Salon Fundamentals for Nail Technology and Touchpoint Reflexology. M.C. College Group regularly updates its textbooks so that the editions used in theory instruction are the most recent available in the industry.

PARTNERS IN TRAINING

GUEST EDUCATORS

Through the Partners in Training initiative, guest speakers from industry are arranged to speak to students on a regular basis. These speakers may include Estheticians providing current technical information, Product Educators providing valuable products knowledge or Spa Owners providing business guidance.

WORK EXPERIENCE

To assist students in obtaining suitable employment upon graduation and to expose students to the work environment while they are still in school, M.C. College Group has developed a Partners in Training program in each city where schools operate. By developing an association with a select group of participating salons and spas, the college can provide students with work experience opportunities. Students will spend time in one of these participating spas to gain a better insight into the workings of the spa and the expectations they will face upon graduation. For most graduates, the work experience placement is an important first step in securing employment upon graduation.

GRADUATION

M.C. College Group hosts two graduation events at each school location each year, one in fall and one in spring. The Graduation consists of a formal cap and gown ceremony, awards and scholarship presentations followed by a dinner and dance. Awards consist of Academic Achievement Awards and Citizenship Awards for each program. The Graduation brings together graduates, friends, families, faculty and industry leaders to celebrate and recognize the achievements of our students.

CREATIVE SCHOLARSHIPS

M.C. College Group wishes to encourage and reward exceptional students. Scholarships in the amount of \$200-\$600 are available for full time enrolled students who demonstrate an excellent attendance record, exceptional creative abilities, outstanding customer service, strong interpersonal skills, and who participate in extra-curricular school activities.

ENTRANCE REQUIREMENTS

- **17 years of age or older**
- **High School Transcript**
 - Students must have Grade 12 with a minimum of Grade 11 English, Math and Science.
- **Career Research Essay 2 pages handwritten or typed including:**
 - Information you have researched regarding wages, job availability, career paths and career advancement in the Esthetics Industry
 - Your personal reasons for choosing a career in Esthetics
 - Your long term goals
 - The names of at least two people in the esthetics industry who you spoke to for information
- **Two Letters of Reference from someone other than family or friends.**
 - This may include a co worker, supervisor, teacher or counsellor.
- **For students who attended high school outside of Canada, completion of the school entrance exam with a passing mark of 65% maybe substituted for a high school transcript.**

Partial programs may be available. Please contact one of our admissions advisors for costs and start dates.

All Entrance Requirements must be received by the college at least three weeks prior to your chosen start date. For students attending on a student loan, the Entrance Requirements must be completed before applying for the loan.

SCHOOL LOCATIONS

Edmonton, AB
Calgary, AB
Red Deer, AB
Kelowna, BC
Saskatoon, SK
Winnipeg, MB

For Start Dates and Costs please contact the Admissions Advisor nearest you.

Click here to contact us