

MILADY STANDARD ESTHETICS:

# Student Workbook

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# Student Workbook

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**To be used with**  
Milady Standard Esthetics: Advanced

**COMPILED BY JUDY CULP**



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Australia • Brazil • Japan • Korea • Mexico • Singapore • Spain • United Kingdom • United States

**Milady Standard Esthetics: Student  
Workbook**

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# How to use this Workbook

This Workbook is designed to accompany Milady Standard Esthetics: Advanced. The exercises in each chapter, which follow the content in the textbook, are meant to test simple recall and reasoning and to reinforce your understanding of the information.

Exercises range from fill-in-the-blank questions, true/false, matching, to more challenging word puzzles, as well as discussion questions that encourage you to apply theoretical knowledge to real-life situations. You may wish to write your answers in pencil, either relying on memory or consulting the textbook. Items may be corrected and rated during class or in discussion sessions with other students, or you may decide to use this workbook for independent study.

We hope that you enjoy using this workbook and that it gives you a comprehensive, study tool for learning about the world of professional skin care.

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# CHAPTER 1 Changes in Esthetics

Date: \_\_\_\_\_

Rating: \_\_\_\_\_

## INTRODUCTION

Answer the following questions.

1. Why are estheticians in great demand? \_\_\_\_\_  
\_\_\_\_\_
2. A demand for well-educated estheticians has grown and expanded into the \_\_\_\_\_.
3. What generation has had a huge effect on the skin care industry? \_\_\_\_\_  
\_\_\_\_\_ Why? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## THE GLOBAL EVOLUTION OF SPAS AND SPA TREATMENTS

Answer the following questions.

1. How does understanding the history of the spa and spa treatments help the esthetician?  
\_\_\_\_\_  
\_\_\_\_\_
2. Explain two possible origins of the word *spa*:
  - a. \_\_\_\_\_  
\_\_\_\_\_
  - b. \_\_\_\_\_  
\_\_\_\_\_
3. Match each of the following words or phrases to its meaning:
  - a. \_\_\_\_\_ *sanitas per aquas*
  - b. \_\_\_\_\_ *spagere*
  - c. \_\_\_\_\_ *espa*
  1. fountain
  2. health through water
  3. to scatter, sprinkle, moisten

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4. Name the three water treatments provided in the spa:
- a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
5. Before evolving toward the use of baths for relaxation, what was the focus of the Roman bathing culture? \_\_\_\_\_
6. Name the three types of Roman bath houses: \_\_\_\_\_  
\_\_\_\_\_
7. What was the purpose of bloodletting? \_\_\_\_\_  
\_\_\_\_\_
8. During the seventeenth century, the French used \_\_\_\_\_ springs for drinking cures as well as for \_\_\_\_\_ and they used \_\_\_\_\_ springs only for \_\_\_\_\_.
9. What did Bavarian monk Father Sebastian Kneipp believe water could be use for?  
\_\_\_\_\_
10. Why did the popularity of spa treatments, such as health and exercise regiments, mud therapy, and balneology, lose ground in the 1900s? \_\_\_\_\_  
\_\_\_\_\_
11. Worldwide consumers are flocking to spas for \_\_\_\_\_  
\_\_\_\_\_, and much more.

## ADVANCED EDUCATION AND EMPLOYMENT OPPORTUNITIES

Answer the following questions.

1. Match the following job type with its definition:

\_\_\_\_\_ esthetician

\_\_\_\_\_ makeup artist

- 1. duties may include maintaining records of sales and inventory on hand, demonstrating products, selling to clients, and running the cash register
- 2. educates clients in the benefits of various cosmetic lines

- \_\_\_\_\_ permanent makeup artist
  - \_\_\_\_\_ manufacturer/sales representative
  - \_\_\_\_\_ department store cosmetics representative
  - \_\_\_\_\_ cosmetic buyer or assistant buyer
  - \_\_\_\_\_ manager or salesperson
  - \_\_\_\_\_ state licensing inspector or examiner
- 3. a buyer of cosmetics in a department store, specialty store, or salon
  - 4. specializes in the care of the skin
  - 5. artfully applies cosmetics
  - 6. trained in cosmetic tattooing
  - 7. prepares and conducts examinations, announces and enforces rules and regulations, investigates complaints, and conducts hearings
  - 8. explains, demonstrates, and sells products

- 2. What are the most common services offered in permanent cosmetics?  
\_\_\_\_\_
- 3. What can esthetics instructors do to keep up to date on their knowledge?  
\_\_\_\_\_
- 4. A \_\_\_\_\_ has the same qualities as a salesperson but assumes more responsibility.
- 5. If you have talent in writing or journalism, what type of career may you wish to pursue?  
\_\_\_\_\_

### **DEVELOPING CRITICAL-THINKING SKILLS**

Answer the following questions.

- 1. List the steps for developing critical-thinking, problem-solving, and decision-making skills:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_

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2. What is a popular method of documenting the critical-thinking process? List and explain the acronym: \_\_\_\_\_
- a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_

**ENHANCING SOFT SKILLS**

Answer the following questions.

1. \_\_\_\_\_ thought revolves around the idea of treating the person as a whole rather than focusing solely on a disease or disorder.
2. List the eight steps to manage negative emotions:
- a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_
  - f. \_\_\_\_\_
  - g. \_\_\_\_\_
  - h. \_\_\_\_\_
3. List some of the ways you can release yourself from negativity and distractedness:
- a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_
  - f. \_\_\_\_\_

## PRIVACY LAWS

List the key standards of patient protection:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_