



1 Day Skin Fundamentals Course Outline

1-Day Certification Course

Time: 10:00 AM - 5:00PM

Includes Interactive Assessment & Peer Skin Analysis

This course blends core theory with hands-on, interactive learning to help students confidently assess skin types, understand the Fitzpatrick scale, and recognize common skin conditions. Built-in partner activities allow students to practice real consultation skills in a supportive environment.

10:00 – 10:30 AM | Welcome & Course Introduction

- Meet & greet
 - Course overview & learning objectives
 - The importance of skin knowledge in aesthetics
 - Role of consultations in treatment safety & results
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10:30 – 11:30 AM | Skin Anatomy & Physiology

- Structure of the skin (epidermis, dermis, subcutaneous layer)
- Skin barrier function & protection
- Oil production, hydration & sensitivity
- How skin changes with age



11:30 AM – 12:15 PM | Fitzpatrick Scale Deep Dive

- Understanding Fitzpatrick Types I–VI
- How to visually identify skin types
- How sun response helps determine type
- Treatment considerations & safety for different skin tones

12:15 – 12:45 PM | Interactive Activity: Fitzpatrick Partner Assessment

- Students will work in pairs to:
- Assess each other's skin tone and sun response history
- Determine Fitzpatrick type using guided worksheets
- Practice asking consultation-style questions
- Discuss why accurate typing matters for treatment planning
- Instructor will walk around to guide, correct, and reinforce learning.

12:45 – 1:15 PM | Lunch Break

1:15 – 2:00 PM | Skin Analysis & Consultation Skills

- How to perform a professional skin assessment
 - Identifying skin types vs skin conditions
 - Key consultation questions to ask
 - Recognizing contraindications
 - When to treat vs when to refer out
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2:00 – 2:30 PM | Interactive Activity: Skin Observation Exercise

Students will again partner up to:

- Examine each other's skin closely
- Identify visible concerns:
 - Dryness
 - Oiliness
 - Sensitivity
 - Pigmentation
 - Texture
- Practice describing skin professionally

2:30 – 3:15 PM | Acne Education & Understanding Breakouts

- Types of acne (comedonal, inflammatory, cystic, hormonal)
- Grades of acne severity
- Causes & triggers
- Treatment considerations & limitations

3:15 – 3:30 PM | Break

3:30 – 4:15 PM | Common Skin Conditions & Diseases

- Rosacea
- Hyperpigmentation & melasma
- Sun damage
- Sensitized skin
- Dermatitis overview
- Recognizing conditions outside scope of practice



4:15 – 4:40 PM | Product Knowledge Basics

- Understanding active ingredients
- Matching products to skin types
- Building simple homecare recommendations

4:40 – 5:00 PM | Final Interactive Review & Certification

- Group discussion: Fitzpatrick findings & observations
- Case study examples led by instructor
- Q&A session
- Certificate of Completion presented

Learning Focus

This interactive format ensures students leave feeling confident in:

- Identifying Fitzpatrick skin types
- Performing a basic skin assessment
- Recognizing acne types and common conditions
- Speaking professionally during client consultations