

THE ELAINE STERLING INSTITUTE
2025 SCHOOL CATALOG

ATLANTA CAMPUS

**BARBERING
COSMETOLOGY
ESTHETICIAN
MASSAGE THERAPY
NAIL CARE**



ELAINE STERLING



CEO & FOUNDER

Welcome to the exciting world of Barbering, Cosmetology, Esthetics, Massage Therapy and Nail Care. You are about to embark on a journey of advanced learning. You will be exposed to new skills everyday, adding valuable tools to your tool box. These new skills will equip you with the tools you need to take the State Board of Cosmetology and Barbers or MBLEX exams and be industry ready. The sky is the limit in the beauty world, and as you move through the program you will perfect your skills and develop new ones.

Finding your niche and passion is what it is all about. We at The Elaine Sterling Institute are dedicated to partnering with you in your success. Whether you work in a day spa, salon, medical spa, doctor's office, equipment, product sales, or as a makeup artist, you can create your dream and we will be there to support you every step of the way.

-Elaine Sterling



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Prestigious Education

The Elaine Sterling Institute offers an Barbering, Cosmetology, Esthetician, Massage Therapy and Nail Care programs. All undergraduate programs are taught to the highest industry standards. We equip our students with skills to prepare for the Georgia State Board of Cosmetology and Barbering and State Board of Massage Therapy.

Many aspects of our program set us apart from standard beauty schools. We hold our students to high expectations and challenge them by way of our rigorous curriculum. We strive to connect our classroom studies with real world experience to provide a seamless transition from the school to the workplace. Our students gain a competitive advantage through various networking opportunities and events, giving them access to industry leaders.



About

The Elaine Sterling Institute

MISSION

The mission of The Elaine Sterling institute is to be the global leader in Spa & Salon education by combining classical European traditions of Barbering, Cosmetology, Esthetician, Nail Care, and Massage Therapy with modern American scientific technologies. We do this through providing educational excellence to our students with a long-term commitment to their personal and professional development.

VISION

The Institutional vision is integral to the future success of our educational programs and ultimately our graduates' success in the workplace. The instructional and administrative staff realize they must be committed to the Institution's mission and vision to attain the objectives and goals of the strategic plan.

The vision statement of the Elaine Sterling Institute is to provide programs of educational excellence and to instruct our students in the competencies set by the state board of Cosmetology, Barbering and Massage Therapy; equipping students with the required skills to pass the state board examinations and to enter the work force. Realizing this vision will ensure ESI has programs that are of the highest standard and its graduates will be sought by employers in the salon, spa, and medical spa industry.





MULTI-FACETED Learning environment

The Elaine Sterling Institute was founded by Elaine Sterling in 2008 and is located in Buckhead, Atlanta, Georgia. Elaine saw the need for quality education that would match the fast-paced and growing field of beauty. She has created a school that is renowned and internationally recognized for high educational standards. Elaine's vision for a spa-like environment for her students to learn the very best of European techniques and American Scientific Technologies with the latest equipment was of paramount importance from inception.

The Elaine Sterling Institute, located at 3393 Peachtree Rd NE Rooms 1003B and 2012A, Atlanta, Georgia is a modern, state-of-the art facility that mimics the spa and salon environment and is conducive to learning. ESI contains over 30,000 square feet that includes 12 clinic floors/clinic treatment areas, 8 classrooms, 1 nail floor, and 1 cosmetology floor. The Institute layout reflects the dynamic skincare and spa industry with the latest equipment and treatment rooms that are beautifully decorated and pristine.



BARBERING *PROGRAM*

1500 HOURS

PROGRAM HIGHLIGHTS



TEXTBOOKS & E-LEARNING

Students receive a skill-based Milady text book and access to a modern, engaging digital learning platform that helps turn your passion into a thriving career.

BARBERING KIT

- Apple iPad
 - ESI shirt and jacket
 - Milady textbook
 - Mannequin heads
 - Combs & Shears
 - Shaver & Clippers
 - Hair Dryer
 - Brushes
 - Barbering tools
 - Beautista Portfolio
-

PRO PRODUCTS

- Redken
- Mizani
- Pulp Riot

Learn with professional industry products in ESI's student salon



Barbering Program

What you will learn



Hair Cutting



Hair Shaping



**Shampooing
& Conditioning**



Hair Designs



Hairstyling



Texture Styling



Layering



Relaxers



Chemical Waving



Chemical Relaxing



**Tools (Shears,
clippers, razors, etc.)**



Hair Coloring



Color Retouch



Shaving

CURRICULUM



Scalp Treatment
Techniques



Facial Hair Design



Facial Hair Waxing

- **Qnity** - An online financial literacy course for beauty professionals.
- **L'Oreal Access** - Courses by industry leaders covering latest trends and techniques.
- **Milady CIMA** - Skill based learning delivered on CIMA digital platform and via Milady textbook.



Barbering

Curriculum

The curriculum for students in a school of barbering for a complete course of at least nine (9) Months totaling fifteen hundred (1500) hours of training shall be as follows:

(a) Each school or licensed instructor shall require each student to obtain 280 total hours of theory training in the following curriculum before the student is allowed to render clinical services.

1. Classroom Theory - 50 hours: Shall include instruction by a licensed instructor in the following subjects related to barbering:

- (i) chemistry (the basics of physical and chemical changes);
- (ii) cleansing and disinfection;
- (iii) hygiene and good grooming;
- (iv) laws and rules.

2. Hair and Scalp Treatments, Shampooing, and Conditioning - 25 hours: Shall include instruction by a licensed instructor in the following subjects:

- (i) hair analysis;
- (ii) scalp condition;
- (iii) treatments;
- (iv) proper procedure of shampooing (towel application, draping);
- (v) knowledge of shampoo formulas;
- (vi) water temperatures.

3. Shaving - 25 hours:

- (i) shaving (proper handling technique of straight razor learning the fourteen (14) stroke process).

4. Coloring of Hair -25 hours: Shall include instruction by a licensed instructor in the following subjects:

- (i) bleaching;
- (ii) high and low lighting;
- (iii) permanent color;
- (iv) semi permanent color; and
- (v) temporary rinse.

5. Hair Cutting and Styling - 70 hours: Shall include instruction by a licensed instructor in the following:

- (i) proper handling of implements (razor, shears, clippers, trimmers, edgers); and
- (ii) 35 hours of training on mannequins.

6. Facial Hair Design & Waxing - 20 hours: Shall include instruction by a licensed instructor in the following:

- (i) theory of facial massage;
- (ii) equipment; and
- (iii) facial treatments.

7. Permanent Waving, Relaxing, and Chemical Application - 65 Hours: Shall include instruction by a licensed instructor in the following subjects:

- (i) the chemistry of permanent wave solution;
- (ii) technique of placing wave rods on client heads; and

(b) When a student has completed 280 hours in the above curriculum, the licensed instructor shall complete a statement to be directed to the Georgia State Board of Cosmetology and Barbers, signed by the licensed instructor, and the student (and properly notarized) stating the student is now prepared to progress to the clinic floor to perform clinical services on live subjects. After completion of the first 280 hours of training, the curriculum shall be as follows:

1. Theory - 200 hours;

2. Hairstyling techniques and cutting - 500 hours = 500 applications: Shall include instruction by a licensed instructor in the following subjects:

- (i) proper handling of instruments;
- (ii) improper handling of instruments;
- (iii) training on mannequins and live models.

3. Shaving - 25 hours = 50 applications: Shall include instructions by a licensed instructor in the following:

- (i) proper handling of instruments;
- (ii) proper disposal of razor blades in sharps container in accordance with the provisions of O.C.G.A. § 12-8-20, et seq., and the Rules for Solid Waste Management, Chapter 391-3-4-.15(e) applicable to razor blade disposal in solid waste.
- (iii) improper handling of instruments;
- (iv) training on mannequins and live models.

4. Shampooing - 5 hours = 40 applications: Shall include instructions by a licensed instructor in the following:

- (i) proper procedure of shampooing;
- (ii) knowledge of shampoo formulas;
- (iii) water temperature.

5. Facial Hair Design and Waxing - 10 hours = 30 applications

6. Scalp Treatment Techniques - 10 hours: Shall include instructions by a licensed instructor in the following subjects:

- (i) hair analysis;
- (ii) scalp conditions;
- (iii) treatments.

7. Permanent Waving, Relaxing and Chemical application - 270 hours = 66 applications: Shall include instruction by a licensed instructor in the following subjects:

- (i) the chemistry of cold wave solution relaxers and reaction;
- (ii) techniques of placing cold wave rods on client's head;
- (iii) chemistry of color, technique of color and chemical action of hair color.

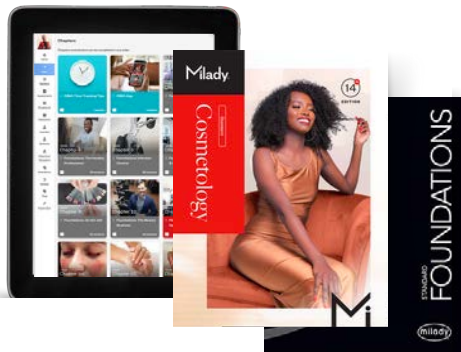
8. Additional instructions at the discretion of the instructor - 200 hours.



COSMETOLOGY *PROGRAM*

1500 HOURS

PROGRAM HIGHLIGHTS



TEXTBOOKS & E-LEARNING

Students receive a skill-based Milady text book and access to a modern, engaging digital learning platform that helps turn your passion into a thriving career.

COSMETOLOGY KIT

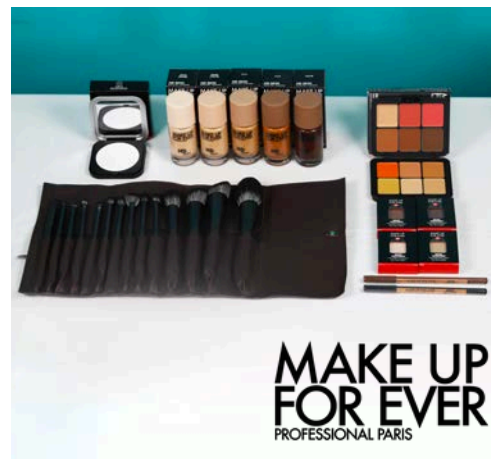
- Apple iPad
- ESI shirt and jacket
- Milady Book
- Mannequin heads
- Cosmetology tools
- Combs
- Shears
- Clippers
- Shaver
- Flat Iron
- Marcel Iron
- Curling wand
- Hair Dryer
- Beautista Me Portfolio
- Elaine Sterling Skincare
- Makeup Forever Makeup kit
- Nail Care Kit

ELAINE STERLING
SKINCARE

REDKEN
5TH AVENUE NYC

PULPRIOT

MIZANI



Cosmetology Program

What you will learn



Hair Cutting & Shaping



Shampooing & Conditioning



Hair Designs



Hairstyling



Texture Styling



Layering



Relaxers



Chemical Waving & Relaxing



Tools (Shears, clippers, razors, etc.)



Hair Coloring



Color Retouch



Highlighting with Foils



Weaving & Slicing



Basic Barbering



Balayage
Techniques



Nail Care



Hair Removal Waxing



Basic Facials

CURRICULUM

- **Qnity** - An online financial literacy course for beauty professionals.
- **L'Oreal Access** - Courses by industry leaders covering latest trends and techniques.
- **Milady CIMA** - Skill based learning delivered on CIMA digital platform and via Milady textbook.



Cosmetology

Curriculum

The curriculum for students enrolled in a school of cosmetology for a complete course of a minimum of nine (9) months and totaling fifteen hundred (1,500) hours of training (250 theory + 1250 service application hours) shall be as follows:

(a) Level 1 instruction shall be provided by a licensed master cosmetology instructor. Each school or licensed instructor shall require each student to obtain two hundred fifty (250) total hours of Level 1 training before the student performs clinical services on a client/patron. Of these two hundred fifty (250) hours, two hundred twenty five (225) shall be theory and training on mannequins, and of the final twenty five (25) hours, fifteen (15) hours shall be on skin care and ten (10) hours shall be on nail care. For the purposes of this Rule, one (1) theory hour equals one (1) clock hour for the first 250 hours of training, which are intended to be theoretical in nature.

1. Theory = (40) - (40 theory hours/40 clock hours);

- (i) chemistry;
- (ii) cleansing and disinfection;
- (iii) EPA; OSHA, infection control standards; blood spill procedures; and
- (iv) AIDS; HIV; and communicable diseases.

2. Theory of Permanent Waving = (45) - (45 theory hours/45 clock hours);

- (i) the chemistry of permanent wave solution and its reaction;
- (ii) the chemistry of relaxers and their reactions; and
- (iii) the principles of permanent wave rod placement.

3. Theory of Hair Coloring = (45) - (45 theory hours/45 clock hours);

- (i) the chemistry of color;
- (ii) principles of color application; and
- (iii) the chemical reaction of hair color.

4. Theory of Hair and Scalp Treatments and Conditioning = (20) - (20 theory hours/20 clock hours);

- (i) hair analysis;
- (ii) scalp condition; and
- (iii) treatments.

5. Theory of Hair Cutting = (25) - (25 theory hours/25 clock hours);

- (i) proper handling and care of instruments.

6. Theory of Shampooing = (15) - (15 theory hours/15 clock hours);

- (i) proper procedure of shampooing;
- (ii) knowledge of shampooing formulas; and
- (iii) water temperature.

7. Theory of Hairdressing/Hairstyling = (35) - (35 theory hours/35 clock hours);

- (i) 20 hours training on mannequins; and
- (ii) 15 hours training on live models (without compensation).

8. Theory of Nail Care and Skin Care = (25) - (25 theory hours/25 clock hours);

- (i) concepts and principles of nail care procedures and correct handling of instruments - (10 theory hours/10 clock hours); and
- (ii) concepts and principles of skin care procedures and techniques - (15 theory hours/15 clock hours).

(b) Level 2 theory and service application hours on patrons may begin when a student has completed two hundred fifty (250) theory hours in the above curriculum, with a minimum passing score of seventy five percent (75%). The student may then progress to Level 2 theory, practical training, and service application hours on live subjects. The Level 2 curriculum shall be as follows:

1. Theory = (100) - (100 theory hours/100 clock hours);

- (i) cleansing and disinfecting;
- (ii) physiology;
- (iii) electricity;
- (iv) safety precautions;

- v) chemistry of beauty products, actions/reactions, and the composition of tints, dyes and bleaches;
- (vi) salesmanship;
- (vii) telephone etiquette; and
- (viii) salon deportment; consisting of courtesy, neatness and professional attitude in meeting the public.

2. Social Skills, Reception or Desk Work, Art and Ethics, State Board of Cosmetology Laws and Rules = (50) - (50 theory hours/50 clock hours).

3. Laboratory = (50) - (50 service application hours/50 clock hours); shall include practical training in preparing germicidal solutions, shampoos, tint and bleaches, practical training in washing and sanitizing all equipment in the beauty salon.

4. Hairdressing, Shampoo and Comb-out = (255) - (170 service application hours/170 applications); shall include shampoos, comprising dry, soap-free, oil and reconditioning; wet curls, thermo-curling, blow drying, hair styles, comb outs and all types of pressing; hot combs.

5. Hair Cutting and Shaping = (124.5) - (124.5 service application hours/166 applications).

6. Permanent Waving = (150) - (150 service credit hours/50 applications).

7. Chemical Hair Relaxing = (139) - (139 service application hours);

(i) virgin application - (82 service application hours/42 applications); and

(ii) chemical retouch - (57 service application hours/38 applications).

8. Hair Coloring and Hair Lightening = (155) - (155 service application hours);

(i) temporary rinses and semi-permanent color - (9 service application hours/12 applications);

(ii) virgin color - (40 service application hours/20 applications);

(iii) color retouches - (20 service application hours/10 applications);

(iv) hair bleaching and lightening - (80 service applications hours/40 applications);

(I) virgin hair lightening (32 service application hours/16 applications);

(II) retouch hair lightening (20 service application hours/10 applications); and

(III) foiling techniques and placement - (28 service application hours/14 applications).

(v) predisposition tests - (3 service application hours); and

(vi) color removal - (3 service application hours).

9. Scalp and Hair Treatment = (49) - (49 service application hours/49 applications); shall include brushing and manipulations, corrective treatments, and reconditioning treatments.

10. Facial Treatment, Make-up, and Hair Removal = (52.5) - (52.5 service application hours):

(i) facial treatments - (30 service application hours/30 applications);

(ii) make-up applications - (20 service application hours/20 applications); and

(iii) brow and lash tint - (2.5 service application hours/5 applications).

11. Hair Removal = (30) - (30 service application hours):

(i) lip, chin, and face (tweezing, waxing, threading) - (10 service application hours/20 applications);

(ii) brow tweezing - (10 service application hours/20 applications); and

(iii) brow waxing - (10 service application hours/20 applications).

12. Sanitizing and Disinfection of Tools, Implements, and Equipment = (5) - (5 service application hours/10 applications):

(i) implements (brushes, combs, shears, clippers, flat irons, curling irons, nail and skin care implements) - (1 service application hour/2 applications);

(ii) shampoo bowls and dryer hoods, styling stations, chairs, mats and work space - (1 service application hour/2 applications);

(iii) pedicure spa bowls, portable or fixed plumbing - (1 service application hour/2 applications);

(iv) hair removal and waxing stations - (1 service application hour/2 applications); and

(v) manicure stations - (1 service application hour/2 applications).

13. Manicures, Pedicures, and Nail Sculpting = (90) - (90 service application hours):

(i) manicures with hand and forearm massage - (25 service credit hours/25 applications);

(ii) pedicures with foot and leg massage - (20 service application hours/20 applications); and

(iii) nail sculpting - (45 service application hours/15 applications).



ESTHETICIAN *PROGRAM*

1000 HOURS

A composite image featuring a woman's face, a tablet displaying a social media feed, and a book cover for 'STANDARD ESTHETICS FOUNDATIONS' by Milady. The woman's face is shown in profile, looking down. The tablet displays a social media feed with various posts, including a clock icon and a post about 'The Best of the Best'. The book cover is white with the title 'STANDARD ESTHETICS FOUNDATIONS' in blue and black text, and the Milady logo at the bottom.

Milady is a modern, engaging digital learning platform and skill-based textbook that helps turn your passion into a thriving career.

- Apple iPad
- ESI shirt and jacket
- Milady textbooks
- Beautista Portfolio
- Makeup Forever Kit
- Elaine Sterling Skincare
- Esthetician Supplies
- HydraFacial Product Kit
- Glo2Facial Product Kit

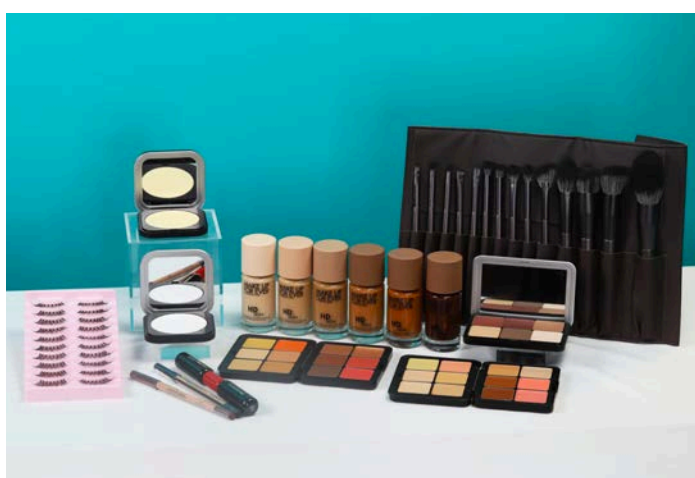


ELAINE STERLING
SKINCARE

hydracial

**MAKE UP
FOR EVER**
PROFESSIONAL PARIS

GLO₂FACIAL



Esthetician Program

What you will learn



**Basic & Advanced
Facials**



**Massage
Techniques**



**Cellulite, Body Wraps,
Back Treatments**



Lash & Brow Tinting



Lash Extensions



Microdermabrasion



**Vacuum Spray
Machine**



Chemical Peels



**Advanced Skin
Analysis**



Waxing



**Advanced Skin
Analysis**



Glo2Facial



Brush Machine



Galvanic



Microcurrent



Oxygen Treatment



Ultrasonic Skin
Scrubber



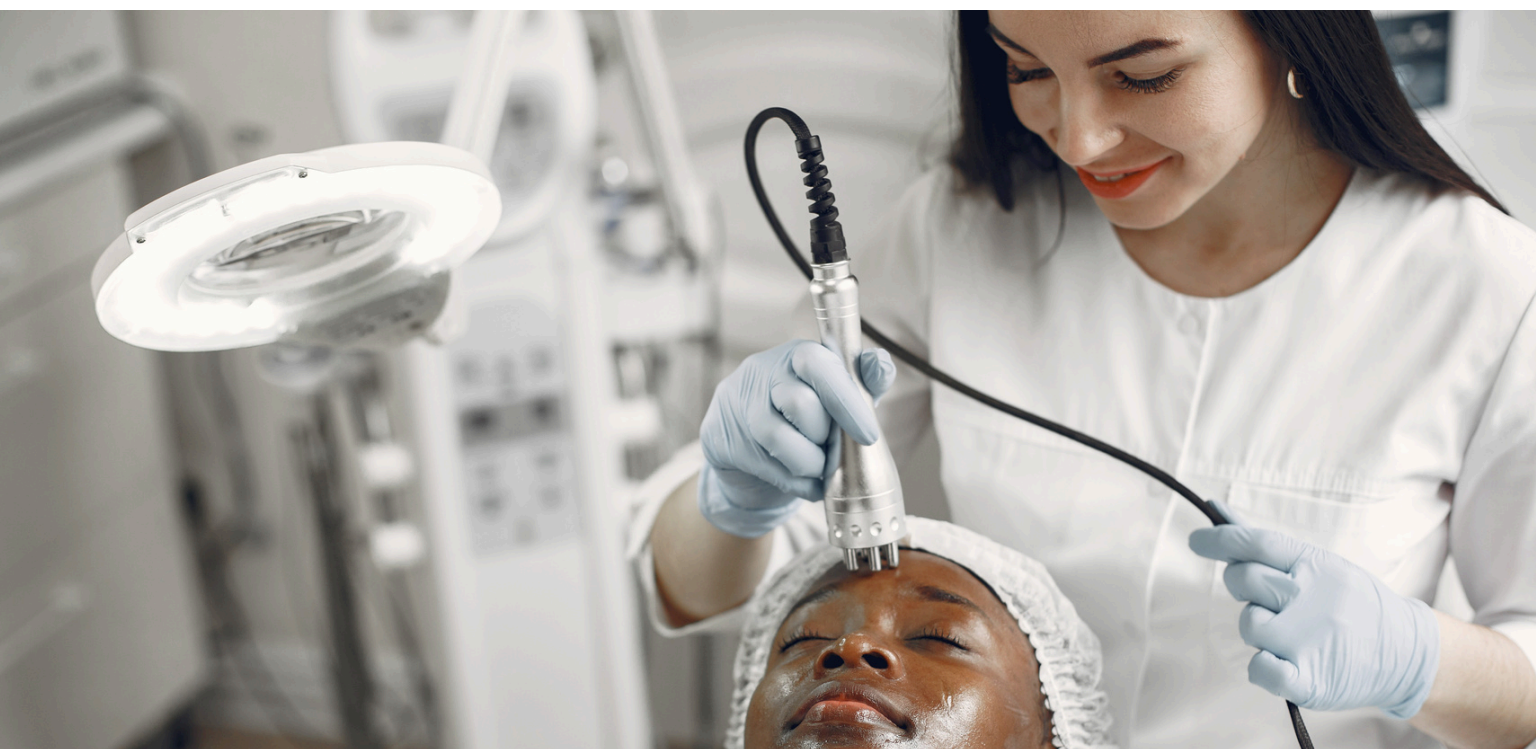
High Frequency



HydraFacial

CURRICULUM

- **Qnity** - An online financial literacy course for beauty professionals
- **HydraFacial Connect** - An online learning portal for HydraFacial
- **Milady CIMA** - Skill based learning delivered on CIMA digital platform and via Milady textbook.



Esthetician

Curriculum

The curriculum for students enrolled in an esthetician school for a complete course of at least nine (9) months and 1000 (250 Level 1 theory + 750 Level 2 service application) hours of training shall be as follows:

(a) Level I Instruction shall be provided by a licensed master cosmetology instructor or licensed esthetician instructor. Each school or licensed instructor shall require each student to obtain two hundred fifty (250) total theory hours of Level 1 training before the student performs clinical services on a client. Of these two hundred fifty hours, one hundred fifty (150) shall be Professional Practices, twenty (20) shall Professional Ethics, and eighty (80) shall be Business Practices. For the purposes of this Rule, one (1) theory hour equals one (1) clock hour for the first 250 hours of training, which are intended to be theoretical in nature.

1. Professional Practices = (150) - (150 theory hours/150 clock hours); shall include instruction by a licensed esthetician instructor in the following subjects:

- (i) bacteriology, cleansing and disinfection;
- (ii) personal hygiene;
- (iii) public health and safety;
- (iv) EPA, OSHA, chemicals, infection control standards, and blood spill procedures;
- (v) AIDS, HIV, and communicable diseases;
- (vi) methods; and
- (vii) facility hygiene, clean-up applications and procedures.

2. Professional Ethics = (20) - (20 theory hours/20 application/clock hours); shall include instruction by a licensed esthetician instructor in the following subjects:

- (i) professional attitude; and
- (ii) personal image.

3. Business Practices = (80) - (80 theory hours/80 clock hours); shall include instruction by a licensed esthetician instructor in the following subjects:

- (i) State Board Rules and Laws;
- (ii) esthetician salon development;
- (iii) business insurance;
- (iv) client records;
- (v) confidential ethics;
- (vi) medical record keeping;
- (vii) write your resume; and
- (viii) the job interview.

(b) Level 2 service application hours on patrons may begin when a student has completed two hundred fifty (250) theory hours in the above curriculum, with a minimum passing score of seventy five percent (75%). After completing two hundred fifty hours of Level 1 training, the student may progress to the clinic floor to perform 750 required Level 2 service application hours on a live subject. The Level 2 service application curriculum shall be as follows:

1. Sciences = (320) - (320 service application hours); shall include instruction by a licensed esthetician instructor in the following subjects:

- (i) histology of the skin:
 - (I) cell; and
 - (II) tissue.
- (ii) dermatology and physiology:
 - (I) structure of the skin and glands;
 - (II) functions of the skin and glands;
 - (III) conditions and disorders of the skin;
 - (IV) physiology of color; and
 - (V) morphology.
- (iii) Theory:
 - (I) medical terminology;

- (II) medical charting;
- (III) clinical cleansing and disinfection;
- (IV) patient psychology;
- (V) customer service;
- (VI) advanced skin analysis/diseases; and
- (VII) camouflage make-up.

2. Cleansing and Disinfection of Tools, Implements, and Equipment = (5) - (5 service application hours/10 applications):

- (i) implements (brushes, tools, and skin care implements) - (3 service application hours/6 applications);
- (ii) facial stations, beds and equipment - (1 service application hours/2 applications); and
- (iii) hair removal and waxing stations - (1 service application hour/2 applications).

3. Body Treatments = (70) - (70 service application hours); shall include instruction by a licensed esthetician instructor in the following subjects:

- (i) massage - (25 service application hours/25 applications);
- (ii) wraps - (15 service application hours/15 applications);
- (iii) cellulite - (10 service application hours/10 applications);
- (iv) aromatherapy - (10 service application hours/10 applications); and
- (v) reflexology - (10 service application hours/10 applications).

4. Facials = (115) - (115 service application hours); shall include instruction by a licensed esthetician instructor in the following subjects:

- (i) spa facials - (75 service application hours/75 applications);
- (ii) machine facials - (30 service application hours/30 applications); shall include the following:
 - (I) client consultation and skin analysis;
 - (II) cleansing;
 - (III) manipulations;
 - (IV) toning;
- (iii) pre-op therapy - 5 service application hours/10 applications); and
- (iv) post-op therapy - 5 service application hours/10 applications).

5. Make-up = (90) = (90 service application hours); shall include instruction by a licensed esthetician instructor in the following subjects:

- (i) client consultation and skin analysis - (20 service application hours/40 applications);
- (ii) application - (30 service application hours/30 applications);
- (iii) contouring - (10 service application hours/20 applications);
- (iv) color accent - (10 service application hours/20 applications);
- (v) camouflage make-up - (10 service application hours/10 applications); and
- (vi) eye lash tabbing and strips - (10 service application hours/20 applications).

6. Hair removal = (75) - (75 service application hours); shall include instruction by a licensed esthetician instructor in the following subjects:

- (i) lip, chin, face (tweezing, waxing, threading) - (10 service application hours/20 applications);
- (ii) leg waxing - (20 service application hours/20 applications);
- (iii) bikini waxing - (10 service application hours/20 applications);
- (iv) torso, back, and arm waxing - (10 service application hours/20 applications); and
- (v) brow arching and shaping - (25 service application hours):
 - (I) brow tweezing and threading - (10 service application hours/20 applications);
 - (II) brow waxing - (10 service application hours/20 applications); and
 - (III) brow lashing and tinting - (5 service application hours/10 applications).

7. Spa/salon management = (75) - (75 service application hours); shall include instruction by a licensed esthetician instructor in the following subjects:

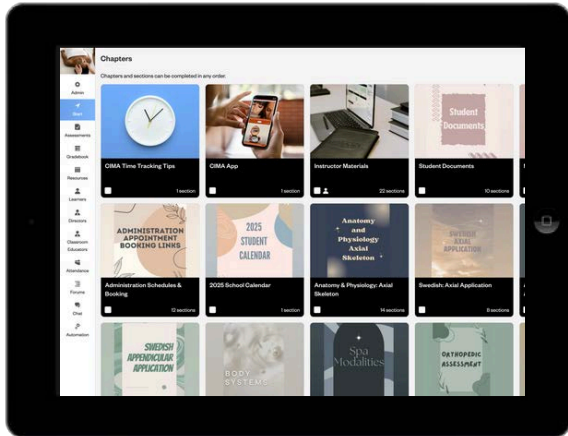
- (i) front desk;
- (ii) marketing: business, client, product;
- (iii) managerial responsibilities;
- (iv) client retention and tracking;
- (v) business management;
- (vi) business record management; and
- (vii) profit and loss statement management.



MASSAGE THERAPY *PROGRAM*

600 HOURS

PROGRAM HIGHLIGHTS

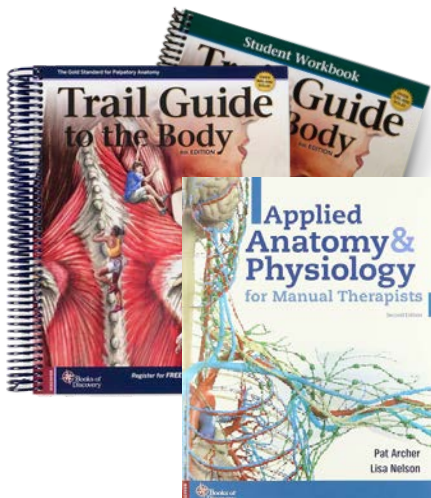


E-LEARNING

- Milady CIMA
- CPR Training
- Qnity - Financial literacy learning
- MBLEX Exam Prep

MASSAGE THERAPY STUDENT KIT

- Apple iPad
- ESI shirt and jacket
- ABMP Membership
- Massage Table
- Bolster
- Massage Tools
- CPR



TEXTBOOKS

- Trail Guide to the Body
- Trail Guide to the Body Workbook
- Applied Anatomy & Physiology
- Business Mastery 5th edition
- A Massage Therapist's Guide to Pathology 7th edition

Massage Therapy Program

What you will learn



Chair Massage



Swedish Massage



Thai Massage



**Deep Tissue
Massage**



**Neuro Muscular
Massage**



Trigger Point



Sports Massage



Shiatsu



Reflexology



Aromatherapy



**Eastern Theory
& Practice**



Massage in Medicine



Hydro Therapy



Prenatal Massage



Lymphatic Drainage



Dynamic Cupping



Somatic Therapies



Motion Stretching



Basic Pharmacology



**Himalayan Salt
Massage**



Spa Therapies



Orthopedics



Massage Therapy

Curriculum

A minimum of one hundred twenty-five (125) hours of in-class supervised instruction in human anatomy, physiology and kinesiology.

A minimum of forty (40) hours of in-class supervised instruction in pathology.

A minimum of two-hundred hours (200) in massage therapy theory, technique and practice, which must include in-class supervised instruction of clinical techniques and hands-on clinical practice and must include, at a minimum, the following subject matters: effleurage/gliding; petrissage/kneading; compression; friction, tapotement/percussion; vibration; direct pressure; superficial warming techniques; pumping; stretching; jostling; shaking; rocking.

A minimum of one hundred twenty-five (125) hours of in-class supervised instruction in contraindications, benefits, universal precautions, body mechanics, massage history, client data collection, documentation, and legalities of massage, professional standards including draping and modesty, therapeutic relationships and communications.

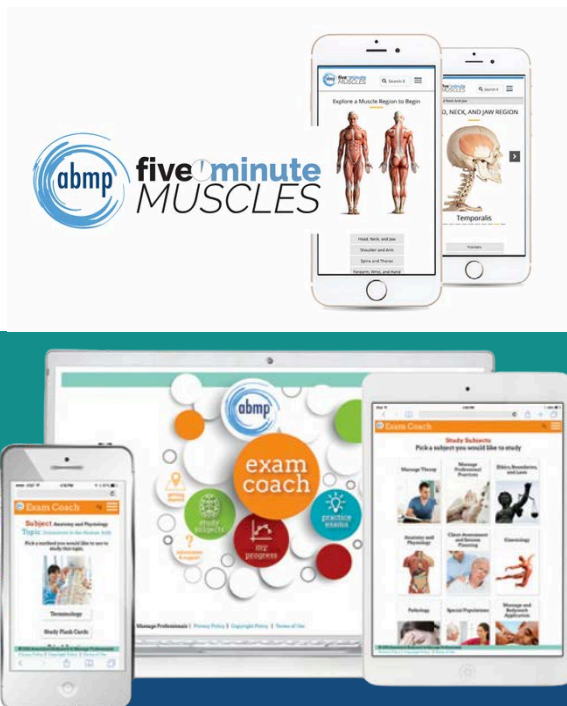
A minimum of ten (10) hours of in-class supervised instruction in ethics and business (to include a minimum of six (6) hours in ethics).

Of the five hundred (500) total clock hours, the curriculum must include a minimum of fifty (50) hours in supervised student clinical practice, but no more than sixty (60) hours in supervised student clinical practice. Nothing in this rule shall be construed to prohibit a massage therapy school that has a curriculum greater than five hundred (500) hours from having more supervised student clinical practice so long as it has at least four hundred and forty (440) hours of in-class supervised instruction.

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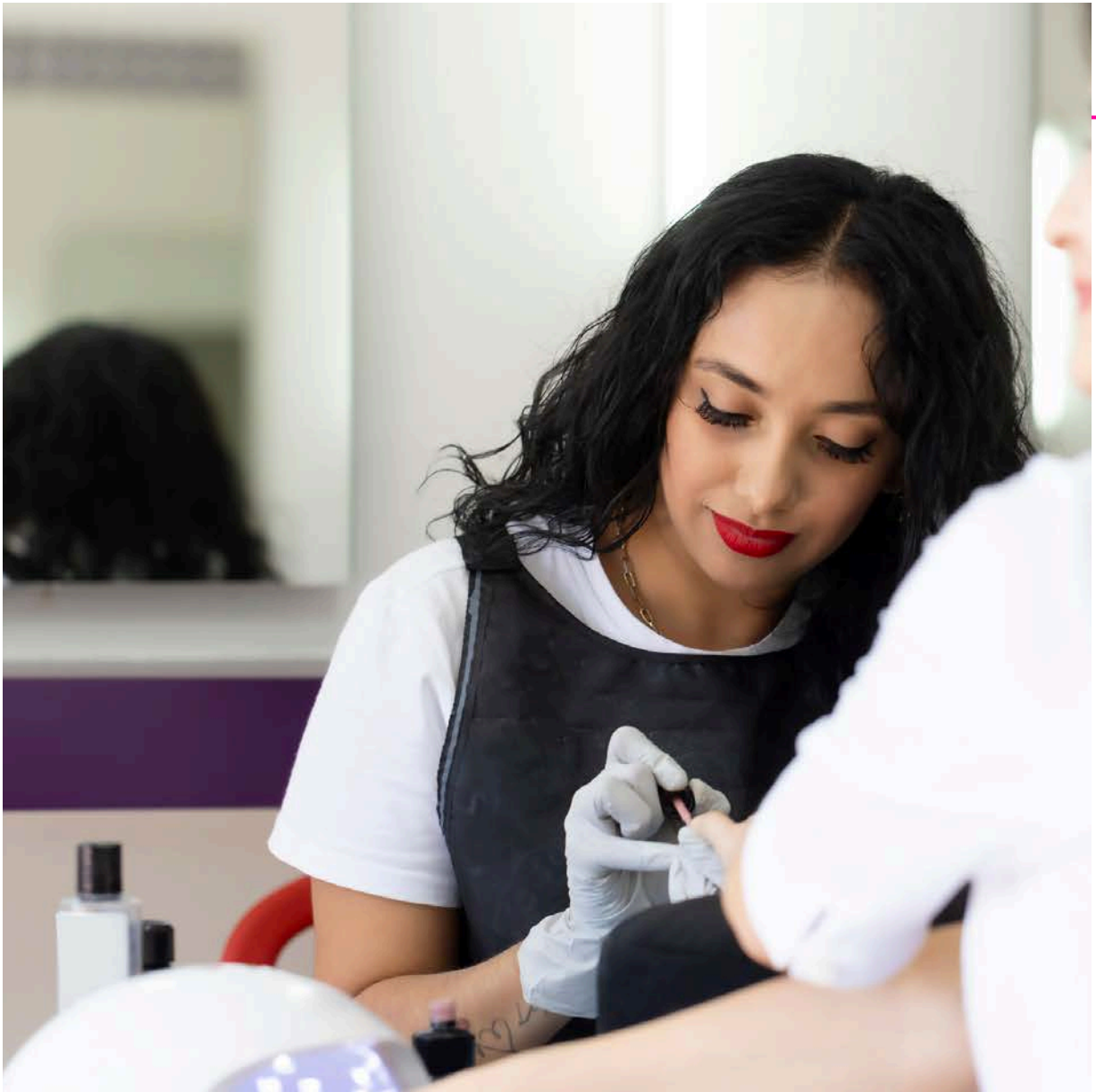
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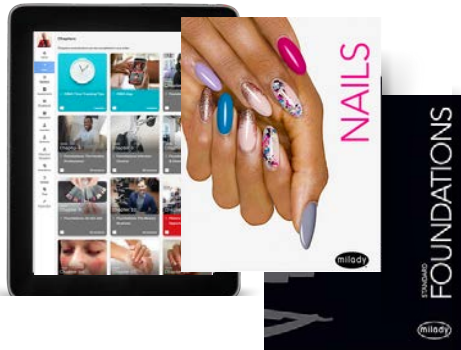
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PROGRAM HIGHLIGHTS



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- Milady textbook
- Beautista Portfolio
- Nail Care Kit



CURRICULUM

- **Qnity** - An online financial literacy course for beauty professionals
- **Milady CIMA** - Skill based learning delivered on CIMA digital platform and via Milady textbook.

Nail Care Program

What you will learn



**Basic & Advanced
Manicure**



**Basic & Advanced
Pedicure**



Massage techniques



Nail Sculpting



**Gel Manicure
& Pedicure**



Acrylics



Fill in Application



**Nail Wrap
(Silk & Linen)**



**Artificial Tip
& Overlay**



**Artificial Nail
Removal**



**Nail Art
Techniques**



Paraffin Treatments



Soak Off



Business Skills

Nail Care

Curriculum

The curriculum for students enrolled in a nail care school for a complete course of at least four (4) months and totaling five hundred twenty five (525) hours of training (140 Level 1 theory + 385 Level 2 service application) shall be as follows:

(a) Level 1 Instruction shall be provided by a licensed master cosmetology instructor or licensed nail technician instructor. Each school or licensed instructor shall require each student to successfully complete one hundred forty (140) hours of Level 1 training before the student performs clinical services on a client/patron. For the purposes of this Rule, one (1) theory hour equals one (1) clock hour for the first one hundred forty (140) hours of training, which are intended to be theoretical in nature.

(1) Theory = (140) - (140 theory hours/140 clock hours):

- (i) personal hygiene, professional ethics, and customer relations;
- (ii) cleansing and disinfection, public health and safety, infection control and bacteriology;
- (iii) AIDS, HIV, and other communicable diseases;
- (iv) EPA, OSHA, other government standards, blood spill procedure;
- (v) physiology and anatomy, including that of the hands, arms, feet, and legs;
- (vi) the art of massage and massage techniques, introduction to reflexology;
- (vii) nail composition and structure, nail disorders and nail diseases;
- (viii) chemistry, including product knowledge, composition, usage, safety, and hazardous materials;
- (ix) methods and procedures and implements, including their usage and safety;
- (x) salon business;
- (I) salon development and business operations;
- (II) client consultations;
- (III) business development;
- (IV) marketing, advertising, and retailing;
- (V) career/business planning, including preparation for interviews, resume writing, and goal setting; and
- (xi) Georgia State Board of Cosmetology laws and rules, a copy of which shall be provided to students.

(b) Level 2 service application hours on live subject may begin when a student has completed the one hundred forty (140) required theory hours in the Level 1 curriculum, with a minimum passing score of seventy five percent (75%). The student may then progress to the clinic floor to perform 385 service application hours on live subjects (hours and applications apply to a full set only). The Level 2 service application curriculum shall be as follows:

(1) Sanitizing and Disinfection of Tools, Implements, and Equipment = (5) - (5 service application hours/10 applications):

- (i) implements (brushes, tools, and nail care implements) - (3 service application hours/6 applications); and
- (ii) manicure stations, pedicure spas, beds and equipment - (2 service application hours/4 applications).

(2) Manicure with hand and forearm massage (basic, hot oil, and various spa manicures) = (70) - 70 service application hours/70 applications);

(3) Pedicure with foot and leg massage (basic and various spa pedicures) = (60) - 60 service application hours/60 applications);

(4) Nail Sculpting = (60) - 60 service application hours/30 applications);

(5) Artificial tip application with overlay = (60) - 60 service application hours/30 applications);

(6) Nail wrapping (silk, linen, etc. on natural nails only) = (20) - 20 service application hours/20 applications);

(7) UV Gel Nails = (20 service application hours/20 applications);

(8) Fill-in application = (40) - (40 service application hours/40 applications);

(9) Artificial nail removal/nail repair = (10) - (10 service application hours/20 applications);

(10) Professional nail drill usage with professional drill designed for fingernails only = (5) - (5 service application hours/10 applications);

(11) Nail art techniques = (5) - (5 service application hours/5 applications);

(12) Airbrush nail art = (5) - (service application hours/5 applications);

(13) Paraffin treatments on hands and feet = (5) - (5 service application hours/10 applications); and

(14) Student competition: advanced techniques and related subjects = (20) - (20 service application hours/20 applications).



Contact our reps
Admissions@elainesterling.com
FinancialAid@elainesterling.com
Phone: (404) 256-5228
Fax: (470) 355-1388
www.elainesterling.com

ADMISSIONS FINANCIAL AID

Steps to Enroll

Complete the online application form:

www.elainesterling.com/online-application or see an Admissions Representative on-campus to complete your application form.

Complete a FAFSA application for Financial Aid:

Go to www.FAFSA.ed.gov and complete your free Application for Financial Aid. It is important to include The Elaine Sterling Institute school code: **042045** so the Department of Education will send the Institute the completed FAFSA application.

If you are uncomfortable or do not understand this process, please email the Financial Aid office at financialaid@elainesterling.com and immediately schedule an appointment for them to assist you. The Elaine Sterling Institute has computers on site in the event prospective students would like to complete their FAFSA on-campus.

Students should anticipate the following:

- The Department of Education will process your FAFSA within 3-5 business days.
- The Elaine Sterling Institute should receive your FAFSA within 5-6 business days.
- The student needs to ensure they are completing the appropriate FAFSA application for the award year the class is scheduled for. The website should send the student an email confirmation that the application has been successfully processed.
- However, the school will not receive your completed FAFSA application until three to five days after your FAFSA application is submitted. Once received an ESI Financial Aid Representative will contact the prospective student directly to schedule your initial Financial Aid appointment.
- Federal funds that ESI will work with for students include Pell Grants, Unsubsidized and Subsidized Federal Loans.
- Common Issues with FAFSA Applications
- Select "Undergraduate Program"
- Make sure you electronically signed the application and click "submit."
- Make sure you correctly answer questions regarding a bachelor's degree. Pell grants are not awarded to students who have a bachelor's degree. Answer honestly as if you have a Bachelor's degree it will be disclosed and will alter what your estimated available funds may be.
- When possible, use the IRS DRT button to electronically transfer your tax return information into the FAFSA application. This will ensure accuracy of the information and can save time. Those that do not utilize the IRS DRT button will automatically be selected for verification.

Schedule a tour of the campus online:

<https://elainesterling.com/schedule-an-interview/> or call an Admissions Representative to schedule a tour 404-256-5228.

Complete an assessment:

During your tour, your Admissions Representative will provide a link to take the entrance assessment that will measure your reading, writing, math, comprehension, motivation, and personality traits. The assessment should not take any longer than one hour to complete. Once your assessment is complete The Elaine Sterling Institute Admissions team will review your application and assessment results to determine your eligibility for admissions into your selected program.

Complete an enrollment agreement:

Once you have selected your program of study and start date you will complete the electronic ESI enrollment agreement. The enrollment agreement link will be sent to you by your Admissions Representative. All the fields are required, so please be sure to have all necessary documentation readily available.

Meet with a financial aid representative:

A Financial Aid Representative will contact you approximately 3 to 5 business days after your FAFSA is received. The Financial Aid Representative will discuss your options for paying tuition with you at that time. The Financial Aid administrator cannot discuss estimated financial aid awards with the student until the school has received a completed FAFSA. Once the school receives the students completed FAFSA, then the Financial Aid Administrator will reach out and make an appointment with you to review your financial aid application and next steps.

If selected for verification:

Approximately 40% of all students are chosen for verification. The verification process is to clear any discrepancies in the information provided on the FAFSA application. The verification process will include requests for additional documentation from the student or parent (i.e., tax transcripts, school transcripts, and identification). Once the verification worksheets are completed by the student, the school can submit the documentation for review. This process can take two to three weeks. Once you are selected for verification there is no guarantee of a start date until the verification process is completed. Once the verification is reviewed and cleared ESI can begin the process of determining the estimated financial aid available to the student.

If not selected for verification:

If the students FAFSA is not selected for verification, ESI can begin the process of determining the estimated financial aid available for the student.

Finalize your funding:

Once the FAFSA, verification and financial aid award process is complete you will finalize your federal or personal funding with the Financial Aid Department.

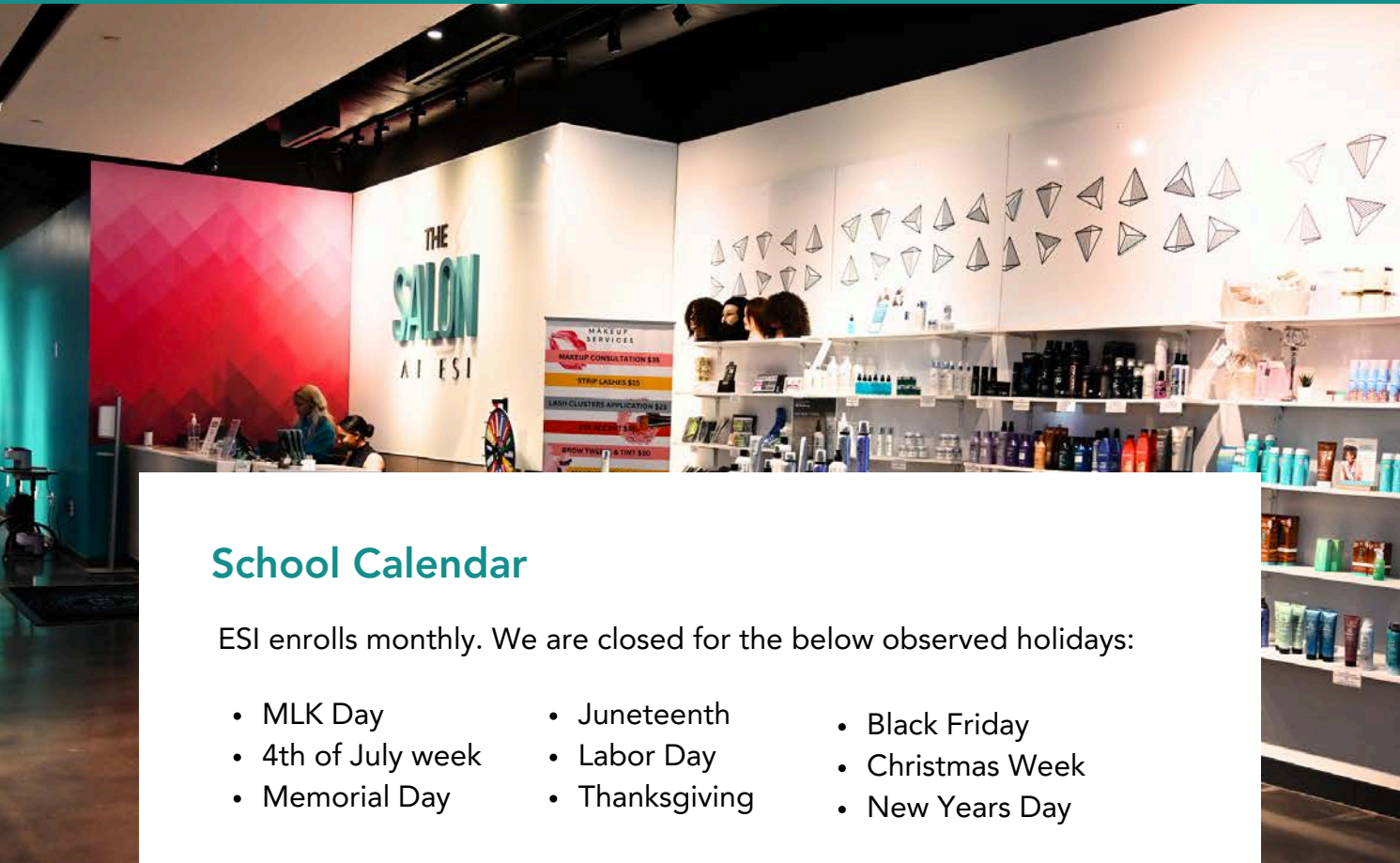
The Department of Education requires the following documents or tasks to be completed prior to Orientation Day, if not received, you will not be permitted to attend Orientation:

Required Documents and tasks:

- Provide a copy of a valid driver's license.
- Provide a high school diploma or GED. High School transcripts are acceptable ONLY if they show graduate status and are an official document.
- VA Students – DD214 and Certificate of Eligibility
- International Students – M1 Visa



ACADEMIC INFORMATION



School Calendar

ESI enrolls monthly. We are closed for the below observed holidays:

- MLK Day
- 4th of July week
- Memorial Day
- Juneteenth
- Labor Day
- Thanksgiving
- Black Friday
- Christmas Week
- New Years Day

Location

Esthetician & Massage Therapy

3393 Peachtree Rd. NE

#1003B

Atlanta, GA 30326

Cosmetology & Nail Care

3393 Peachtree Rd. NE

#2012A

Atlanta, GA 30326

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youtube.com/elainesterling123



FINANCIAL AID FAFSA

School Code for FAFSA: 042045
www.fafsa.ed.gov
create an account and then add our
school code

CONTACT INFORMATION

admissions@elainesterling.com
financialaid@elainesterling.com
Direct Line: 678.904.4531
Fax: 1.877.272.0395
www.elainesterling.com

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