

Earn your International CIDESCO Diploma while you continue to work



- *The profession of esthetics is one of the fastest growing careers in North America.*
- *If you are considering advancing your career, choose the International Diploma program at the Lam School of Advanced Esthetics. The high standard of the Lam School prepares students to take the International CIDESCO examination.*
- *This highly desirable diploma is recognized in over 33 countries and sought after by professionals in the field all over the world.*

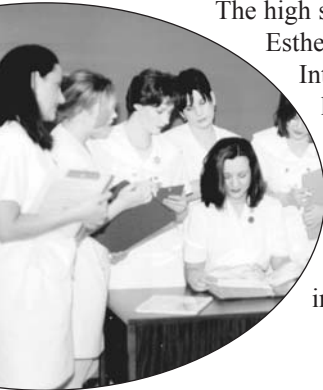


LAM SKIN

POST GRADUATE CIDESCO EXAMINATION

Esthetics is one of the fastest growing professions in North America. It has undergone significant changes within the past few years and estheticians have gained more respect by both public and the medical profession. The esthetician is now perceived as a highly skilled professional practicing a more holistic approach towards health, beauty and wellness.

If you are considering advancing your career, you could not have chosen a better institution. The Lam School of Advanced Esthetics has built a solid national and international reputation as the leader of skin care education in North America.



The high standard of the Lam School of Advanced Esthetics prepares students to take the International CIDESCO exam. The school has been recognized as a CIDESCO school since 1980. Established over 50 years ago, more than 33 countries participate in the CIDESCO exams and this highly desirable diploma is recognized and sought after by professionals in the fields.

WHY A CIDESCO INTERNATIONAL DIPLOMA?

CIDESCO (*Comité International d'Esthétique et de Cosmétologie*) is the world's most prestigious qualification in the field of esthetics. By demonstrating both your theoretical and practical skills during this examination, you are raising the standards of excellence for all estheticians. For those candidates who did not have the opportunity to attend a CIDESCO school, the Post Graduate Preparatory course is offered for you to obtain this advanced degree in esthetics.

GETTING AN ADVANCED DEGREE IN ESTHETICS

Lam School of Advanced Esthetics is dedicated in helping each candidate reach his/her desired goal of achieving international recognition in the practice of skin and body care. Being a CIDESCO Diploma holder shows the world that you are a committed member of the health and beauty care profession.

AIMS OF CIDESCO

- To create a forum for exchange of ideas and pool knowledge from members all over the world.
- To promote esthetics and health care on an international level.
- To establish a sound framework of education and high standard in skin and body care training by establishing

qualifying examinations and endeavor to form special schools to maintain these standards of excellence and training.

- To make contacts with your doctors, surgeons, dermatologists, cosmetic chemists and other allied professionals whose work have influence and bearing on the esthetic profession.

PREREQUISITES FOR THE POST GRADUATE COURSE

- Evidence of three years' work as an esthetician
- Copies of diplomas or proof of professional training
- Proof of employment signed by employer or notary public (if self-employed)
- Copy of state license and membership card of the national CIDESCO Section (if any).

EARN THE CIDESCO INTERNATIONAL DIPLOMA WHILE YOU CONTINUE TO WORK

Our Preparatory course consist of the following:

1. EYE OPENER — This class will help you in the areas of examination procedures and required knowledge for both practical and theoretical exams.
2. Explanation of CIDESCO Facial Analysis Form and review of body treatment procedures including equipment.
3. Explanation of CIDESCO Body Consultation Form and review of body treatment procedures including equipment.
4. Review of five classical massage movements.
5. Trial MCQ Examination and assessment.
6. Acquaintance and discussion of the project.
7. Understanding of the Optional Subject and its topic.
8. Checklist for supplies to bring for the CIDESCO examination
9. 2 complete Trial Examinations (face, body and optional subject)
10. Review of the results of the examination.
11. Review of all procedures and discussion with the participant.
12. CIDESCO Final Examination.

EXAMINATION FORMAT

Candidates will be expected to follow the same program as laid down for the basic CIDESCO examination (CIDESCO school examination). The practical examination consists of three parts: Facial Examination, Body Examination, and Optional subject. The theory examination will be written MCQ format.

Each candidate will be examined and scored on:

- **Professional skills** (practical application & oral questioning of procedures, product ingredients and equipment used in skin care and body treatments)
- **Oral and written knowledge**
- **Sanitation**
- **Attention to client care and safety**
- **Personal appearance**

Pass mark is 70% in all sections of the examination.

(Examination Supply Requirement — If you prefer to work with your own product line you may wish to bring the products.)

WHAT DOES THE CIDESCO EXAMINATION CONSIST OF?

PRACTICAL EXAMINATION

A. Facial Treatment - 3½ hours

- **Cleansing**
- **Skin Analysis** (using the CIDESCO Analysis Sheet and Treatment Plan)
- **Lash/Brow Tinting**
- **Eyebrow Shaping**
- **Deep Cleansing:** choice of 1 of the following:
 - Exfoliant with or without granules, or with enzymes
 - Desincrustation or brush/steamer/extraction
- **Electrical equipment**
 - High frequency (direct or indirect)
 - Galvanic
 - Vacuum suction
 - Faradic/interferential current
- **Facial massage** (showing the 5 classical movements within 20 minutes)
- **Mask Application** (more than 1 mask may be used on face, neck, décolleté)
- **Full Day MakeUp**
- **Manicure (includes top coat, 2 coats of brightly colored polish)**

B. Body Treatment - 2 hours

- **Body analysis** (using the CIDESCO Body Consultation Sheet and Treatment Specifications)
- **Electrical Treatment** (using either Faradic type equipment, Interferential, Galvanic current, vacuum suction, Gyro Machine (G5). Candidates will be questioned orally on equipment used.

- **Manual Body Massage** (showing the 5 classical movements within 20 minutes). The examiner will dictate the area to be massaged
- **Depilation – waxing** (gloves are compulsory for bikini and underarm waxing)
 - lower leg using strip wax
 - underarm or bikini line using hot wax

C. Optional Subject - 45 minutes

This can be chosen from a range of skin and body care treatments such as:

- Various types of massages
- Manual Lymphatic Drainage
- Stress therapy treatment
- Special eye treatment
- Bust treatment
- Cellulite treatment
- Special foot treatment
- Reflexology
- Shiatsu
- Nail artistry
- Fantasy make-up

CIDESCO, being a democratic international organization, welcomes national treatments as additional subjects.



THEORETICAL EXAMINATION — 1 ½ hours

The written examination consists of 100 multiple choice questions selected from the Cidesco training bank of questions. Each question has only one correct answer. You must use a pencil to be able to erase your answer you want to make changes. You may use “liquid paper” if you decide to use pen instead of pencil.

PROJECT (Thesis)

Candidates have to write a project of approximately 2500 words, which can be but not necessarily based on the Additional Subject. The project must be typed and can be illustrated with pictures, drawings, diagrams etc. These illustrations are not to be part of the requested 2500 words. The project must contain the following:

- Cover page – title, name, date
- Index (Table of Contents)
- Introduction – Motivation
- Background – History
- Treatments – largest part – pictures can be included
- Conclusion
- Bibliography
- Footnotes (if applicable)

NON-REFUNDABLE EXAMINATION FEE

The exam fee is non-refundable. If a candidate is not able to take the exam for some reason, the fee will be applied toward next year's exam.

EXAMINATION FAILURE

If a candidate fails either Practical or Theory exam, it is possible to retake it within a period of two years. Only the first retake is free. After the two-year period has expired, the candidate will have to do a completely new examination, with payment of full fees.

DATE OF EXAMINATION

The CIDESCO International Exams will be arranged twice a year, in April and July. The exact dates will be announced.

HOUSING

Comfortable clean accommodation is available, and is located right next door to the school. The bedrooms are furnished with single beds, desks, closets. The house is equipped with two bathrooms, a fully equipped kitchen, and washer and dryer. High speed internet access outlets are installed in each room.



OTHER POST GRADUATE COURSES

COURSE	LENGTH
• SKIN RESURFACING (Clinical Esthetics)	5 days
• Microdermabrasion, Skin Imaging	1 day
• Treatment of Minor Skin Irregularities (using Lam Probe, CryoProbe) Skin Imaging	1 day
• Laser Hair Removal, Skin Rejuvenation, Skin Imaging, Skin Imaging, Skin Analysis	2 days

To register, please contact the registrar's office at the Lam School of Advanced Esthetics

By mail: 916 Markham Road, Scarborough, ON M1H 2Y3 Canada
Tel: 416-439-3356
Toll-free: 1-877-694-9777
Fax: 416-439-4224
E-mail: school@lamskin.com
Website: www.lamskin.com



Lam School of Advanced Esthetics

916 Markham Road, Scarborough, ON M1H 2Y3 Canada