AYURVEDA ESTHETICS - HYBRID

PROGRAM DESCRIPTION

This program provides an integrative and holistic approach to beauty and wellness based on the theory and practices of Ayurveda. Students will be introduced to Sanskrit, mindfulness, the doshas, digestion, nutrition, aromatherapy, chromotherapy, gem therapy, and herbalism. This program also comprises the esthetic fundamentals of derma-analysis, facial manipulations, and equipment. Combining their knowledge of esthetic techniques and Ayurveda, students will perform lifestyle consultations and Ayurvedic body therapy treatments.

PROGRAM OBJECTIVES

The objective of this program is to prepare students for the State of Wisconsin licensing examination in esthiology. Upon completion, students will also be eligible to apply for a membership with the Association of Ayurvedic Professionals of North America (AAPNA) as a Registered Ayurvedic Lifestyle Consultant and with the National Ayurvedic Medical Association (NAMA) as an Ayurvedic Health Counselor. The program includes professional development, resume writing, interviewing, and job search skills to assist in employment in the industry.

INSTRUCTIONAL METHODS

The Institute is committed to providing quality education utilizing a method of instruction that engages all learning styles. Instructional methods include, but are not limited to, theory and lecture, hands-on workshops, clinic floor practice, audio/video presentations and instruction, online research, textbooks, exams and assignments, technical evaluations, salon and spa tours, and visiting guest educators.

Students will receive a school email address and access to Microsoft Office cloud-based software, including Outlook, Teams, Word, Excel and Power Point. Students will need internet access and video capacity in order to participate in Distance Education. Online classes will be held on Microsoft Teams.

PERFORMANCE STANDARDS

- *Productivity – Producing and achieving high academic and industry-aligned results.*
- *Professionalism – A commitment to act and speak with respect, honesty, and integrity towards others as a student and service provider.*
- *Positivity – The practice and/or approach of being positive or optimistic in attitude.*



Pictured Above: Esthiology Clinic Floor at The Aveda Institute of Beauty and Wellness Milwaukee

STUDENT RESPONSIBILITIES

Students are responsible for their learning, productivity, and academic achievement. Students are responsible for maintaining Satisfactory Academic Progress (SAP):

- *achieve a 90% or higher attendance percentage to graduate.*
- *achieve 80% or a higher grade-point average percentage to graduate.*

Students are responsible for reading The Institute of Beauty and Wellness course catalog standards, policies, and procedures.

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AYURVEDA ESTHETICS - HYBRID

1,000 HYBRID COURSE HOURS**
424 HRS THEORY + 576 HRS PRACTICAL
463 DISTANCE EDUCATION HRS + 537 ON-CAMPUS HRS

DAY (PART-TIME, 39 WEEKS)*
Mon.-Thurs. 8:30am-4pm
*Milwaukee Campus Only
**Hybrid Option

THEORY/PRACTICAL HOURS BY SUBJECT	THEORY AND PRACTICAL HOURS	DISTANCE EDUCATION HOURS	ON-CAMPUS HOURS
Anatomy and Physiology	30	5	25
Law & Code, Business, Ethics (including resume development, interviewing, and job search skills, guest speakers, etc.)	26	5	21
Safety + Sanitation	50	3	47
Chemistry	24	7	17
Treatments	128	6	122
Electricity	45	7	38
Makeup	32	6	26
Electives and Ayurvedic Body Therapies	115	7	108
Ayurvedic Anatomy, Physiology and Digestion	75	75	-
Food Awareness	39	39	-
Philosophy and History	26	26	-
Sanskrit	20	20	-
Constitutional Assessment	50	37	13
Ayurvedic Lifestyle Management	52	39	13
Herbalism	52	52	-
Ayurvedic Psychology	26	26	-
Theories of Detoxification	13	13	-
Managing Vata, Pitta and Kapha in the Body	65	58	7
Yoga	39	32	7
Practical (Internship; Clinic)	93	-	93
THEORY VS. PRACTICAL	1000 HRS	463 HRS	537 HRS
TOTAL COURSE HOURS			1,000 HRS

***Periodically, the Institute will run a Ayurveda Esthetics Hybrid program utilizing distance education. Distance education allows students to complete a portion of the theory coursework online while maintaining the program's standards. However, all practical hours, including hands-on training and skill assessments, will be conducted on-site at our campus. This ensures that students receive the necessary in-person guidance and experience to develop their massage therapy skills effectively. Please connect with admissions for start dates for hybrid programs.*

GRADING PROCEDURES

For academic work, students must meet at least 80 percent grade point average to be in good standing and as a condition of graduation. Final written and practical tests must be 80 percent or better. All other assignments and tests' percentages and scales are as follows:

GRADING BREAKDOWN	
Chapter Tests	25%
Student Projects	25%
Mock State Board & Written Exam	25%
Technical Evaluations	25%
Overall	**100%**

GRADING SCALE	
Honor Roll	98-100%
Very Good	94-97%
Good	87-93%
Satisfactory	80-86%
Unsatisfactory	79%-Below

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