



## CIDESCO Certification

### Introduction

Since its foundation in 1946, CIDESCO has proved to be the world's major international organization in the field of aesthetics and beauty therapy and the CIDESCO Diploma is widely recognized as the world's best known and most respected beauty therapy qualification.

Education of future CIDESCO Diploma holders is a task of highest priority in our organization. In order to maintain the high standards which have been set, and to continue to provide an excellent training which creates consistently competent and well-rounded, skilled and highly sought-after therapists, we have to have a training program that can guarantee these outcomes by our diploma holders.

Our training program is presented in the following syllabus. It facilitates the knowledge required for the successful CIDESCO graduate – in both the theory and practical field. Its format provides Aims, Objectives and Syllabus content for each section.

It was written by a team of aestheticians, medical practitioners, psychologists, cosmetic scientists, and teachers with many years experience of the needs of the beauty industry at an international level, and covers all aspects of the theory and practice required for graduates to carry out treatments in a safe, professional and competent manner. This syllabus contains the minimum requirements for understanding and knowledge in order to pass CIDESCO examinations and educators are free to expand the syllabus to encompass other areas of interest.

Since the CIDESCO Diploma is international, the syllabus includes some treatments that may not be common in all countries. Nevertheless, the entire syllabus must be taught and will be examined, regardless of the individual practices in individual countries. If a practical component is not permitted to be carried out in a specific country, the CIDESCO board must be made aware of this prior to the examination, and the underlying theory of that practice must still be known, and may still be included in the multiple choice examination.

### CIDESCO Syllabus

#### 1. Natural Sciences – Chemistry and Physics

- 1.1 Aims
- 1.2 Objectives
- 1.3 Terms and Classifications
- 1.4 Basic Chemistry
- 1.5 Organic Chemistry
- 1.6 Physics
- 1.7 Electricity

#### 2. Anatomy & Physiology

- 2.1 Introduction to Anatomy & Physiology
- 2.2 Cell Structure and Function
- 2.3 Tissues
- 2.4 Metabolism
- 2.5 Skeletal System
- 2.6 Muscular System
- 2.7 Circulatory System
- 2.8 Lymphatic System and Immune System
- 2.9 Digestive System
- 2.10 Respiratory System
- 2.11 Urinary Syst
- 2.12 Endocrine System
- 2.13 Nervous System
- 2.14 Reproductive System

#### 3. Skin / Dermatology

- 3.1 The Skin
- 3.2 Skin Diseases
- 3.3 Nail Disorders and Diseases

#### 4. Hygiene & First Aid

- 4.1 Hygiene

#### 5. Aesthetic Treatments – Practical and Theory

- 5.1 Skin Cleansing
- 5.2 Skin Analysis
- 5.3 Massage
- 5.4 Electrotherapy for the Face
- 5.5 Electrotherapy & Ancillary Body Treatments
- 5.6 Hair Removal
- 5.7 Basic Ancillary Services

#### 6. Cosmetic Products – Cosmetic Science

- 6.1 Cosmetic Products

#### 7. Cosmetic Surgery – General Knowledge

- 7.1 Cosmetic Surgery

#### 8. Nutrition – Diet

- 8.1 Nutrition

#### 9. Professional Ethics

- 9.1 Professional Ethics

#### 10. Commercial studies /Business Studies

- 10.1 Commercial Studies

#### 11. Additional Subject and Written Project

### CIDESCO Practical Examination

#### Facial Section:

- 1) **CLEANSING:**  
Cleansing of the face and neck areas with a suitable product or products for the modern skin type.  
  
Marks are awarded for -                   a) The choice of product  
  b) Application of product and cleansing  
  c) Removal of make-up and product
  
- 2) **SKIN ANALYSIS:**  
The purpose of the examination skin analysis sheet is to obtain the maximum number of relevant facts about the models skin type and cosmetic needs. The analysis should be completed in no longer than 15 minutes. The analysis sheet is designed for examination purpose and not for filing. Knowledge of the main ingredients of the products is very important.
  
- 3) **EYELASH AND EYEBROW TINT AND BROW SHAPE:**  
Marks for tinting are  
  
Awarded -                                       a) for application and removal of tint  
  b) success in obtaining an even depth of color and clean finish.  
  
Marks for brow shape are awarded for measurement of brow shape, technique or plucking and hygiene.
  
- 4) **DEEP CLEANSING:**  
The Cleansing / Exfoliation can take form of :  
  
  a) brush cleansing with a suitable product  
  b) enzyme peeling, exfoliation with or without granules  
  c) steam-ozone and extraction  
  d) desincrustation  
  
Marks are awarded for :                   a) for choice of Method  
  b) Choice of Product  
  c) Efficiency of work

#### Very Important : The whole treatment section must be in accordance with the skin analysis sheet.

- 5) **ELECTRICAL EQUIPMENT:**  
The candidate is expected to treat the model with one item of electrical equipment suitable to her needs. The choice of machine should be one of the following:  
High Frequency (Direct or Indirect)  
- Iontophoresis  
- Vacuum Suction  
- Facial Faradic  
- Interferential Current  
  
Marks are awarded for :                   a) choice of suitable electrical equipment  
  b) correct method of work  
  c) understanding of current given in the electrical treatment (oral questions)  
  d) routine and safety
  
- 6) **FACIAL MASSAGE:**  
The massage should have a progressive sequence of movement that includes the five classical movements of suitable strength for facial work. The duration of the massage is 20 minutes.  
  
Marks are awarded for :                   a) application of suitable massage movements  
  b) choice and accuracy of movements – depth, speed and rhythm  
  c) clients comfort
  
- 7) **MASK:**  
The examiner will look for choice of mask type according to the skin type, suitable application and removal. The candidate should be aware of the classification of the mask types and their actions upon the skin and state the main ingredients of the mask (oral questions)  
  
Marks are awarded for :                   a) choice of product  
  b) application of product  
  c) knowledge of the main ingredients of the product  
  d) removal of the mask
  
- 8) **MAKEUP:**  
The candidate will be expected to apply a day make-up which covers the application of foundation, eye-shadow, lash and brow make-up, blusher and lip-colour, suitable for the client's age, type and colouring.  
  
Marks are awarded for :                   a) choice of make up  
  b) application  
  c) method of hygiene  
  d) the finished result
  
- 9) **MANICURE:**  
(it is to the candidate to choose between manicure and pedicure) The candidate will be expected to give a manicure using a full range of professional manicure tools. A hand and arm massage to the elbow, varnish undercoat, red coloured varnish and varnish top coat.  
  
Marks are awarded for :                   a) correct use of tools  
  b) hygiene  
  c) hand and arm massage  
  d) application of varnish

#### Body Section:

Oral questions can be asked at suitable times during the body examination. The questions will relate only to the practical work being performed.

- 1) **BODY ANALYSIS:**  
The body analysis sheet is designed to allow the candidate to give the greatest amount of information in the shortest amount of time. The completed sheet allows the examiner to immediately assess the candidates professional knowledge. The analysis is designed for examination purpose only. Marks are awarded for accuracy of analysis, client care, explanation, 2 exercises and diet advice.
  
- 2) **BODY MACHINES:**  
The candidate will be asked to show the electrical machine most suitable to the clients figure, muscle tone and any other request by the examiner chosen from:  
a) Faradic type  
b) Vibratory machine – G5 or similar  
c) Interferential current  
d) Vacuum Suction
  
- 3) **FARADIC:**  
Safety in use – speed of application  
Accuracy of placing pads – use of machine controls  
Client care – hygiene
  
- 4) **G5:**  
Direction of work – patters (strokes)  
Depth of treatment – rhythm  
Use of G5 heads – client care  
Hygiene
  
- 5) **INTERFERENTIAL CURRENT:**  
Safety in use – speed of application  
Padding plan – use of machine controls  
Client care – hygiene
  
- 6) **VACUUM SUCTION :**  
Use of oils – direction of strokes  
Strength of suction – client care  
Hygiene
  
- 7) **BODY MASSAGE:**  
The candidate will not be required to show a full body massage. The examiner will indicate the area to be worked upon. The massage should include all the 5 classical movements. The duration of the massage is 20 minutes.  
  
Marks are awarded for :                   a) the quality of the movements  
  b) the candidate's posture and use of weight  
  c) speed and rhythm  
  d) continuity  
  e) client care  
  f) hygiene
  
- 8) **WAXING:**  
Using hot wax for underarms and bikini lineUsing strip-wax for legs or arms. Gloves are compulsory for bikini-line and underarm waxing. The candidate must be seen when the wax being used is tested. The candidate must cover a sufficient area with wax for the examiner to assess her skills.  
  
Marks are awarded for :                   a) preparation of area  
  b) Technique of waxing  
  c) aftercare  
  d) hygiene  
  
The candidate will be asked questions on preparation, technique, contra-indications and aftercare.
  
- 9) **ADDITIONAL SUBJECT:**  
These subject can cover a wide range. **CIDESCO** being a democratic international organization welcomes national treatments as additional subjects. While there is no rule which says a school must show a variation of subjects, it is encouraged that candidates show a good cross-section of skills. This is strong indication not only of the work of the candidates but also the variation of subjects taught in the school. The candidate will choose the subject herself.  
  
Marks are awarded for :                   a) choice of subjects  
  b) depth of background knowledge  
  c) presentation of the subject by the candidate to express her own individual choice  
  d) knowledge  
  e) client care  
  f) hygiene

#### Duration of the Practical Examination will be

<b>FACIAL EXAMINATION</b>	3½ HOURS
<b>BODY EXAMINATION</b>	1 ½ HOURS
<b>WAXING</b>	½ HOURS
<b>ADDITIONAL SUBJECT</b>	¾ HOURS (45 MINUTES)

#### About CIDESCO Examination

1. Every year the CIDESCO section of India (ABTC) holds the 3 year's experience exam of CIDESCO for the member who are experienced and cannot join any school. They should be working in beauty field for at least three years.
2. Students must complete theory & practical studies by the themselves.
3. All students must do a minimum of 40 hours of refresher at any recognised CIDESCO school.

#### CIDESCO Examinations take place in January and September every year.

The following will be the obligations for the 3 year's exp. CIDESCO students.

#### Procedure

1. Professionals must apply to the section at least 6 month prior to January every year.
2. All forms must be typed and filled in duplicate.
3. ALL EXPENSES OF TRAVEL AND HOTEL HAVE TO BE BORNE BY THE STUDENTS.
4. EACH STUDENT HAS TO PAY RS.6000/- AS EXAMINATION PROCESSING FEES, IN THE NAME OF TIDE ASSOCIATION OF BEAUTY THERAPY & COSMETOLOGY (INDIA).

#### CIDESCO School Affiliation

1. All CIDESCO aspiring new schools must inform, in writing Along with all relevant paper work to the Association.
2. The association will then inspect the school premises keeping in mind the format sent by CIDESCO.A fee of Rs 5,000/-(Rupees five thousand only) will be charged for the same. For outside Mumbai, the school will bear all expenses of air fare, transportation, hotel if needed.
3. A fee of Rs. 25,000/- (Rupees twenty five thousand only) will be charged in the form of donations to the school for affiliation.
4. An annual charge of Rs. 10,000/-(Rupees the thousand only) will have to be paid by all schools to the Association ,
5. All schools on probation must follow all CIDESCO school's Rules.
6. All three years experience students must undergo a Refresher course at any CIDESCO schools.
7. All schools must inform the Association, 4 months in advance of holding their exams, so that all exams can be clubbed or scheduled together, to facilitate all.
8. All three years experience students must become Life Member of the Association Rs 6000/- Life Membership, plus pay Rs 6,000/-for organizing exams. (Total Rs. 12,000/-)
9. A copy of APPENDIX – 1 Form, which is sent to CIDESCO for Confirmation of exams, must be submitted to the Association.
10. We will hold CIDESCO affiliated school's meetings as and when required.