

We want to make your transition to Cosmetology, 14th Edition easy!

Use this helpful downloadable Chapter Mapping Tool and Transition Guide to see the correlations and changes from our previous edition.

CH.	CHAPTER NAME (13TH ED.)	NEW TEXTBOOK	CH.	CHAPTER NAME
1	History & Career Opportunities	Cosmetology	1	History and Career Opportunities
2	Life Skills	Foundations	1	Life Skills
3	Your Professional Image	Foundations	2	Professional Image
4	Communicating For Success	Foundations	3	Communicating for Success
5	Infection Control: Principles & Practices	Foundations	5	Infection Control
6	General Anatomy & Physiology	Cosmetology	2	General Anatomy and Physiology
7	Skin Structure, Growth, & Nutrition	Cosmetology	3	Skin Structure and Growth
8	Skin Disorders & Diseases	Cosmetology	4	Skin Disorders and Diseases
9	Nail Structure & Growth	Cosmetology	5	Nail Structure and Growth
10	Nail Disorders & Diseases	Cosmetology	6	Nail Disorders and Diseases
11	Properties Of The Hair & Scalp	Cosmetology	7	Hair and Scalp Properties
		Cosmetology	8	Hair and Scalp Disorders and Diseases
12	Basics Of Chemistry	Foundations	6	Chemistry & Chemical Safety
13	Basics Of Electricity	Foundations	7	Electricity & Electrical Safety
14	Principles Of Hair Design	Cosmetology	9	Principles of Hair Design
15	Scalp Care, Shampooing, & Conditioning	Cosmetology	10	Hair Service Preparation
16	Haircutting	Cosmetology	11	Haircutting
17	Hairstyling	Cosmetology	12	Hairstyling
18	Braiding & Braid Extensions	Cosmetology	13	Braiding and Braid Extensions
19	Wigs & Hair Additions	Cosmetology	14	Wigs and Hair Additions
20	Chemical Texture Services	Cosmetology	15	Chemical Texture Services
21	Haircoloring	Cosmetology	16	Haircoloring
22	Hair Removal	Cosmetology	17	Hair Removal
23	Facials	Cosmetology	18	Facials
24	Facial Makeup	Cosmetology	19	Makeup
25	Manicuring	Cosmetology	20	Manicuring
26	Pedicuring	Cosmetology	21	Pedicuring
27	Nail Tips & Wraps	Cosmetology	22	Nail Extensions and Resin Systems
28	Monomer Liquid & Polymer Powder Nail Enhancements	Cosmetology	23	Liquid and Powder Nail Enhancements
29	Light Cured Gels	Cosmetology	24	Light-Cured Gels
30	Preparing For Licensure & Employment	Foundations	8	Career Planning
31	On The Job	Foundations	9	On the Job
32	The Salon Business	Foundations	10	The Beauty Business
		Foundations	4	The Healthy Professional



Cosmetology, 13th Edition



Cosmetology, 14th Edition



Standard Foundations

Transition Guide

Note to Educators

This transition guide was developed to share the primary differences between the 13th and 14th editions and to describe how such core chapters as life skills, infection control, and business skills can now be found in *Milady Standard Foundations*. As educators, you will learn the extent to which chapter content has changed or remained the same as well as explore updated content.

GLOBAL CHANGES

New features added to the 14th edition that are found throughout the text include the following:

1. Key terms appear at the end of the chapter as part of the chapter glossary, in a running list with page numbers, phonetic spelling, and definitions. These glossaries are an easy way for students to review vocabulary and create flash cards as needed.
2. The review questions that appeared at the end of each chapter in the previous edition are now interspersed throughout the chapter as Check In questions. The intent is for the student to test their understanding of the chapter information in small bites before moving on. As instructors, you may still ask students to write the answers to the Check In questions or use them as discussion questions in the classroom. The Check In questions appear at the end of every major topic and tie back to the learning objectives of the chapter.

Chapters Located in Milady Standard Foundations, 1st Edition

Milady Standard Foundations 1st Edition	Milady Standard Cosmetology 13th Edition	Significant Changes
<p>CHAPTER 1—LIFE SKILLS</p> <p>Learning Objectives:</p> <ol style="list-style-type: none">1. Explain life skills.2. List the principles that contribute to success.3. Design a mission statement.4. Set long-term and short-term goals.5. Demonstrate effective time management.6. Employ successful learning tools.7. Define ethics.8. Develop a positive personality and attitude.	<p>CHAPTER 2—LIFE SKILLS</p> <p>Learning Objectives:</p> <ol style="list-style-type: none">1. List the principles that contribute to personal and professional success.2. Create a mission statement.3. Explain long-term and short-term goals.4. Discuss the most effective ways to manage time.5. Demonstrate good study habits.6. Define ethics.7. List the characteristics of a healthy, positive attitude.	<p>Synopsis of significant changes between 1st ed. <i>Foundations</i> and <i>Milady Standard Cosmetology</i> 13th ed.</p> <p>NOTE FOR ALL CHAPTERS:</p> <p>Business locations generically refer to all possible locations across the beauty and wellness areas, as “salons, spas, and barbershops.” During class, you can use the language that makes sense for your area of specialization. In this case, you can refer to spas, salons, wellness centers, and more.</p> <ul style="list-style-type: none">• List of essential life skills is fundamentally the same, but modified and updated from last edition• “Guidelines for Success” section appears under “List the Principles That Contribute to Success”• The section on study skills is referred to as “Employ Successful Learning Tools” and includes “Rules for Success”• “Personality Development and Attitude” is now “Develop a Positive Personality and Attitude”• “Recognizing and Managing Stress” has been removed as a section and guidelines for alleviating stress appear throughout the chapter

**Milady Standard Foundations
1st Edition**

**Milady Standard Cosmetology
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Significant Changes

CHAPTER 2—PROFESSIONAL IMAGE

Learning Objectives:

1. Explain professional image.
2. Employ image-building basics.
3. Demonstrate a professional attitude.
4. Create your personal portfolio.
5. Implement social media best practices.

CHAPTER 3—YOUR PROFESSIONAL IMAGE

Learning Objectives:

1. Name four good personal hygiene habits.
2. Explain the concept of dressing for success.
3. Practice ergonomically correct movement, postures, and principles.

Synopsis of significant changes between 1st ed. *Foundations* and *Milady Standard Cosmetology* 13th ed.

Discussion on personal hygiene appears under section “Employ Image-Building Basics,” along with personal grooming content

- “Behaving Professionally” subsection covered in Standard Foundations Chapter 3, Communicating for Success
- New content on soft skills, customer service, work ethic, time management, and continuing education
- New content on personal portfolios and guidelines to adhere to, including online portfolios
- New content on social media best practices (including social media marketing)
- Ergonomics content now appears in Standard Foundations Chapter 4, The Healthy Professional
- New activity “Get Professional” for students to consider qualities that they will bring to work and school
- New activity “People Watching” for students to identify nonverbal communication around them

**Milady Standard Foundations
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**Milady Standard Cosmetology
13th Edition**

Significant Changes

CHAPTER 03—COMMUNICATING FOR SUCCESS

Learning Objectives:

1. Explain communicating for success.
2. Practice communication skills.
3. Conduct the client consultation.
4. Handle communication barriers.
5. Follow guidelines for workplace communication.

CHAPTER 04—COMMUNICATING FOR SUCCESS

Learning Objectives:

1. Take practical steps for effectively communicating in the workplace.
2. Conduct a successful client consultation.
3. Adequately manage tardy clients, schedule mix-ups, and unhappy clients.
4. Build open lines of communication with coworkers.

Synopsis of significant changes between 1st ed. *Foundations* and *Milady Standard Cosmetology* 13th ed.

- “Human Relations” and “Communication Basics” are both covered under “Explain Communicating for Success”
- Nonverbal communication is discussed in Standard Foundations Chapter 2, Professional Image
- From preparation to conclusion, “The Client Consultation” is very similar, but has also been made generic to address multiple disciplines
- Of the ten steps of the consultation, #8 as Upsell instead of Make Color Recommendations
- “In-Salon Communication” is “Follow Guidelines for Workplace Communication”
- New activity “Service Experience” for students to evaluate communication during their personal beauty and wellness services
- New activity “Unhappy Clients” for students to role-play addressing client concerns and practice self-awareness

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Significant Changes

CHAPTER 4—THE HEALTHY PROFESSIONAL

Learning Objectives:

1. Explain the healthy professional.
2. Discuss nutritional needs in a beauty context.
3. Practice proper hydration.
4. Describe how immunity keeps the body safe.
5. Explain when to take a sick day.
6. Identify common beauty professional health issues.
7. Protect yourself with proper body mechanics.
8. Recognize the challenges posed by pregnancy.

NEW TO 14TH EDITION

(Some of this information is found in Cos 13E, Chapter 7, Skin Structure, Growth, and Nutrition)

Synopsis of significant changes between 1st ed. *Foundations* and *Milady Standard Cosmetology* 13th ed.

- Further discussion of the importance of nutrition, including vitamins and hydration for skin health than in Cos 13E Chapter 7, Skin Structure, Growth, and Nutrition
- Ergonomics, including new material on proper lifting, now appears under “Protect Yourself with Proper Body Mechanics”
- New content on immunity and antibiotics
- New content on when to take a sick day and preventing infection
- New content on common beauty professional health issues: allergies (overexposure); back, hip, and foot pain; dehydration; and hair splinters and cuts
- New content on pregnant clients and working while pregnant
- New activity “Nutrition Tracking” for students to track what they eat and build awareness of their own nutrition

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Significant Changes

CHAPTER 5—INFECTION CONTROL

Learning Objectives:

1. Explain infection control.
2. Describe federal and state regulatory agencies.
3. Recognize the principles of infection.
4. Identify different types of pathogens.
5. Employ the principles of prevention.
6. Follow standard precautions to protect yourself and your clients.
7. Demonstrate safe work practices and safety precautions.

CHAPTER 5—INFECTION CONTROL: PRINCIPLES AND PRACTICES

Learning Objectives:

1. List the 16 categories of information required on Safety Data Sheets.
2. Understand laws and rules and the differences between them.
3. List the types and classifications of bacteria.
4. Define bloodborne pathogens and explain how they are transmitted.
5. Explain the differences between cleaning, disinfecting, and sterilizing.
6. List the types of disinfectants and the steps to using them properly.
7. Define Standard Precautions.
8. List your responsibilities as a salon professional.

Synopsis of significant changes between 1st ed. *Foundations* and *Milady Standard Cosmetology* 13th ed.

- Differences between cleaning, disinfecting, sanitizing, and sterilizing is now a “Focus Box” box at the start of the chapter and includes sanitizing
- Material Safety Data Sheet (MSDS) discussion updated to SDS, expanded, and moved to Standard Foundations Chapter 6, Chemistry & Chemical Safety
- Use of hospital disinfectants as a term greatly diminished to match changes in official classification
- “Principles of Infection” expanded with new content and a focus on modes of transmission and their prevention
- Bacterial classifications, movement, growth, and reproduction removed due to being out of the scope and expertise of beauty professionals
- New content on MRSA and HSV, with formalized content on mycobacterium and HPV
- Coverage of HIV/AIDS destigmatized by combining with hepatitis and the discussion of bloodborne pathogens
- Immunity covered in Standard Foundations Chapter 4, The Healthy Professional
- Hand washing and waterless hand sanitizers presented earlier in the chapter, alongside cleaning practices and antiseptics
- Phenolic disinfectants heavily cautioned against due to numerous downsides and unavailability
- Removal of added powders information
- Removal of specifics on disinfecting foot spas to chapter on pedicure in Cos 14E Ch 21.
- Dispensary etiquette removed

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Significant Changes

CHAPTER 5—INFECTION CONTROL

(continued)

**CHAPTER 5—INFECTION CONTROL: PRINCIPLES
AND PRACTICES**

(continued)

(continued)

- “The Professional Salon Image” expanded in “Demonstrate Safe Work Practices and Safety Precautions” section, with new content on many topics, including high-risk clients.
- Updated procedures for hand washing; cleaning and disinfecting nonporous, reusable items; handling an exposure incident: client injury; and handling an exposure incident: employee injury
- Aseptic procedure removed
- Procedures on cleaning foot spas has moved to Cos 14E Chapter 21.
- New activity “Infection Control on the Home Front” for students to consider how often they clean and disinfect at home
- New activity “Stopping the Transmission” for students to identify sources of contamination and transmission in the classroom, and how to prevent them
- New activity “Attacking the Source” for students to consider where bacteria might grow on the job or in the classroom, and how to prevent it

CHAPTER 6—CHEMISTRY & CHEMICAL SAFETY

Learning Objectives:

1. Explain chemistry and chemical safety.
2. Identify the basics of chemical structure.
3. Explain the differences between solutions, suspensions, and emulsions.
4. Describe potential hydrogen and how the pH scale works.
5. Summarize neutralization and redox reactions.
6. Practice chemical safety.
7. Interpret safety data sheets.

CHAPTER 12—BASICS OF CHEMISTRY

Learning Objectives:

1. List the difference between organic and inorganic chemistry.
2. Categorize and give examples of different substances for each of the different states of matter: solid, liquid, and gas
3. Summarize, in your own words, oxidation–reduction (redox) reactions.
4. Define the differences between pure substances and physical mixtures.

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Synopsis of significant changes between 1st ed. *Foundations* and *Milady Standard Cosmetology* 13th ed.

- Changed “Recognize how the science of chemistry influences cosmetology” to “Identify the basics of chemical structure”
- Reduced coverage of states of matter
- Testing products for pH removed
- Antioxidants and free radicals removed
- “Chemistry as Applied to Cosmetics” appears earlier as “Explain the Differences Between Solutions, Suspensions, and Emulsions”

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Significant Changes

CHAPTER 6—CHEMISTRY & CHEMICAL SAFETY

(continued)

CHAPTER 12—BASICS OF CHEMISTRY

(continued)

5. Evaluate the differences among solutions, suspensions, and emulsions.
6. Explain what pH is and how the pH scale works.

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- “Overexposure principle” is added
- Added “pH and skincare products”
- Updated and expanded content on Safety Data Sheets (SDS), including hazards and vocabulary
- New content on chemical safety, including labels, transportation, storage, mixing, and disposal
- Additional material on neutralization and redox reactions, as well as exo- and endothermic reactions
- New activity “Evaporation Experimentation” for students to observe solute left after a solution evaporates
- New activity “Warning Labels” for students to gain experience reading product labels and researching active ingredients

CHAPTER 7—ELECTRICITY & ELECTRICAL SAFETY

Learning Objectives:

1. Explain electricity and electrical safety.
2. Outline electrical theory.
3. Practice electrical equipment safety.
4. Identify electrotherapy modalities.
5. Discuss light energy.

CHAPTER 13—BASICS OF ELECTRICITY

Learning Objectives:

1. Identify the nature of electricity and the two types of electric current.
2. List electrical measurements.
3. Understand the principles of electrical equipment safety.
4. Examine the main electric modalities used in cosmetology.
5. Outline other types of electrical equipment that cosmetologists use and describe how to use them.
6. Explain the electromagnetic spectrum, visible spectrum of light, and invisible light.
7. Compare the types of light therapy and their benefits.

Synopsis of significant changes between 1st ed. *Foundations* and *Milady Standard Cosmetology* 13th ed.

- “Electrical Equipment Safety” appears as “Practice Electrical Equipment Safety”
- New section on “What to Do in an Electrical Emergency” to bring more job relevancy to the content
- Contraindications for electrotherapy services now appear in Cos 14E, Chapter 18
- “Identify other electrical equipment” information appears throughout Cos 14E in relevant chapters
- Discussion of lasers, LED, and intense pulse light now appears in Cos 14E, Chapter 18
- New activity “Gadget Inspection” for students to familiarize themselves with UL approval and device labeling
- New activity “Hazard Sweep” for students to evaluate the electrical safety of their home or classroom

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CHAPTER 8—CAREER PLANNING

Learning Objectives:

1. Explain career planning.
2. Review the state licensing examination process.
3. Discover potential employers.
4. Develop an effective resume.
5. Prepare for a job interview in the beauty industry.

**CHAPTER 30—PREPARING FOR LICENSURE AND
EMPLOYMENT**

Learning Objectives:

1. Describe the process of taking and passing your state licensing examination.
2. Determine your career focus by using the Inventory of Personal Characteristics and Technical Skills.
3. List the different salon business categories.
4. Develop a cover letter, resume, and employment portfolio.
5. Know how to explore the job market, research potential employers, and operate within the legal aspects of employment.

Synopsis of significant changes between 1st ed. *Foundations* and *Milady Standard Cosmetology* 13th ed.

- Organization laid out for better flow
- New discussion on candidate information bulletins
- Clearer organization for test day content from the morning of, to things to bring, to tips during the test
- Focus on multiple-choice testing to practice the typical licensure test format
- True or false, matching, and essay questions discussions removed
- Removed Inventory of Personal characteristics and technical skills
- Additional content on cosmetologist career opportunities in Cos 14E Chapter 1, History and Career Opportunities
- Added a sample thank you note for a business at which a student did not expect to seek Employment
- Added discussion on employee contracts as a condition of employment
- Chapter content focuses on passing a licensure exam and the employment search; any content related to moving from school to work is now addressed in Standard Foundations Chapter 9, On the Job
- “Employment Portfolio” content covered in Standard Foundations Chapter 2, Professional Image
- New activity “Personal Test Scheduling” for students to schedule the details of their licensing exams
- New activity “Soft Skill Check” for students to track their soft skill strengths in preparation for interviewing

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CHAPTER 9—ON THE JOB

Learning Objectives:

1. Explain what it's like on the job.
2. Describe the expectations of moving from school to work.
3. Summarize employment options in the real world.
4. Practice money management.
5. Master selling in the salon, spa, and barbershop.
6. Use marketing to expand your client base.

CHAPTER 31—ON THE JOB

Learning Objectives:

1. Describe what is expected of a new employee and what this means in terms of your everyday behavior.
2. List the habits of a good salon team player.
3. Describe three different ways in which salon professionals are compensated.
4. Determine the best way to record your tips and make additional income.
5. Explain the principles of selling products and services in the salon.
6. List the most effective ways to build a client base.

Synopsis of significant changes between 1st ed. *Foundations* and *Milady Standard Cosmetology* 13th ed.

- Some material reorganized for flow (for example, student loans appear later, under money management)
- New table providing a summary of the differences between working as an employee, independent contractor, or booth or suite renter
- Redesigned “Principles of selling,” removing the script and replacing it with more useful information
- Ongoing emphasis on repayment of debts and reporting income
- Continuing education is referenced in Standard Foundations Chapter 1, Life Skills
- New activity “Discover the Selling You” for students to role-play different sales situations

CHAPTER 10—THE BEAUTY BUSINESS

Learning Objectives:

1. Explain the beauty business.
2. Outline the requirements of owning a business.
3. Describe booth rental.
4. Identify the elements of a successful salon, spa, or barbershop.
5. List marketing strategies for building your business.

CHAPTER 32—THE SALON BUSINESS

Learning Objectives:

1. Identify two options for going into business for yourself.
2. List the basic factors to be considered when opening a salon.
3. Compare the types of salon ownership.
4. Recognize the information that should be included in a business plan.
5. Explain the importance of record keeping.

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Synopsis of significant changes between 1st ed. *Foundations* and *Milady Standard Cosmetology* 13th ed.

- Business plans are discussed earlier
- Booking appointments now includes phone, email, and text messaging
- Added content on viral marketing and social media tips for the business owner
- Principles of selling now appear in Standard Foundations Chapter 9, On the Job

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CHAPTER 10—THE BEAUTY BUSINESS

(continued)

CHAPTER 32—THE SALON BUSINESS

(continued)

6. Examine the responsibilities of a booth renter.
7. Distinguish the elements of successful salon operations.
8. Validate why selling services and products is a vital aspect of a salon's success.

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- New table featuring the financial benchmarks for beauty and wellness establishments in the United States
- Client retention appears in Standard Foundations Chapter 9, On the Job in the section on “Use Marketing to Expand Your Client Base”
- New activity “Legendary Layout” for students to get creative and brainstorm their ideal business’ layout and particulars

Chapters Located in Milady Standard Cosmetology, 14th Edition

<i>Milady Standard Cosmetology</i> 14th Edition	<i>Milady Standard Cosmetology</i> 13th Edition	Significant Changes
<p>Part 1: Orientation</p>	<p>Part 1: Orientation</p>	<p>CHANGES TO PART 1:</p> <ul style="list-style-type: none"> • Includes Chapter 1 only • Former Part 1, Chapter 2, Life Skills, Chapter 3, Your Professional Image, and Chapter 4, Communicating for Success, moved to <i>Milady Standard Foundations</i>
<p>CHAPTER 1—HISTORY AND CAREER OPPORTUNITIES</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Explain the benefits of learning cosmetology’s history. 2. Outline how ancient civilization beauty practices influenced modern-day cosmetology. 3. Describe beauty and grooming during the Middle Ages. 4. List the Renaissance and Victorian age’s beauty developments. 5. Describe the beauty industry’s evolution during the early twentieth century. 6. Outline the mid- and late twentieth century’s major beauty advances. 7. Describe important trends that defined cosmetology in the twenty-first century. 8. List several career opportunities for licensed cosmetologists. 	<p>CHAPTER 1—HISTORY & CAREER OPPORTUNITIES</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Describe appearance enhancement and how it relates to cosmetology. 2. Recognize how trends are influenced by the history of cosmetology. 3. List several career opportunities available to a licensed beauty practitioner. 	<p>Both editions cover most of the same information. The text and design elements have been streamlined. Many figures have been updated. Some prominent beauty inventors and entrepreneurs are now included. There is a greater emphasis on historical diversity.</p> <p>New:</p> <ul style="list-style-type: none"> • Learning Objectives expanded from 3 to 8 total • Beauty pioneer spotlights • Age of Extravagance content • QR code link to Timeline of Milestones in the Professional Beauty Industry (timeline moved online)

Part 2: Health Sciences

Part 2: General Sciences

CHANGES TO PART 2:

- Renamed Health Sciences
- Former Chapter 5, Infection Control: Principles & Practices, Chapter 12, Basics of Chemistry, and Chapter 13, Basics of Electricity, moved to *Milady Standard Foundations*
- Now includes Chapter 2 through Chapter 8

CHAPTER 2—GENERAL ANATOMY AND PHYSIOLOGY

Learning Objectives:

1. Explain the importance of anatomy and physiology to cosmetologists.
2. Describe the structure and division of cells.
3. List the four types of tissues in the body.
4. Explain the basic functions of the organs and body systems.
5. Outline the skeletal system's structures and functions.
6. Describe the muscular system's components and supporting structures.
7. Explain the nervous system's divisions and functions.
8. List the functions of the circulatory system's components.
9. Describe the lymphatic system's function.
10. Explain the integumentary system's function.
11. Outline the endocrine system's organs and their functions.

CHAPTER 6—GENERAL ANATOMY AND PHYSIOLOGY

Learning Objectives:

1. Define and explain the importance of anatomy and physiology to the cosmetology profession.
2. Describe cells, their structure, and their reproduction.
3. Define tissue and identify the four types of tissue found in the body.
4. Name the 11 main body systems and explain their basic functions.

Both editions cover most of the same information, including cells, tissues, and their functions. The text has been streamlined to focus on the major topics cosmetologist need to know for their career and practice services safely. Many figures are new or updated. Example: Table 2-1 (former Table 6-1) now includes illustrations and four categories, including "Why Know This?" Former Chapter 6 is now Chapter 2.

Removed:

- Phases of cell mitosis
- Bones of the back
- Nerves of the head, face, neck, arm and hand, lower leg and foot, and their related illustrations
- Blood supply to the arm, hand, lower leg and foot, and their related illustrations
- Description of the heart's four chambers
- Reproductive system subsection

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**CHAPTER 2—GENERAL ANATOMY AND
PHYSIOLOGY**

(continued)

**CHAPTER 6—GENERAL ANATOMY AND
PHYSIOLOGY**

(continued)

(continued)

New:

- Learning objectives expanded to 11 total
- Separate safety considerations for skeletal, muscular, nervous, circulatory, lymphatic, and integumentary systems
- Histology, osteology, and myology defined
- Three types of muscle tissue
- Mastication muscles explained
- Nerve cell structure and function
- Adrenal glands

CHAPTER 3—SKIN STRUCTURE AND GROWTH

Learning Objectives:

1. Explain why cosmetologists must understand skin structure and growth.
2. List the skin's three major layers, their sublayers, and their functions.
3. Describe the nerves in the skin and their functions.
4. Define melanin and how it affects skin pigment.
5. Describe the role of collagen and elastin.
6. List the two major glands of the skin and their functions.
7. List the skin's six functions.

**CHAPTER 7—SKIN STRUCTURE, GROWTH, &
NUTRITION**

Learning Objectives:

1. Describe the structure and composition of the skin.
2. List the six functions of the skin.
3. Name the classes of nutrients essential for good health.
4. Identify the food groups and dietary guidelines recommended by the U.S. Department of Agriculture (USDA).
5. List and describe the vitamins that can help the skin.

Both editions cover most of the same information, including the structure, composition, and functions of the skin. The text has been streamlined, and many figures are new or updated. Former Chapter 7 is now Chapter 3.

Removed:

- Promote Nutrition and Skin Health section
- Acne and related information (content now appears in Chapter 18, Facials)

New:

- Learning Objectives expanded to seven total
- All About Skin chart with illustrations, facts, and figures

Milady Standard Cosmetology 14th Edition

CHAPTER 4—SKIN DISORDERS AND DISEASES

Learning Objectives:

1. Explain why cosmetologists need to understand skin disorders and diseases.
2. Identify and describe common skin lesions, differentiating between primary and secondary lesions.
3. List and describe common sebaceous and sudoriferous gland disorders.
4. List and describe common skin inflammations and infections.
5. Identify skin hypertrophies.
6. List and describe common skin pigmentation changes.
7. Identify and describe major acne causes and current treatments.
8. List contributing factors to skin aging.
9. Explain the effects of sun exposure on the skin.
10. Identify the forms of skin cancer, including symptoms and survival rates.
11. Describe contact dermatitis and prevention measures for cosmetologists.

CHAPTER 5—NAIL STRUCTURE AND GROWTH

Learning Objectives:

1. Explain why cosmetologists need to understand nail structure and growth.
2. Define the natural nail unit.
3. Label nail structures.
4. Describe the factors that affect nail growth.

Milady Standard Cosmetology 13th Edition

CHAPTER 8—SKIN DISORDERS AND DISEASES

Learning Objectives:

1. Identify and describe common skin lesions, differentiating between primary and secondary lesions.
2. List and describe common disorders of the sebaceous glands.
3. List and describe common changes in skin pigmentation.
4. Identify the forms of skin cancer including symptoms and mortality rates.
5. Identify and describe the major causes of acne and current treatments.
6. List the factors that contribute to the aging of the skin.
7. Explain the effects of exposure to the sun on the skin.
8. Describe contact dermatitis and prevention measures for cosmetologists.

CHAPTER 9—NAIL STRUCTURE AND GROWTH

Learning Objectives:

1. Describe the characteristics of normal, healthy nails.
2. Describe the nine basic parts of the nail unit.
3. Discuss how nails grow.

Significant Changes

Both editions cover most of the same information, including primary and secondary skin lesions, common disorders of the sebaceous glands, skin cancers, and skin aging. The text has been streamlined, and many illustrations are new or updated. Former Chapter 8 is now Chapter 4.

New:

- Learning Objectives expanded to 11 total
- QR code link to downloadable graphics associated with primary and secondary lesions referenced in Tables 4-1 and 4-2

Both editions cover essentially the same information, including the nine basic parts of the nail unit. The text and design have been streamlined. Former Chapter 9 is now Chapter 5.

New:

- Learning Objectives expanded to four total
- Proximal nail fold (PNF)
- Updated illustration in Figure 5-1, natural nail structure

**Milady Standard Cosmetology
14th Edition**

**Milady Standard Cosmetology
13th Edition**

Significant Changes

CHAPTER 6—NAIL DISORDERS AND DISEASES

Learning Objectives:

1. Explain why cosmetologists need to understand nail disorders and diseases.
2. Identify unhealthy nail conditions.
3. Perform a hand, nail, and skin analysis on a client.
4. Outline the scope of practice for your license related to nail structure, disorders, and diseases.

CHAPTER 10—NAIL DISORDERS AND DISEASES

Learning Objectives:

1. List and describe the various disorders and irregularities of nails.
2. Recognize diseases of the nail that should not be treated in the salon.
3. Perform a hand, nail, and skin analysis on a client.

Both editions cover essentially the same information, including nail disorders and diseases. The text and design have been streamlined. Former Chapter 10 is now Chapter 6.

Removed:

- Koilonychia
- Blue fingernails
- Text regarding individual disorders and diseases significantly reduced to focus on critical facts

New:

- Learning Objectives expanded to four total
- Infectious and noninfectious diseases sections combined
- Common and uncommon nail disorders combined
- Nail melanoma added to the Nail Diseases section
- Thumbnail images added to Table 6-1, Overview of Nail Disorders, and Table 6-2, Overview of Nail Diseases
- Scope of practice (nail structures, disorders, and diseases)

CHAPTER 7—HAIR AND SCALP PROPERTIES

Learning Objectives:

1. Explain the importance of understanding hair and scalp properties.
2. Describe the hair root's structures and their functions.
3. Identify the hair shaft's three main layers and their functions.
4. Explain hair's chemical composition, and what gives it strength, elasticity, and color.
5. Compare the different factors considered during a scalp and hair analysis.
6. Describe the three hair types and the three hair growth cycles.

CHAPTER 11—PROPERTIES OF THE HAIR AND SCALP

Learning Objectives:

1. Identify and distinguish the different structures of the hair root.
2. Point out and differentiate the differences among the three main layers of the hair shaft.
3. Identify and explain the three types of side bonds in the cortex.
4. Name and compare the differences among the three cycles of hair growth.
5. Give examples of the common types of hair loss and explain what can cause hair loss.
6. Identify and explain at least three options for hair loss treatment.
7. Learn to identify the most common hair and scalp disorders seen in the salon and school, and then name which ones a physician should treat.
8. Compare and describe the different factors that should be considered during a hair and scalp analysis.

Former Chapter 11 has been divided into two new chapters: Chapter 7, Hair and Scalp Properties, and Chapter 8, Hair and Scalp Disorders and Diseases.

The information on hair and scalp properties in former Chapter 11 and new Chapter 7 presents most of the same information, including hair and root structures and functions. The text has been updated and streamlined.

Removed:

- Learning Objectives reduced to six total
- Did You Know: nutritional information
- Former Figure 11-9, Wave Pattern, removed and replaced with new Figure 7-5, Wave Pattern
- Hair and scalp disorders and scalp infections now in Chapter 8, Hair and Scalp Disorders and Diseases

New:

- Hair typing/wave patterns illustration
- Curl information updated

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Significant Changes

CHAPTER 8—HAIR AND SCALP DISORDERS AND DISEASES

Learning Objectives:

1. Explain the importance of understanding hair and scalp disorders and diseases.
2. Explain the causes of the most common types of hair loss.
3. Identify the most common hair disorders.
4. Identify the most common scalp disorders.

CHAPTER 11—PROPERTIES OF THE HAIR AND SCALP

Learning Objectives:

1. Identify and distinguish the different structures of the hair root.
2. Point out and differentiate the differences among the three main layers of the hair shaft.
3. Identify and explain the three types of side bonds in the cortex.
4. Identify and explain the three types of side bonds in the cortex.
5. Give examples of the common types of hair loss and explain what can cause hair loss.
6. Identify and explain at least three options for hair loss treatment.
7. Learn to identify the most common hair and scalp disorders seen in the salon and school, and then name which ones a physician should treat.
8. Compare and describe the different factors that should be considered during a hair and scalp analysis.

Former Chapter 11 has been divided into two new chapters: Chapter 7, Hair and Scalp Properties, and Chapter 8, Hair and Scalp Disorders and Diseases.

The diseases and disorders portion of former Chapter 11 and new Chapter 8 covers most of the same information, including how to recognize hair and scalp abnormalities and if they preclude hair services.

New:

- Learning Objectives reduced to four total
- Why study hair and scalp disorders and diseases
- Updated male and female hair loss information
- Did You Know: sources of hair loss
- Cold cap

Part 3: Hair Services

Part 3: Hair Care

CHANGES TO PART 3:

- Renamed Hair Services
- Includes Chapters 9 through Chapter 16 as referenced below.
 - Ch 09 Principles of Hair Design
 - Ch 10 Hair Service Preparation
 - Ch 11 Haircutting
 - Ch 12 Hairstyling
 - Ch 13 Braiding and Braid Extensions
 - Ch 14 Wigs and Hair Additions
 - Ch 15 Chemical Texture Services
 - Ch 16 Haircoloring

CHAPTER 9—PRINCIPLES OF HAIR DESIGN

Learning Objectives:

1. Explain hair design principles and how they are the basis of every professional style design.
2. Outline the components of a successful design philosophy.
3. Identify the five elements of hair design and how they relate to hairstyling.
4. Outline the five principles of hair design and their specific contributions to a hairstyle.
5. Identify the different head forms or shapes and reference points of the head.
6. Explain the influence of hair type and texture on design.
7. Identify the seven different facial shapes and design a beneficial hairstyle for each.
8. Describe how profiles and proportions contribute to hairstyles.
9. Outline principles of hair design as applied to sideburns.

CHAPTER 14—PRINCIPLES OF HAIR DESIGN

Learning Objectives:

1. Describe sources of hair design inspiration.
2. List the five elements of hair design and how they relate to hairstyling.
3. Explain the five principles of hair design and recognize their specific contribution to a hairstyle.
4. Understand the influence of hair type and texture on design.
5. Identify the seven different facial shapes and design a beneficial hairstyle for each.
6. Explain two design considerations for men.

Both editions cover most of the same information, including the five elements of hair design and how hair types and textures influence hairstyles. The majority of images and figures are new or updated. There is a greater emphasis on the full spectrum of hair types. Former Chapter 14 is now Chapter 9.

Removed:

- How haircolor influences hair design
- Design for men

New:

- Learning Objectives expanded to nine total
- Head shapes section
- Hair typing system and texture updated
- Original André Walker Hair Typing System
- Table 9-1, Hair Texture Grid and Suggested Products
- Table 9-2, Universal Curl Patterns and Hair Types
- Table 9-3, Styling Options for Hair Patterns and Textures
- Table 9-4, Determining Face Shapes
- Sideburns

CHAPTER 10—HAIR SERVICE PREPARATION

Learning Objectives:

1. Explain why cosmetologists need a thorough understanding of shampooing, conditioning, and basic scalp care.
2. Explain the benefits of the three-part hair care service.
3. List important information to gather about your client before performing a shampoo and conditioning service or scalp massage.
4. Demonstrate appropriate draping for a basic shampooing and conditioning service and for a chemical service.
5. Describe how to properly brush the hair and how hair brushing contributes to a healthy scalp.
6. Describe the benefits of a scalp massage during a shampoo and conditioning service.
7. Describe treatments for normal to mild scalp conditions.
8. Describe the uses and benefits of the various types of shampoos.
9. Outline the uses and benefits of the various types of conditioners.

CHAPTER 15—SCALP CARE, SHAMPOOING, AND CONDITIONING

Learning Objectives:

1. Explain the two most important requirements for scalp care.
2. Demonstrate a scalp massage during a shampoo service.
3. Examine the differences and similarities of treating scalp and hair that are dry, oily, and/or affected by dandruff.
4. Describe how hair brushing contributes to a healthy scalp.
5. Evaluate the uses and benefits of the various types of shampoo.
6. Evaluate the uses and benefits of the various types of conditioners.
7. Demonstrate appropriate draping for a basic shampooing and conditioning and draping for a chemical service.
8. Identify the three-part procedure and explain why it is useful.

Both editions contain most of the same information, including hair brushing, types of shampoos and conditioners, and professional shampoo and chemical draping. The text has been streamlined. Former Chapter 15 is now Chapter 10.

New:

- Learning Objectives expanded to nine total
- Client consultation
- Here's a Tip: removing hair extensions and protective styles
- Now three types of draping: shampoo, chemical service, cutting or styling service
- Did You Know: sebum distribution on straight to wavy, and curly to coily hair types
- Health concerns for scalp massage now part of client consultation
- Former Safely and Effectively Use Massage section replaced by streamlined Scalp Massage section; effleurage and petrissage scalp massage techniques now included
- Oil treatment/oil as a conditioner
- Table 10-1, Brush Types and Detangling Implements
- Vegan shampoo
- Former cleansing conditioner product information now expanded Co-Wash subsection
- Pre-poo conditioner and no-poo shampoo

Procedures:

- Additional and updated step-by-step images
- P10-3, Draping, combines draping for shampoo and chemical services
- P10-4, Hair Brushing and Detangling, includes expanded instructions for brushing curly and coily hair types
- P10-5, Shampooing and Conditioning, steps updated

CHAPTER 11—HAIRCUTTING

Learning Objectives:

1. Explain why cosmetologists need a thorough understanding of haircutting.
2. Define haircutting in terms of lines, sections, angles, elevation, finger angle, guidelines, and overdirection.
3. Describe the role of growth pattern, density, texture, and wave pattern to determine the behavior of hair.
4. Demonstrate and explain the uses of various haircutting shears.
5. Demonstrate how to effectively hold haircutting shears.
6. Demonstrate and explain the uses of the various haircutting tools.
7. Demonstrate three body positions to ensure healthier posture while creating a haircut.
8. List four strategies for proper safety in haircutting.
9. Explain general haircutting techniques for any haircut.
10. Perform the four basic haircuts.
11. Outline cutting techniques for bangs, razor cutting, slide cutting, and shear-over-comb.
12. Explain three different texturizing techniques performed with shears
13. Explain clipper cut styles and techniques.

CHAPTER 16—HAIRCUTTING

Learning Objectives:

1. Identify the reference points on the head and understand their role in haircutting.
2. Define lines, sections, elevations, and guidelines.
3. List the factors involved in a successful client consultation.
4. Explain the uses of the various tools of haircutting.
5. Name three things you can do to ensure good posture and body position while cutting hair.
6. Perform the four basic haircuts.
7. List the multiple ways to section and cut the bang (fringe) area.
8. Discuss and explain three different texturizing techniques performed with shears.
9. Explain a clipper cut.
10. Identify the uses of a trimmer.

Both editions cover most of the same information, including haircutting terms and techniques to create specific results, and the four essential/basic haircuts.

Chapter 11 emphasizes diversity of information, models, and hair types. Chapter 11 has been significantly reordered. The text has been streamlined and condensed. Many illustrations and model images are new. Chapter 16 is now Chapter 11.

Removed:

- Head shapes (reference points) moved to Chapter 9, Principles of Hair Design
- Face shapes (moved to Chapter 9, Principles of Hair Design)
- Client consultation
- Show proper use of haircutting tools: list of cutting implements and sectioning clips
- Short textured bangs (fringe)

New:

- Learning Objectives expanded to 13 total
- Hair Analysis: Wave and Curl Pattern replaces elasticity
- Consultation tips now included in each of the four essential haircuts, children's haircuts, big chop, and clipper and razor cuts
- Hair type chart and related haircutting tips
- Specialty shears
- Shear blade edges now include semiconvex edge
- Razor safety tips
- Children's haircutting advice
- Did You Know: how to avoid fatigue and tension while cutting hair

(continued)

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Significant Changes

CHAPTER 11—HAIRCUTTING

(continued)

CHAPTER 16—HAIRCUTTING

(continued)

New: (continued)

- General haircutting techniques and tips expanded
- Cutting curly hair expanded
- The big chop
- Focus On: children’s haircutting advice
- Basic Haircutting Techniques renamed Four Essential Haircuts with expanded information and figures
- Curly bangs
- Fade cuts
- The following procedures include new right- and left-handed models and hair types, and new cutting directions:
 - P11-1 Blunt Haircut
 - P11-2 Graduated Haircut
 - P11-3 Uniform-Layered Haircut
 - P 11-4 Long-Layered Haircut

New Procedures:

- P11-6 Taper Fade Haircut on Straight Hair
- P11-7 Classic Fade Haircut on Curly Hair

CHAPTER 12—HAIRSTYLING

Learning Objectives:

1. Explain professional hairstyling and how it can enhance your beauty career.
2. Detail the steps for an effective hairstyling consultation.
3. Describe professional hairbrushes, combs, and implements, and their specific uses.
4. Identify the different types of styling aids and their many uses.

(continued)

CHAPTER 17—HAIRSTYLING

Learning Objectives:

1. Execute finger waving, pin curling, roller setting, and hair wrapping.
2. Perform various blowdry styling techniques and learn the proper use of blowdrying tools.
3. Demonstrate the proper use of thermal irons.
4. Demonstrate the proper use of a flat iron and show an understanding of heat settings.

(continued)

The 14th edition covers most of the same information, plus new information that focuses on curly and coily hair. Chapter 12 has been reordered. Former Chapter 17 is now Chapter 12.

Removed:

- Hot rollers, velcro rollers

(continued)

CHAPTER 12—HAIRSTYLING

(continued)

5. Explain the features and benefits of professional blowdryers and the safety precautions to take when using them.
6. Describe the different types of thermal irons used by salon professionals including their safety precautions and demonstrate curling iron and smoothing techniques.
7. Discuss thermal pressing in terms of type of pressing tools, products, and procedures.
8. Describe and demonstrate natural textured styles.
9. Describe and demonstrate curl formation and teasing techniques.
10. Explain the different types of wet sets and demonstrate how to perform them.
11. Describe the importance of updo preparation, sectioning, pinning, and balance, and create two foundational updos for styling long hair.

CHAPTER 17—HAIRSTYLING

(continued)

5. Demonstrate various thermal iron manipulations and explain how they are used.
6. Perform the four basic curl patterns and explain the end result.
7. Describe the three types of hair pressing.
8. Understand the importance of preparation, sectioning, pinning, and balance with regards to updos.
9. Create the two foundational updos for styling long hair.

(continued)

New:

- Learning Objectives expanded to 11
- Why Study Hairstyling? expanded to include natural hairstyling
- Focus On: natural hair timeline
- Hairstyling consultation now includes a checklist, including diameter, feel, pattern, and scalp health
- Natural hairstyling consultation
- Special-occasion hairstyle consultation
- Updated brushes, combs, and implements, including Table 12-1, Types of Brushes, and Table 12-2, Types of Combs, and Clamps and Clips
- Styling Aids section with updated products, and subsections such as Prep and Finish Products and Dry Style Enhancers
- Former Finish Hair Using Basic Blowdry Styling section replaced by Blowdryers, which now includes Blowdryer Motors, Blowdryer Safety Guidelines, and more
- Did You Know: pioneers who invented the first electric hot rollers, curling irons, and more
- Spring irons, clamp-free (wand) irons, crimping irons, iron materials and sizing, disinfecting thermal Irons, and more
- Pressing Combs section expanded, including Thermal Pressing in Seven Steps
- Natural Hairstyling section, including Curly Method, Coily Method, Natural Textured Sets and Styles, Coiled Hairstyles, and more

(continued)

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Significant Changes

CHAPTER 12—HAIRSTYLING

(continued)

CHAPTER 17—HAIRSTYLING

(continued)

New: (continued)

- Wet Sets—finger waves, pin curls, and roller sets—condensed
- Damp sets
- Hair molding, and volume, roller, and doobie wraps
- Silk press
- Hairstyling guidelines

CHANGES TO PROCEDURES

Removed:

- Left-hand procedures, except Procedure 12-6 (left-handed procedures now appear on QR code)
- Half Updo

New:

- P 12-2, Blowdrying Highly Textured Hair Prior to Thermal Setting
- P12-3, Blowdrying and Thermal Setting to Produce Full, Smooth Hair
- P12-8, Marcel Manipulations (Thermal Curling)
- P12-9, Hollywood Waves (Thermal Waving)
- P12-10, Curly and Coily Methods
- P12-11, Double-Strand Twist (former Procedure 18-6)
- P12-12, Coil Comb Technique—Nubian Coils and Starting Locs (former Procedure 18-5)
- P12-13, Cultivating and Grooming Locs (Former Procedure 18-8)
- P12-17, Curling Short Relaxed Hair
- P12-18, Silk Press
- P12-20, Curly Chignon Updo

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CHAPTER 13—BRAIDING AND BRAID EXTENSIONS

Learning Objectives:

1. Explain the advantages of learning basic braiding and braid extension styles.
2. Explain braiding salons and the braiding consultation.
3. Describe how to use each of the tools and materials for braiding and extensions.
4. Describe six types of foundational braiding techniques: rope, fishtail, halo, invisible, single, and cornrow.

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CHAPTER 18—BRAIDING AND BRAID EXTENSIONS

Learning Objectives:

1. Know the general history of braiding.
2. Recognize braiding basics and the importance of a consultation.
3. Explain how to prepare the hair for braiding.
4. Describe the six types of braiding techniques: rope, fishtail, halo, invisible, single, and single braids with extensions.
5. Demonstrate the procedure for cornrowing.
6. Explain the techniques for textured sets and styles.
7. Demonstrate the procedures for starting locks and lock grooming.

Significant Changes

The 14th edition covers essentially the same braids and braid extension information previously included in the 13th edition. Information regarding natural hairstyling covered in former Chapter 18 that does not pertain to braids has been moved to Chapter 12. Chapter 13 has been reordered with hair additions first, followed by wigs.

Most information has been streamlined, and most figures have been updated. Select introductory text has been integrated into other sections and subsections, for example, braiding salons. Some information has been combined in new subsections, including Tools and Materials for Braiding and Extensions. Former Chapter 18 is now Chapter 13.

Removed:

- Learning Objectives reduced to four total
- Classify Textured Sets and Styles (moved to Chapter 12, Hairstyling)
- Nubian Coil Comb Technique (moved to Chapter 12, Hairstyling)

New:

- Did You Know: first municipality to pass a law prohibiting any bias or discrimination of wearing natural hairstyles in the workplace or school
- Alopecia
- Tree braids/Interlocking

Procedures moved to Chapter 12, Hairstyling:

- Nubian Coils: Coil Comb Technique
- Twist
- Starting Locs with Nubian Coils
- Cultivating and Grooming Locs

CHAPTER 14—WIGS AND HAIR ADDITIONS

Learning Objectives:

1. Explain why cosmetologists should study wigs and hair additions.
2. List the considerations for effective hair addition consultations.
3. Describe the different hair and fiber types used for hair additions and wigs.
4. Outline several different methods of attaching hair extensions.
5. Describe different types of wigs and hairpieces and how to care for them.
6. Describe several types of hairpieces and their uses.

CHAPTER 19—WIGS AND HAIR ADDITIONS

Learning Objectives:

1. Understand why cosmetologists should study wigs and hair additions.
2. Explain the differences between human hair and synthetic hair.
3. Examine the two basic categories of wigs.
4. Distinguish several types of hairpieces and their uses.
5. Review several different methods of attaching hair extensions.

The 14th edition covers most of the same information—such as types of hair fibers, different hair addition systems, and wigs—as well as updated content. The text has been significantly streamlined and condensed, for example, fashion hairpieces. Some subsections have been integrated into different areas of the chapter. Most figures are updated. Former Chapter 19 is now Chapter 14.

Removed:

- Semi-hand-tied wigs
- Styling the wig
- Study the world of hair extensions
- Focus On: sharpening your skills
- Bonding method
- Tube shrinking
- Retailing hair addition products
- A final thought: practice, practice, practice

New:

- Learning Objectives expanded to six total
- Why Study Wigs and Hair Additions? section expanded
- Hair addition consultation
- Hair addition and wig fibers updated
- Focus On: hair augmentation services checklist
- Tape-in extensions
- Did You Know: clip-in extensions
- Hair extension care instructions
- Alopecia areata
- Coloring and perming wigs and extensions integrated into hair additions and wig fibers
- Wig Tools and Supplies subsection
- Table 14-1, Wig Sizing, with illustrations

(continued)

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Significant Changes

CHAPTER 14—WIGS AND HAIR ADDITIONS

(continued)

CHAPTER 19—WIGS AND HAIR ADDITIONS

(continued)

New: (continued)

- Wet and dry wig cutting in six steps
- Wig care guidelines with expanded information replaces cleaning the wig
- Silicone wig/vacuum wig
- Wind test

CHAPTER 15—CHEMICAL TEXTURE SERVICES

Learning Objectives:

1. Explain why cosmetologists should study chemical texture services.
2. Define the different chemical formulations used for relaxing hair.
3. Describe hydroxide relaxers and the various types and strengths that are available to relax hair.
4. Define ammonium thioglycolate (thio) relaxers and how to use them.
5. Describe the tools and supplies that are used for relaxing hair.
6. Outline the safety guidelines and precautions for chemical relaxer services.
7. Explain how to conduct a thorough chemical relaxer consultation.
8. Safely perform virgin and retouch chemical services.
9. Define permanent waving and different types of waving solutions that are used to perform these services.
10. Explain the importance of selecting the right type of permanent wave solution for each client and processing the hair correctly.

CHAPTER 20—CHEMICAL TEXTURE SERVICES

Learning Objectives:

1. Explain the four chemical reactions that take place during permanent waving.
2. Explain the difference between an alkaline wave and a true acid wave.
3. Explain the purpose of neutralization in permanent waving.
4. Demonstrate safe and effective perm techniques.
5. Describe how thio relaxers straighten the hair.
6. Describe how hydroxide relaxers straighten the hair.
7. Demonstrate safe and effective hydroxide relaxing techniques.
8. Describe curl re-forming and how it restructures the hair.

The 14th edition covers most of the same information, including thio- and sodium hydroxide-based relaxers and permanent waves. The chapter has been reordered, with relaxer services covered first. The text has been significantly streamlined and condensed. Most of the figures are new. All procedures are refreshed or updated. Former Chapter 20 is now Chapter 15.

Removed:

- Perms for men
- Keratin-based smoothing treatments significantly reduced

New:

- Learning Objectives expanded to 15 total
- Texture services now first in the chapter
- Texture services chart with thumbnails
- Relaxer tools and supplies
- Chemical relaxer consultation
- Pre-service chemical texture guidelines patch test
- Did You Know: roller picks or pins
- Permanent wave safety guidelines

(continued)

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CHAPTER 15—CHEMICAL TEXTURE SERVICES

(continued)

11. Describe the tools and supplies that are used for permanent waves.
12. Describe the various permanent wave patterns, placements, and results.
13. Outline the safety guidelines and precautions for permanent wave services.
14. Explain how to conduct a thorough permanent wave consultation.
15. Safely perform permanent wave services.

CHAPTER 16—HAIRCOLORING

Learning Objectives:

1. Explain why a thorough knowledge of haircoloring is needed for a successful cosmetology career.
2. Explain how the hair's structure, texture, density, and porosity affect haircolor.
3. Define the role of levels and tones in formulating haircolor.
4. Explain primary, secondary, and tertiary colors, and their contributions to tone and intensity in the hair.
5. Compare and describe the different categories of haircolor.
6. Detail the roles of hydrogen peroxide and ammonia in a haircolor formula.
7. Explain the role and action of hair lighteners.
8. Detail the steps for an effective haircolor consultation.

(continued)

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CHAPTER 20—CHEMICAL TEXTURE SERVICES

(continued)

CHAPTER 21—HAIRCOLORING

Learning Objectives:

1. List the reasons why people color their hair.
2. Explain how the hair's porosity affects haircolor.
3. Understand the types of melanin found in hair.
4. Define and identify levels and their role in formulating haircolor.
5. Identify primary, secondary, and tertiary colors.
6. Know what roles tone and intensity play in haircolor.
7. List and describe the categories of haircolor.
8. Explain the role of hydrogen peroxide in a haircolor formula.
9. Explain the action of hair lighteners.
10. List the five key questions to ask when formulating a haircolor.
11. Understand why a patch test is useful in haircoloring.

(continued)

Significant Changes

New: (continued)

- Safety precautions for permanent waving now expanded to include permanent wave safety tips
- Permanent wave consultation
- Permanent wave tool and supplies
- Soft Curl Permanent subsection
- Did You Know: Jheri curl

Procedures:

- Removed former P20-3, Permanent Wave and Processing Using a Curvature Permanent Wrap
- Combined thio and sodium hydroxide relaxer procedures with separate instructions where needed

The 14th edition covers much of the same information as the previous edition, as well as newer methods, techniques, and product categories, including pintura highlighting and clay lighteners. Most text has been streamlined. Key topics have been expanded, and there are many new illustrations and thumbnails. Former Chapter 21 is now Chapter 16.

Removed:

- Learning Objectives reduced to 14 total
- Understand why people color their hair

New:

- Haircolor charts
- Hair levels and tones expanded and updated
- Demipermanent acidic and alkaline haircolor roles
- Dirty hair and haircoloring

(continued)

CHAPTER 16—HAIRCOLORING

(continued)

9. List the five key questions to ask yourself when formulating a haircolor.
10. Outline the steps of haircolor and lightening applications, from preliminary strand tests to a single process, and a double process with lightener.
11. Describe the techniques for highlighting.
12. Explain the special haircoloring techniques for gray hair.
13. Describe common haircoloring challenges and potential solutions.
14. Describe the safety precautions to follow during the haircolor process.

CHAPTER 21—HAIRCOLORING

(continued)

12. Define what a preliminary strand test is and why it is used.
13. List and describe the procedure for a virgin single-process color service.
14. Understand the two processes involved in double-process haircoloring.
15. Describe the various forms of hair lightener.
16. Understand the purpose and use of toners.
17. Name and describe the three most commonly used methods for highlighting.
18. Know how to properly cover gray hair.
19. Know the rules of color correction.
20. Know the safety precautions to follow during the haircolor process.

New: (continued)

- Monitoring the health of the hair
- Lightener's lifting capability versus hair's ability to be safely lightened
- Clay lightener for balayage
- Hydrogen peroxide volume and uses now includes percentages, such as 10 volume = 3% hydrogen peroxide
- Ammonia and ammonia substitutes
- Toning choices expanded to include acidic demipermanent dye and color-depositing shampoos and conditioners
- Assisting clients with impaired vision
- Creating a hair gallery
- Consultation update
- Vivid and neon haircolors
- Activities that accelerate haircolor fade
- Haircolor saturation
- Lightening wavy, curly hair
- Foil lightening techniques now includes slicing
- Pintura highlights
- QR code pintura highlighting (bonus information)
- Foilyage
- Color melt technique
- Haircolor tips for textured hair
- Restore blonde to natural hair color expanded to 10 tips total
- Haircoloring safety precautions expanded

New Procedures:

- P16-1, Combines Preliminary Patch Test and Strand Test
- P16-9, Pintura Highlights
- P16-10, Color Melt
- P16-11, Permanent Gray Coverage

Part 4: Skin Care Services

Part 4: Skin Care

CHANGES TO PART 04:

- Renamed Skin Care Services
- Includes Ch 17 Hair Removal, Ch 18 Facials, and Ch 19 Makeup

CHAPTER 17—HAIR REMOVAL

Learning Objectives:

1. Explain how hair removal knowledge will enhance your success as a cosmetologist.
2. Identify excessive hair growth causes.
3. List temporary hair removal methods.
4. Describe three permanent hair reduction methods.
5. Outline the approach to client consultation for hair removal services.
6. Identify hair removal contraindications.

CHAPTER 22—HAIR REMOVAL

Learning Objectives:

1. Explain the significance of a client intake form used in hair removal services.
2. Name the conditions that contraindicate hair removal in the salon.
3. Identify and describe three methods of permanent hair removal.
4. List the eight methods used for temporary hair removal.

Both editions cover essentially the same information, including waxing, tweezing, and intense pulsed light. The text has been streamlined and, in some instances, reordered. Most images have been updated. Each procedure step is now accompanied by an image for enhanced clarity. Former Chapter 22 is now Chapter 17.

New:

- Learning Objectives expanded to six total
- Excessive hair growth
- Table 17-1, Temporary Hair Removal Services, expanded to include shaving, sugaring, and threading
- Contraindications section now includes Table 17-2, Contraindications to Hair Removal Services
- Consultation condensed; includes post-service home care
- Intake form includes possible need for special accommodations

CHAPTER 18—FACIALS

Learning Objectives:

1. Explain why cosmetologists should have an understanding of facial treatments and skin care products.
2. Discuss the pros and cons of pursuing an esthetics career, or a dual hair and skin care career.
3. Describe at least three types of basic equipment used for esthetics services.
4. Describe the four skin types and common skin conditions that are addressed during facial treatments.
5. Explain the different categories of skin care products used in facial treatments and for home care and provide examples of each.
6. Explain the five techniques used to perform a facial massage.
7. Explain how galvanic, high-frequency, and light therapy treatments are used in facial services.
8. Explain the purpose and importance of client forms and record keeping.
9. Explain the pertinent information to gather during a client consultation and skin analysis before performing facial treatments.
10. Identify examples of contraindications that prohibit performing facial treatments.
11. Perform preservative and corrective facial treatments.

CHAPTER 23—FACIALS

Learning Objectives:

1. Explain the pertinent information to gather during a client consultation and skin analysis before performing facial treatments.
2. Identify examples of contraindications that prohibit performing facial treatments.
3. Determine the difference between skin type and skin condition.
4. Name the different categories of skin care products used in facial treatments.
5. Explain the different categories of skin care products used in facial treatments and provide examples of each.
6. Define why massage is used during a facial.
7. Name and briefly describe the five categories of massage manipulations.
8. Name and describe two types of electrical machines used in facial treatments.
9. Explain how the two types of electrical machines add value to a facial.
10. Know the difference between galvanic and high-frequency treatments used in facial services.
11. Explain how light therapy is used to treat the skin.
12. Discuss how aromatherapy is used in the basic facial.

Both editions cover most of the same information, including skin care, facial massage, and facial services. The text has been streamlined and, in some instances, reordered. Content has been updated, including equipment and products. Former Chapter 23 is now Chapter 18.

Removed:

- Learning Objectives reduced to 11 total

New:

- Esthetics career path/managing dual careers
- Basic Facial Equipment expanded and divided into Treatment Chairs and Tables; Chairs and Stools; Analysis Equipment; Skin Prep Equipment (including hot towel cabinets and ozone facial steamers); and Facial Cleansing/Exfoliation Equipment (including ultrasonic spatula) subsections; and Waxing Units
- Focus On: advanced skin analysis equipment
- Changes to skin types and common skin conditions include acne reclassified from skin type to skin condition; oily and dry combination skin now one skin type; skin types divided into subsections
- Focus On: sensitized or sensitive skin
- Patch test
- Chemical exfoliants/hydroxy acids expanded to include alpha, glycolic, lactic, beta hydroxy, and polyhydroxy acids
- Patch test
- Cleansers expanded to six categories, including cleansing oils and cleansing waters
- Sheet masks
- Microdermabrasion updated
- Massage changes include condensed facial massage section; facial manipulations for clients with facial hair; and more

(continued)

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Significant Changes

CHAPTER 18—FACIALS

(continued)

CHAPTER 23—FACIALS

(continued)

New: (continued)

- Light Therapy section expanded
- Consultation questions
- QR codes to downloadable intake, service record (front and back), and consent forms

CHANGES TO PROCEDURES

New:

- Images added to all procedures for visual clarity
- P18-1, Basic Facial, separated into different phases of service
- P18-2, Facial Massage

CHAPTER 19—MAKEUP

Learning Objectives:

1. Explain how knowledge of makeup will enhance the career of the cosmetologist.
2. Outline how to use color theory when choosing cosmetics for makeup applications.
3. Explain the importance of serving a diverse client base.
4. Describe the uses of the various types of cosmetics for facial makeup.
5. Describe brushes, tools, and other implements for makeup applications and removal.
6. Implement basic makeup techniques used to complement face shapes and features.
7. Outline the steps for a basic makeup application.
8. Describe several different methods of eyelash enhancement.

CHAPTER 24—FACIAL MAKEUP

Learning Objectives:

1. Describe the various types of cosmetics and their uses for facial makeup.
2. Explain how to use color therapy when choosing cosmetics for makeup application.
3. Identify different facial types and summarize facial makeup techniques to alter them.
4. Name and describe the two types of artificial eyelashes.
5. List tips or creating special-occasion makeup for eyes, cheeks, and lips.

Both editions cover most of the same information, including color theory, makeup products, tools, and applications. The text has been streamlined and, in some instances, reordered. In some instances, sections have been converted into tables featuring condensed text and illustrations or thumbnails. Information has been updated throughout the chapter, including eyebrow and lash tinting. Former Chapter 24 is now Chapter 19.

New:

- Learning Objectives expanded to eight total
- Tables are reordered, updated, and expanded to eight total
- Color theory for makeup, warm and cool colors
- Here's a Tip: neutral colors
- Undertones
- Determining hair color tone now includes gray and white

(continued)

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Significant Changes

CHAPTER 19—MAKEUP

(continued)

CHAPTER 24—FACIAL MAKEUP

(continued)

New: (continued)

- Makeup for everyone
- Airbrush makeup
- Reshaping techniques for the face primarily focus on specific facial shapes, such as minimizing a prominent chin and adding overall width to the face
- Eyebrow shapes expanded to include fashion shapes—hard-angled, soft-angled, straight, rounded, and S-shaped
- Eyeshadow application expanded to include transition color (four total)
- Eyelash extensions and eyelash perming
- Eyelash and eyebrow tinting
- Here's a Tip: eyelash home care instructions
- Balancing skin tones now includes hyperpigmented skin
- Consultation now includes questions for clients
- Bracing application technique
- Makeup looks now available only online
- QR code link to special occasion makeup

Part 5: Nail Services

Part 5: Nail Care

CHANGES TO PART 5:

- Renamed Nail Services
- Includes:
 - Ch 20 Manicuring
 - Ch 21 Pedicuring
 - Ch 22 Nail Extensions and Resin Systems
 - Ch 23 Liquid and Powder Nail Enhancements
 - Ch 24 Light-Cured Gels

CHAPTER 20—MANICURING

Learning Objectives:

1. Explain why manicuring is important to a cosmetologist.
2. List required manicure station equipment.
3. Describe optional nail service equipment.
4. Identify multiuse manicuring implements.
5. List single-use nail service implements.
6. Explain the different types of materials used during manicure services.
7. Describe the different types of professional products used during a manicure.
8. Explain things to know about your client before performing a nail service.
9. Name and describe the three-part procedure used in basic manicures.
10. Outline nail polish application steps.
11. List the massage movements for a hand and arm massage.
12. Explain the differences between spa and basic manicures.
13. Describe different paraffin wax application methods.
14. Describe manicure approaches for clients with physical or intellectual disabilities.
15. Describe basic nail art concepts.

CHAPTER 25—MANICURING

Learning Objectives:

1. Define *scope of practice*.
2. Describe the potential consequences if a nail technician works outside the state's scope of practice.
3. Identify the four types of nail technology tools required to perform a manicure.
4. Explain the difference between multiuse (reusable) and single-use (disposable) implements.
5. Name and describe the three-part procedure used in the performance of the basic manicure.
6. Explain why a consultation is important before a service in the salon.
7. List and describe the five basic nail shapes for women.
8. Describe the most popular nail shape for men.
9. List the massage movements for performing a relaxing hand and arm massage.
10. Explain the differences between spa manicures and basic manicures.
11. Describe how aromatherapy is best used in manicuring services.
12. Explain the benefits of paraffin wax in manicuring.

Both editions cover essentially the same information, including manicuring equipment implements, supplies, and procedures. All text has been streamlined, and many figures are new or updated. Former Chapter 25 is now Chapter 20.

Removed:

- Nail bleach
- How to cater to a man's manicure service section
- Basic nail shapes for women

New:

- Autoclave information
- Care and services for clients with disabilities
- Updated nail art
- Revised manicure consultation
- Expanded nail polish application section
- Paint-on paraffin services
- Procedures refreshed, with many new tutorial images and some fresh text

CHAPTER 21—PEDICURING

Learning Objectives:

1. Explain why pedicure knowledge is important to a cosmetologist.
2. Identify necessary and optional pedicure equipment.
3. Describe pedicure implements.
4. Identify materials unique to pedicures.
5. List professional pedicure products.
6. List the steps in a pedicure client consultation.
7. Explain the differences between a basic pedicure and a spa pedicure.
8. Identify pedicure massage benefits.
9. Describe approaches to pedicures for clients with health considerations.
10. Summarize the importance of cleaning and disinfecting a pedicure footbath.

CHAPTER 26—PEDICURING

Learning Objectives:

1. Describe the equipment used when performing pedicures.
2. Identify materials only used when performing pedicures.
3. Describe the function of callus softener in a pedicure procedure.
4. Explain the differences between a basic pedicure and a spa pedicure.
5. Define *reflexology* and its use during a pedicure procedure.
6. Summarize the importance of cleaning and disinfecting a pedicure bath.

Both editions cover most of the same information, including pedicure equipment, specific pedicure tools, and basic and spa pedicure services. All text has been streamlined, and many figures are new or updated. Former Chapter 26 is now Chapter 21.

New:

- Learning Objectives expanded to 10 total
- Gloves
- Clients with disabilities section
- Consultation with existing and new information

CHAPTER 22—NAIL EXTENSIONS AND RESIN SYSTEMS

Learning Objectives:

1. Explain why cosmetologists should learn about nail extensions and resin systems.
2. Explain how to prepare natural nails for a nail enhancement service.
3. Describe different nail tip types.
4. List the advantages of using nail forms.
5. Name the eight most commonly requested nail extension shapes.
6. Identify the qualities of a properly structured nail enhancement.
7. Define nail resin and nail resin systems.
8. Describe how nail wraps strengthen nails.
9. Outline the advantages of applying a dip system.

CHAPTER 27—NAIL TIPS AND WRAPS

Learning Objectives:

1. In addition to your basic manicure table set up identify any supplies that are needed for nail tip application and explain their use.
2. Name and describe the three types of nail tips available and describe the importance of correctly fitting nail tips.
3. Demonstrate the stop, rock, and hold method of applying nail tips.
4. Explain a few methods of applying nail tips.
5. List the types of fabrics used in nail wraps and explain the benefits of using each.
6. Describe the main difference between performing the two-week fabric wrap maintenance and the four-week fabric wrap maintenance.
7. Demonstrate how to remove fabric wraps and what to avoid.

The 14th edition includes some topics covered in the 13th edition, including nail tip types and application techniques. Newer topics have been added, for example, dip systems. Some information has been reordered or combined with other sections. Nail wraps remain in this chapter, but coverage has been significantly reduced.

Former Chapter 27 is now Chapter 22. Chapter 22 has been refocused and renamed Nail Extensions and Resin Systems.

Removed:

- Linen and paper nail wraps
- Nail wrap maintenance, repair, and removal

New:

- Learning Objectives expanded to nine total
- Dry manicure
- Nail forms
- Reusable nail forms
- Nail dipping
- Nail shapes for nail extensions
- Properly structured nail enhancements
- Nail resins and nail resin systems (condensed)
- Nail tip removal

CHANGES TO PROCEDURES

Removed:

- P27-2, Nail Wrap Application
- P27-3, Two-Week Fabric Wrap Maintenance
- P27-4, Four-Week Fabric Wrap Maintenance
- P27-5, Nail Tip and Fabric Wrap Removal

(continued)

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Significant Changes

CHAPTER 22—NAIL EXTENSIONS AND RESIN SYSTEMS

(continued)

CHAPTER 27—NAIL TIPS AND WRAPS

(continued)

(continued)

New:

- P22-1, Dry Manicure
- P22-3, Nail Tip Removal
- P22-4, Disposable Nail Form Application
- P22-5, Dip System One-Color Application
- P22-6, Resin System Removal

CHAPTER 23—LIQUID AND POWDER NAIL ENHANCEMENTS

Learning Objectives:

1. Explain why cosmetologists should learn about monomer liquid and polymer powder nail enhancements.
2. Describe liquid and powder nail enhancement chemistry.
3. Identify liquid and powder nail enhancement supplies.
4. Describe two ways to create nail art using liquid and powder.
5. Outline the processes of liquid and powder nail enhancement maintenance and removal.

CHAPTER 28—MONOMER LIQUID AND POLYMER POWDER NAIL ENHANCEMENTS

Learning Objectives:

1. Explain monomer liquid and polymer powder nail enhancement chemistry and how it works.
2. Name the specific tools, equipment, and supplies required to perform monomer liquid and polymer powder nail enhancements.
3. List the steps to apply non-acid and acid-free nail primers.
4. Explain how to properly store monomer liquid and polymer powder products.
5. Describe the apex, stress area, and sidewall, and tell where each is located on the nail enhancement.
6. Describe how to perform a one-color maintenance service on nail enhancements using monomer liquid and polymer powder.
7. Demonstrate how to perform crack repair procedures.
8. Implement the proper procedure for removing monomer liquid and polymer powder nail enhancements.
9. Describe the general process for using odorless products.
10. List two ways to create nail art from monomer liquid and polymer powder.

Both editions cover most of the same information, including implements and supplies, application procedures, and nail art. Relevant topics have been added. Some information has been reordered or combined with other sections. Former Chapter 28 is now Chapter 23.

Removed:

- Learning Objectives reduced to five total
- Nail dehydrator (remains in procedures)
- Focus On: proper handwashing (remains in procedures)
- Safety eyewear (discussed in Ch 20, Manicuring)
- Dust masks (discussed in Ch 20, Manicuring)
- P28-4, Crack Repair for Monomer Liquid and Polymer Powder Nail Enhancements

New:

- EMA and PMMA polymers
- Shiner buffers
- Electric files
- Scoring abrasives

CHAPTER 24—LIGHT-CURED GELS

Learning Objectives:

1. Explain why cosmetologists should learn about light-cured gels.
2. Discuss light-cured gel chemistry.
3. Explain the difference between UV and LED light used to cure gels.
4. Distinguish between different nail service gel types.
5. List gel application supplies.
6. Describe how to store, use, and remove gels.
7. Recognize when to choose gel services

CHAPTER 29—LIGHT CURED GELS

Learning Objectives:

1. Describe the chemistry and main ingredients of light-cured gels.
2. Explain when you would use a one-color or two-color method for applying UV or LED gels.
3. List the different types of light-cured gels used in current systems.
4. Identify the supplies needed for light-cured gel application.
5. Determine when to use light-cured gels in your client.
6. List the four guidelines that will assist you in choosing the proper light-cured gel technology for your client.
7. Discuss the differences between light-cured lamps and bulbs.
8. Identify the advantages of using light-cured gel polish.
9. Describe how to maintain light-cured gel nail enhancements.
10. Explain how to correctly remove soft light-cured gels.
11. Identify the correct way to remove soft light-cured gels.

Both editions cover much of the same information, including the chemistry of light-cured gels. Some sections have been combined, and most text has been streamlined. Newer light-cured gel technology has been added. Existing procedures have been reorganized and edited. Former Chapter 29 is now Chapter 24.

Removed:

- Nail dehydrator (remains in procedures)
- Nail adhesive
- Self-leveling gel as separate category

New:

- Exothermic reactions during curing and ways to control heat spikes
- Polymer gel

CHANGES TO PROCEDURES

Removed:

- Procedure 29-7, Light-Cured Gel Removal—Soft or Soakable Gel Polishes

New:

- P24-1 renamed One-Color Hard-Gel Overlay
- P24-2 renamed Two-Color Hard-Gel Overlay
- P24-3 renamed One-Color Hard-Gel Sculptured Extensions
- P24-4, One-Color Polymer Gel Overlay (tube gel)
- P24-5 renamed Hard-Gel Maintenance
- P24-6, Soak-Off Gel Polish over Nail Enhancements
- P24-7, Soak-Off Gel Polish on Natural Nails