

# BULLETIN

## Clinical Service Exercise Protocol

*Original publication date 10/2016*

This BOC Bulletin is being released to answer questions from schools regarding clinical service exercises, including how many of students' service exercises ("quotas") must be performed on real people rather than mannequins. This document outlines a protocol for schools based on a reasonable and current industry standard and demand for services across the state.

### What is a clinical service exercise?

Clinical service exercises, or "quotas," are specific services each student must perform as part of their training. The quantity each student must complete is required in rule (MN Rules [2110.0510](#), [2110.0520](#), [2110.0530](#)). Instructors must review and evaluate each service exercise before, during, and after the service (MN Rule [2110.0740 G](#)). A clinical service exercise is a full service completed as if the service was received in a salon setting.

The BOC gets the most questions on this topic regarding waxes and nail services, so here are some additional details on what counts as a clinical service exercise in these areas. Remember, cosmetologist students are also required to complete waxing and nail service exercises.

**Facial Waxes:** A chin wax, a lip wax, a cheek wax (including both cheeks), and an eyebrow wax (including both eyebrows) would each count as one service exercise. For example, if a student performed a lip wax and an eyebrow wax on one client, the student would receive credit for two clinical service exercises.

### Body Waxes:

These services each count as one body wax service exercise:

- Upper or lower half-leg wax (both legs)
- Upper or lower half-arm wax (both arms)
- Underarm wax (both underarms)
- Back wax
- Chest wax

These services each count as two body wax service exercises:

- Full leg wax (both legs)
- Full arm wax (both arms)
- Bikini or bikini line wax
- Brazilian wax

Reminder  
 Cosmetologist and esthetician students who complete training on or after January 1, 2017, must meet the new rule requirements regarding the number of completed waxing, facial, and makeup application service exercises.

**Manicures, Pedicures, and Artificial Nail Services:** A manicure, a pedicure, or an artificial nail service exercise consists of two hands or two feet, including all 10 fingers or 10 toes.

### Are clinical service exercises performed on people or mannequins?

Both. Upon graduation, students are expected to be competent in performing services on people, so a certain number of service exercises in each category are expected to be on people. The chart on the next page outlines the expectation for all clinical service exercises.

# BULLETIN

The “Total” column outlines the total number of services that must be completed by each student, as outlined in rule. The “On People” column outlines the number of services that should be performed on real people (clients, models, other students, etc.) rather than mannequins. The remaining balance of service exercises can be performed on either people or mannequins.

Cosmetologist students are responsible for all sections, 1-8, esthetician students are responsible for section 7 only, and nail technician students are responsible for section 8 only. *Hint: These section numbers align with the chart in MN Rule 2110.0510.*

Section	Service	Total	On People	Note
1	Shampooing	300	150	
2	Scalp and Hair Conditioning	150	75	
3	Hair Design Shaping	75	60	
4	Chemical Hair Control	60	15	2 or more services should use a sodium hydroxide relaxer product on a person with highly textured hair.
	<i>Including Chemical Relaxers</i>	6		
5	Hair Coloring	50	40	
6	Hair Styling	300	150	
7	Facials	60	60	
	Makeup	40	40	
	Facial Waxes	20	20	20 waxes must use hard wax and 20 waxes must use soft wax. Sugaring products are considered soft wax.
	Body Waxes	20	20	
8	Manicures and Pedicures	50	40	10 or more services must be artificial nail services applying gel or acrylic nails, including 3 sculptured nail services.
	<i>Including Artificial Nails</i>	10		

## Additional Information

This document is intended to outline a standard protocol for clinical service exercises and is not intended to provide specific or general legal advice. The BOC encourages readers to share this bulletin to any interested party.

## Questions or Comments

Schools may submit questions or comments regarding this bulletin by emailing School Liaison staff at [cosmoschools@state.mn.us](mailto:cosmoschools@state.mn.us).