



SCNC  
2018

# SCNC

SKILLS CANADA  
NATIONAL COMPETITION

# OCMT

OLYMPIADES CANADIENNES  
DES MÉTIERS ET  
DES TECHNOLOGIES

  
**SkillsCompétences**  
Canada  
Edmonton2018

TEST PROJECT / PROJET D'ÉPREUVE

# AESTHETICS ESTHÉTIQUE

POST- SECONDARY /  
NIVEAUX POSTSECONDAIRE



Welcome to the 2018 National Aesthetics Competition.  
Congratulations on participating in such an exciting and rewarding competition.

Models for all competitions will be provided by the host province.

During the competition, you will be judged in the following areas:

Professional presentation, technical skills, organizational skills, communication, sanitation and complying with health and safety.

- Advanced Facial Treatment with Electrotherapy (Female model)
- Body Therapy Treatment - Bed Pedicure (Female model).
- Manicure with nail art on natural nails. (Female model).
- Creative Makeup Application and Complimentary Nail Art (Female model)

### **Orientation for competitors and trainers:**

**Competitors are to bring a copy of the Contest Description, Project and any other documents pertaining to the Aesthetics competition.**

**During the competitor orientation, you will have the opportunity to familiarize yourself with the equipment, products and tools. Competitors and trainers will have the opportunity to ask questions at this time.**

### **Advanced Facial with Electrotherapy:**

Skin analysis and consultation forms that will be used during competition will be posted online for each competitor to practice with.

Timing for the Advanced Facial test will include consultation and skin analysis. When recording information, explanations must be clear, but brief. Judges may refer to analysis sheets before and throughout the tests.

### **Manicure with Nail Art:**

Nail art must be free hand using only the brush and/or dotter tool provided by LCN. Finished nail art must represent the final picture(s) and follow the steps provided.

### **Makeup with Creative Design and Nail Art:**

Sheriff Cosmetics will supply foundation, concealer, colour corrector, primer, highlighting, contouring, and translucent powder. Competitors will supply all their own creative makeup, strip lashes, lash glue, nail, nail art supplies, nail glue, and specified nail tips. No colour bleeding and no corrections during the application. Nail art must be free hand using only nail art brushes and dotter. Decals, polish with built in striper brush, corrector pens, guideline tape, or any other tools will not be allowed.

### **Body Therapy Treatment – Bed Pedicure:**

The treatment will consist of a pedicure to be done on a massage table/bed.

### **Tasks and Checkpoints:**

You will be given a specified time for each task. Judging is done throughout each task, so you will need to be aware of these CHECK POINTS indicated in your instructions. It is the competitors' responsibility to ensure that judges check the models prior to commencing any treatment. All tests must be finished within the given time. Other than judging time, no extra time will be granted.

**Note:** If you are in doubt about any other tools or equipment you wish to use, check with the chair of the committee prior to the competition date or at orientation.

**Note:** Each test must be performed using the provided number of towels.

TEST	NUMBER OF TOWELS NEEDED FOR THE COMPETITION
Facial	1 large, 8 mediums
Manicure with Nail Art	6 mediums
Body Therapy Treatment – Bed Pedicure	2 larges; 6 mediums
Creative Makeup with Complimentary Nail Art	3 mediums (1 medium for makeup, 2 mediums for nails)

Competitors may choose not to use all towels.

Points will be awarded throughout each test for professionalism and complying with occupational health and safety.

Personal Protective Equipment (PPE) required		
TEST	PPE	UNIFORM
Body Therapy Treatment - Pedicure to be performed in bed	Gloves(vinyl), dust/protective facial mask	Throughout the competition the competitor must wear black uniform of their choice with black closed toed shoes, and black socks
Facial	Finger cots or gloves	
Manicure with Nail Art	Dust/protective facial mask	
Creative Makeup with Complimentary Nail Art	N/A	

Below are examples of the closed toed shoes and uniform to be provided by the competitor.



### **MARKING SUMMARY**

<b>Skill Area</b>	<b>Time</b>	<b>Model</b>	<b>Maximum Mark</b>
Advanced Facial Treatment	3 Hours	Female Model	30
Body Therapy Treatment - Pedicure to be performed in bed	3 Hours	Female Model	20
Manicure with nail art	3 hours	Female Model	20
Creative Makeup Application with complimentary nail art	3 hours	Female Model	30
<b>TOTAL:</b>	<b>12 Hours</b>		<b>100</b>

Day 1		
Group	AM	PM
A	Advanced Facial Treatment	Manicure with Nail Art
B	Manicure with Nail Art	Advanced Facial Treatment
Schedule		
	8:00 am	Competitors room open
	8:45 am	Daily briefing and review of safety
	9:00am -12:00pm Facial/Manicure	AM competition begins
	12:15 – 1:15 pm	<b>LUNCH</b>
	1:30 pm - 4:30 pm Manicure/Facial	PM competition begins
	4:30 pm	Competition ends (approximate time)

**Note:** This is a tentative schedule. Start and end times may vary.

Day 2		
Group	AM	PM
A	Creative Make Up with Complimentary Nail Art	Body Therapy Treatment - Pedicure
B	Body Therapy Treatment - Pedicure	Creative Make Up with Complimentary Nail Art
Schedule		
	8:00 am	Competitors room open
	8:45 am	Outline of day and safety
	9:00am -12:00 pm Make Up/Body Treatment - Bed Pedicure	AM competition begins
	12:15 – 1:15 pm	<b>LUNCH</b>
	1:30 pm - 4:30 pm Makeup/Body Treatment - Bed Pedicure	PM competition begins
	4:30 pm	Competition ends!

**Note:** This is a tentative schedule. Start and end times may vary.

## Advanced Facial Treatment

**Time allotted: 3.0 hours**

**Model: Female**

**Maximum mark: 30**

Starting Time	Group	
9:00 am	A	
1:30 pm	B	
Time	Task	Skill checklist
15 minutes	Pre-services	Treatment area and competitor is prepared and organized.
45 minutes	Installation of model. Preliminary and Cleansing steps. Skin analysis performed.	<ul style="list-style-type: none"> <li>• Model is greeted and prepared for the service.</li> <li>• Client consultation and preliminary skin analysis is performed. Findings recorded on provided skin analysis forms.</li> <li>• Product choice is made.</li> <li>• First cleanse performed.</li> <li>• Second skin analysis performed using BT-Vision head lamp and diopters. Findings recorded.</li> <li>• Second cleanse performed.</li> <li>• Skin is toned.</li> </ul>
10 minutes	<p style="text-align: center;">Check Point – Break for judging. Judges to review analysis forms and compare findings to model's skin condition.</p>	
10 minutes	Exfoliation performed	<p>Procedure is performed according to treatment plan and will include the following on the face, neck, and Décolleté</p> <ul style="list-style-type: none"> <li>• Exfoliation</li> <li>• Removal of exfoliant</li> </ul>
10 minutes	<p style="text-align: center;">Check Point – Break for judging. Judges to check for correct removal of exfoliant.</p>	



50 minutes	Advanced Facial Treatment	<ul style="list-style-type: none"> <li>• Massage to face, neck, and décolleté (must demonstrate effleurage, petrissage, gentle tap, and vibration movements) - minimum 10 minutes of massage.</li> <li>• Removal of massage medium.</li> <li>• Application of appropriate serum and Soothing Recovery Gel Mask.</li> <li>• Serum and mask to be infused to face, neck, and décolleté using BT-Nano device on + iontophoresis setting with correct technique.</li> <li>• Gel mask removed.</li> <li>• Skin type specific mask evenly applied to face, neck, and décolleté.</li> <li>• Hand, arm, and shoulder massage to be performed during masking. Must demonstrate effleurage and petrissage movements. Minimum 10 minutes of massage to be performed.</li> <li>• Mask removed and skin is toned.</li> <li>• Correct finishing products applied, to include: eye cream, moisturizer, and UV protection.</li> </ul> <p>Order of the treatment may vary but must follow a logical sequence.</p>
20 minutes	Check Point – Break for judging	
10 minutes	Model exit and post service clean up	Assist model to exit and treatment area is cleaned up.
10 minutes: Final judging		

## Manicure Service with Nail Art

**Time allotted: 3 hours**

**Model: Female**

**Maximum mark: 20**

Starting time		Group
9:00 am		B
1:30 pm		A
Time	Task	Skill checklist
10 minutes	Pre-service	Treatment area, competitor and client prepared for treatment.
15 minutes	Remove polish	Polish removed
10 minutes	Check Point - Break for judging	
30 minutes	Filing, cuticle work and buffing	<ul style="list-style-type: none"> <li>Nails filed, shaped and buffed. Cuticle work performed. <b>No cuticle oil is to be applied to the nails</b></li> </ul>
10 minutes	Check Point - Break for judging	
15 minutes		<ul style="list-style-type: none"> <li>Exfoliation is applied and completed</li> </ul>
5 minutes	Check Point - Break for judging	
15 minutes	Massage and prep	<ul style="list-style-type: none"> <li>Massage performed on lower arm and hand.</li> <li>Nails prepped for polish application</li> </ul>
5 minutes	Check Point - Break for judging	
40 minutes	Polish and nail art	<ul style="list-style-type: none"> <li>Free hand polish application.</li> <li>Nail art performed on all ten fingers duplicating design posted on the web</li> </ul>
15 minutes	Check Point - Break for judging	
10 minutes	Model exit and post service - clean up	Assist model to exit and treatment area is cleaned up.
Final judging		

## **Creative Makeup Application**

**Time allotted: 3 hours**

**Model: Female**

**Maximum mark: 30**

Starting time		Group
9:00 am		A
1:30 pm		B
Time	Task	Skill checklist
15 minutes	Pre-service - Set up station for makeup and welcome model	Treatment area, esthetician and-model are prepared for the service. Vision board to be displayed at station.
15 minutes	Prepare skin for makeup application	Cleanses tones and moisturizes skin.
5 minutes	Check Point - Break for judging	Check Point - Break for judging
60 minutes	Full creative makeup application to the whole face (must include all the make-up steps listed). Creative makeup must support Russian theme and vision board must reflect makeup look.	<p>Full face creative makeup application must include all of the makeup steps: Foundation, powder, correction, contouring and highlighting, brow colour, eye shadows, liquid or gel or cream liner, mascara, artificial lashes, blush, lip liner and lip colour.</p> <p>Base makeup products will be provided.</p> <p>All other makeup provided by competitor.</p> <p>* See Sheriff kit list for provided products</p> <p>Creative make up according to the theme and the competitors vision board.</p>

15 minutes	Check Point - Break for judging Competitors will set up for nails	
50 minutes	Full nail tips application and free style nail art applied. Nail art to compliment creative makeup and be supported by vision board.	Competitor will attach all 5 nail tips to natural nails. Blending of tips optional and as needed. Applies nail art to compliment the makeup theme and vision board. Uses at least three techniques and products on the 5 nails
10 minutes	Check Point - Break for judging	
10 minutes	Model exit and post service clean up	Assist model to exit and treatment area is cleaned up.

## **Body Therapy Treatment - Pedicure**

**Time allotted:** 3 hours

**Model:** Female

**Maximum mark:** 20

Starting time		Group
9:00 am		B
1:30 pm		A
Time	Task	Skill checklist
10 minutes	Pre-service set up	Treatment area and competitor is prepared for pedicure.
15 minutes	Model installation, client consultation and preparation.	Model is greeted and therapist offers assistance and care as needed. Model and therapist undergo a consultation to ensure no contra-indications. Model is prepared for treatment of lower leg and foot. Model should change into client wrap to cover waist and thigh area, but can keep shirt on.
10 minutes	Judging check point. Judges will assess consultation forms and findings to the model's foot condition, and any contraindications.	
15 minutes	Soaking	Both feet are to be soaked with model on the massage table. Competitors may show variations in technique. Feet must be soaked for 10 minutes.
40 minutes	Foot and nail work	Clipping, nail filing, cuticle work, foot filing, and nail buffing to be completed on both feet.  <b>No cuticle oil to be applied during this component.</b>  Steps may vary, but must follow a logical sequence.
20 minutes	Check Point for judging Judges to assess quality of foot care service.	

15 minutes	Lower leg and foot massage	Cuticle oil to be applied to the nails, followed by 10 minutes massage of lower leg and foot. Must demonstrate effleurage and petrissage movements.
5 minutes	Nail preparation	Nails are to be adequately prepared for polish service.
10 minutes	Check point for judging Judges to assess clean nail surface achieved	
20 minutes	Polish application	Base coat, red nail varnish, and top coat to be applied to all ten toes.  <b>No clean up allowed during this component.</b>
10 minutes	Judging check point Judges to assess polish skill level	
10 minutes	Final clean up and model exit	Model exit is professional.  Competition area is cleaned and disinfected.

## Sponsors and Training Product

Please contact sponsors to purchase product for training purposes.

### **Advanced Facial Treatment:**

- Cara Skin Care provided by ProBeauty Group ([www.pro-beauty.com](http://www.pro-beauty.com))
- BT-Vision and BT-Nano provided by Vancouver Community College

### **Body Treatment - Pedicure:**

- Products supplied by ProBeauty Group ([www.pro-beauty.com](http://www.pro-beauty.com))

### **Make up with Creative Design:**

- Foundation, concealer, colour corrector, primer, highlighting, contouring, and translucent powder supplied by Sheriff Cosmetics (<http://sheriffcosmetics.com>)
- **ALL OTHER MAKEUP PROVIDED BY COMPETITOR**

### **Manicure with Nail Art:**

- LCN Product supplied by ProBeauty Group ([www.pro-beauty.com](http://www.pro-beauty.com))

It is important for each competitor to check the Skills/Compétences Canada Website for the Contest Description and product list information. Check regularly for any changes and follow-up with your advisors ([www.skillscanada.com](http://www.skillscanada.com)).



THINKING



DOCUMENT USE



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