



# SCNC SKILLS CANADA NATIONAL COMPETITION



# OCMT OLYMPIADES CANADIENNES DES MÉTIERS ET DES TECHNOLOGIES



**SkillsCompétences**  
Canada  
Halifax2019

TEST PROJECT / PROJET D'ÉPREUVE

# AESTHETICS ESTHÉTIQUE

POST- SECONDARY /  
NIVEAU POSTSECONDAIRE



Welcome to the 2019 National Aesthetics (30) 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 (using high frequency and steamer)**

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. An LED lamp will be supplied for the gel polish portion of the competition, provided by LCN.

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

The makeup for the foundation, concealer, colour corrector, primer, highlighting, contouring, and translucent powder will be provided to the competitor. Nail tips and

adhesive along with the glue for nail design will be provided by LCN. Competitors will supply all their own creative makeup, strip lashes, lash glue, and nail art supplies, to complete their desired look.

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 (Pedicure):**

The treatment will consist of a pedicure to be done on a massage table/bed. All pedicure products will be supplied by LCN. Refer to the steps in the Pedicure description.

### **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 medium
Manicure with Nail Art	6 medium
Body Therapy Treatment - Pedicure to be performed in bed	2 large; 6 medium
Creative Makeup with Complimentary Nail Art	3 medium (1 medium for makeup, 2 medium 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, socks 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 -12:00 pm 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

**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
<b>Schedule</b>		
	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.	
15 minutes	Installation of model. Preliminary skin analysis	Model is greeted and prepared for the service. Model hair is protected Client consultation and preliminary skin analysis is performed	
5 minutes	Check Point – Break for judging. Checking model preparation.		
25 minutes	Eye & lip make up removal. Cleansing steps and skin analysis performed.	Product choices made First cleanse performed Analysis with mag lamp. Findings recorded on provided skin analysis forms. Second cleanse performed	
10 minutes	Check Point – Break for judging. Judges to review analysis forms and compare findings to models skin.		



10 minutes	Skin toning and exfoliation performed	Procedure is performed according to plan and must include the following; face, neck decollate. Skin toned and exfoliated. Steamer to be used during exfoliation. Removal of exfoliant.
10 minutes	Check Point – Break for judging. Judges to check correct removal of exfoliant.	
20 minutes	Advanced facial treatment	Massage movement performed on face, neck and decollate must demonstrate effleurage, tapotement, and petrissage movements for a minimum of 10 minutes. Removal of massage medium. Serum to be infused using high frequency machine Application of appropriate mask to face neck to the collar bone
10 minutes	checkpoint	Judges to check correct application of mask.
20 minutes	Hand, arm & Shoulder massage. Mask removal Application of finishing products.	Hand, arm and shoulder massage performed during masking for a minimum of ten minutes. Must show effleurage and petrissage movements. Complete removal of mask Apply eye cream, moisturizer and UV protection. Order of treatment may vary but be in logical sequence. Individual application of each product must be demonstrated.
10 minutes	Checkpoint for judging	Checking for correct removal of mask.
15 minutes	Model exit and post service clean up.	Assist model to change room and waiting area to exit and treatment Clean up.

15 minutes	Final judging.	
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### 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 and model installation	Treatment area prepared Model prepared for service and verbal consultation completed along with visual analysis
10 minutes	Remove polish	Red polish removed from all 10 fingers without staining skin of model or competitor.
5 minutes	Check Point - Break for judging	
30 minutes	Dry manicure application, filing, cuticle work, buffing and prep	Nails filed, shaped. Cuticle work performed. Nails are buffed preparation for gel polish application nails are dehydrated and prepared for gel polish application
10 minutes	Check Point - Break for judging	
40 minutes	Polish and nail art	Gel base coat application to all ten fingers Free hand gel polish application (no other tools to be used other than the ones provided by LCN) Nail art performed on all ten fingers following exact steps as pictured on skills website. Gel top coat application to all ten fingers.

15 minutes	Check Point - Break for judging	
10 minutes	Exfoliation of lower arm and hand	Scrub is performed and removed, leaving no residue <b>with towel/s from hot towel cabinet only.</b>
5 minutes	Check Point - Break for judging	
15 minutes	Mask application and massage on lower arm and hand	Application of hydrating hand mask to lower arm and hand. Massage performed on lower arm and hand for 10 minutes. Massage to demonstrate classical movement: effleurage, petrissage, tapotement and passive joint movements. Excessive products removed from models' nails, arm and hand using a dry towel or gauze.
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 and disinfected.
10 minutes	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, competitor and model are prepared for the service. Vision board to be displayed at station.
5 minutes	Check Point – Break for judging	
10 minutes	Base make-up to be applied to face	Foundation, powder, correction, and highlighting to be applied.
10 minutes	Check point	
40 minutes	Full creative make up application to the face. Creative makeup must support Icelandic theme and vision board must reflect makeup look.	Full face creative make up application must include all of the makeup steps; brow color, eye shadows, liquid or gel or cream liner, mascara, artificial lashes, blush, lip liner and lip color.  Creative make up according to the theme and the competitors vision board.
15 minutes	Check Point - Break for judging Competitors will set up for nails	

55 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. Apply nail art to compliment the makeup theme and vision board. Use at least three techniques and products on the 5 nails <b>Accessories must not cover the face or impede the creative make up judging</b>
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.
10 minutes	Final Judging	

## 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.
10 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.	
10 minutes	Soaking and assisting client to the treatment table.	Both feet are to be soaked. Competitors may show variations of this technique. Feet must be soaked for 5 minutes. Assist client to treatment table.

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.
15 minutes	Check Point for judging	
15 minutes	Lower leg and foot massage	Cuticle oil to be applied to the nails, followed by 10 minute massage of lower leg and foot. Must demonstrate effleurage and petrissage movements.
15 minutes	Application of mask	Mask applied to foot and ankle wrapped in a foot bag left on for 5 minutes and then removed. No moisture residue of massage cream under free edge. Nails are to be prepared for polish.
10 minutes	Check point for judging	
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>
15 minutes	Judging check point	
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))
- High frequency and steamers provided by CANS and CBBC Regency Training Salon and Spa

**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 provided by CANS / Bodyography
- 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 Canadian Skills Competition 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)).