

TEST PROJECT

Body Therapy Treatment and Hair Removal - The competitor will demonstrate knowledge and understanding of the application of hard wax, body scrub, and hot stone massage techniques and products.

TEST	NUMBER OF TOWELS PROVIDED
Body Therapy Treatment	2 Large; 6 medium

PPE	
Test	PPE
Body Therapy Treatment	Gloves (vinyl)

BODY THERAPY TREATMENT AND HAIR REMOVAL

Time allotted: 3 hours

Model: Female

Maximum mark: 30

Starting time	Group
8:00 am	B
1:00 pm	A

Time	Task	Skill Checklist
10 minutes	Pre-service set up	Treatment area and competitor is prepared for underarm waxing.
15 minutes	Model installation, written client consultation and preparation.	<p>Model is greeted and therapist offers assistance and care as needed.</p> <p>Model and therapist undergo a written consultation to ensure no contraindications.</p> <p>Model is prepared for treatment with adequate draping to provide comfort, warmth and modesty.</p>
5 minutes	Check point for judging	

20 minutes	Competitor to prepare underarm, wax and tweeze and apply post waxing product.	<p>Underarm area to be cleansed and prepped for waxing service. Competitor to test temperature of wax.</p> <p>Waxing procedure completed to both underarms. Competitor is to demonstrate tweezing techniques (even if no hair remains on the client's underarm) and make judges aware of when they are ready to tweeze by raising their hand.</p> <p>Finishing products applied.</p>
10 minutes	Check point for judging	
5 minutes	Competitor will prepare and install model for back scrub treatment.	Competitor will assist, prepare and install, with modesty and safety in mind, their model for for back scrub.
20 minutes	Cleansing and exfoliation	<p>Application and removal of cleanser.</p> <p>Application and removal of scrub.</p> <p>Removal of cleanser and scrub using a maximum of 4 wet towels ONLY (no gauze allowed for removal). There should be no scrub residue left on back</p>
10 minutes	Check point for judging	
10 minutes	Competitor to prepare model for hot stone massage.	Competitor will assist, prepare and install, with modesty and safety in mind, their model for for hot stone massage.

		Competitor will test temperature of stone.
40 minutes	Hot stone massage performed.	<p>Hot stone massage is performed and should include the use of different stones accommodating to the part of the body. Placement stones should also be used.</p> <p>Massage should be flowing, rhythmical, consistent, and modified to model's needs and comfort.</p> <p>Massage may be carried out according to competitor's choice of procedure; Buttocks, front of legs, stomach and face are excluded from massage.</p> <p>Competitors must massage the back, back of legs, décolleté, and arms.</p>
15 minutes	Check point for judging	
15 minutes	Model exit and post service clean up.	Assist model to exit and treatment area is cleaned up.
5 minutes	Check point for judging	