



TEST PROJECT
Aesthetics
POST-SECONDARY

WELCOME TO THE 2022 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
- Product knowledge & control
- Sanitation
- Compliance with health and safety

Bridal Makeup & Mini Facial - female model

Body Therapy Treatment with underarm waxing - female model

Manicure with gel polish nail art - female model

Creative makeup - female model

Orientation for competitors:

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 will have the opportunity to ask questions at this time.

Bridal Makeup & Mini Facial

The competitor will demonstrate the application of bridal makeup including foundation with corrective work, blush, blended eye shadows, eyeliner, lip liner and red lipstick. They will then demonstrate a mini facial using the sponsor's products.

Manicure with Gel Polish Nail Art

The competitor will demonstrate a manicure using the sponsor's (LCN) products and will duplicate the step-by-step nail art, as shown on the Skills website. The polish and nail art is done with LCN gel polish (LED lamp will be provided). Nail art must be free hand using only the nail art brush supplied by LCN or the nail brush from the polish bottle. Decals, polish with built in striper brush, corrector pens, guideline tape or any other

tool(s) will not be allowed.

Creative Makeup

The competitor will demonstrate a creative makeup look with a Shanghai theme. The creative makeup will be included on the face, neck and décolleté of the model. The Shanghai theme/inspiration will be displayed on their 12x16 vision board.

Body Therapy Treatment

The competitor will demonstrate knowledge and understanding of a body treatment including cleansing, exfoliation, hot stone massage and underarm hair removal with hard wax.

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 indication in your project 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.

NOTES:

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.

Each test must be performed using the provided number of towels. You do not have to use all supplied to you; however, you cannot use more.

Vision Boards should reflect your research on the given creative makeup theme to give judges an idea of where your inspiration for your makeup has come from. The vision board can be as creative as you want to make it and you can draw your inspiration from anything related to Shanghai.

TEST	NUMBER OF TOWELS NEEDED FOR THE COMPETITION
Bridal Makeup & Mini Facial	8 medium and 1 large

Manicure with gel polish nail art	6 medium
Body Therapy Treatment	6 medium and 2 large
Creative Makeup	2 medium

*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
Bridal Makeup & Mini Facial	Gloves & Facial Mask
Manicure with gel polish nail art	Dust/protective facial mask
Body Therapy Treatment	Gloves & Facial Mask
Creative Makeup	Facial mask

**Competitors will be required to follow provincial Covid-19 rules and regulations; therefore, other PPE may be required during some test projects.

UNIFORM - Throughout the competition, the competitor must wear a black uniform of their choice with black closed toed shoes, and black socks.

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



MARKING SUMMARY

Skill Area	Time	Model	Maximum Mark
Bridal Makeup & Mini Facial	3 hours	Female Model	30
Body Therapy Treatment	3 hours	Female Model	30
Manicure with Gel Polish Nail Art	3 hours	Female Model	20
Creative Makeup	3 hours	Female Model	20
TOTAL:	12 hours		100

Day 1			
Group	AM		PM
A	Bridal Makeup and Mini Facial		Manicure with Gel Polish Nail Art
B	Manicure with Gel Polish Nail Art		Bridal Makeup and Mini Facial

Schedule

8:00 am	Competitors room opens
8:45 am	Daily briefing and review of safety
9:00 am - 12:00 pm	AM competition begins
12:15 pm - 1:15 pm	LUNCH
1:30 pm - 4:40 pm	PM competitions 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 Makeup		Body Therapy Treatment with Underarm Wax
B	Body Therapy Treatment with Underarm Wax		Creative Makeup

Schedule

8:00 am	Competitors room opens
8:45 am	Daily briefing and review of safety
9:00 am - 12:00 pm	AM competition begins
12:15 pm - 1:15 pm	LUNCH
1:30 pm - 4:40 pm	PM competitions begins
4:30 pm	Competition ends

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

Bridal Makeup & Mini Facial

Time allotted: 3.0 hours

Model: Female

Maximum mark: 30

- No high frequency or vapazone will be used/needed for the facial competition
- Robes and flat sheets will be provided

Starting Time	Group
9:00 am	A
1:30 pm	B

TIME	TASK	SKILL CHECKLIST
10 minutes	Pre-services	Treatment area and competitor is prepared and organized for makeup application. Facial supplies to be gathered and ready in this step.
5 minutes	Installation of model	Model is greeted and prepared for makeup & facial procedure. Models' hair is protected and should be in facial gown wrap and robe.

5 minutes	Check Point - Break for judging. Checking model preparation and station set up.	
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TIME	TASK	SKILL CHECKLIST
40 minutes	Bridal Makeup	Bridal makeup - must include foundation, skin correction, blush, blended eyeshadows, eyeliner, mascara, lip liner and red lipstick
10 minutes	Check Point for judging	Preliminary clean-up of makeup station and set up of facial station.
5 minutes	Installation of model onto facial bed	Assist model and install on facial bed. Models' hair is protected.
5 minutes	Check Point for judging	
15 minutes	Full face makeup removal. Skin analysis performed.	First cleanse performed to begin makeup removal. Skin analysis performed with magnifying lamp. Findings to be recorded on provided skin analysis sheets.

	Product choices made.	Second cleanse to be performed leaving no makeup residue with products chosen based on skin findings.
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TIME	TASK	SKILL CHECKLIST
10 minutes	Check Point - Judges to review analysis forms, product choices and check for makeup residue	
10 minutes	Exfoliation performed	<p>Procedure is done according to plan and must include the following: face, neck and decollate.</p> <p>Removal of exfoliant.</p> <p>Skin toned.</p>
5 minutes	Check Point for judging	
20 minutes	<p>Mask Application</p> <p>Massage</p> <p>Mask Removal</p>	<p>Application of clay/ mud mask to face and neck to the collar bone.</p> <p>Mask must be left on for 10 minutes.</p> <p>Massage of decollete, shoulders and upper arms. Movements must demonstrate effleurage, tapotement and petrissage for a minimum of 5 minutes.</p> <p>Complete removal of mask.</p>

		Skin is toned.
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TIME	TASK	SKILL CHECKLIST
10 minutes	Check Point for judging	
10 minutes	Application of finishing products	<p>Apply eye cream, serums, moisturizer (any finishing products).</p> <p>Order of treatment may vary but must be in logical sequence.</p> <p>Individual application of each product must be demonstrated.</p>
10 minutes	Model exit and post service clean up	<p>Assist the model to the change room to collect their belongings and exit the model.</p> <p>Full facial and makeup station post clean up.</p>
10 minutes	Final judging	

Manicure with Gel Polish Nail Art

Time allotted: 3.0 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 Manicure analysis is performed	Treatment are is prepared. Model is greeted and prepared for service. Consultation is performed using the supplied form with findings recorded.
10 minutes	Remove polish	Red polish removed from all 10 fingers without staining skin of model or competitor (if the competitor is wearing gloves, gloves should also not be stained and left on for judging)
5 minutes	Check Point for judging	

TIME	TASK	SKILL CHECKLIST
30 minutes	Dry manicure application including filing, cuticle work, buffing and prep	Nails filed, shaped and cuticle work is performed. Nails are buffed leaving no shine on the nail bed.
10 minutes	Check Point for judging	
10 minutes	Exfoliation of hands and forearm Nails prepped for gel polish application	Exfoliation of hands. Residue to be removed with hot towels. Nails are clean, dehydrated and prepared for gel polish application.
10 minutes	Check Point for judging	

TIME	TASK	SKILL CHECKLIST
45 minutes	Gel polish with nail art	<p>Application of base coat to all 10 fingers.</p> <p>Free hand gel polish application using only the tools provided by LCN.</p> <p>Nail art performed on all 10 fingers following the exact same steps as pictured on the skills website.</p> <p>Gel topcoat applied to all 10 fingers.</p> <p>No oil to be used.</p>
10 minutes	Check Point for judging	

TIME	TASK	SKILL CHECKLIST
15 minutes	Massage on lower arm and hand	<p>Massage performed on lower arm and hand for 10 minutes.</p> <p>Massage to demonstrate classical movements, effleurage, petrissage, tapotement and passive joint movements.</p> <p>Excessive products removed from models' nails, arms and hand using a dry towel or gauze.</p>
5 minutes	Check Point 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	

Creative Makeup Application

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 mintues	Preservice and model installation	Treatment area, competitor and model are greeted and prepared for the service. Vision board is to be displayed at station.
5 minutes	Check Point for judging	
20 mintues	Prepare the skin for makeup Apply base makeup up	Cleanse, tone and moisturize the skin. Apply a foundation to the skin. This will be the base to the creative makeup theme.
10 minutes	Check Point for judging	

TIME	TASK	SKILL CHECKLIST
35 minutes	Creative makeup application to the lip and eyes	<p>Begin the creative makeup on the eye and lip area.</p> <p>Eyes must include an eyeliner, mascara, strip lashes, brow definition and creative eye design.</p> <p>Lip must include lip liner and lipstick. No gloss or shimmer at this point.</p>
10 minutes	Check Point for judging	

TIME	TASK	SKILL CHECKLIST
55 minutes	Creative makeup application to the face, including the neck and décolleté	<p>Creative makeup application performed according to the Shanghai theme and must be represented on the vision board.</p> <p>Design will show correct technique in each segment of the application.</p> <p>Correct tools are used for specific makeups. Hygienic practices are observed throughout the application.</p> <p>Makeup application is correct for the chosen theme, demonstrating creativity and ability.</p> <p>Time should be used effectively to present a completed look.</p>
10 minutes	Check Point for judging	
10 minutes	Model exit and post service clean up	Assist model to exit and treatment area is to be cleaned up.
10 minutes	Final judging	

Body Therapy Treatment with Underarm Wax

Time allotted: 3.0 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 prepared for hard waxing and body treatment.
15 minutes	Model installation Client consultation and preparation	Model is greeted and therapist offers assistance and care as needed. A written consultation is completed to ensure no contraindications. Model is prepared for treatment (waxing and body treatment) with adequate draping to provide comfort, warmth and modesty.
5 minutes	Check Point for Judging	

TIME	TASK	SKILL CHECKLIST
25 minutes	<p>Competitor to prepare underarm</p> <p>Wax</p> <p>Tweeze</p> <p>Apply post waxing product</p>	<p>Underarm area to be cleansed and prepped for hard waxing service.</p> <p>Test wax temperature.</p> <p>Waxing procedure completed on both underarms. Hard wax can be applied a maximum of 2 times to each area on the underarm.</p> <p>Correct tweezing technique is demonstrated as needed. Make judges aware of when they are ready to tweeze or demonstrate tweezing by raising their hand.</p> <p>Finishing products applied</p>
10 minutes	Check Point for Judging	

TIME	TASK	SKILL CHECKLIST
20 minutes	Competitor will prepare and install model for back treatment Cleansing of back Exfoliation of back	Model is prepared for back treatment. Application and removal of cleanser. Application and removal of exfoliator. Removal of cleanser and exfoliant using a maximum of 4 wet towels ONLY. No gauze allowed for removal. There should be no exfoliant residue remaining on the model or bed/linens.
10 minutes	Check Point for Judging	

TIME	TASK	SKILL CHECKLIST
50 minutes	Hot stone massage performed	<p>Competitor will test temperature of stones.</p> <p>Hot stone massage is performed to the back of the body, including back, back of legs and back of arms, for 45 minutes.</p> <p>Competitor must use all stones provided to them 8 small, 10 medium and 3 large.</p> <p>Placement stones should be used.</p> <p>Massage should be flowing, rhythmic, and consistent.</p> <p>Dry towel removal to absorb excessive oil from the back of the body.</p>
15 minutes	Check Point for Judging	
15 minutes	Model exit and post service clean up	<p>Assist model to change room and exit.</p> <p>Treatment area is cleaned up.</p>
5 minutes	Final judging	

Sponsors and Training Product

Please contact sponsors to purchase product for training purposes.

Bridal Makeup & Mini Facial:

- Dermalogica
- Makeup Forever

Body Treatment with Underarm Wax

- Dermalogica
- Waxing supplies provided by Vancouver Community College (CaronLab Group)

Manicure with Gel Polish Nail Art

- LCN

Creative Makeup

- Supplied by the competitor

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)

