



PROJECT
Aesthetics
POST-SECONDARY

WELCOME TO THE 2023 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
- Product knowledge & control
- Sanitation
- Compliance with health and safety

Creative Makeup

- Creative Makeup Application (POP art) - human model

Body Treatment

- Body Treatment with Raindrop Therapy including swedish massage, foot and back cleanse with exfoliation - human model

Manicure

- Manicure with Nail Art

Dry manicure with gel polish, hand and arm massage.- human model / nail tips on fake hands

Advanced Facial

- Advanced Facial with BT micro and BT Sonic Facial with eye lift treatment- 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.

Advanced Facial

BT Micro & Sonic Facial with eye lift treatment

The competitor will demonstrate an advanced facial using Dermalogica products, hot towels, BT micro electrical modality. BT sonic. Face and décolleté massage, treatment mask, arm and hand massage, toner, eye lift treatment. Moisturizer /SPF

*videos on skills website to demonstrate BT micro, BT sonic and eye lift treatment..

Manicure

Dry Gel-Polish Manicure with Nail Art / Hand & Arm Massage

The competitor will demonstrate a dry gel polish manicure using the sponsor's (CND) products including a hand and arm massage on human model. The competitor will duplicate 2 of the 5 nail art designs, as shown on the Skills website on artificial hands with nail tips. The gel polish and nail art is done with CND products (LED/UV lamp will be provided). Nail art must be free hand using only the nail art brushes/ tools supplied by CND or the nail brush from the gel polish bottle. Only tools and products supplied by sponsor's will be allowed. No other tools allowed. The competitor will duplicate 2 of the 5 nail art designs. Each design must be on 5 nail tips, does not matter which nail tips . NAIL ART will be done on nail tips (10) using artificial hands.

Examples on skills website.

Creative Makeup

Creative Makeup Application (POP art)

Creative makeup application (Pop art theme) to the full face and neck (to the collar bone of the model). The look will demonstrate creativity, technique and complexity of design. The face, neck (to the collar bone) must be more than half covered with the pop art design.

The POP art theme/inspiration application must include the use of the sponsor's products. Competitors will use their own make up and media. Creative make up application must include line work,dot art, shading and contouring. Any type of makeup medium may be added and used. Strip lashes **MUST** be applied. **Accessories ARE**

required this year (no more than 4) to bring the look together and make it cohesive.

Body Treatment

Raindrop Therapy including Swedish massage, foot and back cleanse with exfoliation

Body Therapy Treatment – Competitor will demonstrate 65 min raindrop Therapy combined with Swedish massage to the back of body including back. The competitor will demonstrate a cleanse and exfoliation on clients back and feet. The competitor will complete the consultation form provided with the client and choose the correct oils based on the client's needs/goals. The competitor will be required to provide a detailed rationale to support the chosen oils during the Raindrop Therapy. The competitor will be judged on correct Raindrop Therapy technique, use of oils and creative incorporation of the Swedish massage.

Tasks and Check Points:

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 can not use more.

TEST	NUMBER OF TOWELS NEEDED FOR THE COMPETITION
Advanced Facial	8 medium and 1 large
Manicure	4 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) optional:	
TEST	PPE
Advanced Facial	Gloves & Facial Mask
Manicure	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, PPE may be required during some test projects.

UNIFORM - Throughout the competition, the competitor must wear a black professional 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
Advanced Facial	3 hours	Human Model	30
Body Therapy Treatment	3 hours	Human Model	30
Manicure	3 hours	Human Model / Nail tips on fake hands	20
Creative Makeup	3 hours	Human Model	20
TOTAL:	12 hours		100

Day 1			
Group	AM		PM
A	Advanced Facial		Manicure
B	Manicure		Advanced 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
12:00 pm - 1:00 pm	LUNCH
1:30 pm - 4:30 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
B	Body Therapy Treatment		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 - 4:30 pm	PM competitions begins
4:30 pm	Competition ends

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

ADVANCED FACIAL

BT Micro & BT Sonic Facial with eye lift treatment

Time allotted: 3.0 hours

Human Model

Maximum mark: 30

Advanced Facial Treatment

Time allotted: 3.0 hours Model: Human Maximum mark: 30

<u>Starting time</u>	<u>Group</u>	
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	Eye & Lip makeup removal	Eye and Lip makeup is removed with no traces of mascara or lipstick left

5 minutes	Check Point – Break for judging. Checking model preparation.	
20 minutes	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 using the Bt sonic
10 minutes	Check Point – Break for judging. Judges review analysis forms and compare findings to models' skin.	
10 minutes	Exfoliation performed using the Bt micro	Procedure is performed according to plan and must include the following; face, neck decollate. Skin exfoliated. 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 Bt micro (buttons down) Application of the contour mask to face neck
10 minutes	Check Point for judging	Judges to check correct application of mask.

15 minutes	Hand and arm massage. Mask removal	Hand and arm, massage performed during masking for a minimum of ten minutes . Must show effleurage and petrissage movements. Complete removal of mask
5 minutes	Check Point for judging	Checking for correct removal of mask.
15 minutes	Application of finishing products.	Toner, Eye lift treatment using lift wands moisturiser and UV protection. Order of treatment may vary but be in logical sequence. Individual application of each product must be demonstrated.
10 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.	

MANICURE WITH NAIL ART

Dry Gel-Polish Manicure with Nail Art/Hand and Arm massage.

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 area 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	
30 minutes	Dry manicure 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	

20 minutes	Massage on lower arm and hand	<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 judges	
5 minutes	model exits	Assist model to exit and treatment area is cleaned up.
10 minutes	<p>Set up of fake hands. (tips applied previous)</p> <p>Tips must be buffed leaving no shine and cleaned.</p>	Nail tips are buffed and cleaned with no shine on the nail tips
10 minutes	Check Point for judging	
55 minutes	<p>Gel polish with nail art. 2 designs selected out of 5.</p> <p>5 Nails Completed in 1 design.</p> <p>The other 5 Nails completed in 2nd design .</p> <p>Nails top coated</p> <p>5 gel polish colors provided; red, blue, yellow, black and white. Not all</p>	<p>Application of base coat to all 10 fingers.</p> <p>Free hand gel polish application using only the tools provided by CND</p> <p>Nail art performed on all 10 fingers following the exact</p>

	<p>colors need to be used. Be creative!</p> <p>Designs must be duplicated from the designs selected on the day of the competition. Competitors DO NOT need to duplicate colors. Be creative!</p>	<p>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>
5 minutes	Check Point for judging	
5 minutes	Final judging	

Time allotted: 3.0 hours

Model: Human

Maximum mark: 20

CREATIVE MAKEUP

Creative Makeup Application (POP art)

Time allotted: 3.0 hours

Model: human model

Maximum mark: 20

Starting time		Group
9:00 am		A
1:30 pm		B
Time	Task	Skill checklist
15 minutes	Pre-service - Set up station for cleansing of skin and welcome model. Makeup supplies to be prepared and brought out to station at this time but NOT set up.	Treatment area, competitor and model are prepared for the service. Products are dispensed and brought to the station. Competitors must greet model.
5 minutes	Check Point – Break for judging	
10 minutes	Prep model's area (from forehead to collar bone) for makeup.	Cleanse, tone, moisturize and prime model's skin.
10 minutes	Cleansing cleanup & Makeup station setup	Competitor will clean up cleansing supplies and will set up makeup station.
5 minutes	Check Point – Break for judging	

70 minutes	<p>Creative make up application to the AT LEAST 1/2 of the makeup area (the makeup area is from the forehead to collar bone) but not restricted to. Competitors may choose to cover full makeup area.</p> <p>Creative makeup must support Pop Art theme.</p>	<p>Creative make up application must include line work. dot art, shading and contouring.</p> <p>Any type of makeup medium may be used.</p> <p>Strip lashes MUST be applied</p> <p>Accessories are NOT to be added at this point.</p>
20 minutes	<p>Check Point - Break for judging</p> <p>Competitors can clean up makeup station and set up station with accessories.</p> <p>Competitors will prepare for final look.</p>	
15 minutes	Accessories added to model for final look to tie the look together.	Competitors will add accessories (no more than 4) of their choice that will complement the pop art look and tie the look together to make it cohesive.
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

Body Treatment with Rain Drop Therapy including Swedish massage with back and foot cleanse & exfoliation

Time allotted: 3.0 hours

Model: Human

Maximum mark: 30

Starting time		Group
9:00 am		B
1:30 pm		A
Time	Task	Skill checklist
15 minutes	Pre-service set up	Treatment area and competitor is prepared for treatment.
15 minutes	Model installation, client consultation and preparation.	<ul style="list-style-type: none"> • Model is greeted and therapist offers assistance and care as needed. • A written consultation is completed to ensure no contraindications and to collect information that will support essential oil choice for raindrop therapy. • Model is prepared for treatment with adequate draping to provide comfort, warmth, and modesty.
5 minutes	Judging check point. Judges to assess consultation forms and findings.	

30 minutes	Back & foot cleanse and exfoliation.	<ul style="list-style-type: none"> • Application and removal of cleanser. • Application and removal of scrub. • Removal of cleanser and scrub using a maximum of 4 hot towels ONLY (no gauze allowed for removal).
5 minutes	Check Point for judging Judges to assess scrub removal.	
65 minutes	<p>Raindrop Therapy combined with Swedish massage</p> <p>Raindrop therapy following the manufacturers video & technique (TBA)</p>	<ul style="list-style-type: none"> • Competitor will demonstrating correct application and technique of the Raindrop Therapy to the feet and back • Rolling, feathering, rocking & Swedish massage techniques (effleurage, petrissage, tapotement) to be performed to the back.

5 minutes	Removal of oil from back of the body and feet.	<ul style="list-style-type: none"> • Dry towel removal to absorb excessive oil from the back of the body and feet.
10 minutes	<p style="text-align: center;">Judging Check Point Judges to assess model's skin and discuss competitors' techniques.</p>	
20 minutes	Final clean up and model exit	<p>Model exit should include:</p> <ul style="list-style-type: none"> • Care in helping the client to a sitting position • Offer water for client to hydrate • Explanation of any aftereffects of the treatment • Advise on how to spend the next 24 hours after the treatment. • Walk model to change area • Greet client after they have changed, check-in and walk out of the competition area

		<ul style="list-style-type: none"> • Competition area is cleaned and disinfected.
10 minutes	Judging Check Point	

Sponsors and Training Product

Please contact sponsors to purchase products for training purposes.

Add email for link to purchase kits

BODY THERAPY TREATMENT

Body Treatment with Raindrop Therapy including swedish massage, back and foot cleanse with exfoliation.

- Dermalogica
- Oils / Young living ?

ADVANCED FACIAL

treatment

- Dermalogica
- BT Micro & Sonic

MANICURE WITH NAIL ART

Dry Gel-Polish Manicure with Nail Art and hand and arm massage.

- Fake hands with nail tips
- CND ?

CREATIVE MAKEUP

Creative Makeup Application (POP art)

Makeup Forever

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)

