



Test Project

Aesthetics

POST-SECONDARY

WELCOME TO THE 2024 NATIONAL AESTHETICS COMPETITION

Congratulations on participating in such an exciting and rewarding competition.

The host province will provide models for all competitors.

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

Mini Facial with Lash and Brow Treatment

- Mini Facial with lash tint and lift, brow tint and lamination

Manicure with Nail Art

- French tip (8) and France themed nail art (2) completed on artificial nails. Basic manicure with hand and arm massage on human model. Tips to be applied to human model. ProBeauty (LCN) will sponsor nail products.

Body Treatment

- The competitor will demonstrate a back treatment, using the BT Micro machine and demonstrate a reflexology foot treatment
(<https://www.youtube.com/watch?v=WHxSAKDskv0>)

Evening and Creative Makeup

- Creative Makeup Application Evening & Creative look - human 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.

Mini Facial with Lash and Brow Treatment^{2,5,7}

The competitor will demonstrate a mini facial involving full skin analysis and model consultation, findings recorded on provided sheets.

Demonstration of mini facial using the following techniques: one cleanse (removal with hot towel) tone, exfoliate (removal with hot towels), infusion of serum using BT Sonic, mask application, hand and arm massage for the duration of the mask treatment, finishing products. Dermalogica Products will be used throughout the facial.

Demonstrate the techniques and correct timing for lash lift and tint; brow tint and lamination using Misencil sponsor's products.

Manicure with Nail Art

French Gel Polish Application: Competitors will perform a French gel polish application on 8 artificial nails, with base color under French design. Correction is allowed. Competitors will then perform 2 artificial nails with France themed nail art design. Artificial nails will be sized to the model pre competition and be applied on a nail tip holder for designing (see on SCNC website). Competitors will have access to a kit containing gems, foil, glitter/pigment, and gel polishes to complement the theme. Each art media must be used at least once in designs.

Competitor will greet a live model and perform a traditional manicure with no polish and then apply all 10 Artificial nails with 2-way sticky tape (see photo on SCC website) to natural nails for a finished look. ProBeauty (LCN) will sponsor nail products.

Nail Art and French design: 1st section

French Gel Polish Application:

Competitors will perform a French gel polish application on 8 artificial nails, with base color under French design. Correction is allowed. Competitors will demonstrate nail art on 2 artificial nails using the products supplied in the kit.

Traditional Basic Manicure: 2nd section

Competitors will perform a traditional basic manicure on a live model. This manicure should be without polish.

Application of Artificial Nails: 3rd section

After the basic manicure, competitors will apply the 10 artificial nails, previously designed with French gel polish and nail art, to the human model. The application should be done using 2-way nail stickers.

Final Presentation: 4th section

The final presentation should showcase 8 French nails with 2 France themed Nails.

Body Therapy Treatment – Back treatment with reflexology demonstration to the feet

Competitors will demonstrate their knowledge of foot reflexology through verbal, written and hands on demonstration of reflexology (see the video link on the SCC website)

The competitor will then perform a back treatment, using sponsor's products, demonstrating cleansing, exfoliation, BT Micro machine, toning, serum application, massage, application of a mask and finishing products to the model's back. The treatment will incorporate Dermalogica products throughout the treatment.

Evening & Creative Makeup

Demonstration of an evening makeup using sponsor's products, Makeup Forever. Apply foundation, skin correction, highlight/contour, blush, shadow, lip liner, eyeliner, mascara, lip stick and artificial strip lashes.

The competitor will replicate a design element provided by Skills Canada to the model's face.

The competitor will add a creative makeup design, that compliments the design element provided by Skills Canada and the evening makeup look.

The creative look must be placed in one of four quadrants of the face and one of four quadrants of the décolleté (see provided example).

The competitor may use their own makeup (any medium) and/or the sponsor makeup to carry out the creative design.

The creative design will demonstrate creativity, technique and complexity of design.

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 the

supplies; however, you cannot use more. *Competitors may choose not to use all towels.

Test number of towels needed for the competition

Mini Facial	2 medium (hand towel) and 1 large
Manicure with Nail Art	4 medium (hand towel)
Body Therapy Treatment	10 medium (hand towel) and 2 large
Evening & Creative Makeup	2 medium (hand towel)

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

Personal Protective Equipment (PPE) optional:

Mini 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 no laces, 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
Mini Facial with Lash and Brow Treatment	3 hours	Female Model	30
Body Therapy Treatment	3 hours	Human Model	30
Manicure with Nail Art	3 hours	Nail tips on fake hands/ Human Model	20
Evening & Creative Makeup	3 hours	Female Model	20
TOTAL:	12 hours		100

COMPETITION DAYS

Day 1			
Group	AM		PM
A	Mini Facial with Brow and Lash Treatment		Manicure with Nail Art
B	Manicure with Nail Art		Mini Facial with Brow and Lash Treatment

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: These are tentative schedules. Start and end times may vary.

COMPETITION DAYS

Day 2			
Group	AM		PM
A	Evening & Creative Makeup		Body Therapy Treatment
B	Body Therapy Treatment		Evening & 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
12:00 pm - 1:00 pm	LUNCH
1:30 pm - 4:30 pm	PM competitions begins
4:30 pm	Competition ends

NOTE: These are tentative schedules. Start and end times may vary.

MANICURE WITH NAIL ART

Time Allotted: 3 hours

Model: Human Model

Maximum Mark: 20

Starting time	GROUP	
9:00 AM	A	
1:30 PM	B	
TIME	TASK	SKILL CHECKLIST
10 minutes	Set up	Treatment area prepared and all equipment, products and tools ready for manicure, gel polish and nail art application.

10 minutes	Prep artificial tips.	Nail tips are buffed and cleaned with no shine on the nail tips
5 minutes	CHECK POINT FOR JUDGING	
45 minutes	<p>Application of gel polish and Nail Art to all 10.</p> <p>French Gel Polish Application:</p> <p>Competitors will perform a French gel polish application on 8 artificial nails, with base color under French design.</p> <p>Correction is allowed.</p> <p>Competitors will then perform 2 Artificial nails with nail art design, the theme is "France. Artificial nails will be sized to model pre competition and on a nail tip holder for designing. Competitors will have access to a kit containing gems, foil, glitter/pigment, and gel polishes to complement the theme. Each art medium must be used at least once in designs.</p>	French tip design on 8 nail tips, smile line is crisp and even. France themed nail art on 2 nail tips. Quality of work.
5 minutes	CHECK POINT FOR JUDGING	

10 minutes	Client greeting and consultation	Model is greeted and prepared for service. Consultation is performed using the supplied consultation form with findings recorded.
5 minutes	CHECK POINT FOR JUDGING	
25 minutes	Manicure- Soak and Prep	Nails trimmed, filed, soaked, shaped and cuticle work is performed. Nails are buffed leaving no shine on the nail bed.
5 minutes	CHECK POINT FOR JUDGING	
10 minutes	Hand and Arm Massage	Massage to demonstrate classical movements, effleurage, petrissage, tapotement and passive joint movements.
5 minutes	CHECK POINT FOR JUDGING	
10 minutes	Clean up and prep for artificial nail tips.	Excessive products removed from models' nails, arms and hand using a dry towel or gauze.

15 minutes	Application of Tips	Application of nail tips are even, straight and balanced with models' hands. 2-way nail stickers are used and proper size selected.
5 minutes	CHECK POINT FOR JUDGING	
10 minutes	Client walks out and clean up	Assist model to exit and treatment area is cleaned. up.
5 minutes	CHECK POINT FOR JUDGING	

MINI FACIAL WITH LASH TINT AND LIFT AND BROW TINT AND LAMINATION

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
10 minutes	Pre-service set up. Model greeted	The treatment area and competitor prepared for mini facial and lash tint and lift, brow tint and lamination. The model is greeted, and therapist offers assistance and care, as needed, to the service area.
10 minutes	Model Installation Client explanation and consultation	The model is assisted onto the bed, in a sitting position, with the appropriate draping for comfort, warmth and modesty. Competitors must provide a verbal explanation of mini facial and the procedure for the lash tint and lift, brow tint and lamination. The competitor must complete a verbal consultation with the model to ensure there are no contraindications.
15 minutes	Cleanse and Skin Analysis	The competitor will perform facial cleanse routine prior to conducting and recording a detailed skin analysis on the form provided.
5 minutes	Check Point for Judging	

15 minutes	<p>Competitor will select correct products to treat client skin type.</p> <p>Competitor will continue to perform the facial routine.</p>	<p>Second cleanse</p> <p>Tone</p> <p>Apply and removal exfoliant using hot towel /4by4 wipes. There should be no residue of exfoliant remaining on clients 'skin</p>
3 minutes	Check Point for Judging	
25 minutes	<p>Infusion of Serum</p> <p>Application and removal of Mask</p> <p>Arm Massage</p>	<p>Apply serum and infuse using BT Sonic</p> <p>Apply the rubberized mask in a neat timely manner with no residual dripping.</p> <p>Mask to remain on for the allotted time.</p> <p>Arm Massage for duration of mask treatment.</p> <p>Removal of mask should be in one smooth movement, leaving no residue behind.</p>
3 minutes	Check Point for Judging	

2 minutes	Application of Finishing Products	Apply finishing products treatment cream and SPF
3 minutes	Lash Tint and Lift, Brow Tint and Lamination Treatment explanation and contraindications	Competitor provides verbal explanation to the client of the treatment procedures and outcomes. Contraindications checked
15 minutes	Preparation and Application for Lash Lift Lower Lash Prep Upper Lash Prep	Thoroughly cleanse lashes. To remove any product residue Lower lashes secured to the silicone eye pad. Apply silicone roll and adhesive and adhere lashes.
3 minutes	Check Point for Judging	
15 minutes	Lift Solution Set and Tint	Apply lift solution, process time, removal. Apply set and tint blend. Process time.
10 minutes	Lash and Eye Clean Up /finishing product	Removal of product Removal silicone pads and roll Final cleanse of the eye and lash area.

		Nourish serum
3 minutes	Check Point for Judging	
15 minutes 15minutes	Preparation and Application for Brow Lamination and Tint Brow Prep Lift Process and Removal Neutralize and Tint	Cleanse / Brush. Application, lifting process, removal. Application, neutralize and tint process and removal. Finishing Product
3 minutes	Check point for Judges	
8 minutes	Aftercare Advice Model exit. Post service clean up.	Verbal advice for Aftercare /homecare given. Assist model to change room and exit. The treatment area is cleaned up.
2 minutes	Check Point for Judging	

EVENING & CREATIVE MAKEUP APPLICATION

Time allotted: 3.0 hours

Model: Female

Maximum mark: 20

Starting time	Group	
9:00 am	A	
1:30 pm	B	
20 minutes	Pre-service - Set up station for cleansing of skin and Make-up application.	<p>Treatment area, and competitor are prepared for the service.</p> <p>Skincare products are dispensed and brought to the station.</p> <p>All sponsor evening and design element make-up, brushes, lashes, lash glue, lash scissors, palette, disposable wands, sharpener & headband to be set-up</p>
5 minutes	Check point – Break for judging	
5 minutes	<p>Model is greeted and prepared for service.</p> <p>Prep model's skin for all areas that makeup will be applied.</p>	<p>Model will be draped pre-service.</p> <p>All steps should be in accordance with health, safety and professionalism.</p> <p>Cleanse, tone, moisturize and prime model's skin.</p>
5 minutes	Dispose of all items used for cleansing and prepping the skin.	
5 minutes	Check Point – Break for judging	
45 minutes	Apply evening make-up application using the makeup provided by the sponsor.	The competitor will demonstrate proper application and blending of:

		<p>Foundation, skin correction, highlight/contour, blush, shadow, lip liner, eyeliner, mascara, lip stick, finishing powder and artificial strip lashes.</p> <p>The steps must be performed in a logical sequence.</p> <p>All steps should be in accordance with health, safety and professionalism.</p>
5 minutes	Check Point for judging	
10 minutes	Replicate the design element provided by Skills Canada, using the provided sponsors make-up.	Apply with accuracy the design element to the face. (See provided Photo)
10 minutes	Check Point – Break for judging & Set-up station with the competitor's makeup (any medium) brought to complete the creative look.	
45 minutes	<p>The competitor will add a creative makeup design, that compliments the design element provided by Skills Canada and the evening makeup look.</p> <p>The competitor may use their own makeup (any medium) and/or the sponsor makeup to carry out the creative design.</p>	<p>Apply the creative design in one of four quadrants of the face and one of four quadrants of the décolleté (see provided example).</p> <p>The creative design will demonstrate creativity, technique and complexity of design.</p>
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.
5 minutes	Final Judging	

BODY THERAPY TREATMENT WITH FOOT REFLEXOLOGY MASSAGE

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
10 minutes	Pre-service set up. Model greeted	Treatment area and competitor prepared for back treatment and foot reflexology massage. The model is greeted, and therapist offers assistance and care, as needed, to the service area.

15 minutes	Foot soak	Client's feet are soaked, in a seated position, with competitor being mindful of proper water temperature. Feet must be soaked for a minimum of 5 minutes.
	Client explanation and consultation	While the feet are soaking, competitors must provide a verbal explanation of what foot reflexology is (definition) to the model. The competitor must complete a written consultation with the model to ensure there are no contraindications.
	Model installation	The model is installed on the bed, in a sitting position, for foot reflexology massage with adequate draping to provide comfort, warmth and modesty.
5 minutes	Check Point for Judging	
25 minutes	Foot reflexology massage	The competitor will offer a foot reflexology massage to both feet (equal time spent on both) demonstrating all movements from the provided video (on SCC website).
	Model Reflexology Info Sheet	Competitor will identify 6 different pressure points, 3 on each foot, on a blank foot reflexology chart to be given to the model for take home information.
10 minutes	Check Point for Judging	

20 minutes	<p>Competitor will prepare and install model for back treatment.</p> <p>Cleansing of back</p> <p>Exfoliation of back</p>	<p>The model is prepared for back treatment with adequate draping to provide comfort, warmth and modesty.</p> <p>Application and removal of cleanser.</p> <p>Application and removal of exfoliator using the BT Micro machine.</p> <p>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/linen.</p>
10 minutes	Check Point for Judging	

25 minutes	<p>Tone the back</p> <p>Massage of back</p> <p>Removal of massage medium</p>	<p>Competitor will tone.</p> <p>Massage is performed to the back for 20 minutes. Massage should be flowing, rhythmic, and consistent.</p> <p>Competitor must demonstrate the following massage movements: petrissage, tapotement, effleurage, friction and vibration.</p> <p>If massage oil is used, removal must be done using a dry towel to absorb excessive massage oil from the back. Only 1 dry towel to be used.</p> <p>If massage lotion is used, removal must be done using a wet towel to absorb excessive massage lotion from the back. Only 1 wet towel to be used</p>
5 minutes	Check Point for Judging	

20 minutes	Mask Application	Competitors will apply the mask to the back, across the shoulder line to the waistline. Mask must be even, smooth, with no residue/fallout to the sides of the body or bed/linens.
	Head Massage	Mask must be left on the back for 5 minutes. Competitors will perform a head massage (no massage medium to be used) during this time. Models must be provided with comfort, warmth and modesty, with bed linens remaining protected (unsoiled).
	Mask removal	Competitors will remove the mask using ONLY 2 wet towels.
5 minutes	Check Point for Judging	
5 minutes	Application of finishing products	Competitor must apply serum(s) and moisturizer.
15 minutes	Model Exit	Assist model to change room and exit.
	Post service clean up	The treatment area is cleaned up.
10 minutes	Check Point for Judging	

As we embark on the 2024 National Aesthetics Competition, we extend our heartfelt congratulations to all participants for embracing the excitement and rewards this event promises. The host province's commitment to providing models underscores the collaborative spirit of this competition.

Throughout the competition, your skills will be meticulously evaluated across various dimensions, including professional presentation, technical proficiency, organizational

finesse, effective communication, product knowledge & control, sanitation practices, and compliance with health and safety standards.

From the intricacies of a Mini Facial with Lash and Brow Treatment to the artistic expression of Manicure with Nail Art, and the transformative Body Treatment, utilizing advanced techniques like the BT Micro machine, to the creative canvas of Evening and Creative Makeup – each segment challenges your abilities and showcases the diverse talents within the aesthetics domain.

We wish every participant an enriching and successful journey, as you not only compete but also contribute to elevating the standards of excellence in aesthetics. May your passion and dedication shine through in every aspect of this competition. Best of luck!

Sponsors and Training Product

We express sincere appreciation to our esteemed sponsors, Pro Beauty (LCN), Dermalogica, Makeup Forever, and Misencil, for their unwavering support in enhancing the scope of the Skills Aesthetics National Competition. Your commitment to excellence and innovation has played a pivotal role in elevating the standards of this event. Thank you for being instrumental in the success and growth of our shared passion for beauty and skill.

Please contact sponsors to purchase products for training purposes. Check the SCC website for kit pricing details.

BODY THERAPY TREATMENT

Body Treatment with Back Treatment and Reflexology Demo to the Feet

- Dermalogica

MINI FACIAL WITH BROW AND LASH TREATMENT

- Dermalogica
- Misencil

MANICURE WITH NAIL ART

- ProBeauty (LCN)

EVENING & CREATIVE MAKEUP

- 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).



COMMUNICATION



WRITING



PROBLEM SOLVING



CREATIVITY & INNOVATION