



Project

Aesthetics

POST-SECONDARY

WELCOME TO THE 2026 NATIONAL AESTHETICS COMPETITION!

Congratulations on participating in this exciting and rewarding competition.

Judging Criteria

- Professional presentation
- Technical skills
- Organizational skills
- Communication
- Product knowledge and control
- Sanitation
- Compliance with health and safety
- Creativity, complexity, and originality

Competition Areas

All tasks will be demonstrated and performed on human models:

- Advanced Facial
- Manicure: Galaxy Theme
- Body Therapy Treatment
- Creative Makeup: Galaxy Theme

Competitor Orientation

- Contest Description, Project, and any other documents related to the Aesthetics competition must be available.
- Orientation will include time to review equipment, products, and tools.
- Questions may be asked during orientation (by competitors)

Tasks and Check Points

- Specific times are allocated for each task.
- Judging occurs throughout each task. Judges must check the models prior to the start of any treatment.
- All tests must be completed within the assigned time. No additional time will be granted beyond judging requirements.

Notes

- Questions about tools or equipment must be directed to the committee chair prior to the competition date or during orientation.
- Each test must be performed using only the specified number of towels and gauze. Fewer may be used, but not more.
- All models will be provided by the host province.

Test Requirements

Linens and Gauze (Provided by SCNC)

Competition Area	Towels Provided	4x4 Gauze Provided
Advanced Facial	2 large towels, 4 medium (hand towels)	6
Manicure: Galaxy Theme	4 medium (hand towels)	2
Body Therapy Treatment	1 large towel, 8 medium (hand towels)	6
Creative Makeup: Galaxy Theme	2 medium (hand towels)	4

Professionalism and Health & Safety

Points will be awarded throughout each competition for:

- Professional presentation and conduct
- Compliance with occupational health and safety standards

Competition Area	Mandatory	Optional
Advanced Facial	Gloves (during scalp massage)	Gloves & facial mask
Manicure: Galaxy Theme	–	Dust/protective facial mask
Body Therapy Treatment	–	Gloves & facial mask
Creative Makeup: Galaxy Theme	–	Facial mask

Uniform Requirements – See examples on SCNC Website

Throughout the competition, competitors must wear:

- Black professional scrub uniform of choice
- Black closed-toe shoes
- Black socks

Marking Summary

The competition will be scored for a total of **100 marks** across the four test projects.

Test Project	Time Allotted	Model	Maximum Mark
Advanced Facial	3 hours	Human model	30
Manicure: Galaxy Theme	3 hours	Human model	20
Body Therapy Treatment	3 hours	Human model	30

Creative Makeup: Galaxy Theme	3 hours	Human model	20
TOTAL	12 hours	–	100

Competition Days Schedule

Day	AM Session	PM Session
Day 1	Group A: Advanced Facial Group B: Manicure: Galaxy Theme	Group A: Manicure: Galaxy Theme Group B: Advanced Facial
Day 2	Group A: Body Therapy Treatment Group B: Creative Makeup: Galaxy Theme	Group A: Creative Makeup: Galaxy Theme Group B: Body Therapy Treatment

Schedule for Competition Days

Time	Activity
8:30 am	Competition site opens
9:15 am	Daily briefing and safety review
9:30 am – 12:30 pm	AM competition session
12:30 pm – 1:30 pm	Lunch
2:00 pm – 5:00 pm	PM competition session
5:00 pm	Competition ends

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

Advanced Facial Competition

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

Starting Time | Group

- 9:30 am – A
- 2:00 pm – B

Schedule, Tasks & Checkpoints

Time	Task	Skill Checklist / Judging Criteria
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15 min	Pre-service Set-Up	<ul style="list-style-type: none"> • Treatment area, trolley, and workstation prepared per sanitation standards • Products set up neatly and hygienically • High Frequency machine tested: electrode selected, tested on self, cleaned • Professional appearance maintained
5 min	Checkpoint 1	<ul style="list-style-type: none"> • Station sanitized • Equipment tested correctly • Professional appearance • Approved items only
20 min	Model Greeting, Installation, Intake Review, Eye & Lip Cleanse	<ul style="list-style-type: none"> • Model greeted professionally • Assisted to bed with comfort and modesty maintained • Intake form reviewed, contraindications confirmed • Treatment explained briefly • Eye & lip makeup removed completely
5 min	Checkpoint 2	<ul style="list-style-type: none"> • Intake reviewed • Consultation completed • Draping correct • Eye & lip cleanse thorough
15 min	First Cleanse, Skin Analysis & Product Selection	<ul style="list-style-type: none"> • First cleanse performed (face, neck, décolleté) • Skin analysis with magnifying lamp • Findings recorded on form • Products selected based on analysis
7 min	Checkpoint 3	<ul style="list-style-type: none"> • Cleanse complete • Analysis performed with lamp • Findings recorded • Products selected logically
15 min	Second Cleanse & Exfoliation	<ul style="list-style-type: none"> • Second cleanse performed • Exfoliant applied evenly (face, neck, décolleté)

		<ul style="list-style-type: none"> • Removed with 1 warm towel and/or up to 2 gauze • No residue left on model, linens, or bed
5 min	Checkpoint 4	<ul style="list-style-type: none"> • Cleanse and exfoliation thorough • Removal complete • No residue left
10 min	Indirect High Frequency Set-Up	<p>Sequence must be followed in order:</p> <ol style="list-style-type: none"> 1. Ensure model has no jewelry 2. Machine off and set to zero 3. Apply talcum/cornstarch powder to model's hand 4. Provide glass saturator electrode to model 5. Apply serum to face and neck 6. Apply massage oil over serum 7. Explain benefits of treatment
2 min	Checkpoint 5	<ul style="list-style-type: none"> • Correct set-up • Safety checks complete • Electrode placed correctly
18 min	Serum Application & Viennese Massage with Indirect HF	<p>Sequence must be followed in order:</p> <ol style="list-style-type: none"> 1. Serum and oil applied evenly 2. Massage performed on face, neck, décolleté 3. Effleurage and petrissage incorporated 4. Safety sequence: <ul style="list-style-type: none"> – Hand on model before switching on – Gradually adjust current up to working level – Maintain contact throughout massage – Adjust current relative to area – Gradually reduce current to zero before switching off and removing electrode
2 min	Checkpoint 6	<ul style="list-style-type: none"> • Serum applied evenly • Oil correct • Benefits explained

		<ul style="list-style-type: none"> • Massage rhythmic and consistent • Contact maintained • Current adjusted gradually • Safety observed
20 min	Mask Application, Scalp Massage & Removal	<ul style="list-style-type: none"> • Sponsor peel-off mask applied evenly, avoiding hairline • 5-min scalp massage with Tension Balm (continuous contact, smooth, rhythmic, varied techniques, correct pressure) • Mask removed per sponsor instructions • No residue left on skin or hair
4 min	Checkpoint 7	<ul style="list-style-type: none"> • Mask applied correctly • Mask removed correctly • Scalp massage technique correct • No residue left
15 min	Direct High Frequency, Finishing Products & Aftercare	<p>Sequence must be followed in order:</p> <ol style="list-style-type: none"> 1. Machine off and set to zero 2. Apply serum to face and neck 3. Select mushroom electrode 4. Apply gauze (to face or electrode) 5. Make contact before switching on 6. Gradually adjust current up to working level 7. Maintain full contact throughout treatment 8. Make contact before removing electrode 9. Gradually adjust current down to zero 10. Switch machine off 11. Apply finishing products 12. Provide aftercare advice 13. Escort model to change area professionally
3 min	Checkpoint 8	<ul style="list-style-type: none"> • Serum applied evenly • Electrode/gauze used correctly • Machine handled safely

		<ul style="list-style-type: none"> • Contact maintained • Current adjusted gradually • Finishing products correct • Aftercare advice appropriate • Professional closure
15 min	Model Exit & Post-Service Cleanup	<ul style="list-style-type: none"> • Retrieve model's laundry items (robe, slippers, sarong) • Escort model from competition site • Sanitize treatment area and equipment • Return station to original condition • Remove garbage and soiled linens
4 min	Checkpoint 9	<ul style="list-style-type: none"> • Station sanitized • Garbage removed • Equipment cleaned • Professional closure

Manicure with Nail Art Competition

Time allotted: 3.0 hours **Model:** Human model **Maximum mark:** 20

Starting Time | Group

- 9:30 am – B
- 2:00 pm – A

Schedule, Tasks & Checkpoints

Time	Task	Skill Checklist / Judging Criteria
10 min	Manicure Station Set-Up	<ul style="list-style-type: none"> • Station prepared with required tools and products • All items arranged neatly and hygienically • Workstation sanitized before beginning • Only approved items at station; non-approved items removed • Competitor presents professional appearance
5 min	Checkpoint 1	<ul style="list-style-type: none"> • Station organized

		<ul style="list-style-type: none"> • Sanitized correctly • Approved items only • Professional appearance
15 min	Nail Tip Preparation (Pre-sized & Applied on Holders Before Competition)	<ul style="list-style-type: none"> • Tips filed and shaped consistently • Buffed thoroughly, no shine remaining • Cleaned thoroughly • No dust, oil, or residue present before polish application
3 min	Checkpoint 2	<ul style="list-style-type: none"> • Nail tips smooth, clean, consistent, free of shine
55 min	Gel Polish Application & Nail Art (Follow Sequence)	<p>Sequence must be followed in order:</p> <ol style="list-style-type: none"> 1. Base coat applied to all 10 tips 2. Mystery Designs (5 tips): <ul style="list-style-type: none"> – Draw 2 theme cards at start of competition – Recreate five tips duplicating the themes selected, not the original artwork – Design elements must match theme; colour may be adapted creatively 3. Galaxy Designs (5 tips): <ul style="list-style-type: none"> – Create competitor's interpretation of Galaxy theme – Must show creativity, cohesion, technical detail 4. Gel polish rules: <ul style="list-style-type: none"> – 5 colours provided: red, blue, yellow, black, white – Colours may be mixed to create new shades – Not all colours required – Application smooth, even, full coverage 5. Nail art performed on all 10 tips: neat, detailed, consistent with theme 6. Topcoat applied to all 10 tips 7. Cuticle oil or finishing oil not permitted
5 min	Checkpoint 3	<ul style="list-style-type: none"> • Base coat applied

		<ul style="list-style-type: none"> • Mystery designs duplicated themes, not the original artwork • Galaxy designs creative, cohesive, detailed • Gel polish smooth and even, no streaks • Nail art clean, detailed, balanced • Topcoat even, no bubbles or residue • Hygiene maintained
10 min	Live Model Section: Station Set-Up & Model Installation	<ul style="list-style-type: none"> • Treatment area prepared per sanitation standards • Model greeted and assisted to chair with comfort and professionalism • Consultation performed using supplied form; findings recorded clearly and completely
2 min	Checkpoint 4	<ul style="list-style-type: none"> • Station set-up complete • Model installed correctly • Consultation form completed
25 min	Dry Manicure Preparation	<ul style="list-style-type: none"> • Full dry manicure performed, including: <ul style="list-style-type: none"> – Cleaning of natural nails – Clipping/filing and shaping nails consistently – Pushing back and tidying cuticles – Buffing nail surface to remove shine • Hands and nails remain clean and free of dust/debris
10 min	Checkpoint 5	<ul style="list-style-type: none"> • Nails shaped consistently • Cuticle work neat • Buffing complete, no shine • Hands and nails clean
15 min	Application of Nail Art Tips (Follow Sequence)	<ul style="list-style-type: none"> • Tips applied with glue to model's natural nails • Tips secure and aligned • No glue residue or lifting

		<ul style="list-style-type: none"> • Surface clean and smooth
5 min	Checkpoint 6	<ul style="list-style-type: none"> • Tips applied securely • Aligned correctly • No glue residue • Professional finish
15 min	Model Exit & Station Clean-Up	<ul style="list-style-type: none"> • Model assisted to exit station professionally • Station cleaned and sanitized • Disposables removed • Tools disinfected • Workstation returned to original condition
5 min	Checkpoint 7	<ul style="list-style-type: none"> • Model exit professional • Station sanitized • Tools disinfected • Workstation reset

Body Therapy Treatment Competition

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

Starting Time | Group

- 9:30 am – B
- 2:00 pm – A

Time	Task	Skill Checklist / Judging Criteria
15 min	Pre-service Set-Up <i>Occupational health & safety standards observed throughout the competition</i> <i>Treatment beds will already be dressed in linens and blankets</i> <i>Hot stone warmers will be prepared at the beginning by the committee; competitors</i>	<ul style="list-style-type: none"> • Station organized and sanitized • Treatment area prepared correctly • Greet model and bring to treatment area • Assist model onto bed, stomach position • Comfort, warmth, and modesty maintained

	<p><i>must prepare the area around the warmer</i></p> <p>Model Greeting</p> <p><i>Model will already be dressed in body wrap/sarong, robe, and slippers</i></p> <p>Model Installation</p>	
2 min	Checkpoint 1	<ul style="list-style-type: none"> • Treatment area prepared correctly • Permitted tools and implements only • Professionalism and model care observed
10 min	Skin Analysis & Consultation	<ul style="list-style-type: none"> • Verbal consultation performed with model using provided form • Visual skin analysis completed • Findings recorded clearly • Ingredient choices for exfoliant recorded • Results discussed with model • Professional communication maintained
2 min	Checkpoint 2	<ul style="list-style-type: none"> • Consultation completed • Accurate verbal/visual analysis • Findings recorded • Ingredients chosen and recorded • Professional approach evident
25 min	Model Re-Installation to Chair & Preparation of Custom Exfoliant (Follow Sequence)	<p>Sequence must be followed in order:</p> <ol style="list-style-type: none"> 1. Assist model safely from bed to chair 2. Comfort, warmth, modesty maintained 3. Engage with model while preparing exfoliant 4. Collect provided ingredients from common area 5. Measure ingredients hygienically (prepare ~4 oz)

		6. Prepare exfoliant at workstation 7. Explain process & ingredient benefits to model 8. Complete recipe card with ingredients, measurements, preparation instructions, and suited skin types (must be neat and legible)
5 min	Checkpoint 3	<ul style="list-style-type: none"> • Hygiene during preparation maintained • Measurements accurate • Recipe card complete and clear • Communication with model evident
50 min	Model Re-Installation to Bed, Full Body Exfoliation & Removal (Follow Sequence)	Sequence must be followed in order: <ol style="list-style-type: none"> 1. Reinstall model onto bed, stomach position 2. Comfort, warmth, modesty maintained 3. Apply exfoliant to: back (nape–lower back), legs (foot–knee, front & back; back of upper leg), arms (wrist–shoulder, full arm) 4. Manage residue exfoliant to maintain clean workstation 5. Remove residue from linens; sweep floor if needed 6. Remove exfoliant from model using up to 5 hot towels only (no gauze or dry towels allowed) 7. Ensure no residue remains on model, linens, or treatment area
5 min	Checkpoint 4	<ul style="list-style-type: none"> • All required areas covered • Correct towel use (max 5) • Hygiene maintained • No residue left • Treatment area kept clean

45 min	Hot Stone Massage & Oil Removal (Follow Sequence)	<p>Sequence must be followed in order:</p> <ol style="list-style-type: none"> 1. Prepare stones and equipment at workstation 2. Test stone temperature with thermometer (safe range 120–130°F / 48–54°C) 3. Test stones on inner wrist/forearm before use 4. Communication during stone application 5. Use all 21 stones: 8 small, 10 medium, 3 large 6. Placement stones incorporated as trained 7. Massage includes: back, back of legs, feet 8. Massage rhythmic, flowing, consistent, minimum 30 minutes 9. Remove excess oil from back, legs, feet using gauze only
5 min	Checkpoint 5	<ul style="list-style-type: none"> • Stone temperature tested correctly • Placement stones used • Massage included all required areas • Massage rhythm and flow consistent • Communication maintained • Excess oil removed
15 min	Model Exit & Post-Service Clean-Up (Follow Sequence)	<p>Sequence must be followed in order:</p> <ol style="list-style-type: none"> 1. Inform model service is complete 2. Assist with robe, slippers, sarong 3. Present exfoliant and recipe card, explain aftercare clearly 4. Escort model to changing room; instruct to return laundry after changing 5. While model changes: clean treatment area, place linens in laundry, empty garbage, follow OH&S procedures 6. Retrieve model's laundry after exit

		7. Escort model from competition site 8. Complete remaining clean-up
3 min	Checkpoint 6	<ul style="list-style-type: none"> • Model exit professional • Aftercare advice explained • Workstation sanitized • Linens and garbage handled correctly • Professional closure maintained

Creative Makeup: Galaxy Theme

Time allotted: 3.0 hours **Model:** Human model **Maximum mark:** 20

Starting Time | Group

- 9:30 am – A
- 2:00 pm – B

Time	Task	Skill Checklist / Judging Criteria
15 min	Pre-service Station Set-Up <i>All hygiene and sanitation procedures must follow the Skills Canada Makeup Sanitation & Hygiene Standards.</i>	<ul style="list-style-type: none"> • Station prepared and sanitized • Makeup tools/products arranged neatly • Brushes, palettes, disposables, sharpener, headband set up hygienically • Competitor presents professional appearance
5 min	Checkpoint 1	<ul style="list-style-type: none"> • Station set up correctly • Sanitation observed • Approved items only • Adherence to hygiene practices
15 min	Model Greeting, Draping & Skin Preparation	<ul style="list-style-type: none"> • Model greeted, draped appropriately for comfort/modesty • Skin prepped on all areas where makeup will be applied (face, neck, décolleté extending 2 inches below collarbone) • Cleanse, tone, moisturize, and prime

		<ul style="list-style-type: none"> • All disposables discarded after use • Professional hygiene and safety standards observed
5 min	Checkpoint 2	<ul style="list-style-type: none"> • Model draped correctly • Skin prepped thoroughly • Hygiene maintained • Professional approach evident
<p>Design Area & Coverage Requirement</p> <p>Required makeup area: <i>face, front of neck, upper chest (décolleté) extending ~2 inches below collarbone. Shoulders and arms not included.</i></p> <p>Coverage Requirement: <i>At least 75% of the design area must be visibly covered with Galaxy-themed makeup; 25% may remain bare or softly blended for balance. Acceptable: Full face + partial neck/décolleté, or both sides of face/neck with small bare chest section. Not acceptable: Small decorated sections (e.g., only eyes/forehead) leaving large bare patches.</i></p> <ul style="list-style-type: none"> • Competitors must achieve $\geq 75\%$ coverage • Blend/fade zone below collarbone must look intentional and complete 		
<p>Prohibited Materials</p> <p><i>Professional makeup mediums (including wax, latex, gels, creams, body paints, cosmetic glitter) are permitted.</i></p> <p><i>Stick-on embellishments and non-makeup items are strictly prohibited on face/neck/décolleté. This includes rhinestones, gems, sequins, pearls, feathers, foil, craft glitter, or other raised materials.</i></p> <p><i>Accessories (max 2) may be used; judged separately; must remain external to makeup design area.</i></p>		
30 min	<p>Galaxy Design: Base Application & Theme Establishment</p> <p><i>Order guidance:</i></p>	<ul style="list-style-type: none"> • Foundation/concealer applied, base set • Galaxy colours, gradients, and shapes established across design area (face, neck, décolleté, 2" below collarbone)

	<p><i>Foundation → base gradients → major shapes. Example: blending navy and violet nebula washes across forehead and décolleté to establish Galaxy design.</i></p>	<ul style="list-style-type: none"> • Clean application, symmetry, blending, clear creative direction • Hygiene observed
5 min	Checkpoint 3	<ul style="list-style-type: none"> • Base application clean and even • Blending smooth • Theme clearly established • Creativity, technical skill, difficulty evident • Hygiene maintained
45 min	<p>Galaxy Design: Detailing & Expansion</p> <p><i>Order guidance: Detailing (shadows/highlights) → eye makeup → lip design → cosmic effects. Example: adding bursts of stars, planets, or aurora effects over gradients.</i></p>	<ul style="list-style-type: none"> • Design expanded to meet $\geq 75\%$ coverage • Refined details added: stars, planets, aurora, cosmic swirls • Detailing clean and precise (line work, layering, blending) • Creativity, cohesion, and difficulty demonstrated • Hygiene and safety observed
5 min	Checkpoint 4	<ul style="list-style-type: none"> • Coverage progress on track ($\geq 75\%$) • Detailing adds cohesion and balance • Creativity, difficulty, technical skills evaluated
20 min	<p>Final Detailing & Finishing</p> <p><i>Maximum 2 accessories (hairbands, clips, combs, small headpieces) permitted; must remain external to makeup area.</i></p>	<p>Sequence must be followed in order:</p> <ol style="list-style-type: none"> 1. Apply mascara 2. Apply strip lashes (mandatory, cosmetic only; no rhinestones, feathers, 3D items) 3. Refine line work and colour placement 4. Ensure seamless blending, symmetry, polish 5. Add up to 2 external accessories

		6. Set makeup with setting spray
5 min	Checkpoint 5	<ul style="list-style-type: none"> • Mascara and lashes correct • Refinement and polish visible • Max 2 accessories used effectively • Rule adherence confirmed
15 min	Model Exit & Post-Service Clean-Up	<ul style="list-style-type: none"> • Model assisted to exit • Workstation cleaned and sanitized • Tools and disposables handled correctly • Station reset for closure
5 min	Final Judging	<ul style="list-style-type: none"> • Final overall impression judged • Creativity, difficulty, technical skill, and rule compliance assessed • Professionalism and hygiene throughout



COMMUNICATION



CREATIVITY & INNOVATION



ADAPTABILITY