

AESTHETICS

Edmonton,

AB

Competitors'
Test Project

2012 Aesthetics Competition- Trade 30

Welcome to the 2012 National Aesthetics (30) Competition. Congratulations on participating in such an exciting and rewarding competition.

All treatments are to be completed on female models only.
Models will be provided by the host province.

During the competition you will be judged in the following areas:

- **Professional presentation, organizational skills, communication, analysis and sanitation.**
- **Advanced Facial Treatment on Mature Skin with Electrotherapy (Female client – mature skin)**
- **Body Treatment including body scrub wrap and full body massage (Female client)**
- **Manicure with nail art (Female client)**
- **Bridal/Fantasy Makeup Application on a model having younger skin**

Orientation for competitors and trainers

During the competitor orientation, you will have the opportunity to familiarize yourself with the equipment, products and tools. Competitors and trainers will have the opportunity to ask questions at this time.

Analysis / Pre-Planning Sheets

Timing for each test may include filling in an analysis sheet. When recording information, explanations must be clear, but brief. Judges may refer to analysis sheets before and throughout the tests.

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 indicated in your instructions. It is the competitors' responsibility to ensure that Judges check their 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.

2012 Aesthetics Competition- Trade 30

Note: 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.

Note: Each test must be performed using the provided number of towels.

TEST	NUMBER OF TOWELS PROVIDED
Facial	1 Large, 4 medium, 4 small
Manicure	4 medium
Body Treatment	3 large; 6 medium; 4 small
Make up	1 medium

Points will also be awarded throughout each test for professionalism and complying with Occupational Health and Safety. A safety award will be presented to one competitor at the end of the competition.

Personal Protective Equipment (PPE) required		
TEST	PPE	UNIFORM
Body Treatment	Gloves(vinyl)	Throughout the competition the competitor must wear a white uniform with white closed toed shoes.
Facial	finger cots or gloves	
Manicure	n/a	
Make-up application	n/a	

2012 Aesthetics Competition- Trade 30

Examples of uniform and closed toed shoes.



2012 Aesthetics Competition- Trade 30

MARKING SUMMARY

Skill Area	Time	Model	Maximum Mark
Facial	3 Hours	Female Model	200
Body Treatment	3 Hours	Female Model	300
Manicure with nail art.	3 hours	Female Model	200
Bridal/Fantasy Makeup Application	3 hours	Female Model	300
TOTAL:	12 Hours		1000

Note: Please note there will be time for judging within this time frame. Start and end times may vary.

2012 Aesthetics Competition- Trade 30

Groups – Day 1		
Group	AM	PM
A	Advanced Facial Treatment (3.0 hours)	Manicure with nail art
B	Manicure with nail art (3 hours)	Advanced facial Treatment

Competition Day Schedule – Day 1 TENTATIVE		
	8:00 am	Competitors room open
	8:45 am	Daily briefing and review of safety
	9:00am -12:00 pm (Facial 3.0 hours)	AM competition begins
	12:00 – 1:00 pm	LUNCH
	1:30 pm -4:00 pm (Manicure – 3.0 hours)	PM competition begins
	4:00 pm– 4:30 pm	Competition ends (approximate time)

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

2012 Aesthetics Competition- Trade 30

Groups – Day 2		
Group	AM	PM
A	Bridal/ Fantasy Make Up Application (3 hours)	Body Treatment
B	Body Treatment (3 hours)	Bridal/Fantasy Make Up Application

Competition Day Schedule – Day 2		
	8:00 am	Competitors room open
	8:45 am	Outline of day and safety
	9:00am 12:00 pm (Makeup – 3 hours)	AM competition begins
	12:00 – 1:00 pm	LUNCH
	1:30 pm 4:30 pm (Body treatment – 3 hours)	PM competition begins
	4:30 pm	Competition ends!

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

2012 Aesthetics Competition- Trade 30

Advanced FACIAL

Time allotted: 3.0 hours

Model: Female

Maximum mark: 300

Starting time		Group
9:00 am		A
12:00 pm		B
Time	Task	Skill checklist
10 minutes	Pre-service - Set up work station	Treatment area is prepared in and organized following health and hygiene requirements.
15 minutes	Welcome and Installation of model	Model is greeted in a professional manner and esthetician offers assistance and care as needed. Model is prepared (changed) for service. Pre skin analysis to determine cleansing product and procedure.
15 minutes	Preliminary steps	Clients' skin is prepared for service. <ul style="list-style-type: none"> - Client's skin is cleansed thoroughly and all makeup removed. Skin toned
15 minutes	Examination of skin	Client's skin is examined and analysis is completed and findings recorded.
15 minutes	Check Point - Break for judging Judges consult with skin care product expert.	
80 minutes	Service – Advanced Facial Treatment	Procedure is performed according to treatment plan as determined during analysis and may include the following in any order: ; <ul style="list-style-type: none"> - Exfoliation - Toning - Steaming of skin

2012 Aesthetics Competition- Trade 30

		<ul style="list-style-type: none"> - Massage: Demonstrates a range of massage movements including effleurage, petrissage, tapotement, and friction which is suitable for the client's treatment plan. infusion of serum done with Galvanic Current Massage demonstrates rhythm, repetition, and a variation of massage movements suited to elasticity of skin, treatment, products and clients needs. - Mask: Prepares skin for application of mask. Demonstrates correct and smooth method of applying and removing a Contour mask. - Moisturizes skin to ensure the skin is protected.
15 minutes	Check Point - Break for judging Judges exam skin and consult with skin care product expert if needed.	
5 minutes	Model exit	Thank model
10 minutes	Post-service – clean up	Leaves station sanitized and tidy (organized in the manner it was found).
End of Facial competition		
Final judging		

NOTE: Please note there is time for judging within this time frame. Judging time may vary as needed.

2012 Aesthetics Competition- Trade 30

BASIC MANICURE SERVICE WITH NAIL ART

Time allotted: 3 hours

Model: Female

Maximum mark: 200

Starting time		Group
9:00 am		B
1:30 pm		A
Time	Task	Skill checklist
10 minutes	Pre-service - Set up manicure station and welcome model	Treatment area, operator and client prepared for treatment.
15 minutes	Remove polish and complete examination sheet	Polish removed in a professional manner leaving no color on skin or cuticles. Analysis completed and findings recorded on examination sheet.
10 minutes	Check Point - Break for judging	
25 minutes	Filing and cuticle work	Nails filed and shaped smoothly and evenly to suit model. Cuticles softened by soaking in finger bowl. Appropriate and professional cuticle care performed leaving no residue.
20 minutes	Check Point - Break for judging	
40 minutes	Massage, polish and nail art	Massage movements performed on lower arm and hand demonstrating a variety of movements with correct speed and rhythm. Free hand polish application with no bleeding on cuticles. Nail art performed on all ten fingers duplicating design posted on website with care shown to precision of lines and dots.

2012 Aesthetics Competition- Trade 30

15 minutes	Check Point - Break for judging	
5 minutes	Model exit	Thank model
10 minutes	Post service – Clean up	Leaves station sanitized and tidy (organized in the manner it was found).
End of Basic Manicure Service with Nail Art Competition		
Final judging		

2012 Aesthetics Competition- Trade 30

BRIDAL/FANTASY MAKEUP APPLICATION

Time allotted: 3 hours

Model: Female (young skin)

Maximum mark: 300

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

Time	Task	Skill checklist
15minutes	Pre-service - Set up station and welcome model	Treatment area and esthetician prepared according to health and hygiene requirements. Smiles and welcomes model and ensures models comfort.
10 minutes	Prepare skin for makeup application	Cleanses, tones and moisturizes skin leaving no residue of previous makeup or cleanser left on the skin.
60 minutes	Bridal makeup application	Applies foundation, concealer, contour, highlighter and finishing powder to create a smooth and even skin tone correcting/camouflaging area as needed. Product applied in logical sequence according to determined outcomes. Eye shadow is applied according to design specifications. Eye liner is applied with precision. Fantasy design is a duplicate of design posted on the website. Artificial lashes are applied with precision and balance. Mascara is applied neatly while showing respect to client's eyes. Blush is applied in a balanced manner to suit the client's features. Lipcolor is applied with precision and balance. Design is positioned correctly. Eyebrows are balanced.

2012 Aesthetics Competition- Trade 30

20 minutes	Check Point - Break for judging	
30 minutes	Fantasy makeup extension	Add to the finished bridal make up by duplicating the fantasy aspect from the design supplied on website.. A bridal head dress or hair accessories are added to model's hair to complete the look
20 minutes	Check Point - Break for judging	
15 minute	Model exit	Remove accessories from model, thank model and assist model as she exits makeup area.
10 minute	Post service – clean up	Leaves station sanitized and tidy (organized as found)
	Check Point - Final judging	
End of Fantasy Makeup Application competition		
Final judging		

2012 Aesthetics Competition- Trade 30

Body Treatment

Time allotted: 3 hours

Model: Female

Maximum mark: 300

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

Time	Task	Skill checklist
10 minutes	Pre-service –Body Treatment set up	Treatment area and operator is prepared for Body Treatment.
10 minutes	Model installation	Model is greeted in a professional manner and esthetician offers assistance and care as needed. Model is prepared for treatment with adequate draping to provide comfort, warmth and modesty.
25 minutes	Body Scrub	Application of a body scrub product in logical sequence, with model modesty and comfort in mind throughout. Thorough removal of product, maintaining comfort, warmth and modesty.
5 minutes	Check Point - Break for judging	
30 minutes		Application of body wrap product in a logical sequence with model comfort, warmth and modesty in mind. The product may be applied in any manner the competitor chooses – such as with gloved hand, or body mask brush. Model is then wrapped in plastic and positioned for comfort. Model will be wrapped for 20

2012 Aesthetics Competition- Trade 30

		minutes.
5 minutes	Check Point - Break for judging	
15 minutes		Removal of plastic and thorough removal of body mask in a logical sequence with model comfort, warmth and modesty in mind.
5 minutes	Check Point for Judging	
60 minutes		Full body massages to last 60 minutes and include five classic massage manipulations. Massage should be flowing rhythmical, consistent, and modified to model's needs and comfort. Attention to model comfort, warmth and modesty must be considered. Massage may be carried out according to competitor's choice of procedure (i.e. starting on model's front or back)
5 minutes	Model Exit	Thank model for coming
10 minutes Post Treatment Clean Up		
Final judging		

Sponsors and Training Product

Please contact sponsors to purchase product for training purposes.

Advanced Facial & Body Treatment



www.dermalogica.com/ca

Manicure



LCN Canada 1.800.557.3223

www.lcn.ca

Make Up



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It is important for each competitor to check the Canadian Skills Competition Website for scope and tool list information. Check it regularly for any changes and follow-up with your advisors.

www.skillscanada.com