



2023 Skills Canada Alberta Provincial Competition

Aesthetics Project

Welcome to the 2023 Provincial Aesthetics (30) Competition. Congratulations on participating in such an exciting and rewarding competition!

Models for all competitions will be provided by the competitor. Please see the Model Requirements section for important details.

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

Professional presentation, technical skills, organizational skills, communication, product knowledge & control, sanitation and complying with health and safety.

- Body Therapy Treatment - Raindrop Therapy including Swedish massage, Foot and Back Cleanse with Exfoliation (Female Model)
- Advanced Facial - with Ultra Sonic Treatment (Female model)
- Manicure with Gel Polish - Hand and Arm Massage (Female Model/Nail Tips on Fake Hands)
- Creative Makeup Application - POP Art (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

The competitor will demonstrate an advanced facial using the provided products, hot towels, ultrasonic electrical modality, and silicone scrubber. Face & décolleté massage, masque treatment, arm & hand massage, toner, eye lift treatment, moisturizer & SPF to be applied during the treatment.

Manicure, with Nail Art

The competitor will demonstrate a dry gel polish manicure using the sponsor's products including a hand and arm massage. The competitor will duplicate **2** of the **5** nail art designs, as shown on the Skills website on **artificial hands with nail tips**, five nails each for the two chosen designs, totaling ten nail tips. Nail art must be freehand using only the nail art brushes/ tools supplied or the nail brush from the gel polish bottle. Only tools and products supplied by sponsors will be allowed. No other tools are allowed.

Creative Makeup

The competitor will demonstrate a creative makeup look to the whole face and neck (to the collar bone of the model) with a POP ART theme. The Pop Art theme will be displayed on their 12x16 vision board. The look will demonstrate the creativity, technique, and complexity of the design. The face and 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 makeup products and media supplied by the competitors. Creative makeup 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 Therapy Treatment

The competitor will demonstrate knowledge and understanding of Raindrop Therapy including Swedish massage, foot and back cleanse with exfoliation.

Competitor will demonstrate a 65-minute Raindrop Therapy treatment combined with Swedish massage to the back of body including the 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 Swedish massage.



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** indicated in your instructions. It is the competitors' responsibility to ensure that judges check the models prior to commencing any treatment.

All tasks must be finished within the given time. Other than judging time, no extra time will be granted.

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.

TEST	NUMBER OF TOWELS NEEDED FOR THE COMPETITION
Advanced Facial	8 medium and 1 Large
Manicure with Nail Art	4 medium
Body Therapy Treatment	6 medium and 2 Large
Creative Makeup - Pop Art	2 medium

*Competitors may choose not to use all towels, but cannot use more than the prescribed amount for each competition component.

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

Personal Protective Equipment (PPE) required

TEST	PPE
Advanced Facial	Gloves & Facial Mask
Manicure	Dust/protective facial mask
Body Therapy Treatment	Gloves & Facial Mask
Creative Makeup	Facial mask

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



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UNIFORM - Throughout the competition, the competitor must wear a black coloured professional uniform of their choice with black closed-toed shoes and black socks that are no shorter than ankle height. Flats, skinny jeans, and shoes with no socks are not considered as the required uniform. No jewelry is to be worn on the hands and wrists, and no long jewelry that may come in contact with the model (i.e dangling necklaces). Hair must be kept up and out of the competitors' face.

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	Female Model	30
Body Therapy Treatment	3 hours	Female Model	30
Manicure	3 hours	Female Model	20
Creative Makeup	3 hours	Female Model	20
TOTAL:	12 hours		100

MODEL REQUIREMENTS

- Must be female between ages of 18-35.
- Free from sensitivities or allergies.
- Available for the entire day.
- Any piercings must be removable.
- Willing to receive services from another competitor.
- Free of any skin diseases and disorders, and in general good health with no contraindications, including epilepsy or diabetes.
- Models will have healthy hands and nails, with no artificial nails or recent removal of, and the nails free edge past the fingertip.
- Models must be present prior to the start time, each day of competition – must present with clean, natural nails on hands, free of varnish, and no makeup

***Please Note:** Models will be supplied by the competitors and approved by the committee.



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Competitors will not be working on their model. Failure to meet the criteria will result in the disqualification of the competitor.

Schedule

Day 1			
Group	AM		PM
A	Advanced Facial		Manicure
B	Manicure		Advanced Facial

8:00 am	Competitors room opens
8:30 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

Day 2			
Group	AM		PM
A	Creative Makeup		Body Therapy Treatment
B	Body Therapy Treatment		Creative Makeup

8:00 am	Competitors room opens
8:30 am	Daily briefing and review of safety
9:00 am - 12:00 pm	AM competition begins
12:15 pm - 1:15 pm	LUNCH



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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

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 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 makeup & facial procedure. Models' hair is protected and should be in facial gown wrap and robe. Client consultation and preliminary skin analysis is performed.



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TIME	TASK	SKILL CHECKLIST
5 minutes	Eye and 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 and station set up.	

TIME	TASK	SKILL CHECKLIST
20 minutes	Cleansing steps and skin analysis performed.	Product choices made. First cleanse performed. Detailed analysis with mag lamp. Findings recorded on provided skin analysis forms. Second cleanse performed using the silicone scrubber.
10 minutes	Check Point for judging Judges review analysis forms and compare findings to models' skin.	
10 minutes	Exfoliation performed using the ultra sonic electrical modality	Procedure is performed according to plan and must include the following; face, neck décolleté. Skin exfoliated. Removal of exfoliant.



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TIME	TASK	SKILL CHECKLIST
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 décolleté must demonstrate effleurage, tapotement, and petrissage movements for a minimum of 10 minutes. Removal of massage medium. Serum to be infused using ultra sonic electrical modality. Application of the contour masque to face neck

TIME	TASK	SKILL CHECKLIST
10 minutes	Check Point - Judges to check correct application of masque	
15 minutes	Hand and arm massage Masque removal	Hand and arm, massage performed during masking for a minimum of ten minutes. Must show effleurage and petrissage movements. Complete removal of masque.
5 minutes	Check Point - Checking for correct removal of masque	



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TIME	TASK	SKILL CHECKLIST
15 minutes	Application of finishing products	Toner, Eye lift treatment using lift wands moisturizer 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. Clean up.
15 minutes	Final Judging	



Manicure with Gel Polish Nail Art

Time allotted: 3.0 hour

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 area 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	



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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	
20 minutes	Massage on lower arm and hand	Massage to demonstrate classical movements, effleurage, petrissage, tapotement and passive joint movements. Excessive products removed from models nails, arms and hand using a dry towel or gauze.
5 minutes	Check Point for judging	
5 minutes	Model exits	Assist model to exit and treatment area is cleaned up.
10 minutes	Set up of fake hands. (tips applied previous) Tips must be buffed leaving no shine and cleaned.	Nail tips are buffed and cleaned with no shine on the nail tips
10 minutes	Check Point for judging	



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TIME	TASK	SKILL CHECKLIST
55 minutes	<p>Gel polish with nail art. 2 designs selected out of 5. 5 Nails Completed in 1 design. The other 5 Nails completed in 2nd design . Nails top coated 5 gel polish colors provided; red, blue, yellow, black and white.</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>Application of base coat to all 10 fingers.</p> <p>Free hand gel polish application using only the tools provided.</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>
5 minutes	Check Point for judging	
5 minutes	Final judging	



Creative Makeup Application - POP ART DESIGN

Time allotted: 3.0 hours

Model: Female

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 greeted and prepared for the service. Products are dispensed and brought to the station. Vision board is to be displayed at station. Competitors must greet model.
5 minutes	Check Point 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 and makeup station setup	Competitor will clean up cleansing supplies and will set up makeup station.



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TIME	TASK	SKILL CHECKLIST
10 minutes	Check Point for judging	



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TIME	TASK	SKILL CHECKLIST
70 minutes	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. Creative makeup must support Pop Art theme.	Creative make up application must include line work, dot art, shading and contouring. Any type of makeup medium may be used. Strip lashes MUST be applied. Accessories are NOT to be added at this point.
20 minutes	Check Point - Break for judging Competitors can clean up makeup station and set up station with accessories. Competitors will prepare for final look.	

TIME	TASK	SKILL CHECKLIST
15 minutes	Accessories added to model for the 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 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 Treatment with Rain Drop Therapy

Including Swedish massage with back and foot cleanse & exfoliation

Time allotted: 3.0 hours

Model:Female

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 prepared for treatment
15 minutes	Model installation, client consultation, and preparation	<p>Model is greeted and therapist offers assistance and care as needed.</p> <p>A written consultation is completed to ensure no contraindications and to collect information that will support essential oil choice for raindrop therapy.</p> <p>Model is prepared for treatment with adequate draping to provide comfort, warmth, and modesty.</p>



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TIME	TASK	SKILL CHECKLIST
5 minutes	Check Point for Judging	Judges to assess consultation forms and findings.



TIME	TASK	SKILL CHECKLIST
30 minutes	Back & foot cleanse and exfoliation	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.	

TIME	TASK	SKILL CHECKLIST
65 minutes	Raindrop Therapy combined with Swedish massage Raindrop therapy following the manufacturers video & technique (TBD)	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	Dry towel removal to absorb excessive oil from the back of the body and feet.



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TIME	TASK	SKILL CHECKLIST
	feet.	
10 minutes	Check Point for Judging Judges to assess model's skin and discuss competitors' techniques.	

TIME	TASK	SKILL CHECKLIST
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 after-effects 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 Competition area is cleaned and disinfected.
10 minutes	Final Judging	

Sponsors and Training Product

Please contact sponsors to purchase product for training purposes.

Advanced Facial:

- TBD

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

- TBD

Creative Makeup (POP ART):

- Supplied by competitor

Manicure with Nail Art:

- TBD

It is important for each competitor to check the Skills Alberta Competition Website for the Contest Description and product list information. Check regularly for any changes and follow-up with your advisors.

