



## 2024 Skills Canada Alberta Provincial Competition

### Aesthetics Project

Welcome to the 2024 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 – Back Treatment with Reflexology of the Feet (Female Model)
- Mini Facial - Brow Lamination and Lash Lift as well as Lash and Brow Tint (Female Model)
- Manicure with Gel Polish - Hand and Arm Massage (Female Model/Nail Tips on Nail Holder)
- Evening Makeup Application with Creative Design (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.



### **Mini Facial with Brow / Lash Treatment**

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 Micro (ultra sonic spatula),

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 sponsor's products.

Please click on this [link](#) to view the Facial Dermalogica Video which will demonstrate how to use the BT Micro. For the back treatment, the BT Micro is used similarly as on the face. Watch from 3:15 - 5:20 to show the technique of BT Micro exfoliant removal.

-Facial products- Dermalogica

- Lash tint and lift using sponsor's products (RefectoCil).

-Brow tint and lamination using sponsor's products (RefectoCil)

### **Manicure with Nail Art**

The competitor will demonstrate a traditional basic dry manicure using the sponsor's products Competitor will demonstrate traditional basic dry manicure; on a human model including shaping, cuticle work, and hand and arm massage.

Advanced nail techniques of the application of ten artificial nails using the two-way sticker method.

Using the UV light apply Traditional French gel Polish (White and Pink) to eight of the artificial nails and create a French themed nail art design on the remaining two nails (black, red, yellow and blue gel polish, as well as gems, foil, glitter/pigment will be provided to be used for the nail art portion).

(corrector or correction permitted).

The competition aims to assess the competitors' skills, creativity, and professionalism in the field of manicure. Competitors will be provided with a kit containing essential products of the competition (LCN).

### **Evening Makeup**

Demonstration of an evening makeup.



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 Alberta to the model's face.

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

The creative look must be placed in one of the four quadrants of the face and one of the four quadrants of the décolleté (see provided example). This is in **addition** to the provided design element as shown in the example.

The competitor may use their own makeup (any medium) to carry out the creative design. Stencils are not to be used. Any colours may be used during additional design element but example must remain the same.

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

### **Body Therapy Treatment**

Competitors will demonstrate their knowledge of foot reflexology through verbal, written and hands on demonstration of reflexology (video will be provided for all to model reflexology techniques).

The competitor will then perform a back treatment, using sponsor's products, demonstrating cleansing, exfoliation, BT Micro machine (ultra sonic spatula), 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

Please click on this [link](#) to view the Foot Reflexology Demo Video.

### **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
Mini Facial with Brow/Lash Treatment	2 medium (hand towel) & 1 large
Manicure with Nail Art	4 medium (hand towel)
Body Therapy Treatment	10 medium (hand towel) and 2 Large
Evening Makeup & Creative Look	2 medium (hand towel)

\*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
Mini Facial with Brow/Lash Treatment	Gloves & Facial Mask
Manicure	Dust/protective facial mask
Body Therapy Treatment/Reflexology	Gloves & Facial Mask
Evening 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.

**UNIFORM** - Throughout the competition, the competitor must wear a black colored 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 and points may be deducted where necessary.* 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
Mini Facial with lash/ brow treatment	3 hours	Female Model	30
Body Therapy Treatment	3 hours	Female Model	30
Manicure	3 hours	Female Model	20
Evening Makeup with design	3 hours	Female Model	20
<b>TOTAL:</b>	<b>12 hours</b>		<b>100</b>

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. 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	Mini Facial with Brow/ lash treatment		Manicure
B	Manicure		Mini Facial with Brow/Lash treatment
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	Makeup		Body Therapy Treatment
B	Body Therapy Treatment		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	
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.

**Mini Facial with Lash and Brow Treatment**

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-services	The treatment area and competitor prepared for mini facial and lash tint and lift, brow tint and lamination.



TIME	TASK	SKILL CHECKLIST
10 minutes	Installation of model  Client explanation and consultation	Model is greeted and therapist offers assistance and care, as needed, to the service area.  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.
10 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.
3 minutes	Check Point - Break for judging.  Checking model preparation and station set up.	





TIME	TASK	SKILL CHECKLIST
TIME	TASK	SKILL CHECKLIST
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	<p>Check Point for judging</p> <p>Judges review analysis forms and compare findings to models' skin.</p>	
20 minutes	<p>Infusion of Serum</p> <p>Application and removal of Mask</p> <p>Arm Massage</p>	<p>Apply serum and infuse using BT Micro</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>



TIME	TASK	SKILL CHECKLIST
		<p>Arm Massage for duration of mask treatment</p> <p>Removal of mask should be in one smooth movement, leaving no residue behind.</p>
5 minutes	Check Point – Break for judging. Judges to check correct removal of mask	
2 minutes	Application of Finishing Products	Apply finishing products treatment cream and SPF
TIME	TASK	SKILL CHECKLIST
3 minutes	<p>Lash Tint and Lift, Brow Tint and Lamination begins</p> <p>Treatment explanation and contraindications</p>	<p>Competitor provides verbal explanation to the client of the treatment procedures and outcomes</p> <p>Contraindications checked</p>
15 minutes	<p><b>Preparation and Application for Lash Lift</b></p> <p><b>Lash Prep</b></p>	<p>Thoroughly cleanse lashes to remove any product residue</p> <p>Apply silicone rod or pad and adhesive and adhere lashes</p>
3 minutes	Check Point for Judging	



TIME	TASK	SKILL CHECKLIST
30 minutes  <b>Note:</b> the “5-5-5” or “express” method will be used for the competition to ensure enough time for each step. This will allow 5 minutes to process the lift solution, 5 minutes for the set solution, and 5 minutes for the tint.	Lift Solution  Set  Tint	Apply lift solution, process time, removal  Apply set solution, process time, removal  Apply cotton under eye pad to protect the skin from staining  Apply tint, process time, removal
10 minutes	Lash and Eye Clean Up    Finishing Product	Removal of residual product  Removal of cotton under eye pad  Removal silicone pads/rod  Final cleanse of the eye and lash area
3 minutes	Checkpoint for Judging	
13 minutes	Preparation and Application for Brow Lamination and Tint  Brow Prep  Lift Process and Removal	
12 minutes	Neutralize and Tint	Application, neutralize and tint process and removal  Finishing Product
3 minutes	Checkpoint for Judging	
10 minutes	Aftercare Advice  Model Exit	Verbal advice for Aftercare /Homecare given



TIME	TASK	SKILL CHECKLIST
	Post service clean up	Assist model to change room and exit. The treatment area is cleaned up
2 minutes	Checkpoint for Judging	



**Manicure with Gel Polish Nail Art on Artificial Tips**

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	Set Up	Treatment area is prepared, and all equipment, products, and tools are ready for manicure, gel polish, and nail art application
10 minutes	Prep Artificial Nails	Nail tips are buffed and cleaned with no shine left
5 minutes	Check Point for judging	
45 minutes	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 nail art design, 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. Two of the four art mediums must be used at least once in designs.	French 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 form with findings recorded.
5 minutes	Check Point for judging	
25 minutes	Manicure- Prep	Nails filed, shaped and cuticle work is performed.  Nails are buffed leaving no shine on the nail bed.
5 minutes	Check Point for judging	
<b>TIME</b>	<b>TASK</b>	<b>SKILL CHECKLIST</b>
10 minutes	Manicure - 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' hand. 2-way nail stickers are used and proper size selected.
5 minutes	Check Point for judging	
10 minutes	Client walk out and clean up	Assist model to exit and treatment area is cleaned up.
5 minutes	Final 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

TIME	TASK	SKILL CHECKLIST
15 minutes	Pre-service - Set up station for cleansing of skin and makeup application.	Treatment area, and competitor is prepared for the service. Skincare products are dispensed and brought to the station. All evening and design element make-up, brushes, lashes, lash glue, lash scissors, palette, disposable wands, sharpener & headband to be set-up
5 minutes	Check Point for judging	
10 minutes	Model is greeted and prepared for service. Prep model's area (from forehead to collar bone) for makeup.	Model changed and prepared for service. All steps should be in accordance with health, safety and professionalism. Cleanse, tone, moisturize



TIME	TASK	SKILL CHECKLIST
		and prime model's skin.
5 minutes	Dispose of all items used for cleansing and prepping the skin	Competitor will clean up cleansing supplies.
5 minutes	Check Point for judging	
TIME	TASK	SKILL CHECKLIST
45 minutes	Apply the evening makeup.	<p>The competitor will demonstrate proper application and blending of:</p> <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 - Break for judging	

TIME	TASK	SKILL CHECKLIST
10 minutes	Replicate the design element provided by Skills Alberta.	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 additional makeup (any medium) brought to complete their creative look.	
45 minutes	<p>The competitor will add a creative makeup design, that compliments the design element provided by Skills Alberta and the evening makeup look.</p> <p>The competitor may use their own makeup (any medium) 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). The creative design will demonstrate creativity, technique and complexity of design.</p>
10 minutes	Final 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 Treatment with Foot Reflexology Massage**

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
10 minutes	<p>Pre-service set up</p> <p>Model greeted</p>	<p>Treatment area and competitor prepared for back treatment and foot reflexology massage</p> <p>The model is greeted, and therapist offers assistance and care, as needed, to the service area</p>
15 minutes	<p>Foot soak</p> <p>Client explanation and consultation</p> <p>Model installation</p>	<p>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.</p> <p>While the feet are soaking, competitors must provide a verbal explanation of what foot reflexology is (definition) to the model.</p> <p>The competitor must complete a written consultation with the model to ensure there are no contraindications.</p> <p>The model is installed on the bed, in a sitting position, for foot reflexology massage</p>

TIME	TASK	SKILL CHECKLIST
		with adequate draping to provide comfort, warmth and modesty
5 minutes	Checkpoint for Judging	
TIME	TASK	SKILL CHECKLIST
25 minutes	<p>Foot reflexology massage</p> <p>Model Reflexology Info Sheet</p>	<p>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).</p> <p>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.</p>
5 minutes	Check Point for Judging	
TIME	TASK	SKILL CHECKLIST
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. 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</p>

TIME	TASK	SKILL CHECKLIST
		<p>gauze allowed for removal.</p> <p>There should be no exfoliant residue remaining on the model or bed/linen.</p>
10 minutes	Check Point for Judging	
TIME	TASK	SKILL CHECKLIST
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>

TIME	TASK	SKILL CHECKLIST
5 minutes	Checkpoint for Judging	
25 minutes	Mask application Head Massage Mask removal	<p>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.</p> <p>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.</p> <p>Head massage will be completed by turning the head to one side, massaging for 2.5 minutes, and repeating on the other side. Massage includes scalp to nape of neck.</p> <p>Models must be provided with comfort, warmth and modesty, with bed linens remaining protected (unsoiled).</p> <p>Competitors will remove the mask using ONLY 2 wet towels.</p>
5 minutes	Checkpoint for Judging	
5 minutes	Application of Fishing Products	Competitor must apply serum(s) and moisturizer
15 minutes	Model exit Post service clean up	<p>Assist model to change room and exit.</p> <p>The treatment area is cleaned up.</p>
10 minutes	Final Judging	

### **Sponsors and Training Product**

Please contact sponsors to purchase product for training purposes.

#### **Mini Facial with Lash/Brow Treatment:**

- Dermalogica
- Refectocil

#### **Body Therapy Treatment:**

- Dermalogica

#### **Evening Makeup with Creative Makeup Design:**

- Supplied by competitor

#### **Manicure with Nail Art:**

- Pro-Beauty Group/LCN

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.