



2025 Skills Canada Alberta Provincial Competition

Aesthetics Project

Welcome to the 2025 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 (Female Model)
- Advanced Facial (Female Model)
- Manicure: Seasonal Fusion (Female Model)
- Creative Makeup: Seasonal Fusion 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.

Advanced Facial

The competitor will perform an advanced facial demonstrating the use of cleanser, exfoliator, serums, mask and finishing products (**L'Moor**).

The facial will include the use of BT Sonic for cleansing (link to video found [here](#)) and BT Micro for infusion of serums (link to video found [here](#)) and cold globes to soothe redness and decrease inflammation (link to video found [here](#)).

The competitor will demonstrate lymphatic drainage movements (refer to Skills Alberta website for step-by-step instructions) on the face, neck and décolleté and a scalp massage during the mask.

Manicure: Seasonal fusion

The competitor will demonstrate a dry gel polish manicure using the sponsor's products. Competitor will demonstrate traditional basic dry manicure; on a human model including Shaping the natural nail and performing cuticle work. They will also apply an exfoliation treatment and a mask and demonstrate a comprehensive 12-step hand and arm massage. Detailed instructions for this massage will be on the Alberta Skills website for reference.

Competitors are required to apply a red gel polish on nine fingers leaving one ring finger unpolished. On this ring finger, they will create hand-painted Nail art representing one of the seasons (Autumn, Winter, Spring or Summer). The design will continue from the ring finger, across the back of the hand, along the forearm up to the elbow using any chosen free hand paint medium. Competitors are responsible for supplying their own tools and materials for the free hand nail and arm design.

Creative Makeup: Seasonal Fusion

In the seasonal fusion creative makeup challenge, competitors will use their own makeup (any medium), as well as all tools/implements to create their design.

The task is to skillfully blend the essence of two chosen seasons onto the face and décolleté, ending 2 inches below the clavicle (50/50 split of the two seasons). Competitors can choose any two seasons.

Competitors will supply all of their own art mediums to create the entire look. Following the makeup application, 2 accessories will be added to compliment and complete the seasonal look.

Judging focuses on creativity, technical skill, color harmony, theme representation, and overall impact. The goal is for each competitor to leave a lasting impression by creating a stunning fusion of two seasons, utilizing accessories to bring the design together.

Body Therapy Treatment

Competitors will perform a manual leg and foot exfoliation, and mud detoxification wrap from the knee down, including the entire foot.

During the detox wrap, competitors will perform a pressure point head massage (see instructions/video on Skills Alberta website) followed by a jade combing head routine (link to video 0:00-1:53 found [here](#)).

Competitors will then complete a dry (no soaking) mini pedicure on a lay down bed which will include toenail trimming, filing, and cuticle work with a French lacquer polish (base coat, white French application that compliments the toenail shape, blush pink overlay, topcoat). Corrections are permitted. Polishes to be supplied (**Pro Beauty Group & Luxusnails**).

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. Each test must be performed using the provided number of towels specified below. You do not have to use all of the supplies/towels, however, you cannot use more.

TEST	NUMBER OF TOWELS NEEDED FOR THE COMPETITION
Advanced Facial	4 medium (hand towel) and 1 large
Manicure with Nail Art	3 medium (hand towel)
Body Therapy Treatment	8 medium (hand towel) and 2 Large
Creative Makeup	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	Mandatory	Optional
Advanced Facial	Gloves (during scalp massage)	Gloves & facial mask
Manicure		Facial mask
Body Therapy Treatment	Gloves (during pedicure portion)	Gloves & facial mask
Creative Makeup		Facial mask

UNIFORM - Throughout the competition, the competitor must wear a black colored professional uniform of their choice (scrubs are acceptable) with black closed-toed shoes and black socks that are no shorter than ankle height. **Skinny jeans, leggings 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. Competitors nails must be free of polish/nail extensions.

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, bitten nails or recent removal of, and the free edge must 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.

COMPETITION DAYS

Schedule

Day 1		May 7, 2025	
Group	AM		PM
A	Advanced Facial		Manicure
B	Manicure		Advance Facial
8:00 am		Competitors room opens	
8:30 am		Orientation	
9:00 am - 12:00 pm		AM competition begins	
12:15 pm - 1:15 pm		LUNCH	
1:30 pm - 4:30 pm		PM competition begins	
4:30 pm		Competition ends	
Day 2		May 8, 2025	
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.

Advanced Facial

Time allotted: 3.0 hours

Model: Female Human

Maximum mark: 30

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

TIME	TASK	SKILL CHECKLIST
15 minutes	Pre-service set up Professional Appearance	Treatment area and competitor prepared for facial. This includes product set up. Competitor must prepare themselves as per the contest description to begin the service.
3 minutes	Checkpoint for Judging	
20 minutes	Model greeted & installed Review client intake form	Model is greeted and therapist offers assistance and care, as needed, to the service area. Model is installed with adequate draping to provide comfort, warmth and modesty. The competitor must review model's intake form and perform a verbal consultation to ensure there are no contraindications and

TIME	TASK	SKILL CHECKLIST
	Eye & Lip Cleanse	<p>give a brief explanation of the treatment.</p> <p>Eye & lip makeup is removed with no traces of mascara or lipstick left.</p>
5 minutes	Checkpoint for Judging	
15 minutes	<p>First cleanse</p> <p>Skin Analysis & Findings recorded</p> <p>Product Selection</p>	<p>First cleanse is performed.</p> <p>Skin analysis completed.</p> <p>Findings to be recorded on the forms provided.</p> <p>Competitors will choose the correct products to complete the facial based on the findings recorded during the skin analysis.</p>

TIME	TASK	SKILL CHECKLIST
10 minutes	Check Point for Judging	
15 minutes	<p>Second cleanse performed demonstrating the BT Sonic</p> <p>Exfoliation application & removal</p>	<p>Second cleanse performed using the BT Sonic. Competitors must demonstrate proper techniques while using the BT Sonic.</p> <p>Skin is exfoliated. Area to include the face, neck & décolleté. Exfoliant removed leaving no residue on the model, bed or linens.</p>
5 minutes	Check Point for Judging	
10 minutes	Serum application & infusion using the BT Micro	<p>Serums will be applied to the model and then infused using the BT Micro.</p> <p>Competitors must demonstrate proper BT Micro infusion techniques.</p>

TIME	TASK	SKILL CHECKLIST
5 minutes	Clean up station Disinfection of BT Sonic & BT Micro Prep for massage	Competitors will demonstrate the proper health & safety protocols to clean up their station. BT Micro & BT Sonic will be disinfected according to health & safety. Prepare for lymphatic drainage massage and demonstration of cold globes.
TIME	TASK	SKILL CHECKLIST
25 minutes	Lymphatic Drainage Massage (15 minutes) Demonstration of Cold Globes (10 minutes)	Demonstrate the correct sequence using the provided step by step instructions (located on pg. 1) of moves with a light flowing movement, draining the lymph fluid towards the lymph nodes. The lymphatic drainage massage will be performed on the face, neck and décolleté. Globes are preprepared on ice. Working on the face, neck and eye area, use light, upwards movements and finish by moving downwards on the neck.

TIME	TASK	SKILL CHECKLIST
25 minutes	Mask application & removal Scalp Massage	<p>Demonstrate an even application of a rubberized mask to the face only, avoiding the hair line.</p> <p>Mask is removed as per sponsors instructions leaving no residue on the model's face, and hair. While the mask is on, a scalp massage will be performed.</p> <p>Competitors will use a scalp massage medium and perform massage for 10 minutes.</p> <p>Correct pressure must be applied with smooth, rhythmical movements, without breaking contact with the model. A variety of massage techniques must be incorporated.</p>
3 minutes	Check Point for Judging	
20 minutes	Finishing products After care advice Model exit Post-service cleanup	<p>Application of finishing products.</p> <p>Provide verbal after care advice to the model.</p> <p>Assist model to the change room and waiting area to exit.</p>



TIME	TASK	SKILL CHECKLIST
		Cleanup treatment area.
4 minutes	Checkpoint for Judging	

Manicure: Seasonal Fusion

Time allotted: 3.0-hour

Model: Female Human

Maximum mark: 20

Starting Time		Group
9:00 am		B
1:30 pm		A
TIME	TASK	SKILL CHECKLIST
15 minutes	<p>Pre-service set up.</p> <p>Model is greeted & seated.</p> <p>Consultation is performed with model.</p> <p>Service is explained to model.</p>	<p>Treatment area is prepared, and all equipment, products and tools are ready for a spa manicure including gel polish, nail art for finger, hand and arm.</p> <p>Model is greeted and seated.</p> <p>Consultation form is filled out with the model.</p> <p>Competitor verbally explained the service that is going to be performed.</p>
4 minutes	Check Point for Judging	
20 minutes	<p>Nail Prep using only sponsors products (Pro Beauty Group & Luxusnails)</p>	<p>Hands are sanitized.</p> <p>Nails are clipped and filed.</p> <p>Cuticles are pushed back.</p> <p>Nails are buffed.</p> <p>Cuticles are removed.</p>



TIME	TASK	SKILL CHECKLIST
		<p>Cleanse the nail bed thoroughly to remove any debris.</p>
5 minutes	Check Point for Judging	
45 minutes	<p>Application of gel base coat.</p> <p>Application of red gel polish.</p> <p>Create a unique free hand design for one ring finger.</p> <p>Choose one season - spring, summer, autumn, winter.</p> <p>Application of gel top coat.</p> <p>The steps can be applied in any sequence as long as they make logical sense.</p>	<p>Nails are sanitized & dehydrated.</p> <p>Base coat is applied to all nails.</p> <p>Red gel polish applied to 9 nails.</p> <p>Freehand nail art is applied to one ring finger representing one of the four seasons.</p> <p>Gel top coat is applied to all 10 fingers.</p>
5 minutes	Check Point for Judging	

TIME	TASK	SKILL CHECKLIST
10 minutes	Hand/Arm exfoliation scrub application & removal on both hands/arms.	Exfoliation scrub is applied and removed to both hands/arms leaving no residue on the hand/arm.
2 minutes	Check Point for Judging	
15 minutes	Complete application of mask and wrap to one arm at a time Hand/Arm mask application (to the elbow) Mask removal	Evenly apply the mask, with a brush, to cover all areas of the hand and arm with a consistent, neat application. Neatly wrap the hand and arm to maintain warmth. Mask is removed leaving no residue.
TIME	TASK	SKILL CHECKLIST
2 minutes	Check Point for Judging	
10 minutes	Hand/Arm massage Removal of product	Perform a 12-step hand and arm massage following the steps listed on the Alberta Skills website. Hand and arm are prepared for free hand design.

TIME	TASK	SKILL CHECKLIST
2 minutes	Check Point for Judging	
25 minutes	Create a unique design for the ring finger and hand/arm, following the seasonal nail art theme.	Accurately represent the season chosen with precision, neatness, creativity, complexity, and use of colour for the ring finger and hand/arm.
5 minutes	Check Point for judging	
10 minutes	Client exit Post service cleanup	Assist model to exit Treatment area is cleaned up according to health & safety
5 minutes	Final judging	

Body Therapy Treatment

Time allotted: 3.0 hours

Model: Female Human

Maximum mark: 30

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

TIME	TASK	SKILL CHECKLIST
15 minutes	<p>Pre-service set up</p> <p>Model greeted</p> <p>Model installation</p>	<p>Treatment area and competitor prepared for full body treatment according to health & safety.</p> <p>Model is greeted and therapist offers assistance and care, as needed, to service area.</p> <p>Model is installed on bed, in a sitting position, for consultation and foot cleanse with adequate draping to provide comfort, warmth and modesty.</p>
5 minutes	Check Point for judging	
20 minutes	<p>Client consultation</p> <p>Foot/Leg cleanse/removal of cleanser</p> <p>Foot/Leg exfoliant</p>	The competitor must complete a written consultation with the model to ensure there are no contraindications.

TIME	TASK	SKILL CHECKLIST
	<p>application/removal</p> <p>**Foot/leg includes toes, top/bottom of foot, entire front/back of leg up to and including the knee**</p>	<p>Competitors will cleanse/remove the cleanser leaving no residue.</p> <p>Competitor will apply/remove exfoliant leaving no residue on the skin or treatment area.</p> <p>Removal is done using hot towels only. No gauze allowed.</p>
5 minutes	Check Point for judging	
25 minutes	<p>Foot/Leg mud mask application</p> <p>Wrap foot/leg in plastic/mylar</p> <p>Pressure Point Head Massage</p> <p>Jade Combing Routine</p>	<p>Competitor will apply mud mask with a brush. Mud application should be smooth and even ensuring that the sheets and treatment area remains unstained.</p> <p>After applying the mask, wrap the foot/leg in plastic and mylar sheet to retain the heat.</p> <p>While the mud mask is on, competitors will perform a</p>



TIME	TASK	SKILL CHECKLIST
		10-minute pressure point head massage (following instructions from Skills Alberta website) and then a 5 minute jade combing relaxation routine (following video posted on pg 3).

TIME	TASK	SKILL CHECKLIST
5 minutes	Check Point - Break for judging	

TIME	TASK	SKILL CHECKLIST
10 minutes	Foot/Leg mud mask removal Application of body lotion	Competitor will remove mud mask ensuring that the sheets and treatment area remains unstained. Apply body lotion in a moderate amount, ensuring it is not too much or too little.
5 minutes	Check Point for Judging	
40 minutes	Competitor will perform a mini dry pedicure Nail Prep using only sponsors products (Pro Beauty Group & Luxusnails)	Nails are clipped and filed. Cuticles are pushed back and trimmed. Nails are buffed. Cuticles are removed. Cleanse the nail bed thoroughly to remove any debris to prepare for polish.
5 minutes	Check Point for Judging	

<p>25 minutes</p>	<p>French polish application</p> <p>**The polish application should be consistent and even, with no bleeding or staining of the skin and no flooding of the cuticle or side walls. **</p>	<p>Competitor will perform French polish application. Corrections are permitted. Application to include a base coat, French line that compliments the shape of the toenails, a blush overlay and top coat.</p> <p>French polish line should be consistent across all toes.</p> <p>No quick dry drops to be added at this time.</p>
<p>5 minutes</p>	<p>Check Point for Judging</p>	
<p>15 minutes</p>	<p>Model prepared for exit</p> <p>Post-service cleans up</p>	<p>Competitor will apply quick dry drops to all toes.</p> <p>Models' sandals will be put on by competitor and then assistance offered off the bed and exited to exit area with all their belongings.</p> <p>Treatment area is cleaned up.</p>



Creative Makeup: Seasonal Fusion

Time allotted: 3.0 hours

Model: Female Human

Maximum mark: 20

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

TIME	TASK	SKILL CHECKLIST
15 minutes	Pre-service - set up station for cleansing of skin and makeup application.	The treatment area and competitor prepared for the service. All design element make-up, brushes, palette, disposable wands, sharpener & headband to be set up observing sanitation and hygiene practices.
5 minutes	Checkpoint for Judging	
20 minutes	Model is greeted and prepared for the service. Prep model's skin for all areas that makeup will be applied. Dispose of all items used for cleansing and prepping the skin.	Model will be draped pre-service Select and dispense appropriate skin care products (cleanser, toner and moisturizer). Cleanse, tone, moisturize and prime model's skin. All steps should be in accordance with health, safety and professionalism.

TIME	TASK	SKILL CHECKLIST
		All items are disposed of according to sanitation and hygiene
5 minutes	Check Point for Judging.	
40 minutes	<p>Season 1 - 50% of the face and décolleté area (2 inches below collar bone) to be covered.</p> <p>The competitor will demonstrate proper application and blending of their first seasons selection on the face and décolleté</p>	<p>Create your entire design for your first selected season on 50% of the face and décolleté area (2 inches below the collar bone).</p> <p>Competitors will demonstrate proper blending, creativity, complexity and precision within their design.</p> <p>All steps should be in accordance with health, safety and professionalism.</p>
5 minutes	Check Point for Judging	
40 minutes	<p>Season 2 - 50% of the face and décolleté area (2 inches below the collar bone) to</p>	<p>Create your entire design for your second selected season on 50% of the face and</p>

TIME	TASK	SKILL CHECKLIST
	<p>be covered.</p> <p>The competitor will demonstrate proper application and blending of their second season selection on the face and décolleté.</p>	<p>décolleté area (2 inches below the collar bone).</p> <p>Competitors will demonstrate proper blending, creativity, complexity and precision within their design. All steps should be in accordance with health, safety and professionalism.</p>
5 minutes	Check Point for Judging	
25 minutes	<p>Final Touches</p> <p>Lashes</p>	<p>Ensure seamless blending at the center between the 2 makeup seasons.</p> <p>Strip lashes are applied with precision.</p> <p>Set the makeup with a setting spray.</p> <p>Add 2 accessories to bring the looks together for final judging of the makeup design.</p>
5 minutes	Check Point 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	

Sponsors and Training Product

Please contact sponsors to purchase products for training purposes.

Advanced Facial:

Sponsor – L'Moor

Body Therapy Treatment:

Sponsor – L'Moor & Pro Beauty Group

Creative Makeup Design:

Supplied by competitor

Manicure:

Sponsor – Pro Beauty Group & Luxusnails

Nail art supplies

Supplied by competitor

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 trainers.