

SKILLS CANADA BRITISH COLUMBIA

2024 PROVINCIAL COMPETITION

Test Project

Aesthetics Post-Secondary



Skills Canada British Columbia

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TEST PROJECT

Welcome to the 2024 BC Aesthetics Competition.
Congratulations on participating in such an exciting and rewarding competition.

Models for all competitions will be provided by the host BC Skills Committee.

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

Professional presentation, technical skills, organizational skills, communication, sanitation and complying with health and safety.

- Mini Facial with Lash and Brow Treatment
- Back Massage and Reflexology
- Gel Nail Art and Manicure
- Creative Makeup Application

Orientation for competitors and trainers:

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 and trainers will have the opportunity to ask questions at this time.

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 tests 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.

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

Mini Facial with Lash and Brow 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), moisturize. 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. Complete the service with finishing products for the eyes.

Gel Nail Art and Manicure

Competitor will demonstrate traditional basic manicure; on a human model including shaping, soaking, cuticle work, and hand and arm massage.

Gel nail art: Two artificial nails using the two-way sticker method, on the human model.

Using the UV light apply a France **themed** (Eiffel tower, fleurs de lis, poodle) gel Polish to two of the artificial nails. (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 (to be determined).

Creative Makeup:

Demonstration of an evening makeup using sponsor's products, Makeup Forever.

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 Canada to the model's face.

Back Massage with reflexology to the feet:

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 massage, using sponsor's products, demonstrating classical massage movement – Effleurage, petrissage, tapotement. Each classical massage movement should have an equal amount of time in the treatment and can be in any logical sequence.

TEST	NUMBER OF TOWELS PROVIDED
Mini Facial with Lash and Brow Treatment	6 medium
Gel Nail Art and Manicure	4 Medium
Back Massage and Reflexology	4 medium, 2 large
Creative Makeup	2 Medium

*Competitors may choose not to use all towels.

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

Personal Protective Equipment (PPE) required		
TEST	PPE	UNIFORM
Back Massage and Reflexology	Face mask (optional)	Throughout the competition the competitor must wear black uniform of their choice with black closed toed shoes, and black socks
Mini Facial with Lash and Brow Treatment	Finger cots or gloves (optional)	
Gel Nail Art and Manicure	Face mask (optional)	
Creative Makeup	Face mask (optional)	

Marking Scheme

Skill Area	Time	Maximum Mark
Mini Facial with Lash and Brow Treatment	90min	30
Back Massage and Reflexology	90min	30
Gel Nail Art and Manicure	90min	20
Creative Makeup	90min	20
TOTAL:	6 Hours	100

Below are examples of the closed toed shoes, socks and uniform to be provided by the competitor (NO athletic gear or lounge wear)



Morning		
Group	9am - 10:30am	10:45am – 12:15pm
A	Mini Facial with Lash and Brow Treatment	Gel Nail Art and Manicure
B	Gel Nail Art and Manicure	Mini Facial with Lash and Brow Treatment
Schedule		
8:00 am	Competitors room open	
8:15 am	Daily briefing and review of safety	
9am-10:30	AM competition begins. Group A Facial /Group B Manicure	
10:30-10:45	Swap competitions/ mini break	
10:45am – 12:15pm	Second part of competition begins. Group B Facial /Group A Manicure	
12:15 – 1pm	LUNCH	
Afternoon		
Group	1:15pm – 2:45pm	3pm – 4:30pm
A	Back Massage & Reflexology	Creative Make Up
B	Creative Make Up	Back Massage & Reflexology
Schedule		
1:15pm - 2:45 pm	PM competition begins Group A Back Massage & Reflexology/ Group B Creative Make Up	
2:45pm – 3pm	Swap competitions/ mini break	
3pm – 4:30pm	Second part of competition begins Group B Back Massage & Reflexology /Group A Creative Make Up	
4:30 pm	Competition ends (approximate time)	
4:30pm – 5:15pm	Wrap up / Judging Results	

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

Mini Facial with Lash and Brow Treatment

Time allotted: 90min

Maximum mark: 30

Starting time	Group	
9:00 am	A	
10:45 am	B	
Time	Task	Skill checklist
5 minutes	Pre-services	Treatment area and competitor is prepared and organized for mini facial and lash tint and lift, brow tint and lamination.
5 minutes	Installation of model.	<p>The model is assisted onto the bed, in a sitting position, with the appropriate draping for comfort, warmth and modesty.</p> <p>Competitors must provide a verbal explanation of mini facial and the procedure for the lash tint and lift, brow tint and lamination.</p> <p>The competitor must complete a verbal consultation with the model to ensure there are no contraindications.</p>
2 minutes	<p>Check Point – Break for judging.</p> <p>Checking model preparation and makeup removal.</p>	
20 minutes	Cleanse, analysis toning & Exfoliation, moisturize.	<ul style="list-style-type: none"> • Eye and lip makeup removed. • Cleansing performed. • Perform skin analysis using magnifying lamp. • Findings recorded. • Perform steps according to treatment plan and include the following on the face, neck, and décolleté. • Skin is toned. • Application of exfoliant • Removal of exfoliant using towel/4x4 gauze • moisturize
2 minutes	<p>Check Point – Break for judging.</p> <p>Judges to review analysis forms and compare findings to model's skin condition, check for make-up and exfoliant residue.</p>	

15 minutes	<p>Lash lift & tint</p> <p>Treatment explanation and contraindications</p> <p>Lash Lift prep</p> <p>Lower Lash Prep</p> <p>Upper Lash Prep</p>	<p>Competitor provides verbal explanation to the client of the treatment procedures and outcomes. Contraindications checked.</p> <p>Thoroughly cleanse lashes to remove any product residue.</p> <p>Lower lashes secured to the silicone eye pad.</p> <p>Apply silicone roll and adhesive and adhere lashes.</p>
2 minutes	Check Point – Break for judging.	
15 minutes	<p>Lift Solution</p> <p>Set and Tint</p> <p>Lash and Eye Clean Up /finishing product</p>	<p>Apply lift solution, process time, removal.</p> <p>Apply set and tint blend. Process time.</p> <p>Removal of product</p> <p>Removal silicone pads and roll Final cleanse of the eye and lash area.</p> <p>Eye protection/moisturize.</p>
2 minutes	Check Point – Break for judging.	
20 minutes	<p>Brow Lamination and Tint</p> <p>Brow Prep</p> <p>Lift Process and Removal</p> <p>Neutralize and Tint</p>	<p>Cleanse /brush</p> <p>Application, lifting process, removal.</p> <p>Application, neutralize and tint process and removal. Finishing Product</p>
2 minutes	Model exit and post service clean up	Assist model to exit and treatment area is cleaned up.

Gel Nail Art and Manicure

Time allotted: 90min

Maximum mark: 20

Starting time		Group
9:00 am		B
10:45 am		A
Time	Task	Skill checklist
10 minutes	Pre-service set up & consultation.	Model is greeted and prepared for service. Consultation is performed using the supplied consultation form with findings recorded.
2 minutes	Check Point - Break for judging	
20 minutes	Manicure- Soak and Prep	Nails are filed, soaked, shaped and cuticle work is performed. Nails are buffed leaving no shine on the nail bed.
2 minutes	Check Point - Break for judging	
10 minutes	Hand & arm massage	Massage to demonstrate classical movements, effleurage, petrissage, tapotement and passive joint movements. Dry towel removal of product & nails ready for artificial application with two-way glue dot.
2 minutes	Check Point - Break for judging	
5 minutes		Nail tips are applied, buffed, and cleaned with no shine on the nail tips.
4 minutes	Check Point - Break for judging	
25 minutes	Application of gel polish and Nail Art to 2 nails. Competitors will have access to a kit containing gems, foil, glitter,	Two Artificial nails with nail art design in a French theme. Each art medium must be used at least once in designs.

	pigment, and gel polishes to complement the theme.	
5 minutes	Model exit and cleanup	
5 minutes	Check point for judging	

Creative Makeup

Time allotted: 90min

Maximum mark: 20

Starting time		Group
1:15pm		A
3 pm		B
Time	Task	Skill checklist
10 minutes	Pre-service - Set up station for cleansing of skin and welcome model.	<p>Treatment area, and competitor are prepared for the service.</p> <p>Skincare products are dispensed and brought to the station.</p> <p>All sponsor evening and design element make-up, brushes, lashes, lash glue, lash scissors, palette, disposable wands, sharpener & headband to be set-up.</p>
2 minutes	Check Point - Break for judging	Check Point - Break for judging
10 minutes	<p>Model is greeted and prepared for service.</p> <p>Prep model's skin for all areas that makeup will be applied.</p>	<p>Model will be draped pre-service.</p> <p>All steps should be in accordance with health, safety, and professionalism.</p> <p>Cleanse, tone, moisturize and prime model's skin.</p> <p>Dispose of all items used for cleansing and prepping the skin.</p>

2 minutes	Check Point - Break for judging	
5 minutes	Cleansing cleanup & Makeup station setup	<input type="checkbox"/> Competitor will clean up cleansing supplies and will set up makeup station.
2 minutes	Check point – break for judging	
35 minutes	Apply evening make-up application using the makeup provided by the sponsor.	<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>
2 minutes	Check Point - Break for judging	
10 minutes	Replicate the design element provided by Skills Canada, using the provided sponsors make-up.	Apply with accuracy the design element to the face. (See provided Photo)
3 minutes	Check Point – Break for judging	
5 minutes	Model exit and post service clean up	Assist model to exit and treatment area is cleaned up.
4 minutes	Check point for judging	

Back Massage and Reflexology

Time allotted: 90min

Maximum mark: 30

Starting time		Group
1:15pm		B
3pm		A
Time	Task	Skill checklist
10 minutes	Pre-service set up	Treatment area and competitor is prepared for treatment.
15 minutes	<p>Model installation, client consultation and preparation.</p> <p>Foot soak</p> <p>Client explanation and consultation</p> <p>Model installation</p>	<p>The model is greeted and therapist offers assistance and care as needed.</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. 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 with adequate draping to provide comfort, warmth and modesty.</p>
5 minutes	<p>Judging check point.</p> <p>Judges to assess consultation forms, findings, and set-up</p>	
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 Skills website).</p> <p>Competitor will identify 6 different pressure points, 3 on each foot, on a blank foot</p>

		reflexology chart to be given to the model for take home information.
2 minutes	Judging check point	
25 minutes	Competitor must demonstrate the following massage movements: petrissage, tapotement, effleurage, friction, and vibration.	<p>The model is prepared for back massage with adequate draping to provide comfort, warmth, and modesty.</p> <p>Massage is performed to the back for 20 minutes. Massage should be flowing, rhythmic, and consistent.</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>
3 minutes	Check point for judging	
5 minutes	Final clean up and model exit	<p>Assist the model to change room and model exit from the competition floor is professional.</p> <p>The competition area is cleaned and disinfected.</p>

Sponsors and Training Product

Please contact sponsors to purchase products for training purposes.

Mini Facial and Lash Lift, Brow tint and Lamination:

- ☐ Skin care products provided by Dermalogica
- ☐ Lash and Brow product TBD
- ☐ Magnifying Lamp and Hot Towel cabinet provided by VCC

Body Treatment – Reflexology & Massage:

- ☐ Products supplied by Skills BC

Creative Makeup:

- ☐ Makeup Forever

Gel Nail Art:

- ☐ Product supplied by CND
- ☐ LED/UV lamps supplied by TBD

It is important for each competitor to check the Skills Canada British Columbia Competition Website for the Contest Description and product list information. Check regularly for any changes and follow-up with your advisor. <http://skillscanada.bc.ca/>