

# 2010 Provincial Skills Competition

# 30

# AESTHETICS

Woodford Training Center,

C.B.S., NL

March 26, 2010

Test Project  
Competitors'

Welcome to the 2010 Provincial Aesthetics (30) Competition. Congratulations on participating in such an exciting and rewarding competition.

All treatments are to be completed on female models only.

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

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- **Professional presentation, organizational skills, communication, analysis and sanitation.**
- **Specific Care Facial (Female client – mature skin)**
- **Basic Pedicure Service (Female client)**
- **Manicure with nail art (Female client)**
- **Fantasy Makeup Application on a younger skin.**

During the competitor orientation, you will have the opportunity to familiarize yourself with the equipment, products and project. Competitors and trainers will have the opportunity to ask questions before the start of the competition.

### **Analysis / Pre-Planning Sheets**

Timing for each test includes filling in the analysis sheets. Analysis sheets must be filled in for each test. Explanations must be clear, but brief. Judges will refer to them 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. You must ensure that Judges check your models prior to commencing any treatment.

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

**Note:** If you are in doubt about any other tools or equipment you wish to use, check with the judges before you start. Points will also be awarded throughout each test for professionalism and complying with Occupational Health and Safety

The following is the full compliment of skills required to complete the competition.

### **MARKING SUMMARY**

<b>Skill Area</b>	<b>Time</b>	<b>Model</b>	<b>Maximum Mark</b>
Facial	1.5 Hours	Female Model	350
Basic Pedicure Service	1.5 Hours	Female Model	200
Manicure with nail art.	1.5 hours	Female Model	250
Fantasy Makeup Application	75 mins	Female Model	200
<b>TOTAL:</b>	<b>6 Hours</b>		<b>1000</b>

## FACIAL

### **Starting Time**

9 am

### **Time Allocated**

1.5 Hours

### **Model**

Female Model – Mature Skin

- Treatment area, operator and Female client prepared for treatment.
- Analysis sheet must be completed accurately as points will be given for achieving your identified result.
- Treatment routine selected and sequenced according to client treatment plan.
- Areas of the skin requiring special treatment and any contra - indications identified.

### **CHECK POINT**

#### **Cleansing procedure:**

- Client's skin cleansed thoroughly and all makeup removed.
- Client's skin exfoliated according to the treatment plan.
- Steaming of the skin performed according to the treatment plan if required.
- Skin is toned using the Lucas Pulverizer when required according to procedure

### **CHECK POINT**

#### **Massage procedure:**

- Range of massage movements including effleurage, petrissage, tapotement, friction and a massage routine suitable for client's treatment plan evaluated and selected
- Massage performed using the Indirect method of High-Frequency for serum infusion and using the correct massage medium
- Rhythm, repetition and variation of massage movements suited to elasticity of skin, degree of subcutaneous fat, treatment products and client needs

#### **Mask selection & Moisturizer treatment:**

- Correct and smooth application and removal of Collagen sheet mask
- Moisturizer treatment products applied to ensure the skin is clean and protected

### **CHECK POINT**

- Cleaning and tidying of workstation
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## **BASIC PEDICURE SERVICE ON A FEMALE CLIENT**

### **Starting Time**

11 am

### **Time Allocated**

1.25 Hours

### **Model**

Female Model

### *Description of Criteria:*

#### Preparation:

- Treatment area, operator, and client prepared for treatment
- Analysis sheet must be completed prior to commencement of work.
- Analysis sheet must be completed accurately as points will be given for achieving your identified result.
- Areas of the skin requiring special treatment and any contra-indications identified.

#### Treatment:

- Nails filed and shaped smoothly and evenly
- Foot bath & exfoliation applied according to manufacturer's instructions and treatment plan
- Cuticle care performed leaving no residue or excess cuticle
- Callus reduction performed where necessary

### **CHECK POINT**

- Massage movements to lower leg and foot demonstrated with correct speed and rhythm
- Pedicure service completed with no cuts or abrasions to skin or cuticle
- Base coat, Red polish and top coat applied to the nails

### **CHECK POINT**

- Cleaning and tidying of workstation
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## **BASIC MANICURE SERVICE WITH BRIDAL THEME NAIL ART**

### **Starting Time**

1:00 pm

### **Time Allocated**

1.5 Hours

### **Model**

Female client

### *Description of Criteria:*

#### Preparation:

- Treatment area, operator, and client prepared for treatment
- Analysis sheet must be completed prior to commencement of work
- Areas of the skin requiring special treatment and any contra-indications must be identified.

### **CHECK POINT**

#### Treatment:

- Nails filed and shaped smoothly and evenly
- Soften cuticles and perform cuticle care leaving no residue

### **CHECK POINT**

- Massage movements to lower arm and hand demonstrated with correct speed and rhythm
- Freehand French polish and Nail Art performed on right hand exactly as the design provided and base coat, red polish and top coat to the left hand.
- Manicure service completed with no cuts or abrasions to skin or cuticle.

### **CHECK POINT -**

- Cleaning and tidying of workstation
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## **FANTASY MAKEUP APPLICATION**

### **Starting Time**

3:00 pm

### **Time Allocated**

1.25 Hours

### **Model**

Female Model -Younger skin

### **The Makeup Application:**

- Skin prepared - cleansed & moisturized before application
- Facial areas requiring corrective/camouflage makeup accurately identified.
- Color design principles, including tonal values, identified.
- Foundation suited for skin tone and offers a clear palette for color application
- Clean lines and designs performed with precision
- Quality blending techniques are demonstrated
- Quality of application
- Creativity
- Overall quality of completed desired outcome
- Fantasy items chosen and applied to enhance the overall aspect

### **CHECK POINT**

- Cleaning and tidying of workstation
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