

Project

Aesthetics

POST-SECONDARY



WELCOME TO THE 2025 NATIONAL AESTHETICS COMPETITION!

Congratulations on participating in such an exciting and rewarding competition.

The host province will provide models for all competitors.

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

- Professional presentation
- Technical skills
- Organizational skills
- Communication
- Product knowledge & control
- Sanitation
- · Compliance with health & safety

You will demonstrate and perform in the following areas all on human models:

- Advanced Facial
- Manicure: Seasonal Fusion
- Body Therapy Treatment
- · Creative makeup: Seasonal Fusion

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 be given the opportunity to familiarize yourself with the equipment, products, and tools. Competitors will have the opportunity to ask questions at this time.



Advanced Facial 2,7

The competitor will perform an advanced facial demonstrating the use of cleanser, exfoliator, serums, mask and finishing products (Sponsor to be determined).

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 (link to video found here) on the face, neck and décolleté and a scalp massage during the mask.

Manicure: Seasonal Fusion 2, 4, 8

During the seasonal fusion manicure, competitors will showcase their skills by performing a dry gel polish spa manicure, which includes 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 available on the SCC website for reference.

Competitors are required to apply a red gel polish to nine fingers, leaving one ring finger unpolished. On this ring finger, they will create a handpainted nail art representing one of the seasons—spring, summer, autumn, or winter. The design will continue from the ring finger, across the back of the hand, and 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 freehand nail and arm design.

Body Therapy Treatment 2,3,5,6

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 SCC 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, top coat). Corrections are permitted. Polishes to be supplied (sponsor TBD).

Creative Makeup: Seasonal Fusion 2, 7, 8

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 (50/50 split of the two seasons). Competitors can choose any two seasons.

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.

<u>Tasks and Check Points:</u> You will be given a specific time for each task. Judging is done throughout each task so you will need to be aware of these CHECK POINT indications in your project instructions. It is the competitor's 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.

<u>NOTES:</u> 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. 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.

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TEST	Number of towels provided for the competition	Number of 4x4 gauze provided for the competition
Advanced Facial	2 Large towels and 4 medium (hand towels)	6
Manicure	8 Medium towels (hand towels)	2
Body Therapy Treatment	2 Large towels and 8 medium (hand towels)	8
Creative Makeup	2 medium (hand towels)	4

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

Personal Protective Equipment (PPE)	Mandatory	Optional
Advanced Facial	Gloves (during scalp massage)	Gloves & Facial mask
Manicure		Dust/Protective facial mask
Body Therapy Treatment		Gloves & Facial mask
Creative Makeup		Facial mask

^{**}Competitors will be required to follow provincial Covid-19 rules & regulations; therefore, PPE may be required during some test projects.

Uniform: Throughout the competition, the competitor must wear a black professional scrub uniform of their choice with black closed toed shoes and black socks.

Marking Summary: The competition will be scored for a total of 100 marks over the four test projects.



Test Project	Time Allotted	Model	Maximum Mark
Advanced Facial	3 hours	Human Model	30
Manicure	3 hours	Human Model	20
Body Therapy Treatment	3 hours	Human Model	30
Creative Makeup	3 hours	Human Model	20
TOTAL	12 hours		100









COMPETITION DAYS

Day 1		
Group	АМ	PM
А	Advanced Facial	Manicure: Seasonal Fusion
В	Manicure: Seasonal Fusion	Advanced Facial
Day 2	АМ	РМ
А	Creative Makeup: Seasonal Fusion	Body Therapy Treatment
В	Body Therapy Treatment	Creative Makeup: Seasonal Fusion

SCHEDULE FOR COMPETITION DAYS

8:00 AM	Competitors competition site opens
8:45 AM	Daily briefing and review of safety
9:00 AM - 12:00 PM	AM competition begins
12:00 PM - 1:00 PM	LUNCH
1:30 PM - 4:30 PM	PM competition begins
4:30 PM	Competition ends

NOTE: These are tentative schedules. Start and end times may vary.



Advanced Facial

Time allotted: 3.0 hours Model: Human model

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

TIME	TASK	SKILL CHECKLIST
15 minutes	Pre-service set up	Treatment area and competitor prepared for facial. This includes product set up.
	Professional Appearance	Competitor must prepare themselves as per the contest description to begin the service.
3 minutes	Checkpoint for Judging	



TIME	TASK	SKILL CHECKLIST
20 minutes	Model greeted & installed	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.
	Review client intake form	The competitor must review model's intake form and perform a verbal consultation to ensure there are no contraindications and give a briefe explanation of the treatment.
	Eye & Lip Cleanse	Eye & lip makeup is removed with no traces of mascara or lipstick left.
5 minutes	Checkpoint for Judging	



TIME	TASK	SKILL CHECKLIST
15 minutes	First cleanse	First cleanse is performed.
	Skin Analysis & Findings recorded	Skin analysis completed with the magnifying lamp. Findings to be recorded on the forms provided.
	Product Selection	Competitors will choose the correct products to complete the facial based on the findings recorded during the skin analysis.
10 minutes	Check Point for Judging	



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



TIME	TASK	SKILL CHECKLIST
5 minutes	Clean up station Disinfection of BT Sonic & BT Micro	Competitors will demonstrate the proper health & safety protocols to clean up their station.
	Prep for massage	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)	Demonstrate the correct sequence using the provided step by step instructions (SCC website) 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.
	Demonstration of Cold Globes (10 minutes)	Globes are pre- prepared 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	Demonstrate an even application of a rubberized mask to the face only, avoiding the hair line.
		Mask is removed as per sponsors instructions leaving no residue on the model's face, and hair.
	Scalp Massage	While the mask is on, a scalp massage will be performed. Competitors will use a scalp massage medium and perform massage for 10 minutes.
		Correct pressure must be applied with smooth, rhythmical movements, without breaking contact with the model. A variety of massage techniques must be incorporated.



TIME	TASK	SKILL CHECKLIST
3 minutes	Checkpoint for Judging	
20 minutes	Finishing products	Application of finishing products.
	After care advice	Provide verbal after care advice to the model.
	Model exit	Assist model to the change room and waiting area to exit.
	Post-service cleanup	Cleanup treatment area.
4 minutes	Checkpoint for Judging	



Manicure: Seasonal Fusion

Time allotted: 3.0 hours Model: Human model

Starting Time		Group	
9:00 am		В	
1:30 pm		A	
TIME	TASK		SKILL CHECKLIST
15 minutes	Model is greseated. Consultation performed was service is exmodel.	eeted & n is vith model.	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. Model is greeted and seated. Consultation form is filled out with the model. Competitor verbally explained the service that is going to be performed.



Starting Time		Group	
4 minutes	Check Point Judging	for	
20 minutes	Nail Prep usi sponsors pro (TBD)		Hands are sanitized. Nails are clipped and filed. Cuticles are pushed back. Nails are buffed. Cuticles are removed. Cleanse the nail bed thoroughly to remove any debris.
5 minutes	Check Point Judging	for	



Starting Time		Group	
45 minutes	Application coat.	of gel base	Nails are sanitized & dehydrated. Base coat is applied to all nails.
	Application of polish.	of red gel	Red gel polish applied to 9 nails.
	Create a uni hand design ring finger. Cone season summer, autwinter.	for one Choose - spring,	Freehand nail art is applied to one ring finger representing one of the four seasons.
	Application coat.	of gel top	Gel top coat is applied to all 10 fingers.
	The steps can applied in an sequence as they make to sense.	ny s long as	
5 minutes	Check Point Judging	for	
10 minutes	Hand/Arm e scrub applic removal on I hands/arms	ation & both	Exfoliation scrub is applied and removed to both hands/arms leaving no residue on the hand/arm or



Starting Time	C	Group	
2 minutes	Check Point f Judging	for	
15 minutes	Complete apport of mask and wone arm at a	wrap to	Evenly apply the mask, with a brush, to cover all areas of the hand and arm with a consistent, neat application.
	Hand/Arm ma application (to elbow)		Neatly wrap the hand and arm to maintain warmth.
	Mask remova	ıl	Mask is removed leaving no residue.
2 minutes	Check Point f Judging	for	
10 minutes	Hand/Arm ma	assage	Perform a 12-step hand and arm massage following the steps demonstrated in the video from SCC.
	Removal of p	roduct	Hand and arm are prepared for free hand design.
2 minutes	Check Point f Judging	for	



Starting Time	Group	Group	
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	Check Point for Judging		



Body Therapy Treatment

Time allotted: 3.0 hours Model: Human model

Starting Time	Group
9:00 am	В
1:30 pm	Α



TIME	TASK	SKILL CHECKLIST
15 minutes	Pre-service set up	Treatment area and competitor prepared for full body treatment according to health & safety.
	Model greeted	Model is greeted and therapist offers assistance and care, as needed, to service area.
	Model installation	Model is installed on bed, in a sitting position, for consultation and foot cleanse with adequate draping to provide comfort, warmth and modesty.
5 minutes	Check Point for Judging	



TIME	TASK	SKILL CHECKLIST
20 minutes	Client consultation	The competitor must complete a written consultation with the model to ensure there are no contraindications.
	Foot/Leg cleanse/removal of cleanser	Competitors will cleanse/remove the cleanser leaving no residue.
	Foot/Leg exfoliant application/removal	Competitor will apply/remove exfoliant leaving no residue on the skin or treatment area.
	Foot/leg includes toes, top/bottom of foot, entire front/back of leg up to and including the knee	Removal is done using hot towels only. No gauze allowed.
5 minutes	Check Point for Judging	



TIME	TASK	SKILL CHECKLIST
25 minutes	Foot/Leg mud mask application	Competitor will apply mud mask with a brush. Mud application should be smooth and even ensuring that the sheets and treatment area remains unstained.
	Wrap foot/leg in plastic/mylar	After applying the mask, wrap the foot/leg in plastic and mylar sheet to retain the heat.
	Pressure Point Head Massage Jade Combing Routine	While the mud mask is on, competitors will perform a 10-minute pressure point head massage (following instructions from SCC website) and then a 5 minute jade combing relaxation routine (following video posted on SCC website).
5 minutes	Check Point for Judging	



TIME	TASK	SKILL CHECKLIST
10 minutes	Foot/Leg mud mask removal	Competitor will remove mud mask ensuring that the sheets and treatment area remains unstained.
	Application of body lotion	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 (TBD)	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	



TIME	TASK	SKILL CHECKLIST
25 minutes	French polish application	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.
	**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. **	French polish line should be consistent across all toes.
		No quick dry drops to be added at this time.
5 minutes	Check Point for Judging	



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TIME	TASK	SKILL CHECKLIST
15 minutes	Model prepared for exit	Competitor will apply quick dry drops to all toes.
		Models' sandals will be put on by competitor and then assistance offered off the bed and exited to exit area with all their belongings.
	Post-service cleans up	Treatment area is cleaned up.



Creative Makeup: Seasonal Fusion

Time allotted: 3.0 hours Model: Human model

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

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	Check Point for Judging	



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15 minutes	Model is greeted and prepared for the service.	Model will be draped pre-service
	Prep model's skin for all areas that makeup will be applied.	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.
	Dispose of all items used for cleansing and prepping the skin.	All items are disposed of according to sanitation and hygiene
5 minutes	Check Point for Judging.	



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



2911142023		
40 minutes	Season 2 - 50% of the face and décolleté area (2 inches below the collar bone) to be covered.	Create your entire design for your second selected season on 50% of the face and décolleté area (2 inches below the collar bone).
	The competitor will demonstrate proper application and blending of their second season selection on the face and décolleté.	Competitors will demonstrate proper blending, creativity, complexity and precision within their design.
		All steps should be in accordance with health, safety and professionalism.
5 minutes	Check Point for Judging	



20 minutes	Final Touches Lashes	Ensure seamless blending at the center between the 2 makeup seasons.
		Strip lashes are applied with precision.
		Set the makeup with a setting spray.
		Add 2 accessories to bring the looks together for final judging of the makeup design.
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	

As we embark on the 2025 National Aesthetics Competition, we extend our heartfelt congratulations to all participants for embracing the excitement and rewards this event promises. The host province's commitment to providing models underscores the collaborative spirit of this competition.

Throughout the competition, your skills will be meticulously evaluated across various dimensions, including professional presentation, technical proficiency, organizational finesse, effective communication, product knowledge & control, sanitation practises, and compliance with health & safety standards.



From the intricacies of the Advanced Facial to the artistic expression of the Manicure with seasonal fusion nail, hand/arm art, and the transformative Body Therapy Treatment, perfecting the skills of a French pedicure lacquer polish, to the creative canvas of seasonal fusion makeup - each segment challenges your abilities and showcases the diverse talents within the aesthetics domain.

We wish every participant an enriching and successful journey as you not only compete but also contribute to elevating the standards of excellence in aesthetics. May your passion and dedication shine through in every aspect of this competition. Best of luck!

Sponsors & Training Product

We express sincere appreciation to our esteemed sponsors, (to be confirmed at a later date) for their unwavering support in enhancing the scope of the Skill Aesthetics National Competition. Your commitment to excellence and innovation has played a pivotal role in elevating the standards of this event. Thank you for being instrumental in the success and growth of our shared passion for beauty and skill.

Please contact sponsors to purchase products for training purposes. Check the SCC website for kit pricing details.