



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** <sup>2,7</sup>

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 (refer to SCC website for step-by-step instructions) on the face, neck and décolleté and a scalp massage during the mask.

### **Manicure: Seasonal Fusion** <sup>2, 4, 8</sup>

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 hand-painted 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** <sup>2,3,5,6</sup>

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** <sup>2, 7, 8</sup>

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.

**Tasks and Check Points:** 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.

**NOTES:** 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.

TEST	Number of towels provided for the competition	Number of 4x4 gauze provided for the competition
<b>Advanced Facial</b>	2 Large towels and 4 medium (hand towels)	6
<b>Manicure</b>	8 Medium towels (hand towels)	2
<b>Body Therapy Treatment</b>	2 Large towels and 8 medium (hand towels)	8
<b>Creative Makeup</b>	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
<b>TOTAL</b>	<b>12 hours</b>		<b>100</b>



### COMPETITION DAYS

Day 1		
Group	AM	PM
A	Advanced Facial	Manicure: Seasonal Fusion
B	Manicure: Seasonal Fusion	Advanced Facial
Day 2		
Group	AM	PM
A	Creative Makeup: Seasonal Fusion	Body Therapy Treatment
B	Body Therapy Treatment	Creative Makeup: Seasonal Fusion

### SCHEDULE FOR COMPETITION DAYS

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

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

Advanced Facial

Time allotted: 3.0 hours

Model: Human model

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	



TIME	TASK	SKILL CHECKLIST
20 minutes	<p>Model greeted &amp; installed</p> <p>Review client intake form</p> <p>Eye &amp; Lip Cleanse</p>	<p>Model is greeted and therapist offers assistance and care, as needed, to the service area.</p> <p>Model is installed with adequate draping to provide comfort, warmth and modesty.</p> <p>The competitor must review model's intake form and perform a verbal consultation to ensure there are no contraindications and give a brief explanation of the treatment.</p> <p>Eye &amp; lip makeup is removed with no traces of mascara or lipstick left.</p>
5 minutes	Checkpoint for Judging	

TIME	TASK	SKILL CHECKLIST
15 minutes	<p>First cleanse</p> <p>Skin Analysis &amp; Findings recorded</p> <p>Product Selection</p>	<p>First cleanse is performed.</p> <p>Skin analysis completed with the magnifying lamp. 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>
10 minutes	Check Point for Judging	

TIME	TASK	SKILL CHECKLIST
15 minutes	<p>Second cleanse performed demonstrating the BT Sonic</p> <p>Exfoliation application &amp; 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 &amp; 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
3 minutes	Checkpoint for Judging	
20 minutes	Finishing products  After care advice  Model exit  Post-service cleanup	Application of finishing products.  Provide verbal after care advice to the model.  Assist model to the change room and waiting area to exit.  Cleanup treatment area.
4 minutes	Checkpoint for Judging	

Manicure: Seasonal Fusion

Time allotted: 3.0 hours

Model: Human model

Maximum mark: 20

Starting Time		Group
9:00 am		B
1:30 pm		A
TIME	TASK	SKILL CHECKLIST
15 minutes	Pre-service set up.  Model is greeted & seated.  Consultation is performed with model.  Service is explained to model.	Treatment area is <del>prepared</del> , 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.

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Starting Time	Group	
4 minutes	Check Point for Judging	
20 minutes	Nail Prep using only sponsors products (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 for Judging	

Starting Time	Group	
45 minutes	<p>Application of gel base coat.</p> <p>Application of red gel polish.</p> <p>Create a unique free hand design for <b>one</b> ring finger. 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 &amp; dehydrated. Base coat is applied to all nails.</p> <p>Red gel polish applied to 9 nails.</p> <p>Freehand nail art is applied to <b>one</b> 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	
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 or

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

Starting Time		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

Maximum mark: 30

<b>Starting Time</b>	<b>Group</b>
<b>9:00 am</b>	<b>B</b>
<b>1:30 pm</b>	<b>A</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 &amp; 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	

TIME	TASK	SKILL CHECKLIST
20 minutes	<p>Client consultation</p> <p>Foot/Leg cleanse/removal of cleanser</p> <p>Foot/Leg exfoliant application/removal</p> <p><small>**Foot/leg includes toes, top/bottom of foot, entire front/back of leg up to and including the knee**</small></p>	<p>The competitor must complete a written consultation with the model to ensure there are no contraindications.</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	

TIME	TASK	SKILL CHECKLIST
25 minutes	Foot/Leg mud mask application  Wrap foot/leg in plastic/mylar  Pressure Point Head Massage  Jade Combing Routine	<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 <b>10-minute</b> pressure point head massage (following instructions from SCC website) and then a <b>5 minute</b> jade combing relaxation routine (following video posted on SCC website).</p>
5 minutes	Check Point for Judging	

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<b>TIME</b>	<b>TASK</b>	<b>SKILL CHECKLIST</b>
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 (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	<p>French polish application</p> <p><b>**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. **</b></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>
5 minutes	Check Point for Judging	

TIME	TASK	SKILL CHECKLIST
15 minutes	<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: Human model

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.	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	

<p>15 minutes</p>	<p>Model is greeted and prepared for the service.</p> <p>Prep model's skin for all areas that makeup will be applied.</p> <p>Dispose of all items used for cleansing and prepping the skin.</p>	<p>Model will be draped pre-service</p> <p>Select and dispense appropriate skin care products (cleanser, toner and moisturizer).</p> <p>Cleanse, tone, moisturize and prime model's skin.</p> <p>All steps should be in accordance with health, safety and professionalism.</p> <p>All items are disposed of according to sanitation and hygiene</p>
<p>5 minutes</p>	<p>Check Point for Judging.</p>	

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 be covered.</p> <p>The competitor will demonstrate proper application and blending of their second season selection on the face and décolleté.</p>	<p>Create your entire design for your second 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	

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.