

**S30 - AESTHETICS**

**Trainer's notebook**

**Competitor's notebook**

**Maryse Bureau**  
Quebec expert



## **WELCOME TO THE 2025 PROVINCIAL 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 and control, sanitation, compliance with health and 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**

The competitor will perform an advanced facial demonstrating the use of cleanser, exfoliator, serums, mask and finishing products (Sponsor- 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](#)).

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**

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 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**

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 video on 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 (Sponsor-Aesthresource).

### **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 (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.

**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. Each test must be performed using the provided number of towels specified below.

**Note** You do not have to use all of the supplies/towels. \* However, you cannot use more.

VOLET DU CONCOURS	Quantité de serviettes blanches requises pour le concours	Nombre de gazes (4X4) fournies pour le concours
<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)		
VOLET	PPE	FACULTATIF
Advanced Facial	Gloves (during scalp massage)	<ul style="list-style-type: none"> <li>Gloves and facial mask</li> <li>Dust/Protective facial mask</li> </ul>
Manicure		
Body Therapy Treatment		
Creative Makeup		

**Selected uniform offered free of charge by Création Fée Line :**

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

Please contact Mr. Michel Desraspe directly and soon as possible to take possession of your uniform (top and pants) directly from his store.

Examples of uniform and closed shoes for the competitors.



## RÉPARTITION DES POINTS

Test Project	Time Allotted	Model	Maximum mark
Advanced Facial	3 hours	Model	30
Body Therapy Treatment	3 hours	Model	30
Manicure	3 hours	Model	20
Creative Makeup	3 hours	Model	20
<b>TOTAL :</b>	<b>12 hours</b>		<b>100</b>

In the event of a tie between two candidates, the highest point total in the Advanced Facial Treatment event wins and in the event of a tie in Treatment, the highest point total in Body Treatment wins.

Please.

- Contact the Quebec expert, Maryse Bureau, in order to access the Olympics Facebook account which will be effective when the contact details of the coaches are communicated to her.

This way, all coaches will have access to the same information at the same time.

- Please carefully consult all documents before contacting the Quebec expert.

Thank you.

Maryse Bureau  
[m.bureau@competencesquebec.com](mailto:m.bureau@competencesquebec.com)

Day 1		
Group	AM	PM
A	Advanced Facial	Manicure: Seasonal Fusion
B	Manicure: Seasonal Fusion	Advanced Facial
<b>Schedule</b>		
8 h 15	Competitors competition site opens	
8 h 30 – 9h	Presentation of the tests and question period	
9 h – 12 h	Competition	
12 h 15 – 13 h 15	<b>LUNCH</b>	
13 h 30 – 16 h 30	Competition	
16 h 30	Competition end	

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

Day 2		
Group	AM	PM
A	Creative Makeup: Seasonal Fusion	Body Therapy Treatment
B	Body Therapy Treatment	Creative Makeup: Seasonal Fusion
<b>Schedule</b>		
8 h 15	Competitors competition site opens	
8 h 45	Presentation of the tests and question period	
9 h – 12 h	Competition	
12 h 15 – 13 h 15	<b>LUNCH</b>	
13 h 30 – 16 h 30	Competition	
16 h 30	Competition end	
16 h30 – 17 h 00	Exchange between the competitors and the expert	
17 h 00 – 17 h 30	Exchange between the trainers and the expert	

Dismantling of the site from 5:00 p.m.

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

## Advanced facial

Time allotted : 3 h Model : Female

Maximum mark : 30

Starting time	Group	
9 h	A	
13 h 30	B	
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	
20 minutes	Model greeted & installed	Model is greeted and therapist offers assistance and care, as needed, to the service area.
	Review client intake form	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 give a brief 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	
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. Competitors will choose the correct products to complete the facial based on the findings recorded during the skin analysis.

	Product Selection	
<b>10 minutes</b>	Check Point for Judging	
<b>15 minutes</b>	<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>
<b>5 minutes</b>	Check Point for Judging	
<b>10 minutes</b>	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>
<b>5 minutes</b>	<p>Clean up station</p> <p>Disinfection of BT Sonic &amp; BT Micro</p> <p>Prep for massage</p>	<p>Competitors will demonstrate the proper health &amp; safety protocols to clean up their station.</p> <p>BT Micro &amp; BT Sonic will be disinfected according to health &amp; safety.</p> <p>Prepare for lymphatic drainage massage and demonstration of cold globes.</p>
<b>25 minutes</b>	Lymphatic Drainage Massage (15 minutes)	<p>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.</p> <p>The lymphatic drainage massage will be performed on the face, neck and décolleté.</p>



	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.
<b>25 minutes</b>	Mask application & removal  Scalp Massage	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.  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.
<b>3 minutes</b>	Checkpoint for Judging	
<b>20 minutes</b>	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.
<b>4 minutes</b>	Checkpoint for Judging	

**Manicure Seasonal Fusion**

**Time allotted : 3 h Model : Female**

Maximum mark : 20

Starting time	Group	
9 h	B	
13 h 30	A	
Time	Task	Skill Checklist
15 minutes	Pre-service set up.	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 & seated.	Model is greeted and seated.
	Consultation is performed with model.	Consultation form is filled out with the model.
	Service is explained to model.	Competitor verbally explained the service that is going to be performed.
4 minutes	Check Point for Judging	
20 minutes	Nail Prep using only sponsors products Sponsor.	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	
45 minutes	Application of gel base coat.	Nails are sanitized & dehydrated. Base coat is applied to all nails.
	Application of red gel polish.	Red gel polish applied to 9 nails.
	Create a unique free hand design for <b>one</b> ring finger. Choose one season - spring, summer, autumn, winter.	Freehand nail art is applied to <b>one</b> ring finger representing one of the four seasons.
	Application of gel top coat.	Gel top coat is applied to all 10 fingers.

	The steps can be applied in any sequence as long as they make logical sense.	
<b>5 minutes</b>	Check Point for Judging	
<b>10 minutes</b>	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
<b>2 minutes</b>	Check Point for Judging	
<b>15 minutes</b>	Complete application of mask and wrap to one arm at a time	Evenly apply the mask, with a brush, to cover all areas of the hand and arm with a consistent, neat application.
	Hand/Arm mask application (to the elbow)	Neatly wrap the hand and arm to maintain warmth.
	Mask removal	Mask is removed leaving no residue.
<b>2 minutes</b>	Check Point for Judging	
<b>10 minutes</b>	Hand/Arm massage	Perform a 12-step hand and arm massage following the steps demonstrated in the video from SCC.
	Removal of product	Hand and arm are prepared for free hand design.
<b>2 minutes</b>	Check Point for Judging	
<b>25 minutes</b>	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 color for the ring finger and hand/arm.
<b>5 minutes</b>	Check Point for Judging	
<b>10 minutes</b>	Client exit	Assist model to exit
	Post service cleanup	Treatment area is cleaned up according to health & safety
<b>5 minutes</b>	Check Point for Judging	

## Body therapy Treatment

Time allotted: 3 h Model : Female

Maximum mark : 30

Starting time	Group	
9 h	A	
13 h 30	B	
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	
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  **Foot/leg includes toes, top/bottom of foot, entire front/back of leg up to and including the knee**	Competitor will apply/remove exfoliant leaving no residue on the skin or treatment area.  Removal is done using hot towels only. No gauze allowed.
5 minutes	Check Point for Judging	
25 minutes	Foot/Leg mud mask application	Competitor will apply mud mask with a brush. Mud application should be smooth and even

	<p>Wrap foot/leg in plastic/mylar</p> <p>Pressure Point Head Massage</p> <p>Jade Combing Routine</p>	<p>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 and then a <b>5 minute</b> jade combing relaxation routine.</p>
<b>5 minutes</b>	Check Point for Judging	
<b>10 minutes</b>	<p>Foot/Leg mud mask removal</p> <p>Application of body lotion</p>	<p>Competitor will remove mud mask ensuring that the sheets and treatment area remains unstained.</p> <p>Apply body lotion in a moderate amount, ensuring it is not too much or too little.</p>
<b>5 minutes</b>	Check Point for Judging	
<b>40 minutes</b>	<p>Competitor will perform a mini dry pedicure</p> <p>Nail Prep using only Sponsors</p>	<p>Nails are clipped and filed evenly.</p> <p>Cuticles are pushed back and trimmed.</p> <p>Nails are buffed.</p> <p>Cuticles are removed.</p> <p>Cleanse the nail bed thoroughly to remove any debris to prepare for polish.</p>
<b>5 minutes</b>	Check Point for Judging	
<b>25 minutes</b>	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.

	<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>French polish line should be consistent across all toes.</p> <p>No quick dry drops to be added at this time.</p>
<b>5 minutes</b>	Check Point for Judging	
<b>15 minutes</b>	<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 heures    Model : Female

Maximum mark : 20

Starting time	Group	
9 h	A	
13 h 30	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	
15 minutes	<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>
5 minutes	Check Point for Judging	
40 minutes	Season 1 - 50% of the face and décolleté area (2 inches below collar bone) to be covered.	Create your entire design for your first 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 first 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.
<b>5 minutes</b>	Check Point for Judging	
<b>40 minutes</b>	Season 2 - 50% of the face and décolleté area (2 inches below the collar bone) to be covered.  The competitor will demonstrate proper application and blending of their second season selection on the face and décolleté.	Create your entire design for your second 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.
<b>5 minutes</b>	Check Point for Judging	
<b>20 minutes</b>	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.
<b>5 minutes</b>	Check Point for Judging	
<b>10 minutes</b>	Model exit and post service clean up.	Assist model to exit and treatment area is cleaned up.
<b>5 minutes</b>	Final Judging	

As we embark on the 2025 Provincial 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 practices, 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!

#### **LIST OF TOOLS AND ACCESSORIES THAT COMPETITORS MUST BRING**

- Bowls + Basket to transport the cups
- Mask brush
- Cups
- Spatulas
- Artist palette
- Makeup sponges
- Makeup brushes
- Black makeup cape
- All tools, brushes and makeup products for seasonal makeup and fantasy Fusion, accessories, etc.
- Hand mirror
- Products and tools for creating drawings on the hand and forearm.
- Tools for manicure
- Handkerchiefs
- Cotton swabs
- Small laundry basket
- Disposable slippers (4 pairs)

#### **EQUIPMENT AND PRODUCTS PROVIDED ON SITE**

- All equipment and devices
- All products for facial care, body care, manicure and foot care.

**Material provided on site:**

- Bedding
- Gibson
- 12-ply compresses (4 x 4)
- Paper auscultation sheet
- Body wrap, plastic and mylar sheet
- Large stainless-steel bowl (installed at the serving table)
- Gloves (powder-free nitrile)
- Hand sanitizer
- Disposable spatulas
- Mask brushes

**Sponsors and Training Products**

We express sincere appreciation to our esteemed sponsors, for their unwavering support in enhancing the scope of the Skill Aesthetics Provincial 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.

**Advanced facial**

- Sponsored by L'Moor

**Body therapy Treatment**

- Sponsored by L'Moor
- Nails products sponsored by Aesthesource.

**Manicure**

- Nails products sponsored by Aesthesource

**Uniforms**

- **Féline Création**

It is important that all competitors consult the Compétences Québec website to read the description of the competition and the products that will be used. Check the site regularly for the most recent changes.



**Bonnie Annis & Will Roderick**

Partners | L'Moor

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