



Olympiades québécoises
de la FPT

Provincial Competition 2010

AESTHETIC CARE



CANDIDATE'S BOOKLET

Maryse Bureau
Québec Expert

INSTRUCTIONS

1. READ THIS BOOKLET CAREFULLY.
2. THE EXAMINATION IS DIVIDED INTO FOUR (4) SECTIONS AND LASTS 12 HOURS.
3. ANY FORM OF COMMUNICATION BETWEEN CANDIDATES IS FORBIDDEN.
4. PLEASE RESPECT THE DURATION OF EACH EXAMINATION AND BREAK.

GOOD LUCK!

MARYSE BUREAU, EXPERT

MANICURE

Objective

To give a manicure, examine hands and fingernails, record observations on a technical chart and apply a basecoat, two coats of red polish and a topcoat, with no smudging. Clean up and put away the products. The time allotted is 60 minutes.

DESCRIPTION OF CRITERION COMPONENTS

1. Professional attitudes and behaviours

Appropriate personal appearance

- Makeup (impeccable)
- Hair (away from face and firmly tied back for hygienic reasons)
- Clothing (white professional uniform, hose and closed-toe shoes; pants, skirts or dresses are allowed)
- Nails (short and clean, with red polish for the manicure competition)
- Jewellery (none, for safety reasons)
- Personal hygiene (no odour or perfume)

2. Workstation

2.1 Observance of hygiene and safety rules

- Wash hands.
- Disinfect all supplies and equipment and store them hygienically.
- Set up and arrange supplies and tools functionally on the table.
- Show concern for client's comfort; observe hygiene and occupational safety standards.

2.2 Greeting and setting up of client

- Give a welcoming smile.
- Show client where to sit.
- Show constant concern for client’s comfort and needs.

2.3 Posture

- Keep back straight, feet flat and arms at a right angle throughout the procedure (ergonomics).
- Ensure that client’s back is well supported, arms are at a right angle and client is close to the manicure table.

3. Preliminary steps

3.1 Polish removal

- Make sure no residue is left on client’s nails.
- The candidate’s nail polish must remain impeccable.

3.2 Hand and nail examination

- Complete the technical chart.
- Check all boxes (“yes” or “no” where applicable).

1st break: verification of technical chart (30 minutes maximum)

3.3 Execution of manicure

- Follow the steps in the procedure.
- Trim and/or file nails, in accordance with shape of nails.
- Soak nails.
- Provide cuticle care (based on condition of cuticles).
- Clean nails thoroughly (no trace of residue).

2nd break (30 minutes maximum)

4. Massage

- Massage hands and forearms.
- Respect client's needs.
- Follow direction of muscles.
- Observe time allotted (10 minutes).

5. Final steps

- Prepare nails for application of basecoat, two coats of polish and topcoat and/or quick dry coat, if necessary.
- Apply and check to ensure polish is applied perfectly, with no smudges, before making any corrections.
- Make corrections.
- Assess work done.

3rd break (30 minutes maximum)

6. Client satisfaction

- Verify and show concern for client's satisfaction.
- Provide advice and recommendations.

7. Cleaning and storage

- Carefully clean and sterilize all tools, accessories, products, supplies and equipment, in accordance with hygiene and safety rules.
- Store all items.

4th break (10 minutes maximum)

N.B. A step must be executed perfectly in order to obtain a “yes” at judging and receive full marks.

BASIC FACIAL

OBJECTIVE

To perform a basic facial on a female client 35-40 years of age, record skin analysis on a technical chart, prepare and cleanse the skin (extract blackheads, apply high frequency treatment, perform various massage movements, and apply a mask and finishing product), observe hygiene and occupational health and safety rules, and clean and tidy up the work area.

DESCRIPTION OF CRITERIA

1. Professional attitudes and behaviours

Appropriate personal appearance

- Makeup (impeccable)
- Hair (away from face and firmly tied back for hygienic reasons)
- Clothing (white professional uniform, hose and closed-toe shoes; pants, skirts or dresses are allowed)
- Nails (short, clean and unpolished)
- Jewellery (none, for safety reasons)
- Personal hygiene (no odour or perfume)

2. Workstation

Observance of hygiene and safety rules

- Set up and arrange supplies and tools safely and functionally on the table.
- Select appropriate supplies.
- Disinfect all supplies and equipment and put them away them hygienically.

3. Posture

- Maintain appropriate, safe posture.
- Adjust equipment to own height (ergonomics).

4. Greeting and setting up of client

- Give a welcoming smile.
- Show concern for the client's needs.
- Set up client and show concern for client's comfort.
- Have client remove jewellery.
- Position step stool and help client move into position.
- Ensure that client is properly draped.
- Uncover client's face, neck and neckline.
- Protect client's hair adequately.

5. Preliminary steps

5.1 Brief skin examination

- Perform preliminary examination before removing makeup.

5.2 Makeup removal

- Cleanse skin on face, neck and neckline thoroughly.

5.3 Lucas spray

- Follow manufacturer's instructions for use.

5.4 Skin analysis

- Do a visual analysis.
- Do a tactile analysis.
- Do an analysis using a magnifying lamp.

5.5 Recording of observations on the client chart

- Complete the client chart.

1st break: verification of technical chart (30 minutes maximum)

6. Skin preparation

- Select an appropriate skin cleanser for the skin type.
- Apply skin cleanser in accordance with instructions.
- Observe hygiene and safety rules.
- Select appropriate products.
- Prepare skin and client for warm vaporization.
- Extract (remove) blackheads in accordance with safety rules (latex gloves or finger cots), using a Gibson towel, tissue or gauze.
- Use a high-frequency apparatus to obtain desired effect, using correct electrode and technique.

2nd break (15 to 30 minutes maximum)

7. Massage movements

- Choose an appropriate massage cream.
- Apply movements based on physiological needs (skin type) or psychological needs.
- Observe time allotted (10 minutes).

8. Mask

- Apply mask, based on type of skin on face, neck and neckline.
- Observe time recommended for the mask, based on skin type.
- Remove mask completely (no residue on skin).

9. Finishing cream

- Select and apply appropriate protective cream for skin type.
- Use products sparingly.
- Apply light makeup.

3rd break (10 to 20 minutes maximum)

10. Final steps, cleaning and storage

- Help client sit up.
- Position step stool under client's feet.
- Clean and put away containers.
- Clean, disinfect and put away equipment and tools, in accordance with hygiene and safety rules.
- Clean sink and workstation.
- Maintain good working posture.

4th break (10 to 20 minutes maximum)

N.B. The clients' skin will be analyzed beforehand by the trainer from France Laure and by five other beauticians in order to avoid omissions, mistakes or incorrect interpretations.

WAX HAIR REMOVAL

OBJECTIVE

To remove hair from the legs and underarms using hot and warm wax, apply hair removal techniques and correctly remove hair from the skin surface to ensure that no hair or wax residue remains, in accordance with hygiene and safety rules. The competition includes wax preparation, completion of technical chart, selection and application of pre- and post-depilatory products and cleaning of equipment.

N.B. Because transmission of certain bloodborne diseases such as hepatitis and AIDS is possible during underarm waxing, candidates must wear a latex glove on the hand that comes into contact with the client's skin.

DESCRIPTION OF CRITERIA

1. Professional attitudes and behaviours

Appropriate personal appearance

- Makeup (impeccable)
- Hair (away from face and firmly tied back for hygienic reasons)
- Clothing (white, professional uniform, hose and closed-toe shoes; pants, skirts or dresses are allowed)
- Nails (short, clean and unpolished)
- Jewellery (none, for safety reasons)
- Personal hygiene (no odour or perfume)

2. Workstation

Observance of hygiene and safety rules

- Wash hands.
- Disinfect/sterilize all supplies and equipment.
- Set up and arrange supplies and tools safely and functionally on the table.

- Show concern for the client’s comfort and observe hygiene, occupational health and safety and ergonomic standards.
- Turn on dual wax heater (one side for warm wax, the other for hot wax).

N.B. Wax is thrown away after each use and is not recycled. Cotton and pelon strips will be available, and wax will be pre-heated so that it is easier to handle. Wax must be at the correct temperature before beginning waxing.

1st break (15 minutes maximum)

3. Greeting and setting up of client

- Give a welcoming smile.
- Greet client warmly.
- Show the client where to sit.
- Make sure client is comfortable and show concern for client’s comfort throughout procedure.

4. Examination of skin and hair and recording of information on the technical chart

- Examine condition of skin and hair.
- Record observations on technical chart.
- Check all boxes (“yes” or “no” where applicable).
- Prepare all surfaces and areas to be waxed: disinfect products, talc, etc.

2nd break (30 minutes maximum)

5. Waxing procedure (for hot and warm wax)

- Test wax temperature on own skin and on client.
- Apply wax uniformly in correct thickness.
- Follow direction of hair growth.
- Use strips of proper length and width.
- Follow proper strip removal technique.
- Place hand on skin after removing strips to lessen pain.
- Maintain a safe, ergonomically correct posture throughout the procedure.
- For hygienic and safety reasons, candidates must wear a latex glove on the hand that comes into contact with the skin in the underarm area.

3rd break (25 minutes maximum)

6. Quality of waxing

- No residual hair (hot wax and warm wax)
- No wax residue (warm wax and hot wax)
- Hair perfectly removed (warm wax and hot wax)

7. Performance of final steps

- Apply post-depilatory products.
- Observe circulation requirements.
- All areas must be perfectly waxed to obtain points.

4th break (10 minutes maximum)

8. Advice and recommendations

- Give post-treatment advice and make recommendations to the client.
- Apply rules of interpersonal communication.
- Show concern for client's level of satisfaction.

9. Cleaning and storage

- Clean tools, accessories and supplies in accordance with hygiene and safety rules.
- Clean equipment thoroughly.
- Put away apparatus and equipment safely.

5th break (10 minutes maximum)

DAYTIME MAKEUP

OBJECTIVE

To complete a daytime makeup application, based on general harmony principles and the client's morphological characteristics, and in keeping with the client's apparent personality.

DESCRIPTION OF CRITERIA

1. Professional attitudes and behaviours

Appropriate personal appearance

- Makeup (impeccable)
- Hair (away from face and firmly tied back for hygienic reasons)
- Clothing (white professional uniform, hose and closed-toe shoes; pants, skirts or dresses are allowed).
- Nails (short, clean and unpolished).
- Jewellery (none, for safety reasons).
- Personal hygiene (no odour or perfume).

2. Workstation

Observance of hygiene and safety rules

- Wash hands.
- Disinfect all supplies and equipment.
- Assemble and arrange supplies and accessories functionally on the table.

3. Greeting and preparation

- Give a welcoming smile and greet client warmly.
- Introduce self.
- Show consideration.
- Set up client and show concern for client's comfort throughout application, while maintaining ergonomically correct posture.

4. Skin preparation

- Cleanse skin as required.
- Select and apply preparatory products.

5. Morphological analysis chart

- Study face and shapes.
- Analyze harmony of face.
- Record results of analysis on technical chart.

6. Eyebrows

- Clean and/or correct eyebrow line using tweezers.
- Comply with client's morphological characteristics.
- Observe hygiene rules and maintain ergonomically correct posture.

1st break: verification of technical chart and eyebrows (45 minutes maximum)

7. Makeup application

- Apply products based on general harmony principles and client's morphological characteristics.
- Use proper application techniques.
- Select appropriate products.
- Assess overall quality of makeup application.
- Observe hygiene and safety rules throughout application.

2nd break (30 minutes maximum)

8. Cleaning and storage

- Clean accessories and materials.
- Put away all items.
- Clean equipment and sink.
- Empty waste basket.
- Observe hygiene and safety rules throughout application.

3rd break (15 minutes maximum)

