



## ESTHETICS NYS

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### Purpose

To evaluate each contestant's preparation for employment and to recognize outstanding students for excellence and professionalism in the field of esthetics.

### Eligibility

Open to active SkillsUSA members enrolled in programs with cosmetology/esthetics as the occupational objective.

### Clothing Requirements

For men: White shirt, black dress slacks, black socks and black leather work shoes, no jewelry.

For women: White blouse, black dress slacks, black socks or black or skin tone seamless hose, and black leather shoes, no jewelry.

For models: Models should look businesslike, with a black T-shirt, black dress slacks, black or skin-tone hose, and black closed toe shoes. Plain spa wrap, no jewelry. During facial and daytime makeup spa wrap should be worn. Contestants must have their hair pulled away from the face. Models will use a white headband. Model must have a clean, cosmetic-free face. Jewelry may be included, on the model only, during the prop application time in the fantasy portion of the contest. If any piercings are not removed, points will be deducted with no exceptions.

Note: Contestants and models must wear their official contest clothing to contest orientation meeting. (Official SkillsUSA blazer not required) Models will wear a black T- shirt with the rest of the official dress required.

### Equipment and Materials

1. Supplies by the technical committee:

- a) Small tables (for use in performance of facials)
- b) Chairs (for model)
- c) Hot towel steamers
- d) Water

2. Supplied by contestant:

- a) Models: must be SkillsUSA student members, dressed appropriately as described in the required clothing statement; must maintain hair pulled away from the face; must have a clean, cosmetic-free face; must not wear earrings, facial piercings or necklaces (jewelry may be worn in the fantasy portion of the contest). Models are not required to take the Professional Development Test or the skill-related written test.
- b) All competitors and model must create a **one-page** resume and submit a hard copy to the contest chair at orientation. Failure to do so will result a 10-point penalty.  
**Note:** Your contest may also require a hard copy of your résumé as part of the actual contest. Check the Contest Guidelines and/or the updates page on the NYS SkillsUSA Web site: <http://www.nysskillsusa.org/>
- c) A written description of the theme for the fantasy makeup portion of the contestant's theme interpretation is limited to **one page** typewritten in a legible font and contained within a plastic sleeve. The description must be

- submitted at the contestant orientation. No exceptions; late descriptions will result in a 10-point deduction.
- d) Portable kit organizer (to transport and store items needed during the contest).
  - e) Esthetic kit supplies must be in original packaging
  - f) All items necessary for daytime makeup application
  - g) All items necessary for basic facial and massage skills, including:
    - Cleanser (appropriate for cleansing)
    - Exfoliants – **mechanical only**
    - Mask (**not** clear in color)
    - Massage cream
    - Toner or freshener
    - Moisturizer
  - h) All necessary product applicators, such as:
    - Spatulas
    - Cotton swabs
    - Fan and mask brushes
    - Cotton 4x4 pads or sponges
    - Tissues
    - Mascara wands
    - Makeup brushes
    - All applicators must be disposable or sanitized.
    - False eyelashes
    - Adhesives
    - Lash application tools
    - Alcohol wipes
    - All makeup must be in original packaging.
    - All items necessary for fantasy makeup application must be in original packaging (items will be checked during fantasy portion of contest)
  - i) Minimum of six clean, and sanitized terry cloth towels in standard salon size 15" x 25" (no holes or stains) for beauty portion contestants can use set-up sheets/paper towels. Contestants will need three towels to put in hot towel steamer. (you will get three back but not necessarily your own)
  - j) Headband: White for model
  - k) Proper draping supplies Spa wrap (cape for makeup application and one fitted

- and flat white, clean, twin-size sheet for massage and facial skills)
  - l) Sealable plastic bags for sanitation and soiled linens (large zip-lock bags are recommended that fit linens and towels)
  - m) Paper towels or tissues (can be mini travel size)
  - n) Decontamination supplies for hands, equipment and implements (must be EPA approved, e.g. (but not limited to) barbicide, Ultronic, Clorox wipes
  - o) Stainless steel bowl for water (1 ½ qt. minimum size)
  - p) Blood spill kit which must have a properly labeled biohazard bag. First aid kit by itself is not acceptable.
- Note: all products to be in contact with the skin must be in original manufacturer's packaging.

#### **SCOPE OF THE CONTEST**

The contest will include a written esthetic knowledge examination and four skill performance tasks.

#### **Knowledge Performance**

The contest will include a skill-related written knowledge test of 50 multiple-choice questions assessing knowledge of esthetics. Contestants will have 30 minutes to complete the exam. The test bank is from Milady Standard Fundamentals-Cosmetology Curriculum

#### **Skill Performance**

The technical skill performance tasks will assess skills in basic facial and massage techniques as well as beauty application. Creativity is assessed in the fantasy makeup application, while technique is scored in the performance of a basic facial and massage, as well as make-up application. An emphasis on safety and sanitation will be used in all segments of the skill performance areas. Observations during each segment and evaluation of the finished product will be considered in the scoring.

#### **Contest Guidelines**

1. The contest rules will be reviewed at scheduled orientation. **Do not** bring kits to orientation. The contestant and model will submit a resume. Contestants will be required to be dressed in official contest clothing and take a written test at orientation. Written theme is also due at this time. Note: Resumes or theme not turned in at orientation will result in a penalty. Kit check will happen during set up the day of competition. .
2. All contestants must keep their working area clean and organized.
3. All contestants must follow sanitation and safety procedures throughout the contest at all times. Judges will assess decontamination procedures and safety practices throughout the contest.
4. All contestants must bring a model for the competition. Contestants must have natural nails (short and not artificial) with no nail polish. Contestant hair must not fall in front of face or shoulders. All models must have hair pulled back; no jewelry or facial piercings. (Penalty will result if these rules are not followed.
5. Contestants may be asked to perform an oral presentation to judges giving an interpretation and/ or the approach to the yearly theme for the fantasy makeup application.
6. Time limits
  - Knowledge exam: 30 min.
  - Facial station set up 5 min.
  - Basic facial: 50 min.
  - Day time beauty makeup: 45 min.
  - Fantasy make-up application: 60 min.
7. Disqualification or penalty points taken can occur for the following:
  - Any rule not followed, with no exceptions
  - Leaving the competition area before completion of task (applies to both contestant and model) without proper escort
  - Unauthorized use of products that is not allowed and doesn't appear on the above list in.
  - Any products that appears to have been altered. All products and solutions must be properly identified with the manufacturer's labeling. Products labels cannot be defaced.
8. Professional attitude and communication is expected throughout the contest.
9. Once the time is called the contestant must stop working. Touching the model after time is called will result in three penalty points.
10. Cell phones or electronics are not allowed in contest/waiting area. If models and/or contestants are seen with a cell phone, points will be deducted.
11. Setup only consist of items needed for the specific task in progress. Time will be allowed between each task to reset the table. All items should be brought to the contest site organized by task.
12. Required implements and products must be accounted for and professionally organized. Proper control and usage of products and tools will be expected at all times.
13. Props such as hair ornaments, wigs and jewelry may be used in the fantasy section, but will not be considered in the judging. The contest chair will give contestants time to add final props to the fantasy portion after judging is competed.
14. All products used in any portion of the skill contests must be considered safe for application to the skin. This includes any item used on or attached to the skin in the fantasy makeup application.
15. No electricity will be available for contestants. No extra lighting or airbrush machines allowed.
16. Conversation between contestant and model is limited. Any form of communication with observers, judges and other contestants is prohibited during the contest.

## **Standards and Competencies**

### **EST 1.0 Setup and Client Protection-**

**Judged of all areas of contest (10 min.)  
Model should have spa wrap on for  
facial and day time makeup application.  
(drape and black T-shirt for fantasy  
makeup)**

1. Sanitize hands
2. Disinfect work area or uses protective covering
3. Set up work area with supplies clearly labeled
4. No cross-contamination of products to skin or skin to product
5. Disinfect or cover chair
6. Dispose of soiled materials using infection control procedures
7. Re-sanitize hands
  
8. Apply body drape or cover for protection
9. Apply hair drape or cover
10. Re-sanitize hands

### **EST 2.0 Cleansing the face and massage (20 minutes)**

1. Preparation
2. Remove cleanser from container using infection control procedures
3. Demonstration of cleansing the face
4. Cleanse the lips safely
5. Cleanse eye area safely
6. Distribute cleanser over entire face safely
7. Cleanse entire face safely (cleansing massage only); Remove first cleanse with wipes, second cleanse with one steam towel.
8. Demonstration of massaging the face
9. Distribute massage product over entire face safely
10. Demonstration of massaging the face
  - Demonstrate effleurage movement
  - Demonstrate petrissage movement
  - Demonstrate tapotement movement
  - Demonstrate friction movement/vibration

- Maintain continuous contact during massage
11. Remove massage product with wipes without dragging or pulling skin
  12. Remove all residual cleansing massage products with wipes safely

### **EST 3.0 Basic Facial (consisting of exfoliation, steam towel procedure, facial mask, toner and moisturizer; 30 minutes)**

#### **3.1 Exfoliation Manual exfoliation only**

1. Remove exfoliation product from container using infection control procedures
2. Demonstration of mechanical exfoliation application to the skin
3. Safe manipulation of exfoliation product
4. Removal of exfoliation product from the skin using wipes
5. Use 1st steam towel to make sure product is totally removed.

Practice safety and infection control throughout exfoliation procedure

#### **3.2 Steaming towel procedure (anytime using a steam towel)**

1. Preparation for steaming of the face
2. Test towel temperature on wrist safely
3. Demonstration of steaming the face
4. Drape 2<sup>nd</sup> towel to cover the face so nostrils and/ or mouth are uncovered
5. Lift towel from face safely
6. Practice safety and infection control throughout steaming procedure

#### **3.3 Facial Mask and completion of facial (You may not use a clear mask)**

1. Preparation for facial mask
2. Remove mask product from container using infection control procedures
3. Apply mask product over entire face safely, excluding eyes, lips and nasal passages
4. Apply mask evenly and safely

5. Remove all residual mask product safely with wipes and complete removal with 3<sup>rd</sup> steam towel.
6. Practice safety and infection control procedures throughout service
7. Apply toner or astringent safely
8. Apply moisturizer safely
9. Dispose of soiled materials using infection control procedures
10. Practice infection control procedures safely throughout service
11. Maintain work area in a safe manner throughout service

**EST 4.0 Beauty | Makeup (beauty makeup application 45 minutes) Every step must be applied with safety, sanitation and effectiveness with goal to create clean, polished look that can be for daytime**

#### **4.1 Preparation**

1. All items necessary for daytime makeup and application must be in original packaging
2. Protect clothing with protective covering or cape
3. Secure hair off face (without ruining hair)
4. Sanitize hands

#### **4.2 Demonstration of facial beauty makeup**

1. Apply primer/moisturizer to face
2. Apply foundation and concealer to enhance and balance the face
3. Apply setting powder
4. Apply eye shadow
5. Apply eyeliner (no liquid liners allowed)
6. Apply mascara to lashes
7. Groom eyebrows using shadow brow or brow pencil
8. Apply lip liner
9. Apply lip color
10. Apply makeup without lines of demarcation to have the face match the rest of the body in shade and even toned

#### **4.3 Safety and Infection Control**

1. Dispose of soiled materials using infection control procedures
2. Practice infection control
3. Procedures safely throughout service
4. Maintain work area in a safe manner throughout service  
Note: Time is not provided to remove beauty makeup; product removal may be done during the scheduled lunch break. (You may use the bathroom)

**EST 5.0 Fantasy Makeup (60 minutes). A general theme is provided. Each contestant can choose character or inspiration from the theme.**

#### **5.1 Preparation**

1. All items for fantasy makeup application must be in original packaging.
2. Protect shoulders with protective covering or a cape model should have black T-shirt on under covering.
3. Sanitize hands

#### **5.2 Demonstration of facial fantasy makeup**

1. Proper application of all necessary fantasy make up products
2. Creativity while staying within the theme parameters.
3. Clean, sharp and effective lines, showing follow through in completed design.
4. Completed look- impact of change (before/after)

#### **5.3 Safety and infection control**

1. Dispose of soiled materials using infection control procedures
2. Practice infection control procedures safely throughout service
3. Maintain work area in a safe manner throughout service