

# ESTHETICS PRACTICAL EXAMINATION PROCEDURES

**THIS INFORMATION SHEET MAY NOT BE BROUGHT TO YOUR SCHEDULED EXAMINATION**

The following is a description of the examination procedures you will be asked to perform in the required order of performance. The time limit for each procedure is also indicated.

**PLEASE NOTE: Proper infection control must be demonstrated during every aspect of the practical examination.**

## **PART I - PREPARATION OF WORK AREA AND MODEL (15 minutes)**

Your model will be shown to a designated area to change into a salon gown. While your model is changing you should:

- Step 1** Remove the pre-mixed surface sanitizing solution and related supplies from your kit and sanitize the surface of your treatment chair and work table following required procedures.
- Step 2** Set up your implements and supplies on the work table in a safe and orderly manner so that you can best perform the remaining exam procedures. Your make-up supplies can remain in your kit until later in the examination. Remember to attach a bag for disposables to your work surface.
- Step 3** Assist your model into the treatment chair and drape the model's body and head.

## **PART II - REMOVAL OF SUPERFLUOUS HAIR (15 minutes)**

After the examiner has checked your set-up, supplies and draping you will be told to proceed; you should:

- Step 1** Demonstrate a soft wax hair removal procedure: first on the upper lip using two small waxing strips and then on an area of the forearm using four regular sized waxing strips. This demonstration will require the use of honey (purchased from a grocery store) as a substitute for real wax. Honey is very similar in consistency to heated wax and can be easily removed with water.  
  
The waxing demonstration should be carried out as if actual waxing is being performed and should include: preparing the skin for waxing; application of the simulated wax product as if it were warm wax; applying and removing waxing strips; and cleaning the skin of any remaining wax.
- Step 2** Tweeze your model's brows. Be sure to bring a model with stray brow hair. Actual tweezing **MUST** be demonstrated.

### **PART III - FACIAL (60 minutes)**

When instructed to continue, you will be asked to:

- Step 1**      Cleanse and tone the face and neck of your model.
- Step 2**      Analyze your model's skin. The analysis will include the use of a magnifying lamp provided at the exam site.
- Step 3**      Perform a facial massage using a minimum of four massage strokes including effleurage, petrissage, friction and tapotement(percussion) movements.
- Step 4**      Simulate the manual extraction of comedones. Please note: actual extraction is NOT required.
- Step 5**      Apply a treatment mask appropriate for your model.
- Step 6**      Remove the treatment mask.
- Step 7**      Apply daytime protection.

### **PART IV - MAKE-UP APPLICATION AND CLEAN-UP (30 minutes)**

When instructed to continue, you will be asked to:

- Step 1**      Apply a complete daytime make-up on your model. The type of make-up used should be appropriate to your model's physical characteristics and must include: foundation; corrective make-up where necessary; face powder; cheekcolor; at least two shades of eye shadow, one for highlighting or contouring; eyeliner; mascara; brow color; lip liner and lip color.

Your model will be shown to the changing area to change back into street clothes. While your model is changing you should:

- Step 2**      Clean your work area and properly replace all equipment and supplies in your kit. You will be allowed to discard your bag of disposables on your way out of the exam room.