

Patient #1 SB Exam

Remember Do not touch your uniform, hair, glasses, etc.

- **Work Area & Client Preparation & Set Up of Universal Supplies(15 minutes)**

- .1 Disinfects all work areas completely with product labeled in English as EPA registered, hospital-grade disinfectant.

Remove brown paper bags with white trash bag liner. Set up brown paper bags with white trash bag liner on floor.

- **Glove hands**

Open kit remove bag with universal cleaning bag.

- **Disinfect workstation with a Citrus II wipe.**
- **Place bags on table**
- **Remove hand sanitizer, use right away.**
- **Place Blood Exposure Kit on the table**
- **Discharge plastics bags right away**

- 1.2 Sanitizes hands with product labeled in English.

- Sanitize hands.
- Begin Setup of Universal Supplies for Client #1
- Place plastic bags on to table
- Set up for Face Cleanse, Exfoliation, and Face Massage, Facial Mask (Skincare products are out
- of bags on table)
- Discharge the plastics bag into brown bag labeled trash only.

- **De Glove and use Hand Sanitizer**
Step Back

Hands should be at the sides of the body. Do not touch your uniform, hair, glasses etc.

Examiner will read Basic Facial Steps, Exfoliation, Massage, & Mask

1.3 Apply protective covering to model's hair and body **Start of Facial 25 minutes.**
Sanitize hands and Apply Gloves

- Place client on work area space
- Apply Body Drape
- Apply Hair covering.
- Sanitize hands.

CLEANSING OF THE FACE, Exfoliation W/ Brush & Towel Steam, Massage, Facial Mask cleanser

□ astringent or toner

.1 Cleansing of the Face with Product supplies are labeled in English

Reminder:

- First Aid Kit remains on table.
- All cleansing products should be out on the table.
 - **Move Cleansing products close to you.**
- (Remember no products should be in plastic bags on the table).

.2 Implements and supplies are visibly clean.

Reminder

- Keep all implements and supplies in plastics bag on the table.
- Cleansing products plastics bag should be in trash.
-

.3 Cleanses eye area completely (pump cleanser into pallet)

Sanitize hands.

Place goggles on client's eyes

Remove universal pallet and cleanser pallet from bag.

Transfer eye cleanser / remover to the pallet or disposable spatula

- Remove goggles place on universal pallet.
- Remove 1 piece of gauze from bag.
- Apply eye/lip makeup removal to gauze (use a different gauze for each eye)
Brace hand over thumb when performing the eye cleanse.
- **Begin Eyes:** -Cleanse one eye at a time with 1-2 drops of Makeup- Cleanse with 1 gauze pad for each eye. Using light downward strokes, remove eye shadow and mascara. **Double brace**

**.4 Cleanses lips completely Double
BRACE**

.5 Place goggles on client eyes

- Add more lip cleanse (make up remover) to the pallet hole.
- Remove gauze from bag.
- Apply lip makeup remover to gauze (optional: use a different gauze for each side)
- Double Brace when performing lip cleanse.
- **Lips:** -Cleanse lips with 1-2 drops of Makeup- Cleanser, using gauze pad starting at bottom corner of lip and slide to center of top lip and stop.
- **Repeat on other side of top and bottom lip.**

Onsite Instruction

#302A State Board Facial – Mock SBR Exam

#302B State Board Theory – Mock SBR Exam

Onsite Procedures

Consultations, cleansings and analysis of face and body

Manual facials and treatments

Machine or electrical facials and treatments

Body treatments and back treatments

- Optional: Repeat procedure on opposite side. Double brace on other side of lip. Start at the corner of upper lip and slide to center of lip and stop. Repeat until lipstick is completely removed.
- .6 Distributes cleanser over face.
- Transfer (pump) cleanser to a pallet
 - Remove disposable spatula and pick up cleanser and place on hand.
 - Throw spatula in trash bag.
 - Apply facial cleanser over **entire** face including nose (except in eyes, nose, mouth)
 - Cleanser Spread – Dispense cleanser in damp hands and rub palms together. Perform quick spread starting at jawline moving up to face. (Include nose)
 - **Spread above upper lip and under lower lip area double bracing.**
 - Continue with cleanse of face (**circular movements**) including nose while avoiding eyes, in the mouth or on neck.
- .7 Removes residual cleanser
Sanitize hands.
- Remove facial cleanse with wet/moist wipes over entire face (except in eyes, nose, mouth)
 - **Remove cleanser on upper lip and lower lip area last using bracing method.**
- .8 Applies toner/astringent.
Place toner/astringent into pallet
Remove 2 pieces of gauze from bag.
- Apply toner/astringent to a gauze pads.
 - Begin dabbing the toner/ astringent over entire face (except in eyes, nose, mouth)
 - **Pat toner above upper lip and below lower lip using double bracing method**

Discard cleansing products into Items to be disinfected Bag.
Continue to the exfoliating steps.

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Patient #1 –

EXFOLIATING AND STEAMING THE FACE SUPPLIES

- ☐ exfoliation product
- ☐ implement or material to exfoliate
- ☐ wet steam towel(s)

• Using Implement or Materials & including Towel Steaming (10 minutes)

- .1 Exfoliating the face supplies are labeled in English

Reminder

- First Kit remains on the table
 - Move Exfoliating products close to you should be out on the table
- 3.2 Implements and supplies are visibly clean
- Keep all supplies in plastics bag on the table
- 3.3 Applies exfoliating product over face and manipulates with implement or material excluding eyes and mouth
- Transfer (cream base) exfoliant product to the pallet or disposable spatula
 - Remove brush, disposable applicator, and 1 piece of gauze from bag,
 - Apply Exfoliating product to brush with disposable spatula.

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- Throw disposable spatula in trash bag
- No Product should be applied in the eyes or mouth area
- Begin Spread at the Jawline: with exfoliating brush spread the product over entire face, nose, and above upper lip (except in eyes, nose, mouth)
- Using the exfoliating brush, move upward using circular movements beginning at the jaw (mandibular nerve)
- Use the dampened gauze with left hand to hold skin taut (so the brush does not drag on the skin. The brush should look like it's creating a gentle glide/ polishing effect on the skin) as you start on the right side of face. Keep the brush and dampened gauze close in distance creating tightening of the skin surface which prevents the brush from dragging on the face. Then complete on left side. **Exfoliate above upper lip and lower lip last using double bracing technique.**
- Place brush in Items to be disinfected bag.

3.4 Steam towel is applied and removed

- Remove steam towel from plastic bag. Discharge plastic bag in trash.
- **Remove excess water (wring out) from towel over trash bag.**
- **Test towel temperature on wrist**
- Place on the towel on face avoiding nose and mouth (they should be fully visible)
- Unfold the towel and slide towel off the lower face to the left or right (this not your product removal (remember it's steaming the face.)

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Esthetics Examination Mock

Patient #1 - Work Area & Client Preparation & Set Up of Universal Supplies/Cleansing of the Face with Product, Using Implement or Materials & including Towel Steaming/ Massaging the Face with Product/

Patient #2 - Work Area & Client Preparation & Set Up of Universal Supplies/Hair Removal of Eyebrows by Tweezing and Using Stimulated Soft Wax/ Hair Removal of the Upper Lip Using Hard Wax/ Facial Mask and Conclusion of Facial Service/ Facial Makeup/ Blood Exposure Procedure.

Onsite Procedures & Setup

- Remove exfoliating product with wet/moist wipes over entire face (except in eyes, nose, mouth) **Remove product from upper lip and lower lip area last w/ bracing technique**
 - Continue to Massage of the face
- 3.5 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section
- Discharge the plastic bags into brown bag labeled trash only
 - Discharge all skincare supplies into brown bag labeled **Items to be disinfected**

MASSAGING THE FACE SUPPLIES

- ☐ massage product
- ☐ eye goggles
- ☐ product pallet

- **Massaging the Face with Product (10 minutes)**

When demonstrating your massage movement remember your examiner may not be an esthetician. So, be sure to make all stay in one area of the face while performing different massage techniques

.1 Massaging the face supplies are labeled in

Reminder

- First Kit remains on table.
 - Massage product should be out on the table.
 - **Move massage product close to you.**
 - (Remember no products should be in plastics bags on table).
- 4.2 Implements and supplies are visibly clean.
- Keep all supplies in plastics bag on the table.
 - Products plastics bag should be in trash.
- 4.3 Distributes massage product over face.
- No Product should be applied to (inside area of eyes or mouth) or inside of nose area



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Onsite Procedures & Setup

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Makeup

Hair Removal



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Onsite Procedures & Setup

- Place massage product into pallet
 - Use disposable spatula to place massage cream onto hand
 - Apply/Distribute massage product over the client's entire face (spread method) repeat this movement 2x (make sure the massage product is equally distribute throughout the entire face. **Apply to upper lip area last**)
 - Begin your massage movements starting with effleurage, petrissage, tapotement, and ending with friction
- 4.4 Demonstrates effleurage movement (close your hands like you are about say a prayer. This is what your hands and finger is look like when performing effleurage)
- Perform on **Cheeks**: - Slide to cheeks (zygomaticus major and minor) with closed finger begins continuous, long, soothing movement, hand on hand technique (leading with one hand following with the other). Remember to do one cheek at a time. Repeating this movement 2x
- 4.5 Demonstrates petrissage movement (your hands should look like you are pinching and lifting the skin. Use the side of you wrist to practice pinching and sliding movements)
- Perform on Jawline & Chin: - kneading and/or pinching movements
 - Begin on Jawline: - Place hands onto both sides of the jawline low the ear, slide to chin (mentalis) stop and begin use upward lifting (chin lifts) with thumbs 2x stop, and begin squeezing or pinching movements toward to base of jawline under the ears. slide to back the chin and repeat this movement 2x
- 4.6 Demonstrates tapotement movement (your fingertip should look like they are flat footed person perform a light, but fast pace tap dancing performance on your forehead)
- Perform on Forehead light tapping movement

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Makeup
HairRemoval



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Esthetics Examination Mock

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Onsite Procedures & Setup

potement at the outer corners of each sidethe forehead rapid light tapping the skin using the pads of fingertips

- 4.2 Demonstrates friction movement – (you finger pad should look like you are pressing into the skin and **deep rubbing** it round in circular motion).
- Perform on Temples pressing and deep rubbing
 - Begin on Temples: - Slide each hand to temples (temporalis) and perform temple circles 6x easing up on speed of circles by the 4th circle. End at temples with a slight hold with two fingers

- 4.3 Removes residual massage product
- Remove moist wipes from bag
Remove massage product with wet/moist wipes over entire face (except in eyes, nose, & mouth)
 - Use bracing technique. perform removal from the upper lip area as the endstep

- 4.4 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section

- Discharge the plastics bag into brown bag labeled trash only

Discharge all reusable implement and supplies into brown bag labeled **Items to be disinfected**

Continue to Mask Application

Facial Mask and Conclusion of Facial Service

- 8.1 Facial mask supplies are labeled in English
- 8.2 Implements and supplies are visibly clean Place mask into pallet
Remove mask applicator brushes and disposable spatula from bag
Load mask onto the 2 brushes with applicator, throw disposable spatula in



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Onsite Procedures & Setup

- 8.3 t ose (excluding eyes and lips) Double brace
r when applying above upper lip and under
a lower lip
s
h Place mask applicator brushes
An items to be disinfected bag
p
p 8.4 Remove mask with moist wipes, (double brace at
l mouth and eyes)
y Place toner /
m astringent into
a pallet
s Remove 2 pieces of gauze from bag.
k 8.5 Applies toner/astringent with clean gauze, apply to upper lip last
t using bracing technique
o 8.6
c Remove
o disposable
v spatula from
e bag and place
r moisturizer
f onto applicator
a distribute onto
c both hands
e Apply
i moisturizer to
n face including
c nose with
l hands starting
u at jaw line.
d Brace around
i upper lip and
n below lower
g lip
n Place mask



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Onsite Procedures & Setup

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be disinfected bag,
(soiled linens, and trash are disposed of in throughout section

Patient #2

Sanitize hands
Remove drape towel and place in
soiled linens bag

Dispose of facial cap
into trash bag
Sanitize hands
Move mannequin to
side of table



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Onsite Procedures & Setup

Remember Do not touch your uniform, hair, glasses, etc.¹
D

Place disposable supplies (place into the brown paper bag labeled Trash only (All plastics bags from product and disposable hair cap supplies)
Dispose of all reusable implements and supplies should be place into brown bag labeled Items to be disinfected (pallets, products, and eye goggles)

Remove gloves, sanitize hands and Re-glove

Disinfected/Sterilization, Dispose of all used linens should be place into brown bag labeled Soiled linens (Body drapes Towels) – Laundered

Continue to Work Area & Client Preparation & Set Up of Universal Supplies

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Disinfects all work areas completely with product labeled in English as EPA-registered, hospital-grade disinfectant.

- Move Citrus 2 container, Hand Sanitizer, Blood Exposure Kit, where client #1 was on table.
- Use Citrus 2 wipe on work area where universal items were on table.
- Discharge wipe in trash bag
- Remove Citrus 2 wipe from container.
- Wipe down entire container of Citrus 2, hand sanitizer (anti bac gel) and First Aid Kit
As you wipe them down place on cleaned work area. Place in trash
- Use Citrus 2 wipe on other side of work area, wipe and discharge in trashbag.

Continue set up of universal supplies and products for remainder of exam

Sanitizes hands with product labeled in English

- Sanitize hands
- Set up universal supplies 1st
- Place plastic bags onto work area
- Set up



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Onsite Procedures & Setup

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- ts from plastic bags sanitizing hands between set ups
 - All skincare products and makeup are out of plastic bags
 - Discharge the plastics bag into brown bag labeled trash only
 - 5.3 Universal supplies are labeled in English
 - **De Glove**
- #1 Hair Removal of Eyebrows**
- Using Stimulated Soft Wax**
- The following draping is in the soft wax and tweezing step
 - Applies new protective covering to model's hair and body
 - Sanitize hands
 - Apply gloves
 - Setup Client #2
 - Apply Body Drape
 - Apply Hair covering
- Sanitize hands**



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Esthetics Examination Mock

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Onsite Procedures & Setup

- Pour antiseptic into pallet, remove 1 gauze from bag. Apply to the left brow area
- Put gauze in trash bag
- Remove gauze from bag. Dry brow area
- Remove disposable spatula from bag
- Remove cover from soft wax product
- Pick up soft wax product with disposable spatula. Recover wax product
- Test soft wax on your wrist, throw spatula in trash bag
- Sanitize hands
- Dip Remove pellant from bag, place on wrist and remove, throw in trash bag
- Sanitize hands
- Remove disposable spatula from bag
- Uncover wax pick up disposable spatula & dip into wax product. Use a small amount
- Cover wax product
- Hold client skin taut, Apply soft wax the entire length of brow in the direction
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Onsite Procedures & Setup

- of hair growth holding skin taut
- Throw spatula in trash bag.
- Remove pella from bag.
- Place pella over wax keeping skin taut, press in the direction of hair growth.
- Hold skin taut and pull pella in the opposite direction of hair growth.
- Place finger on waxed area.
- Throw pella in trash bag.
- Sanitize hands.

- **Hair Removal of Eyebrows by Using Tweezing (Untimed)**

#2 Removal of Eyebrows on Left Brow Tweezing

- Pore antiseptic into pallet
- Remove gauze from bag
- Apply antiseptic to left eyebrow area w/ gauze
- Discard gauze into trash
- Remove tweezers and gauze for finger from plastic bag, discard gauze into trash
- Tweeze at least 3 hairs from left brow while holding skin taut with gauze wrapped around finger.
- Tweeze in the direction of hair growth and place hair on gauze each time
- Place tweezers in items to be disinfected bag,
- place gauze in trash bag
- Place post epilation



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Onsite Procedures & Setup

- product into pallet
- Remove disposable spatula or cotton swab from bag.
- Using disposable spatula or cotton swab pick up post epilation product Place product onto waxed area, throw spatula or cotton swab in trash bag.
- *De Glove and place in trash bag
- Sanitize hands and stand back.

Next Section is Makeup Application

- 9.1 Facial makeup supplies are labeled in English
- 9.2 Implements and supplies are visibly clean
- 9.3 Sanitize hands and Glove Hands.
Apply a new protective covering (towel) to shoulders
- 9.4 Secures hair off face with a new cap Sanitize hands
Remove pallet from bag
- 9.5 Applies foundation to pallet
- 9.6 Applies powder to pallet
- 9.7 Applies blush to pallet
Applies eye shadow to pallet
Apply lipstick to pallet



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Onsite Procedures & Setup

Remove sponge from bag.

Apply foundation with sponge to face 1 section at a time.

Double brace around eyes, and mouth. Continue to complete all facial areas.

Remove cotton ball from bag.

Apply powder with cotton ball to entire face.

Remove cotton ball from bag.

Apply blush on apples of cheeks and blend.

Remove brow brush / comb from bag.

Groom eyebrows, brush up and then comb into place. Discard brush into items to be disinfected bag.

Remove a disposable eye shadow applicator apply shadow to one eye using double bracing method. Dispose of applicator into trash bag

Remove a second disposable eye shadow applicator apply shadow to other eye bracing method double brace.

9.10 Apply eyeliner double bracing at lash line. Repeat on second eye lash line.

Remove 1 mascara wand from bag.

9.11 Open mascara, dip wand into mascara, Re-cover mascara. Apply mascara to righteye lashes using double bracing. Discard the wand into trash bag.

Remove 2nd disposable wand.

Open mascara, dip wand into mascara, Recover mascara. Apply mascara to leftlash using double bracing method. Discard the wand into trash bag.

Remove lip brush or applicator from bag.

Applies lip color double bracing with disposable lip brush or applicator. Discard applicator into trash bag.

Re check all areas of face

Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout the section.

De glove, sanitize hands, step back.



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Onsite Procedures & Setup

- **Blood Exposure Procedure**

Blood exposure supplies and materials are labeled in English

Sanitize hands

Glove

hands

Remove pallet from bag.

Remove antiseptic wipe and bandage from first aid kit, place on pallet.

Clean injured area (small area on chin) with antiseptic wipe, throw wrapper in trash then soiled antiseptic wipe in trash.

Open band aid, throw wrapper and tabs in trash.

Cover area on chin with band aid and secure to clients chin

De glove, Sanitize hands, step back.

- **Hair Removal of the Upper Lip Using Hard Wax (Untimed) NOTE: Performed on Exam as Additional Service**

7.1 Hair removal of the upper lip supplies are labeled in English.

7.2 Implements and supplies are visibly clean Sanitize hands.

Apply gloves to your hands.

Apply goggles to client.

Remove pallet from baggie.

Pour antiseptic into pallet.

Remove gauze from bag Apply antiseptic to gauze Cleanse area to be waxed.

7.3 Use a dry gauze to dry area to be waxed.



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Onsite Procedures & Setup

Remove disposable spatula from bag.

Uncover wax, pick up wax with spatula. Recover wax pot right away.

Test temperature of hard wax on your wrist, dispose of spatula, sanitize hands and remove wax from wrist.

Sanitize hands.

Remove disposable spatula from bag.

Remove cover from wax pot apply wax to applicator, re-cover wax pot

7.7 Using disposable spatula, apply hard wax along ½ of right upper lip area and make tab. Throw applicator in trash.

7.8 Holds skin taut.

7.9 Remove hard wax, place finger over waxed area.

7.10 Sanitize hands.

Remove disposable spatula from bag.

Remove cover from wax pot. Apply wax to applicator, re-cover wax pot.

Using disposable spatula, apply hard wax along 2nd half of upper lip Make tab.

Throw applicator in trash bag.

Hold skin taut, remove hard wax from lip, place finger over waxed area.

Sanitize hands.

7.11 Pour antiseptic into pallet.

Remove gauze from bag.

Apply antiseptic to entire upper lip area while using double bracing method.

Place post epilation product into pallet

Remove disposable spatula or cotton swab from bag.

Apply product onto entire upper lip area, double brace Dispose of applicator in trash.

Remove goggles, place on clean pallet.



Institute Epidermal Cell Therapy Facial *Epidermal Cell Therapy*

Esthetics Examination Mock

Patient #1 - Work Area & Client Preparation & Set Up of Universal Supplies/Cleansing of the Face with Product, Using Implement or Materials & including Towel Steaming/ Massaging the Face with Product/

Patient #2 - Work Area & Client Preparation & Set Up of Universal Supplies/Hair Removal of Eyebrows by Tweezing and Using Stimulated Soft Wax/ Hair Removal of the Upper Lip Using Hard Wax/ Facial Mask and Conclusion of Facial Service/ Facial Makeup/ Blood Exposure Procedure.

Onsite Procedures & Setup

Items to be disinfected (pallet, products), and trash are disposed of in a correct manner throughout section.

Remove gloves.

Sanitize hands step back.