



**arm
care**

High school, college, and general divisions

Game time: 15 minutes

Rules of the game ◆

1. The qualification is equivalent to a national certification for a cosmetologist specializing in skin care
2. Manual techniques should be applied uniformly to the basic 5 movements (Effleurage, Pertrissage, Tapotement, Friction, Vibration), taking into account not only the basic elements (technique, proficiency, speed, intensity, and posture) but also the specific care required for the model
3. While there are no restrictions on the movements of manual techniques, a minimum of 10 minutes of management time is required
4. To ensure thorough work, adjust the working hours for each part to fit the overall schedule
5. For all cosmetic products except deep cleansing products, use All Skin Type or Universal, which is suitable for all skin types

"Examination Requirements for the Star Award"

1. The model remains lying flat on the bed.
2. Only the right arm is exposed for the operation
3. You can choose between a cream or oil-based cosmetic

"Management process, management time, and grading"

1. Sanitation and preparedness - (30 points for pre-time)
2. Manual Techniques - (10 minutes / 50 points)
3. Wrap-up and Cleanup - (5 minutes / 10 points)
4. Professional demeanor and attitude - (out of 10)

