

# EST 3.0 — Cleansing Massage (15 minutes) 135 Points

Candidate # \_\_\_\_\_

Competency's	Max points that can be earned	Points earned
3.1 Preparation of workstation	0-10	
3.2 Demonstration of cleansing the face		
3.2.1 Cleansing of the lips	0-5	
3.2.2 Cleansing of the eye area	0-5	
3.2.3 Distribution of cleansing product	0-10	
3.2.4 Cleansing of entire face	0-10	
3.2.5 Tones	0-10	
3.3 Demonstration of facial massage		
3.3.1 Distribution of massage product	0-10	
3.3.2 Demonstration manipulations includes the following:		
• Effleurage]	0-15	
• Petrissage	0-10	
• Tapotement	0-10	
• Friction/Vibration	0-10	
3.3.3 Manipulation techniques demonstrate smoothness, flow and rhythm	0-10	
3.3.4 Maintain continuous contact during massage	0-10	
3.3.5 Removal of massage product without dragging or pulling	0-5	
3.3.6 use of toner	0-5	
Total		