



Test Project

SKILL TEST PROJECT FOR STATE -LEVEL COMPETITION

Skill 30- BEAUTY THERAPY

Category: Social and Personal Services

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Section – A

1. PREFACE

NAME AND DESCRIPTION OF THE SKILL COMPETITION

Beauty Therapy

Description of the associated work role(s) or occupation(s).

A beauty therapist generally works in the commercial sector, offering specialist services, treatments, and advice for the skin, body care, massage, and make-up of individual clients.

Beauty therapy also has an important therapeutic role in supporting an individual's self-esteem and confidence. It may help to ameliorate the effects of illness and can aid recovery.

The beauty therapist works in diverse environments, including large or small salons within leisure and health-related organizations. The specialist services and treatments offered by the beauty therapist relate to the: face, body, feet, hands, and nails. The beauty therapist may specialize, for example in manicure, pedicure, or skin care. Irrespective of this, work organization and management, professional attitude, client care, and relationships are the universal attributes of the outstanding beauty therapist.

The Objective of the test project is that the competitor should complete each of the four technical modules with six criteria.

- Face Treatment
- Pedicure
- Evening Makeup
- Hair Removal

Beauty Therapist Standard expectation

The individual shall be able to:

- Prepare treatment area according to health, safety, and hygiene requirements
- Set up equipment and prepare tools and materials to support
- Smooth and effective services and in compliance with manufacturers' instructions
- Prepare treatment area to promote maximum efficiency
- Create an inviting and relaxing ambiance to provide client with safety and comfort
- Clean and tidy workstation after completion of treatment
- Demonstrate excellent client and colleague relationships
- Practice a professional image and manner with regard to uniforms, personal grooming and interpersonal skills
- Demonstrate respect for colleagues and clients

ELIGIBILITY CRITERIA (FOR INDIASKILLS 2023 AND WORLDSKILLS 2024)

Competitors born on or after 01 Jan 2003 are eligible to attend the Competition

Total Duration: 4 hours

Section – B

TEST PROJECT

MODULE 1: FACIAL TREATMENT ALONG WITH PEDICURE

Duration- 2hours

Preparation

Professional appearance

- No jewellery
- Hair is tied back off the face and shoulders, not loose ponytails.
- Uniform is clean, and pressed, trousers not touching the floor.
- Presence, and posture is maintained.
- Demeanour is pleasant and welcoming.

Hygiene

- Washes hands before
- Washes hand after
- Trolley set up neatly.
- Neatness maintained throughout
- Treatment routine selected and sequenced according to specified client skin type.
- Areas of the skin requiring special treatment and any contra - indications identified.
- Client support and comfort maintained throughout.
- Client dignity maintained throughout.

Cleansing procedure

- Client's skin cleansed thoroughly.
- All makeup thoroughly removed, and no makeup residue is visible.
- Skin is toned and ready for exfoliation.
- **CHECKPOINT**
- Client's skin steamed for required length of time according to skin type.
- Client's skin exfoliated leaving no beads of product on the skin or surrounding area.
- **CHECKPOINT**

- Minor blemishes extracted/removed according to skin piercing regulations and Health and hygiene requirements of the host country. (If the client doesn't have extractions, the candidate must demonstrate the procedure.)
- No trauma is caused to the skin.

CHECKPOINT

Massage procedure

SIGNAL TIMEKEEPER

- Massage medium chosen according to client's needs.
- Range of massage movements to include at least 3 of the Swedish movements (effleurage, Petrissage, Tapotement, Friction, Vibration) Demonstrated for a time of **no less than 10 minutes.**
- Rhythm, repetition, and variation of massage movements suited to elasticity of skin, skin condition,
- Massage medium removed correctly with hot compressors prior to the application of the mask treatment.

SIGNAL TIMEKEEPER

Mask selection & moisturizer treatment

- Apply Mask to the face and neck for 5 **minutes.**
- Mask is applied evenly with neat edges.
- Remove mask without leaving any residue on the skin.
- Skin toned and moisturized.

CHECKPOINT

PEDICURE

Preparation:

- Treatment area, operator and client prepared for treatment.
- Treatment routine selected and sequenced according to specified client treatment plan.

Treatment procedure demonstrated on all areas below the knee.

- Feet soaked and exfoliation performed according to treatment plan.

- **CHECKPOINT**

- Toenails filed and shaped smoothly and evenly.
- Cuticle cream applied to push back and cut cuticles.
- Cuticle care performed leaving no residue or excess cuticle.
- Callus reduction was performed where necessary.

CHECK POINT - Signal Timekeeper

Massage procedure:

- Massage movements to lower leg and foot demonstrated with correct speed and rhythm.
- Choose massage medium suitable to complete 10-minute massage without pulling or stretching the skin.

CHECK POINT

Completion:

- Pedicure service is completed with no cuts or abrasions to skin or cuticle.
- Base coat, **red** polish and topcoat applied to the nails smoothly, evenly and with no bleeding on the cuticles.

CHECK POINT - Signal Timekeeper

- Cleaning and tidying of workstation.

MODULE 2: Evening make up.

Duration- 1 hour

Preparation of client & workstation:

- The make-up area is prepared and set-up in a functional manner.
- Prepare client for treatment according to health and hygiene requirements.
- Skin prepared with light moisturizer.

Make-up procedure

- Concealing work completed
- Highlighting and shading techniques identified if needed.
- Foundation suitable for the client's skin tones.
- Powder applied to set makeup.
- Eye shadows applied to suit client's look and eye shape.
- False eyelashes applied to upper lashes.
- Eyeliner and mascara applied correctly.
- Eyebrows defined.
- Blush applied and balanced.
- Lip liner and lip colour balanced to suit evening makeup.

Final procedures

MODULE 3: Waxing using warm wax.

Duration- 1 hour

Preparation

Treatment area, operator and client prepared for treatment.

Wax prepared, maintained, and tested prior to treatment.

Treatment routine selected and sequenced according to specified client treatment plan.

Treatment procedure –

- Warm strip wax used on half leg, (below the knee to ankle).

Waxing Procedure:

- Areas of the skin/hair growth requiring treatment identified.
- Pre wax cleansing lotion used to prepare skin for treatment.
- Strip Wax prepared and tested for correct temperature (**check point**)
- Wax is applied in a thin even layer.
- **No double dipping is permitted.**
- Wax is applied in the direction of the hair growth.
- Wax strip is removed correctly against the hair growth pattern.
- Minimum redness noted on the client's skin.

- Skin support is maintained throughout treatment.
- No hair left after treatment.
- Hygiene procedures followed throughout the treatment.

Completion

Cleaning and tidying of workstation at the end of all treatments.

CHECK POINT

Section – C

MARKING SCHEME

The Assessment is done by awarding points by adopting two methods, Measurement and Judgments.

- Measurements - One which is measurable
- Judgments - Based on Industry Expectations

Measurements:

- Used to assess accuracy, precision, and other performance which can be measured in unambiguous way. Mark is awarded in full for a dimension with in tolerance and zero when it is out of tolerance.

Judgment

- Used to assess the quality of performance, about which there may be small differences of opinion.

Module 1

Judgement Marks- 12

Measurement Marks- 28

Module 2

Judgement Marks- 15

Measurement Marks- 10

Module 3

Judgement Marks-

Measurement Marks- 25

Section – D

INFRASTRUCTURE LIST

List Of Equipment	Quantity
	1 per station
Bed/couches	6
Facial Trolley	6
Steamer	6
Wax heater	6
Therapist chair (half back chairs)	6
Make up chairs	6
Manicure table/regular table is also ok	6
Therapist chair/regular chair is fine	6
Miscellaneous	Quantity
Water bowls	12
Facial palates(to dispense products)	6
Dustbins	6
writing boards	3
Stationary	3
water supply- 1/5 station	4 stations
ear buds	6
Glasses	12
dustbin bags	36
extension boards with long cords	6
tissue box	12
wooden spatula	2
1 make up kit for model's make up	1
1 make up brush kit	1
List Of consumables	Quantity
Facial Cleanser	3
Toner	3
Astringent	3
Granulated scrub	3
Massage cream	3
Massage gel	3
clay mask	3

wax(warm)	3
Talcum powder/ Medicated powder	3
Pre and post waxing product	3
mani/pedi shampoo	3
mani/pedi scrub	3
Dettol	3
hand and body lotion	3
Cuticle softener	3
cuticle remover	3
Nail enamel- base coat/red color/top coat	6
Hand sanitiser	6
Moisturiser	3
nail paint remover	6
Laundry	Quantity
Towels	36
Napkins	42
Client Gown	20
Disposable bed sheets	30
Disposable facial bands	30
Client Slipper	20
bed sheet	18
plastic sheet	8
disposable napkins	60
shower caps	30
Make up products- one each per competitor	Quantity
Concealer	6
Foundation	6
translucent powder/compact	6
Eye shadow palette	6
eyeliner- liquid and pencil	6
Mascara	6
blusher-highlighter	6
Lipstick	6
Lipliner	6
artificial eyelashes	6
Lash Glue	6

Section - E

Brief for the Competitor prior to the competition

Prior to the start of the Competition each day you will be given 15 minutes of reading time to familiarize yourself with the modules and the marking scale for that day. You will be given the opportunity to ask the Experts any questions you have about the modules or the marking scale.

Judging is done throughout each task. You must ensure that Experts check your models prior to commencing any treatment.

All modules must be finished within the given time. Other than judging time, no extra time will be given.

Note: If you are in doubt about any other tools or equipment you wish to use, check with the Experts before you start. Points will also be awarded throughout each module for professionalism and compliance with Occupational Health and Safety.

INSTRUCTIONS FOR THE COMPETITORS:

- Competitors will need to be available for the Judge's briefing before the start of the competition.
- Competitors will be disqualified from the competition if more than 20 minutes late for the start of the competition.
- Only competitors & models are allowed when logged in. Teachers, models, family, friends, and any other colleagues of the candidate will NOT be allowed in the competition area, either before or during the competition.
- Competitors must prepare their work areas only with products, consumables, equipment, tools, towels and bedding required for the treatments. Ornaments, flowers and any other trolley decorations are NOT allowed.

- Competitors must keep to the timings set by judges at the beginning of the competition. Extra time will not be allocated to candidates who are not ready in time for each task.
- Competitors should be dressed in commercially acceptable beauty therapy attire or Lab coats/aprons are must. No jewellery or piercings to be worn.
- Competitors who login late will not receive additional time or may be disqualified.
- Competitors will start and finish work as instructed by the judges.
- During the competition, competitors should not disturb other competitors, their models or speak to members of the public.
- Any competitor who wishes to leave the session during the competition must seek the permission of the judges.
- If there is a power stoppage, breakdown of machinery or accident, the competitors must act according to the instructions of the judges.
- A consultation sheet/record card is not required for this competition.
- Models will be checked prior to the competitions; any found to be unsuitable will incur penalties for the competitor.
- Module needs to be done in a professional set up with all required equipment's, tools and infrastructure
- Where a competitor is observed working in an unsafe manner s/he will be stopped and not permitted to continue unless willing to follow the judges' directions.
- Competitors must use only supplied materials
- Competitors should not wear any jewelry
- Competitors should report at the competition area before 20min
- Competitors should read the test project paper .

- Competitors should carry tools with them

Competitors tool kit
Cotton
waxing strips
waxing spatula
Make up brushes
Pack brush (for facial)
Facial sponges
Mani/Pedi implements
spray bottle
make up mixing palate with spatula
Gloves
Scissors

Section - F

HEALTH, SAFETY AND ENVIRONMENT

- Refer to the WorldSkills Health, Safety, and Environment policy and guidelines document.
- As soon as a competitor goes to work with a product that requires PPE, they must have their PPE on. If a competitor starts to work without their PPE they will be asked to stop and put their PPE on. They will cause an infraction and no time will be added. If the Competitor continues without PPE it will be considered a breach of Competition Rules.
- If a competitor injures themselves and is unable to continue until the required first aid has been given. No additional time is to be added to their competition time.
- All participants, technicians and supporting staff will wear the required protective Personnel clothing. The Competitors must wear proper dress suiting the task and wear goggles while performing.
- All participants will assume liability for all risks of injury and damage to property, loss of property, which might be associated with or result from participation in the event. The organizers will not be liable for any damage, however in case of Injury the competitor will immediately inform the immediate organizer for medical attention.
- Proper ventilation in the work place
- Running water should be near to work place.

