



**Skill India**  
कौशल भारत - कुशल भारत



# Sample Test Project

**Regional Skill Competition – Level 3**

**Skill 30 - Beauty Therapy**

*Category: Social & Personal Services*

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SAMPLE

# Section - A

## A. Preface

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### **Skill Explained:**

A beauty therapy practitioner offers a range of support to individual clients and their family and has a continuing responsibility to work professionally and interactively with the client in order to ensure their holistic care needs are met within the context and in association with the medical profession. The professional manages physical, psychological, social and spiritual well-being of client, family and the community, in a comprehensive manner. The care is provided through a scientific process of assessment, diagnosis, planning, delivering, and evaluating outcomes of care.

The attributes desired for a competent professional are work organization & self-management, communication & interpersonal skills, problem solving, innovation and creativity, the ability to understand, empathize and work with clients to improve the quality of their life.

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 ambience to provide client 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
- Manage own stress effectively
- Perform Treatments like hair removal, clean ups, facials, hands and feet care, make up, nail art and body massage.
- Recommend and advise on products
- Provide after care and retail advice

**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 complying with Occupational Health and Safety.**

### **Eligibility Criteria (for IndiaSkills 2018 and WorldSkills 2019):**

Competitors born on or after 01 Jan 1997 are only eligible to attend the Competition.

**Total Duration:** 7.45 Hrs

## Section - B

### B. Test Project

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#### **Brief for the Competitor prior to 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.
- When you are ready for judging you must call the TIME KEEPER so they can stop your time and call the Expert.

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

**MODULE 1- ADVANCED FACIAL TREATMENT INCLUDING FACE, NECK AND DECOLETTE ON FACE USING HIGH FREQUENCY**

**MODULE 2- SPA PEDICURE**

**MODULE 3- SPA MANICURE**

**MODULE 4 - NAIL ART ON ARTIFICIAL NAILS**

**MODULE 5- BODY TREATMENT**

**MODULE 6- ARABIC MAKE UP**

**MODULE 7- WAXING ON LEGS**

**Module 1- ADVANCED FACIAL TREATMENT INCLUDING FACE, NECK AND DECOLETTE ON FACE USING HIGH FREQUENCY**

**Time allocated: 2 hour 30 minutes**

**Model: Female model**

#### **Preparation**

##### **Professional appearance**

- No jewellery
- Hair is tied back off face and shoulders, not loose pony tails
- Uniform is clean, pressed, trousers not touching the floor
- Presence, posture is maintained
- Demeanor 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 make up 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 & Hygiene requirements. (If client doesn't have extractions, candidate must demonstrate procedure.)
- No trauma is caused to the skin

### **Machine used**

- High Frequency Treatment carried out according to machine & product used and client's needs.

### **Massage procedure**

#### **SIGNAL TIMEKEEPER**

- Select and apply serum according to client's needs.
- Massage medium chosen according to client's needs.
- Range of massage movements (including effleurage, Petrissage, Tapotement, Friction, Vibration) Demonstrated for a time of no less than 20 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 Contour Mask (thermo mask only) to the face and neck
- Mask is applied evenly with neat edges
- Remove mask as one piece without leaving any residue on the skin.
- Skin toned and dry ready for moisturizer.

### **CHECKPOINT**

- Moisturizer and eye cream applied to the client to ensure the skin is clean and protected

### **CHECK POINT - Signal Time Keeper**

- Cleaning and tidying of workstation.

## ***Module 2- SPA PEDICURE***

**Time Allocated: To be completed in 3.0 hours with Spa Manicure**

**Model: Female Model**

**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/scrub 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 performed where necessary

### **CHECK POINT - Signal Time Keeper**

**Massage procedure:**

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

### **CHECK POINT - Signal Time Keeper**

**Mask Selection & Treatment**

- Crème Mask applied to foot and ankle
- Wrap foot and ankle with plastic and towel
- Mask removed after a minimum of 5 minutes leaving no residue

### **CHECK POINT - Signal Time Keeper**

**Completion:**

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

### **CHECK POINT - Signal Time Keeper**

- Cleaning and tidying of workstation

## ***MODULE 3 - SPA MANICURE***

**Time Allocated: To be completed in 3.0 hours with Spa Pedicure**

**Model: Female Model**

**Preparation:**

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

### **Treatment procedure**

- Shape & file free edge of nails to suit client's needs

### **CHECKPOINT**

- Nails soaked to soften cuticles
- Cuticle cream applied to push back and cut cuticles
- Cuticle care performed leaving no residue or excess cuticle

### **CHECK POINT - Signal Time Keeper**

#### **Massage procedure:**

- Massage movements to hand and lower arm demonstrated with correct speed and rhythm
- Choose massage medium suitable to complete a ten(10) minute massage without pulling or stretching the skin

### **CHECK POINT - Signal Time Keeper**

#### **Mask Selection & Treatment**

- Creme Mask applied to hand and arm as per treatment plan
- Mask removed after a minimum of 5 minutes leaving no residue

### **CHECK POINT - Signal Time Keeper**

#### **Completion:**

- Manicure service completed with no cuts or abrasions to skin or cuticle
- Base coat, Red polish and top coat applied to the nails smoothly, evenly and with no bleeding on the cuticles

### **CHECK POINT**

- Cleaning and tidying of workstation

### **Module 4 - CREATIVE NAIL ART ON PLASTIC TIPS**

**Time Allocated: Performed during the 3.5 hours allotted for Arabic Makeup (nail art on artificial tips)**

#### **Procedure:**

- Nail Art Design needs to harmonize with your makeup design, bringing the two designs together. The Nail Art will be applied to plastic tips
- Competitors will supply their own choices of product/material

Example only of nail art: Competitors choice of design



Use at least 3 different types of Art technique incorporated into the one design, e.g. decorative design, decals, rhinestones, **free- hand painted** design (No stencils or tracing tools).

**You will be marked on**

1. Your creative technique (At least 3 different details/designs).
2. How the complementary designs blends with the overall result.
3. The **colors chosen are suitable** to your overall look.
4. The suitability of the hand painting to the makeup.

### **Module 5- BODY TREATMENT WITH BODY SCRUB, BODY WRAP AND MASSAGE**

**Time allocated: 2.5 hours**

**Model: Female model**

#### **Preparation**

Client and work area for body treatment

- Prepare treatment area for Body Treatments to be performed
- Prepare operator
- Prepare client for treatment according to health and hygiene requirements
- Client positioned on the bed correctly and with discretion

Pre-treatment procedure

- The therapist prepares the body using an cleanser and feet are sanitized

Body Exfoliation procedure

- The therapist prepares client for exfoliation and completes exfoliation procedure leaving no residue on the skin
- Client's modesty is protected throughout treatment
- Exfoliation is removed leaving no residue

#### **CHECKPOINT**

Body Mask procedure

- The therapist prepares the mask and applies smoothly and evenly to clients' arms, shoulder and back
- Mask is left on the body for 10 minutes
- The client's body is wrapped securely to ensure comfort

#### **SIGNAL TIMEKEEPER - BEFORE REMOVING MASK**

- The therapist removes mask with warm towels leaving no residue on the skin

#### **SIGNAL TIMEKEEPER**

The therapist demonstrates a massage on clients back, shoulders and arms

- Therapist demonstrates at least 5 classical massage movements
- Therapists maintains good posture throughout massage sequence
- Professional attitude applied throughout treatment
- Massage movements and transitions smooth and according to treatment plan
- Rhythm, repetition and variation of massage movements suited to skin and degree of subcutaneous fat.
- Length of massage routine no less than 45 mins
- Provides client with support throughout treatment
- All Areas of the body requiring special treatment are identified and treated accordingly
- Back
- Arms

- Shoulders
- Excluding Stomach, chest, head and buttocks.

### **SIGNAL TIMEKEEPER**

After care treatment is given

- The therapist applies aftercare procedures to ensure client comfort.
- Massage medium is removed from soles of feet

### **CHECK POINT**

- Cleaning and tidying of workstation

### **Module 6- Arabic MAKE-UP**

**Time allocated: 3 hours**

**Model: Female model 25 – 30 years**

Preparation of client & work station:

- 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.

Fantasy 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 color balanced to suit the theme.

Final procedures

### **CHECK POINT**

- Cleaning and tidying of workstation

### **Module 7- WAXING TREATMENT ON 2/3 OF legs**

**Time allocated: 1.5 hours**

**Model: Female Model**

**Preparation of client & work station**

- The treatment area is prepared and set-up in a functional manner
- Prepare client for treatment according to health and hygiene requirements
- Wax melted and maintained at the correct temperature

### **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
- 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 maintained throughout treatment
- No hair left on legs after treatment
- Feet and toes are also free of hair after treatment
- Hygiene procedures followed throughout the treatment

### **CHECKPOINT**

Warm wax

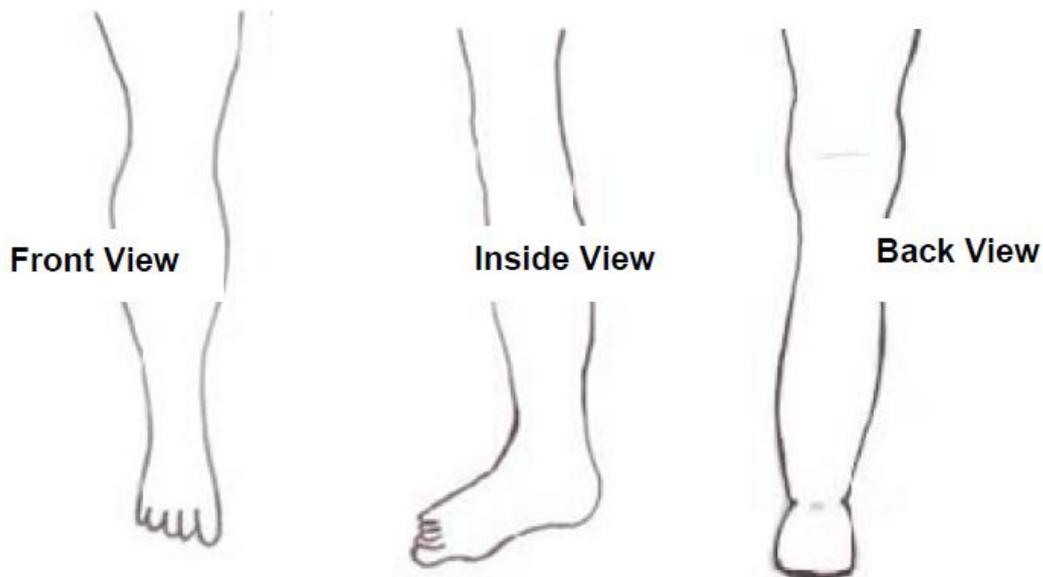
- 2/3 leg waxing treatment to the front and back of both legs includes 1 hand length (4 fingers) above the crease of the knee, including feet and toes

After care treatment is given

- The therapist applies aftercare product procedures to calm and sooth the skin and to ensure client comfort.

### **CHECK POINT – Signal Time Keeper**

- Cleaning and tidying of workstation



## Section – C

### C. Marking Scheme

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**Pending**

SAMPLE

## Section - D

### D. Infrastructure List

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**Pending**

SAMPLE

## Section – E

### E. Instructions for candidates

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- Competitors will need to be available for both registration and the Judge's briefing before the start of the competition.
- Competitors will be disqualified from the competition if more than 15 minutes late for the start of the competition.
- Only competitors can enter the competition area when setting up. 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.
- Models can enter the competition area at the start time of 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 arrive 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 area 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.

- Competitors who break or damage their own equipment during the competition will not receive any additional time.
- Competitors will be required to bring their own models on the day. These models must not be contra-indicated to any treatment itemised in the brief. They must also have previous experience of all treatments.
- 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.
- Competitors are responsible for supplying all products and towels
- A chair/couch, trolley and equipment will be provided.
- 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.

## Section – F

### F. Health, Safety, and Environment

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1. All accredited participants and supporting volunteers will abide by rules and regulations with regards to Health, Safety, and Environment of the Competition venue.
2. All participants, technicians and supporting staff will wear the required protective Personnel clothing.
3. 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.