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Transforming the skill landscape



India **skills**

Test project

Beauty Therapy

Category: Social and Personal Services

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NAME AND DESCRIPTION OF THE SKILL COMPETITION

The Name of the skill Competition is Beauty Therapy

Section A:

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. There is a direct relationship between the nature and quality of the service required, and the payment made by the client. Therefore, the beauty therapist has a continuing responsibility to work professionally and interactively with the client in order to give satisfaction and thus maintain and grow the business. Beauty therapy is closely associated with other parts of the service sector, such as hairdressing, fashion, and media and with the many products and services that support it, normally for commercial purposes.

Beauty therapy also has an important therapeutic role in supporting 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 beauty therapist works in a 1:1 relationship with clients and can be part of a wider team.

Whatever the structure of the work, the trained and experienced beauty therapist takes on a high level of personal responsibility and autonomy. From safeguarding the health and wellbeing of the client through scrupulous attention to safe working, to achieving exceptional make-up effects for special occasions, every treatment and client matters.

With the growing worldwide demand for beauty therapy services and associated products, and the international mobility of people, the beauty therapist faces rapidly expanding opportunities and challenges. For the talented beauty therapist there are many commercial and international opportunities; however, these carry with them the need to understand and work with diverse cultures and trends. The diversity of skills associated with beauty therapy is therefore likely to expand.

SECTION B: TEST PROJECT

MODULE 1A: SPA 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/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 1B: SPA MANICURE

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 1C: FRENCH GEL POLISH APPLICATION ON NATURAL NAILS

Preparation:

- Nails shaped and filed in preparation for gel

Gel Application:

- Overlay product applied thinly with even distribution
- French White distributed cleanly and evenly
- White Tip has an even smile line

General Appearance:

- All nails appear to match at a glance
- All nails are even in length
- All nails are same shape
- No debris or gel product under free edge

CHECK POINT

Completion:

- Clean and tidy workstation

MODULE 1D: CREATIVE NAIL ART ON PLASTIC 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
- 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 2A: BASIC FACIAL TREATMENT

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
- 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 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 of the host country. (If client doesn't have extractions, candidate must demonstrate procedure.)
- No trauma is caused to the skin

Massage procedure

- Select and apply serum according to client's needs.

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 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 mask to the face and neck for a **minimum of 5 minutes**
- Mask is applied evenly and thoroughly
-

SIGNAL TIMEKEEPER

- Remove mask without leaving any residue on the skin.
- Skin toned
- Skin moisturized

CHECK POINT

- Cleaning and tidying of workstation

MODULE 2B: *ADVANCED FACIAL TREATMENT USING electrotherapy depending on the client skin need.*

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
- 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

CHECKPOINT

Machine used

- **Machine** Treatment carried out according to treatment & product used

SIGNAL TIMEKEEPER

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 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 to the face and neck for **20 minutes**
- Mask is applied evenly with neat edges
- Remove mask without leaving any residue on the skin.
- Skin toned and moisturized

CHECKPOINT

- Cleaning and tidying of workstation

MODULE 3A: BODY TREATMENT WITH BODY SCRUB, BODY WRAP AND MASSAGE

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 legs, arms and back
- Mask is left on the body for **15 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, arms, and legs

- Therapist demonstrates **at least 3 classical massage movements**
- Therapist 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 1 hr**
- Provides client with support throughout treatment

All Areas of the body requiring special treatment are identified and treated accordingly

- Back
- Legs
- 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 :4

Russian Fantasy make-up

Preparation of client and 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 - cleansed, toned and moisturized as required.

FANTASY MAKE-UP – THEME – USING PRODUCTS FROM A MYSTERY BOX

- Free hand make up to face, neck and/ or decollate
- **No stencils or aids**
- Foundation, base.
- Eye make-up or design
- False lashes
- Eye brow enhancements or design
- Lip liner, Lipstick or design

Cleaning and tidying of workstation after both treatments are complete.

CHECK POINT (CP)

Signal Time Keeper who will call the Experts to check the work. Other check points will be allocated at Familiarization Day

MODULE 4A: Evening MAKE-UP

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

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 evening makeup

Final procedures

CHECK POINT

- Cleaning and tidying of workstation

MODULE 5: Hair Removal Treatments

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 forearm, (wrist to elbow) and on half leg, (below the knee to ankle). (CP)
- Hot thin film wax used on face, (lip and chin).(CP)

Waxing Procedure:

- Areas of the skin/hair growth requiring treatment identified.
- Pre wax cleansing lotion used to prepare skin for treatment
- Strip Wax/film 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 after treatment
- Hygiene procedures followed throughout the treatment

Completion

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

CHECK POINT (CP)

Signal Time Keeper who will call the Experts to check the work. Other check points will be allocated at Familiarization Day

MODULE 6: APPLICATION OF BLUE/BLACK LASH TINT, Brow Tint and Eyebrow shaping with tweezers

Model

Female Model

Preparation of client and work area for eyelash and eyebrow tint

- Prepare treatment area
- Prepare operator

- Prepare client for treatment according to Health and Hygiene requirements.
- Prepare protective eye pads

Lash and Eyebrow Pre - Treatment Procedure

- Clean the client's lashes and eyebrow thoroughly and remove all traces of oils
- Choose and mix the correct tint colour based on the client's need

Lash Tinting Procedure

- Apply a thin layer of Vaseline(Protection cream) around the upper and lower eyelids
- Place the protection pads correctly under the lower lashes
- Cover the upper lids with Vaseline(Protection cream)
- Cover eyelashes **with blue/black tint thoroughly**

CHECKPOINT FOR TINT APPLICATION

- Thoroughly remove the tint paste after process time leaving no residue

CHECKPOINT AFTER TINT REMOVAL

Eyebrow Tinting Procedure

- Brush the eyebrow into place
- Choose and mix the correct tint colour based on the client's need
- Cover eyebrow perfectly with the tint paste

CHECKPOINT FOR TINT APPLICATION

- Thoroughly remove the tint paste after process time leaving no residue

CHECKPOINT AFTER TINT REMOVAL

Eyebrow Shaping Procedure

- Clean and disinfect the eyebrow area
- Brush the eyebrow into place
- **Brows are measured for correct shape**
- Remove unwanted hair (**all hair that is visible to the naked eye**)
- Disinfect and sooth the irritated skin

After care treatment is given

- The therapist applies aftercare product and procedures to ensure client comfort.

CHECK POINT – Signal Time Keeper

- Cleaning and tidying of workstation

SECTION C: MARKING SCHEME

SECTION	CRITERION	MARKS		
		Judgement	Measurement	Total
A	Facial Treatments	10	20	30
B	Body Treatments	5	20	25
C	Hands, feet, and nails	5	10	15
D	Eye treatments	2	8	10
E	Temporary hair removal		10	10
F	Make up	8	2	10
	Total	30	70	100

SECTION D: Infrastructure Lists

List Of Equipments	
Bed/couches	9
Facial Trolley	9
Steamer	5
Wax heater	5
Therapist chair(half back chairs)	9
Make up chairs	9
Manicure table/regular table is also ok	5
UV/led Lamp	5
Miscellaneous	
Water bowls	20
Facial palates(to dispense products)	9
Dustbins	9
writing boards	8
stationary	
water supply- 1/5 station	4 stations
ear buds	4 packs
glasses	20
dustbin bags	60
extension boards with long cords	9
tissue box	40
wodden spatula	4box

List Of consumables	
Facial Cleanser	3
Toner	9
Astringent	9
Granulated scrub	3
Massage cream	4
Massage gel	3
Algae mask (casmara)	12 pcs
clay mask	4
tint+ developer (1 black+1 brown)	2
vaseline	5
wax(hot + warm)	5 each
Talcum powder/ Medicated powder	5
Pre and post waxing product	5
body massage oil	5
body scrub (500 gms)	3
body mask (500 gms)	4

mani/pedi shampoo	5
mani/pedi scrub	5
mani/pedi mask	5
dettol	9
hand and body lotion	5
Cuticle softner	5
cuticle remover	5
Nail enamel- base coat/red colour/top coat	5 each
Hand sanitiser	9 big
Moisturiser	9
nail paint remover	9
artifical nails	3 packs
nail glue	9
french gel polish kit	5
lint free wipes	
cling wrap	5

Make up products	5 kits
Concealer	
foundation	
translucent powder/compact	
Eye shadow palate	
eyeliner- liquid and pencil	
mascara	
blusher-highlighter	
lipstick	
lipliner	
artifical eyelashes	20 total lashes
Lash Glue	

Laundry	
Towels	100 big
napkins	170 small
Client Gown	60
Disposable bed sheets	60
Disposable facial bands	60
Client Slipper	60
bed sheet	40
plastic sheet	24
disposable napkins	100-150
shower caps	36

SECTION E- Competitor tool kit

Competitors tool kit
cotton
waxing strips
waxing spatula
Make up brushes
Pack brush(for facial)
Facial sponges
Mani/pedi implements
nail art brushes
nail art material
tweezers
scissors
tint brush
spray bottle
make up mixing palate with spatula
gloves

SECTION F: Health, Safety and environment

- Competitors must wear gloves when waxing areas prone to blood spotting that is underarm, lip and on any other area where blood may be present;
- All soiled disposables will be disposed of in a lined bin and discarded at the Competition on every module;
- All sharp implements will be disposed of in a suitable sharps container and discarded by the Workshop Manager at the end of each Competition day;
- All electrical equipment will be tested and tagged by the Competition Organizer's electrical team and checked by the Workshop Manager prior to the Competitor Familiarization Day;
- All Test Project clients to be pre-tested for allergies and adverse reactions to products and treatments by the Workshop Manager prior to the commencement of each day of Competition;
- All products to be checked by the Workshop Manager for contamination and expiry dates to ensure all products are of a sanitized condition;
- Expert and Competitors must observe the Health, Safety, and Environment Policy and Regulations prior to the Competition.