



**Skill India**  
कौशल भारत - कुशल भारत



# Sample Test Project

**District / Zonal Skill Competitions**  
**Skill- Beauty Therapy**

*Category: Social & Personal Services*

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# Section - A

## A. Preface

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### **Skill Explained:**

A beauty therapist is a specialist in skin and body care, massage and makeup. Beauty therapists are able to plan, apply and market face, body, feet and hand treatments and makeup. They can provide advice on how to use colours, find a personal style, look after your skin and body, and how to choose and use skincare products. They are employed in beauty salons, electrolysis studios, Spa's and on-board therapist on cruise ships or long-haul flights, scalp treatment and hair replacement clinics and other similar establishments and in cosmetic departments of retail Establishments such as pharmacies and department stores, or they may be self-employ.

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.

### **Competitors are judged on:**

- Hygiene & Safety Requirements
- Professional Attitude & Client Relationships
- Knowledge and understanding of Client Relationships
- Preparation of Client Service Areas
- Spa Pedicure & Spa Manicure Treatments, application of French gel nail product with a liquid gel product and cured by the blue light overlay on a natural nail & glued temporary plastic nails with Nail A
- Basic facial treatment and advanced facial treatment with electrical instruments
- Full Spa Body Treatment and Body Massage
- Bridal and Fantasy Makeup
- Temporary Hair Removal on Lip and Eyebrow

### **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: 4 Hrs**

Module 1- Facial treatment -1.5 hour (30 marks)

Module 2- Hair removal treatment – 1 hour (30 marks)

Module 3- Evening Make up – 1.5 hours (30 marks)

Personal grooming and soft skills- 10 marks

# Section - B

## B. Test Project

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### ***MODULE 1: BASIC FACIAL TREATMENT***

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**Time allocated- 1.5 hours**

Marking: Measurement: 30 marks

Model: Female model aged between 18 - 30 years

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

#### **Hygiene**

- Washes hands before starting
- 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 analyzed to decide the treatment plan.
- Skin is toned and ready for exfoliation.

#### **CHECKPOINT- call the judges to check make up removal/ cleansing**

- Client's skin steamed for required length of time according to skin type (optional depending on the infra-structure)
- Client's skin exfoliated leaving no beads of product on the skin or surrounding area.

**CHECKPOINT- call the judges to check exfoliation**

- 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 cream according to client's needs.

**SIGNAL TIMEKEEPER (to note the start and end time for massage)**

- 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 15 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- at the end of massage**

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- to note the timing for mask**

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

**CHECK POINT – to call judges for seeing removal of mask.**

- Cleaning and tidying of workstation

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## **MODULE 2: Evening MAKE-UP**

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**Time allocated: 1.30 hours**

Marking: Measurement and Judgment- 30marks

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 evening makeup

### **CHECK POINT**

- Cleaning and tidying of workstation

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## **MODULE 3: WAXING TREATMENT on half legs**

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**Time allocated: 1 hour**

Marking: Measurement marking: 30 marks

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
- 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- call the judges to see all hair removed.**

After care treatment is given

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

### **CHECK POINT**

Cleaning and tidying of workstation

## Section – C

### C. Marking Scheme

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

- |                |   |                                |
|----------------|---|--------------------------------|
| 1. Measurement | - | One which is measurable        |
| 2. Judgments   | - | Based on Industry expectations |

Aspects are criteria's which are judged for assessment

#### Marking Schedule – Subjective (Generic- Mandatory 1)

<b>Competition</b>	<b>District/ State</b>	<b>Venue</b>		<b>Date</b>	
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Personal Skills		Competitor Number															
Aspect of Criterion - Description	Max Mark	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Correct Health & Safety procedures are carried out throughout	2																
Suitable make-up is worn with no obvious fake tan	1																
Correct posture is maintained throughout	1																
Polite and softly spoken towards client	1																
Correct professional attitude presented	1																
<b>Total</b>	<b>6</b>																
	<b>Name (Printed)</b>	<b>Number</b>															
Judge																	
Judge																	
Judge																	



**Marking Schedule – Measurement (Generic- mandatory 2)**

<b>Competition</b>	<b>District/ State</b>	<b>Venue</b>		<b>Date</b>	
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Personal Skills			Competitor Number															
Aspect of Criterion - Description	Max Mark		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Hair tied up off face and shoulders, no stray hairs	1																	
Uniform is suitable, correctly fitting, clean, pressed and trousers not touching floor	1																	
Therapists nails are clean, short, no polish is worn	1																	
No Jewelry is worn	1																	
<b>Total</b>	<b>4</b>																	
	<b>Name (Printed)</b>	<b>Number</b>																
<b>Judge 1</b>																		
<b>Judge 2</b>																		
<b>Judge 3</b>																		

**Marking Schedule – Subjective marking (Hair Removal)**

<b>Competition</b>	<b>District</b>	<b>Venue</b>		<b>Date</b>	
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Waxing technique			Competitor Number															
Aspect of Criterion - Description	Max Mark		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Thin, even application	2																	
Wax applied in the correct direction	2																	
Large area of the leg covered	2																	
Strip removed in correct direction, quickly and smoothly	6																	
All wax removed	2																	
All hairs removed	2																	
Low erythema (0.5 mark per leg)	1																	
Final result	3																	
Modesty towels used effectively	1																	
Preparation of clients skin is correct	1																	



**Marking Schedule –Subjective (Evening Makeup)**

<b>Competition</b>	<b>District</b>	<b>Venue</b>		<b>Date</b>	
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Evening Make-up Treatment			Competitor Number															
Aspect of Criterion - Description	Max Mark		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Cleanse, tone, all make-up removed	3																	
Foundation – no tide marks, even coverage, correct choice Of colour	2																	
Concealer used effectively (blemishes, imperfections covered)	1																	
Blusher even	2																	
Contouring used correctly	1																	
Brows combed, product applied ,result even	1																	
Eye shadow even blended well, both eyes match	2																	
Eyeliner top & bottom, neat and even	2																	
Mascara top & bottom, from roots, clump free	2																	
Lip liner neat, crisp finish, (1 mark) lipstick neat and crisp finish (1 mark)	2																	
Lashes applied securely (1 mark) no glue visible (1 mark)	2																	
Client is positioned correctly (0.5 marks) Clients hair is protected throughout treatment (0.5 marks)	1																	
No make-up placed on client lap or couch (0.5) No blowing or shaking brushes (0.5)	1																	
Correct decanting throughout(product removal in palates)	1																	
Trolley set up correctly (0.5) General neatness maintained (0.5)	1																	
Overall Look	4																	
<b>Total</b>	<b>28</b>																	
	<b>Name (Printed)</b>	<b>Initials</b>																
<b>Judge 1</b>																		

## Section - D

### D. Infrastructure List

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- Workshop Installation-Tools & Equipment positioned by Organizers
- Tool Kit-Tool & Equipment allowed to be brought by competitors for competitions

Infrastructure list to be provided by  
HOST

<b>Equipment's</b>
Bed/couches
beauty trolley
therapist chair
steamer
wax heaters
<b>Products/consumables</b>
Cleanser
Astringent
Toner
Granulated scrub
Massage cream
Massage gel
Setting mask(clay mask)
wax
hand and body lotion
Moisturizer
hand sanitizer

<b>Make up products</b>
Concealer
foundation
translucent powder/compact
Eye shadow palette
eyeliner- liquid and pencil

mascara
blusher-highlighter
lipstick
lip liner
<b>Miscellaneous</b>
Water bowls
Facial palates(to dispense products)
Dustbins
writing boards
stationary
water connection and drainage needed

<b>Competitors tool kit</b>
cotton
waxing strips
waxing spatula
Make up brushes
Pack brush(for facial)
Facial sponges
<b>Laundry</b>
Towels
napkins
Client Gown
Disposable bed sheets
Disposable facial bands

## 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 jewelry 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 itemized 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.