



National Skill Competition



Beauty Services

Test Project



Skills Area: Beauty Care

National Skills Competition Date: March 30 –31 2005

Skills Jamaica Competition March 30-31, 2005

General Instructions

- (1) Each competitor will be required to carry out the test project as specified on the schedule to be handed out two days before the competition.
- (2) The time will be specified according to the test project.
- (3) Minor adjustments may be made to the test project on the day of the competition where a new test project will be issued to the competitor.
- (4) Competitors are expected to identify all equipment/ materials/ingredients needed and submit list to the competitions committee no later than January 28, 2004.**
- (5) Please note that all competitors should provide their own small tools and utensils.**
- (6) Competitors will be given a schedule two days before the competition. Debriefings will also be conducted for all competitors on March 28, 2004.
- (7) All competitors will get an opportunity to arrange work areas the day before the competition. Where applicable competitors for the second day will arrange their work areas on the evening of day one. Competitors who fall in the second shift will get an opportunity to do their preparation at offsite locations (to be decided) where necessary.
- (8) All competitors should be present for the opening ceremony along with their instructors/coaches.
- (9) Rehearsal for the opening ceremony will be held on the evening of March 28, 2005 in the Indoor Sports Centre.

Beauty Therapy

Test project # 1

Waxing treatment

Duration 1 ½ hour

This service will be performed on a live model, the model will be provided by the participant. A leg wax or arm wax service will be done on the client.

- Client should be consulted with and informed of the service to be administered.
- All tools, equipment and material must be thoroughly decontaminated and in place before the start of service.
- Client's skin should be thoroughly analyzed and findings be documented of any abnormalities.
- Client's skin should be cleansed before administering wax service.
- Wax should be applied in the direction of the hair growth and be removed in the opposite direction.
- All appropriate products should be used on the client's skin after serviced.
- The finished service must be free from hair and residue of products on the client's skin.
- Client must be informed on after care treatment.
- Work area must be thoroughly cleaned after service.

Perform leg or arm wax treatment

- 1) Provide client with a leg or arm wax treatment service. This should be administered in a hygienic and comfortable working environment, maintaining high industry standard and personal care.
- 2) Safety regulation must be maintained in using all tools equipment and materials in protecting client and competitor.
- 3) Greet and seat client comfortably.
- 4) Perform leg or arm wax treatment service to enhance client's arm and feet, observe all safety caution when using hot wax treatment.
- 5) Apply wax to client skin at a comfortable temperature. Cleanse client's hands or feet of all residues from the wax and other products used. All appropriate skin products must be used correctly.
- 6) Clean up work area and all equipment.

Beauty Therapy

Test project #2

Hand care or Foot care service

Duration 2 hours

- This service will be performed on a live model provided by participant. A manicure or a pedicure service will be done this will include a paraffin wax treatment.
- Client should be consulted and be informed of the service to be administered.
- All tools, equipment, and materials must be in place before administering the service. The tools and equipment should be thoroughly decontaminated.
- The client's hands or feet must be thoroughly analyzed before administering a service; the participant should be wearing a glove to perform analysis. All findings should be documented.
- The client's skin must be sanitized before service.
- A manicure or pedicure service will be administered on client.
- A paraffin treatment will be administered on client.
- Complete service by polishing client's nails using coloured nail polish.
- Client must be advised of after care treatment.
- Clean up work area thoroughly after service.

Manicure and Pedicure Service

- 1) Provide client with a Manicure or pedicure service. This should be administered in a hygienic and comfortable working environment, maintaining high industry standard and personal care.
- 2) Safety regulation must be maintained in using all tools equipment and materials in protecting client and competitor.
- 3) Greet and seat client comfortably.
- 4) Perform manicure or pedicure service to enhance client's hands and nails, trim cuticle and treat skin using paraffin treatment. Observe all safety caution when using paraffin treatment.
- 5) Massage client's hands of feet using the correct technique .Remove all residue from nail surface and apply base coat, coloured polish and top coat to nail.
- 6) Clean up work area and all equipment.

Beauty Therapy

Test project # 3

Tip and acrylic or Facial treatment

Duration 2 hours

- This service should be performed on a live model, the model must be provided by the competitor. A facial treatment should be administered or a tip and acrylic service.
- Client should be consulted with, about the service to be administered.
- All tools equipment and material must be in placed before administering service.
- Client's skin should be analyzed and all findings documented.
- A facial service should be given; this should include cleansing, steaming, massaging and masking.
- If tip and acrylic service is chosen tip should be sized appropriately and designed to accentuate finished. Any accessories can be use to enhance designs.
- After care service should be given to clients.
- Work station must be thoroughly cleaned up after completing service.

Perform Facial treatment

- 1) Provide client with a facial treatment service. This should be administered in a hygienic and comfortable working environment, maintaining high industry standard and personal care.
- 2) Safety regulation must be maintained in using all tools equipment and materials in protecting client and competitor.
- 3) Greet and seat client comfortably.
- 4) Perform a skin analysis and document findings.
- 5) Perform facial treatment service to enhance client's skin, observe all safety precaution when using steamer, tools and all materials.
- 6) Apply facial products to client skin at a comfortable temperature by warming in hands. Cleanse client's skin followed by toning the skin. All appropriate skin products must be used correctly.
- 7) Clean up work area and all equipment.

Perform Tip and Acrylic service

- 1) Provide client with a tip and service. This should be administered in a hygienic and comfortable working environment, maintaining high industry standard and personal care.
- 2) Safety regulation must be maintained in using all tools equipment and materials in protecting client and competitor.
- 3) Greet and seat client comfortably.
- 4) Perform tip and acrylic nail service to enhance client's hands and nails observe all safety precaution when performing service.
- 5) Ensure the comfort and safety of client. Cleanse client's free edge of all residues of nail polish and skin of products used. All appropriate skin products must be used correctly.
- 6) Clean up work area and all equipment.

Beauty therapy

Test project #4

Make up application

Duration 1 hour

- This service should be performed on a live model, the model will be provided by the competitor. Competitor should be able to perform day, evening or corrective make –up application.
- All tools and equipment should be decontaminated before service, all materials needed to perform task must be thoroughly selected and arranged before service.
- Consultation should be done with model before administering service. Models skin should be thoroughly analyzed to determine the facial make up technique necessary.
- Models skin should be thoroughly cleansed, toned and moisturized.
- The correct shade foundation must be applied.
- The appropriate corrective make up technique must be performed.
- Lip colours must be used.
- Eye colours must be applied.

- Blush must be applied.
- Model should be attired to complement the service given whether day or
- Evening make up application.
- Work area must be thoroughly clean after completion of service.

Perform Make up application

- 1) Provide client with a make up service. This should be administered in a hygienic and comfortable working environment, maintaining high industry standard and personal care.
- 2) Safety regulation must be maintained in using all tools equipment and materials in protecting client and competitor.
- 3) Greet and seat client comfortably.
- 4) Perform a skin analysis and document.
- 5) Perform make up service to enhance client's facial features, observe all safety caution when, tools and all materials.
- 6) Apply make up products to client skin at a comfortable temperature by warming in hands. Cleanse client's skin followed by toning the skin. All appropriate skin products must be used correctly.
- 7) Clean up work area and all equipment.