Test Project

Beauty Therapy

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Introduction to Test Project

Welcome to the WorldSkills Shanghai 2026 Beauty Therapy Competition. Congratulations on participating in such an exciting and rewarding competition.

The Test Project reflects current international beauty therapy industry practices and is designed to assess Competitors across technical execution, consultation skills, hygiene and safety, client care, body analysis, and creative ability. The Test Project is divided into six practical modules that reflect the WorldSkills Occupational Standards (WSOS). Each module simulates a real commercial salon or spa environment and requires Competitors to demonstrate professional competence within allocated timeframes.

Introduction

This Test Project has been developed by an Independent Test Project Designer with inputs from industry experts. The goal of the Beauty Therapy Test Project for WorldSkills Shanghai 2026 is to challenge Competitors to deliver a range of face, body, nail, lash, brow, and make-up services to industry standards. Competitors will be assessed on their ability to deliver safe, hygienically, and efficiently while adapting treatments to individual client needs. The project also assesses both traditional practices and emerging industry trends.

Description of project and tasks

The Test Project consists of six (6) modules. Each module is assessed independently and contributes to the overall competition score.

Model requirements

- **Module 1, 4: Only to be completed on male model** aged 25-45 years for facial and pedicure and waxing.
- **Module 2, 3, 5, and 6: female model** aged 25-40 years for body treatment, Facial hair removal, French builder gel application, and Fantasy Make-up

During the competition you will be judged in the following area:

CRITERION	
MODULE 1 Head Toe Gentlemen's Grooming	Revacl Men's Hydrating Grooming Facial (2 hours, 30 minutes) Prepare and set up (15 minutes) Complete a thorough consultation and skin analysis (20 minutes) Cleansing, Manual and Mechanical exfoliation with steamer, Galvanic, High-frequency, mask and moisturizer (1 hour) Callus peel pedicure with buff and shine (45 minutes) Tidying and cleaning (10 minutes)
MODULE 2 Body Contouring Treatment	Body Treatment (3 hours and 10 Minutes) Set up for consultation (10 minutes) Consultation surprise element (15 minutes)

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CRITERION	
	Consultation marking (15 minutes) Competitors to complete set up while marking is taking place (15 Minutes) Body Cleanse and exfoliation with steamer (full body) (30 minutes) EMS treatment (35 minutes) Body wrap (back, arms, and full leg) (30 minutes) Deep tissue body massage (15 minutes) Aftercare (10 minutes) Tidying and cleaning (15 minutes)
MODULE 3 Eyebrow Shaping, Lamination, Tinting, and Eyelash Extensions	Eyebrow and lash grooming (3 hours) Prepare and set up (15 minutes) Eyebrow mapping, shaping using threading, lamination, and tinting (1 hour) Individual eyelash extensions (1 hour, 30 minutes) Tidying and cleaning (15 minutes)
MODULE 4 Head to Toe Male Sports Hair Removal	Head to Toe Male Sports Hair Removal (2 hours, 30 minutes) Prepare and set up (15 minutes) Eyebrow wax and neckline (hot wax) (30 minutes) Arm wax (sugaring) (45 minutes) ½ Leg wax (cold wax) (45 minutes) Tidying and cleaning (15 minutes)
MODULE 5 Classic French nail Design	Classic French builder gel with nail forms (2 hours, 30 minutes) Prepare and set up (15 minutes) Builder gel nail form classic French nails (2 hours) Tidying and cleaning (15 minutes)
MODULE 6 Fantasy Make-up and Nail Art	Day make-up and nail art transitioning to Fantasy Make-up - mystery box (3 hours, 15 minutes) Prepare and set up (15 minutes) Make-up and Nail Art from mystery box including the specific look surprise element Day make-up (30 minutes) Free hand nail art (1 hour) Fantasy Make-up design (1 hour, 30 minutes)

Assessment Criteria: The Test Project development team may adjust assessment criteria (change, add, or remove) to suit product, equipment, implement, and model

Instructions to the Competitor

Module 1

Non-Verbal demonstration – show how to prepare for a treatment like how to wear gown/slippers etc.

Elevated Gentleman's refinement - completed in the following order:

A) Consultation and skin analysis
B) Revacl Men's Hydrating facial, choose treatment and machines according to clients' skin type and conditions
C) Cullus peel pedicure with buff and shine

****Competitors to please note that the exact sequence and equipment will be specified for each group at the start of each module. This can be different for each group of Competitors.

Time allocated

2 hours, 30 minutes – set up time and clear away time included in the 2 hours, 30 minutes.

Model

Male model aged 20 – 35 years. Have not done any microdermabrasion

Workstation set up

15 minutes setting up of the treatment area, Competitor and client prepared for treatment. Apart from products which will be collected after skin analysis. Other tools, equipment, and bed setting must be completed within the 15 minutes.

Treatment protocol

Part A

Consultation and skin analysis (20 minutes)

20 minutes to complete client consultation and skin analysis. Complete treatment plan provided, select and collect products, place at workstation. No changes allowed to treatment plan after the start of treatment. When completing the treatment plan use coding prompts/signs on consultation card to indicate skin type, conditions, etc. Leave blank if not present.

- Correct choice of products and machines selected according to skin type

Part B

Revacl Men's facial (1 hour)

Procedure: Basic facial treatment (1 hour)

1. **Skin preparation and cleansing**
2. **Exfoliation**
3. **Galvanic and High Frequency**
    - Perform either iontophoresis or desincrustation using the correct polarity depending on client skin type and conditions as analysed, according to manufacturer's instructions (minimum 5 minutes) (CP)
    - Perform either indirect or direct high frequency (minimum of 5 minutes) (CP)
4. **Steam treatment (minimum 5 minutes) (CP)**
5. **Extractions**

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6. **Facial massage** (minimum 10 minutes) (CP)
7. **Mask application**

- Select (customized) Revacl skin hydrating firming mask powder for face, eyes, and lips
- Leave on for minimum 10 minutes (CP)

Part C

Callus peel Pedicure with Toe Nail buff and shine (45 minutes)

Men's pedicure (Performed concurrently during facial mask time)

Procedure: male pedicure

1. **Preparation**
2. **Foot peel**

- Apply peeling patches onto the calloused area of the feet (CP)
- Wrap the feet in cling film. Leave on for a minimum of 15 minutes (CP)

3. **Nail and cuticle care**

- Cut and file nails to appropriate masculine shape

4. **Perform foot and lower leg massage (minimum 10 minutes)**
5. **Completion**
6. **Cleaning and tidying of workstation at the end of all treatments within the allocated time. Marking Scheme notations (10 minutes)**

CHECK POINT (CP)

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

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Module 2

Full Body Contouring Treatment - completed in the following order:

A) Pre-treatment protocol, treatment protocol, and post treatment protocol

Time allocated

3 hours and 10 minutes – set up time and clear away time included in the 3 hours and 10 minutes.

Model

Female model aged 25-40

Preparation

10 minutes setting up the workstation for consultation.

Treatment area, Competitor and client prepared for treatment.

Part A

PROCEDURE:

Pre-treatment protocol

1. **Pre-treatment consultation: (15 minutes)**
   Client wear tank top and cycling shorts for this section

- Measure designated body areas (waist, hips, thighs)
- Record accurate measurements on treatment card (CP)
- Client consultation – determine body type, skin conditions (cellulite/stretch marks etc), BMI
- Indicate on consultation card findings and treatment plan (CP)
- Marking time - 15 minutes, Competitors to complete set up of treatment area during this time
- The model will then return to the changing area to prepare for treatment

Treatment protocol

2. **Skin preparation and exfoliation with steamer (30 minutes)**

- To achieve erythema
- Remove product and dry skin – no granules (CP)

3. **Product application**

- Apply suitable body treatment product (slimming, firming, or hydrating as appropriate and according to developed treatment plan)

4. **Mystery Element - Machine Application (revealed on Competition day)**

Machine setup and application (35 minutes) according to manufacturer's instructions:

- Correct placement of pads/electrodes on allocated treatment areas as instructed – need to have a contraction (minimum 10 minutes)
- Demonstrate gradual increase in intensity

5. **Body wrap on back, back legs, arms and front of legs (minimum 30 minutes)**
6. **Deep Tissue Body massage – Back of Thighs (minimum 15 minutes)**

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Post-treatment Protocol

7. Aftercare advice (15 minutes)

Cleaning and tidying of workstation at the end of all treatments within the allocated time. Marking Scheme notations 10 minutes

CHECK POINT (CP)

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

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Module 3

Eyebrow and lash grooming - completed in the following order:

A) Eyebrow mapping and shaping brow lamination tinting
B) Eyelash Extensions

Time allocated

3 hours – set up time and clear away time included in the 3 hours

Model

Female model, no lash keratin or lash perming treatment for four weeks previously. No make-up applied on the day.

Preparation

Setting up working area for a brow and lash treatment (15 minutes)

- Treatment area, Competitor, and client prepared for treatment
- Collect lamination, tinting kits/products and lash extension products and equipment onto workstation
- Products and tools for the whole module are also allowed to be prepared

Treatment protocol

Part A

PROCEDURE: Brow lamination, tinting, mapping, shaping (60 minutes)

1. **Preparation**
2. **Application**
3. **Removal**
4. **Brow mapping and tinting**

Eyebrow shaping with threading

Part B

PROCEDURE: Eyelash extension- 1-1 technique (1 hour, 30 minutes)

Lash Design application (four different designs (cat eye, doll eye, open eye, natural eye). These will be randomly allocated to each group on the Competition day.

Cleaning and tidying of workstation at the end of all treatments included in the time allocated (15 minutes)

CHECK POINT (CP)

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

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Module 4

Male full body sports grooming

A) Hair removal – eyebrows and nape of neck/half leg/arm.

Time allocated

2 hours, 30 minutes – set up time and clear away time included in the 2 hours, 30 minutes.

Model

Male model, with hair all over the body

Preparation

Setting up working area for a hair removal treatment (15 minutes)

- Treatment area, Competitor, and client prepared for treatment
- Products and tools for the whole module are also allowed to be prepared

Treatment protocol

PROCEDURE: Hair Removal (2 hours)

- **Eyebrows and nape of hairline HOT wax (30 minutes)**
- **Arm SUGARING (from hand to shoulder) (45 minutes)**
- **½ Leg COLD wax – from foot (toes and foot bridge included) to four fingers above knee (45 minutes)**
- **Completion**

Cleaning and tidying of workstation at the end of all treatments included in the time allocated (15 minutes)

CHECK POINT (CP)

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

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Module 5

Classic French builder gel on nail forms

Time allocated

2 hours, 30 minutes – set up time and clear away time included in the 2 hours, 30 minutes

Model

Female model aged 25 – 40 years old – PREPARATION OF CLIENTS NOTE - make sure clients have polish on nails

Preparation

Treatment area, Competitor and client prepared for treatment (15 minutes)

Treatment protocol

PROCEDURE: French builder gel application on nail forms (2 hours - recommended time)

1. **Nail preparation (use nail drill)** – Nail shape and length per group, will be randomly DRAWN from hat: ballerina, squared, almond, stiletto. Length of nails should be 15 mm or 1.5 cm!!!
2. **Topcoat application**
3. **Finishing**

Cleaning and tidying of workstation after treatments are complete (15 minutes)

CHECK POINT (CP) Signal Timekeeper who will call the Experts to check the work. Other check points will be allocated at Familiarization Day.

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Module 6

Fantasy make-up and nail art - mystery box

Time allocated

3 hours, 15 minutes – set up time and clear away time included in the 3 hours, 15 minutes.

MUST BE COMPLETED IN THE FOLLOWING ORDER:

Part A – Day Make-up

Part B – Nail Art

Part C – Fantasy Make-up

Model

Female model aged 25 – 40: **complete the Day Make-up and Fantasy Make-up design provided, Nail Art must complement the Fantasy Make-up**

Treatment protocol

Part A

Prepare and set up workstation (15 minutes)

PROCEDURE: Day make-up application (30 minutes)

1. **Skin preparation**
2. **Base application**
3. **Contouring and highlighting**
4. **Eye makeup and false lashes**

Part B

PROCEDURE: Nail art: on live model hands (1 hour)

- Shape of the tip - COFFIN
- Fix the FULL tips on the hands!! (CP)
- Free hand nail art design to be completed on the model's hands only and must complement the Fantasy Make-up theme
- Design on each hand and fingers. You are allowed to use chrome, cat eye, gems stones, and glitter to enhance the look: PLEASE NOTE: **The enhances must only make-up 10% of the design!!!**
- ONLY FREE HAND NAIL ART ALLOWED - MINIMUM THREE TECHNIQUES

Part C

PROCEDURE: Metamorphosis Fantasy Make-up (1 hour, 15 minutes)

1. **Creative Detailing**
2. **Final Enhancements**
3. **Overall assessment**
4. **Completion**

Cleaning and tidying of all workstations included in the allocated time (15 minutes)

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Competitor instructions for module F

- **Make-up – Models will be in black leggings and top – USING products from a mystery box**
- No stencils or aids
- Foundation, base (stage effect)
- Contouring
- Eye make-up or design
- False lashes
- Eyebrow enhancements
- Blush
- Lip liner, Lipstick

Cleaning and tidying of workstation after treatment is complete.

CHECK POINT (CP) Signal Timekeeper who will call the Experts to check the work. Other check points will be allocated at Familiarization Day.

Health, Safety, and Hygiene Requirements

Throughout all treatments, Competitors must demonstrate:

- Appropriate PPE usage
- Correct sanitization of tools and equipment
- Proper waste disposal
- Machine safety checks before use (when applicable)
- Client comfort monitoring
- Professional workstation organization
- Cross-contamination prevention

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Briefing to Competitors

Briefing of the Competitors occurs on the morning of the Competition prior to the start.

Competitors are given 15 minutes of Open Communication to familiarize themselves with the instructions and Mark Summary Form for that Competition day. No actual work or preparation is permitted. Competitors may ask the Experts questions at this time.

15 minutes Competitor briefing will be given at the end of the day.

Items Competitor MUST provide for competition

Items Competitor MUST provide for competition see **Technical Description page 27 -33** for pictures

1 **Items Competitor Must Provide**

In addition to items listed on page 15 of the main document:

1. Makeup brushes and sponges (professional quality)
2. Lash extension tweezers and supplies
3. Pedicure tools and implements
4. Builder gel brushes
5. Nail files, buffers, and nail art tools
6. Personal timer watches
7. Treatment planning forms/clipboard

All other products, machines, and consumables will be provided by the Competition Organizer.

The items listed above will be the only items allowed in the Competitor's toolkit. The Competitors personal toolkit is checked by the Experts on C-2 and prior to each module.

Sustainability is of the utmost importance!

All materials will be available during the preparation hours for the Competitor before the competition starts for training purposes.

Enjoy the Competition!

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