

Getting you ready for Nescot

Welcome to the Beauty Academy at Nescot College. We look forward to welcoming you as a beauty therapist on one of our beauty courses starting this September.

To help to prepare you for your training we have set up a 30 day challenge. Each day holds a different challenge to help us to get to know you and your interests. Please submit the daily challenge tagging @Nescot_beauty and #Nescotcollege.

The tasks will allow you to start developing some of the foundation skills you will need. In your own time please submit these via email to awaters@nescot.ac.uk

We can't wait to meet you all at enrolment. If you have any questions please DM us on any of our social media platforms and one of our therapists will get back to you.

Good luck!!

BEAUTY THE 30 DAY CHALLENGE

DAY 1
Find a photo of a favourite make-up look – it can be anything!

DAY 2
Find a photo of your favourite NYX product

DAY 3
If you were to create your own make-up product, what would it be and why? Who

DAY 4
Write about your favourite NYX product. Why is it your favourite? What do you like about it? How much does it cost? Where can you buy it?

DAY 5
Find a photo of your favourite Eve Taylor product

DAY 6
Write about your favourite Eve Taylor product – Why is it your favourite? What do you like about it? How much does it cost? Where can you buy it?

DAY 12
Find out as much as you can about OPI

DAY 11
Provide a brief explanation for each of the following massage techniques: Effleurage, Petrissage, Tapotement, Frictions and vibrations (include examples)

TASK
Draw a picture of your product and include a cost price

DAY 9
Find a photo of your favourite nail enamel finish/nail art

DAY 8
Research the key term: Emulsifiers

DAY 7
Research and record the main ingredient in your favourite Eve Taylor product

TASK
Write a paragraph about them – what work have they done? How long have they been in the industry? What products do they sell etc?

DAY 10
Research the key term: Emollient

TASK
How has the nail artist created the finished result? What products/equipment were used?

DAY 18
Find a photo of an Eve Taylor face mask or face scrub

DAY 13
Find a picture from a campaign from your favourite make-up brand

DAY 14
Find a photo of your favourite product from your favourite brand

DAY 15
Research into your favourite brand

DAY 16
Carry out a skin analysis for another member of your household and give them advice

DAY 17
Research the key term: Humectant

TASK
Annotate the photo with its key ingredients, what it does and what it is good for

DAY 24
Find a photo of a make-up look from the following eras: 1920s, 1950s & 1990s

DAY 23
Research the key term: Parabens

TASK
Write about them – why are they your favourite brand? What are their best selling products? Give some history of the brand

DAY 21
Create the face mask/face scrub and give yourself a mini pamper!

DAY 20
Find a recipe for a home-made face mask/face scrub that you could create at home with ingredients you already have that will be beneficial for your skin type

DAY 19
Drink 2l of water today! Stay hydrated... Keep it up...

TASK
Find a photo of a popular make-up product from each of those eras

DAY 26
Re-create one of these images

DAY 22
Explain the difference between AHAs and BHAs. Include examples to support your findings

TASK
Take photos of your creation and write a step by step guide of how you made it

DAY 29
Why are they influential to you?

DAY 30
What made you want to study Beauty?

DAY 25
Create a power point or page of writing about the make-up trends from those eras

TASK
Write a step by step guide on how you created the look from your chosen era

DAY 27
Who are PETA and what do they do? How are they linked to our industry?

DAY 28
Pick an influential person in industry to research