

# Getting you ready for Nescot

Welcome to the Hair and Beauty Academy at Nescot College. We look forward to welcoming you as a Beauty Therapy student on one of our beauty courses beginning this September.

To help to prepare you for your training, join us by taking part in a Beauty Therapy inspired 30-day challenge. Each day holds a different challenge that will help us to get to know you and your interests a little better. The challenges will allow you to start developing some of the key skills that you will need to pursue a career in the Beauty Industry.

Please submit each daily challenge by tagging @Nescot\_beauty and #Nescotcollege on Instagram, alternatively, email awaters@nescot.ac.uk once complete.

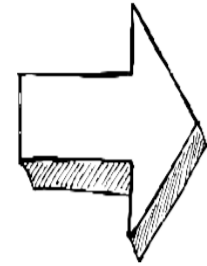
If you have any questions, please DM us on any of our social media platforms and a member of staff will get back to you, alternatively, you can email Andry Waters (email address above) who is the Curriculum and Standards Coordinator for our Beauty Therapy courses at Nescot College.

Good luck and we look forward to meeting you at enrolment!

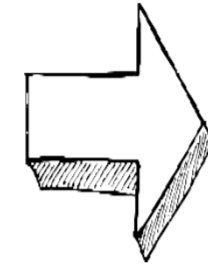
#30daychallenge #letsdothis #instagood #motivation #makinmoves #educationmatters #studentlife

# BEAUTY THE 30 DAY CHALLENGE

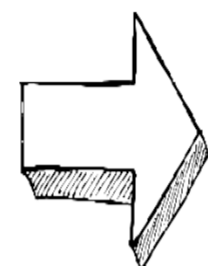
**DAY 1**  
Find a photo of a favourite make-up look – it can be anything!



**DAY 2**  
Find a photo of your favourite NYX product



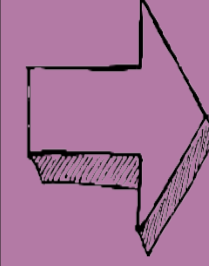
**DAY 3**  
Write about your favourite NYX product. Why is it your favourite? What do you like about it? How much does it cost? Where can you buy it?



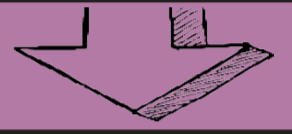
**DAY 4**  
If you were to create your own make-up product, what would it be and why? Who would be the target market? Draw a picture of your product and include a cost price



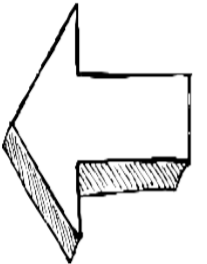
**DAY 5**  
Find a photo of an Eve Taylor product



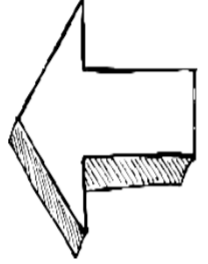
**DAY 6**  
Write about the Eve Taylor product – Why have you chosen it? What do you like about it? How much does it cost? Where can you buy it?



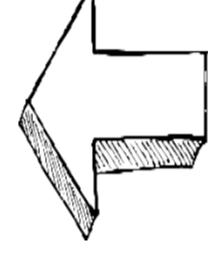
**DAY 12**  
Research the key term: Emollient



**DAY 11**  
Find out as much as you can about OPI and 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**  
How has the nail artist created the finished result? What products/equipment were used?



**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 chosen Eve Taylor product

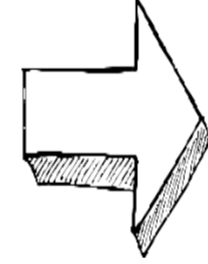
**DAY 13**  
Provide a brief explanation for each of the following massage techniques: Effleurage, Petrissage, Tapotement, Frictions and vibrations (include examples)



**DAY 14**  
Find a picture from a campaign from your favourite make-up brand



**DAY 15**  
Find a photo of your favourite product from your favourite brand



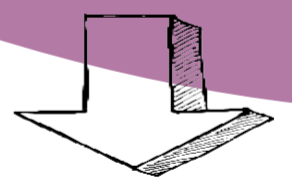
**DAY 16**  
Research into your favourite brand and write about them – why are they your favourite brand? What are their best selling products? Give some history of the brand



**DAY 17**  
Carry out a skin analysis for another member of your household and give them advice



**DAY 18**  
Research the key term: Humectant



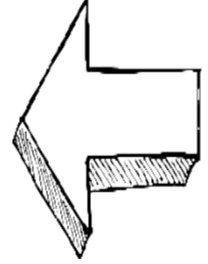
**DAY 24**  
Find a photo of a make-up look from the following eras: 1920s, 1950s & 1990s



**DAY 23**  
Explain the difference between AHAs and BHAs. Include examples to support your findings



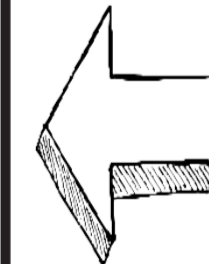
**DAY 22**  
Create the face mask/face scrub and give yourself a mini pamper! Take photos of your creation and write a step by step guide of how you made it



**DAY 21**  
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

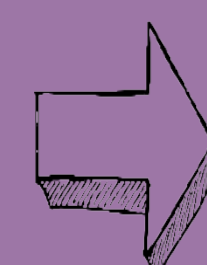


**DAY 20**  
Find a photo of a popular face mask or face scrub and annotate the photo with its key ingredients, what it does and what it is good for.

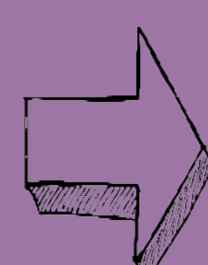


**DAY 19**  
Drink 2l of water today! Stay hydrated... Keep it up...

**DAY 25**  
Find a photo of a popular make-up product from each of those eras



**DAY 26**  
Create a presentation about the make-up trends from those eras



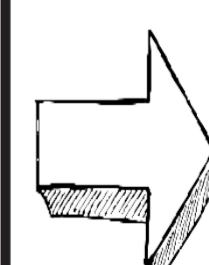
**DAY 27**  
Re-create one of the images you found - write a step by step guide on how you created the look from your chosen era



**DAY 28**  
Research the key term: Parabens



**DAY 29**  
Who are PETA and what do they do? How are they linked to our industry?



**DAY 30**  
Pick an influential person in the industry to research