

SUBJECT: MANICURING

LESSON OBJECTIVES:

Upon completion of the lesson, the student will be able to.

- Identify the four types of nail implements and/or tools required to perform a manicure.
- Demonstrate the safe and correct handling of nail implements and tools.
- Exhibit the proper set up of a manicuring table
- Demonstrate the necessary three-part procedure requirements for nail services.
- Identify the five basic nail shapes.
- Perform a basic and conditioning hot oil manicure incorporating all safety, sanitation, and disinfection requirements.
- Demonstrate the correct technique for the application of nail polish.
- Perform the five basic nail polish applications.
- Perform the hand and arm massage movements associated with manicuring.
- Perform a paraffin wax hand treatment.
- Display all sanitation, disinfection, and safety requirements essential to nail and hand care services.
- Define and understand aromatherapy.
- Identify carrier oils and understand their use.
- Understand how aromatherapy can be incorporated into a services.

Inspirational thought for the day: “Only those who dare to fail greatly can ever achieve greatly.” – Robert Francis Kennedy

I) EQUIPMENT, IMPLEMENTS, MATERIALS, AND NAIL COSMETICS

A) Equipment

- 1) Table and lamp
- 2) Finger bowl
- 3) Client/technician chair
- 4) Disinfection container
- 5) Client arm cushion
- 6) Wipe Container
- 7) Supply tray
- 8) Ultraviolet (UV) or Electric Polish Dryer

B) Implements

- 1) Wooden pusher
- 2) Metal pusher
- 3) Abrasive nail files and buffers
- 4) Nipper
- 5) Tweezers
- 6) Nail brush
- 7) Chamois buffer
- 8) Three-way buffer
- 9) Nail clippers

C) Sanitation for Implements

- 1) Wash thoroughly in warm soap and water, rinse well dry with sanitized towel.
- 2) Fully immerse in approved disinfectant solution according to product directions.

- 3) Rinse and dry.
- 4) Store properly.

D) Materials

- 1) Disposable or terry towels
- 2) Brushes and applicators
- 3) Cotton balls, pads, or pledgets
- 4) Plastic or metal spatulas
- 5) Trash containers
- 6) Soap
- 7) Polish remover
- 8) Nail creams and oils
- 9) Cuticle removers
- 10) Nail bleach
- 11) Pumice powder
- 12) Colored polishes
- 13) Base Coat
- 14) Hardener
 - (a) Protein hardener
 - (b) Other types
 - (c) Formaldehyde hardeners
 - (d) Dimethyl urea hardeners
- 15) Top coat
- 16) Nail polish dryers
- 17) Hand cream or lotion
- 18) Nail conditioners

II) BASIC TABLE SET UP

A) Sanitary and Properly Equipped

- 1) Clean table.
- 2) Prepare arm cushion.
- 3) Fill disinfectant container.
- 4) Place products.
- 5) Place abrasives.
- 6) Place finger bowl, brush
- 7) Prepare for waste disposal.
- 8) Place polishes.
- 9) Prepare drawer

III) CHOOSING A NAIL SHAPE

- A) Square
- B) Squoval
- C) Round
- D) Oval
- E) Pointed

IV) BLOOD SPILL

A) Handling Blood Spill

- 1) Put on gloves.
- 2) Apply pressure.
- 3) Stanch bleeding.
- 4) Complete service.
- 5) Discard used materials.
- 6) Clean table and disinfect implements.
- 7) Remove gloves; wash hands.

V) PLAIN MANICURE

A) Pre-service

- 1) Sanitize implements.
- 2) Rinse implements.
- 3) Immerse implements.
- 4) Wash hands with liquid soap.
- 5) Rinse and dry implements.
- 6) Follow approved storage procedure.
- 7) Sanitize table.
- 8) Disinfect surface.
- 9) Prepare client's cushion.
- 10) Refill disposable materials.
- 11) Use hand sanitizers.

B) Post-service Procedure

- 1) Schedule next appointment.
- 2) Advise client.
- 3) Promote product sales.
- 4) Clean work area.
- 5) Disinfect implements.
- 6) Record service information.

C) Basic Manicure

- 1) Pre-service
 - (a) Do pre-service sanitation.
 - (b) Greet client with a smile.
 - (c) Have client remove hand and arm jewelry.
 - (d) Have client wash hands.
 - (e) Perform client consultation.
- 2) Actual service performed
 - (a) During manicure, talk with client.
 - (b) Before polish application, have client replace jewelry.
- 3) Post service

D) Manicure Procedure

- 1) Remove polish.
- 2) Shape the nails.

- 3) Soften cuticles.
- 4) Clean nails.
- 5) Dry hand.
- 6) Apply cuticle remover.
- 7) Loosen and remove cuticles.
- 8) Nip dead skin tags.
- 9) Clean under free edge.
- 10) Repeat steps 5 to 9.
- 11) Bleach nails – optional.
- 12) Buff with high shine buffer.
- 13) Apply nail oil.
- 14) Bevel nails.
- 15) Apply lotion and massage.
- 16) Remove traces of oil.
- 17) Choose polish color.
- 18) Apply polish.
 - (a) Base coat
 - (b) Colored polish (two coats)
 - (c) Top coat
 - (d) Instant nail dry (optional)

E) Five Types of Polish Application

- 1) Full coverage
- 2) Free edge
- 3) Hairline tip
- 4) Slimline or free walls
- 5) Half moon or lunula

F) French Manicure

- 1) Apply base coat.
- 2) Apply white polish.
- 3) Apply translucent polish.
- 4) Apply top coat.

VI) RECONDITONING HOT OIL MANICURE

A) Procedure

- 1) Perform pre-service.
- 2) Begin manicure.
- 3) Remove old polish.
- 4) Shape nails.
- 5) Apply oil.
- 6) Apply lotion.
- 7) Proceed with hand/arm massage.
- 8) Remove cuticle tissue.
- 9) Remove dead skin tags.
- 10) Repeat on the other hand.
- 11) Remove oil.

B) Man's Manicure

VII) PARAFFIN WAX TREATMENT

A) Paraffin Wax Procedure

- 1) Perform pre-service.
- 2) Check client's hands.
- 3) Apply moisturizing lotion.
- 4) Test temperature of wax.
- 5) Position hand for dipping.
- 6) Dip one hand.
- 7) Repeat process 3 to 5 times.
- 8) Wrap hands.
- 9) Repeat procedure on the other hand.
- 10) Let hands rest.
- 11) Remove paraffin.
- 12) Dispose of used paraffin.
- 13) Begin manicure procedure.

B) Paraffin Wax Procedure

- 1) Perform Pre-service.
- 2) Remove polish.
- 3) Apply moisturizer.
- 4) Test temperature.
- 5) Perform paraffin, dipping, wrapping, resting, and removal steps.
- 6) Continue manicure procedure.

C) Hand Massage

- 1) Relaxer movement.
- 2) Joint movement on fingers.
- 3) Circular movement in palm.
- 4) Circular movement on wrist.
- 5) Circular movement on back of hands and fingers.

D) Arm Massage Techniques

- 1) Distribute lotion or cream.
- 2) Effleurage on arms.
- 3) Wringing/friction movement
- 4) Kneading movement
- 5) Rotation of elbow

E) Spa Manicure

F) Aromatherapy

- 1) Scotch pine
- 2) Ten basic essential oils
- 3) Carrier oils.

