

Manicure

Objectives: At the end of this lesson you shall be able to

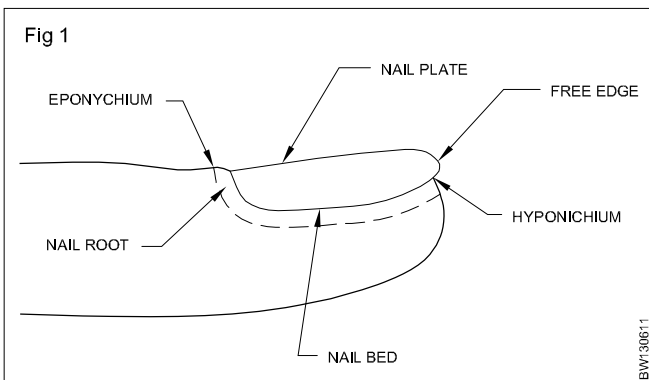
- explain the structure of nail
- distinguish between nail diseases & disorders
- definition and the purpose of manicure
- describe the types of manicure
- determine the contra-indications, contra-actions, after care/homecare & do's & don't.

Structure of nail

Nail is an appendage of the skin. The technical terms of nail is 'onyx'. The average nail growth in normal adult is 1/8th inch per month. It is composed of keratin a protein substance.

Nail mainly consist of 3 parts :-

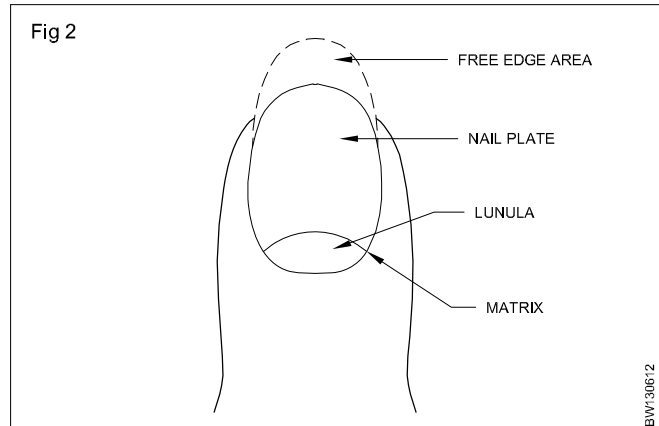
- 1 **Nail body** - It is a visible part of the nail and also called nail plate attached to the nail bed. The pink color of the nail plate is due to the blood vessels in the nail bed. At the base of the nail plate there is a half-moon structure which is called lunula. There is another structure in the nail body that bridges over the finger tip which is called free edge area. It is the extend part of the nail plate. We can shape the free edge are into various shapes.



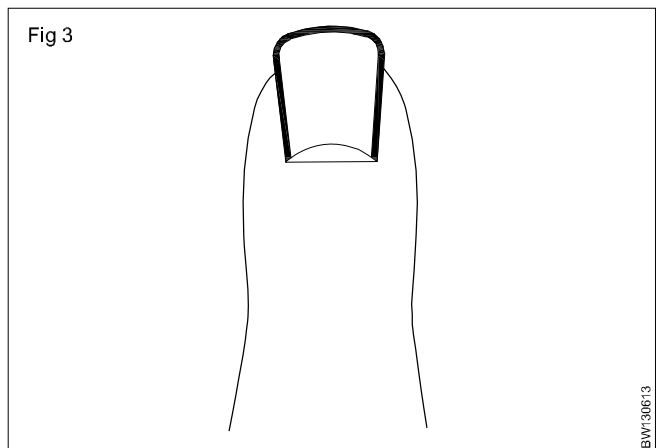
- 2 **Nail Root** - It is the base of the nail and is embedded under the skin. It originates from an actively growing tissue which is called nail matrix. The nail matrix is enriched with blood vessels and nerves. It is similar to the papilla of hair and it gives nourishment to the nail.
- 3 **The Cuticle** - Cuticle is the area overlapping epidermis around the nail. The Cuticle which is at the base of the nail is called eponychium and the Cuticle which is near the free edge is called hyponychium.

Nail disorders & nail diseases

Before giving manicure to the client a manicurist should know about the difference between nail disorders & nail diseases. On the basis of their identification & classification

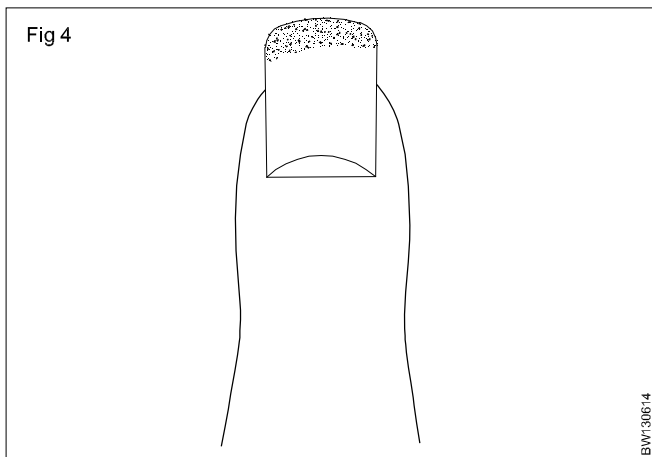


the can be select accordingly. As a manicurist he/she should identify the nail disorders and diseases and on the bases of their identification he/she will be able to decide that what type of treatment should be given in the saloon.

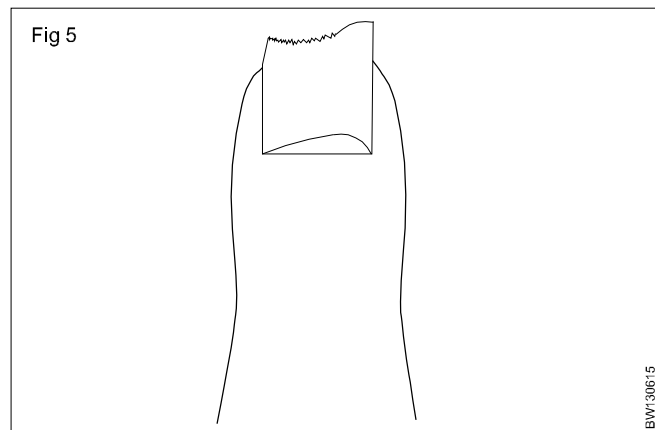


Nail disorders - There are various types of nail disorder which can be treated in the saloon.

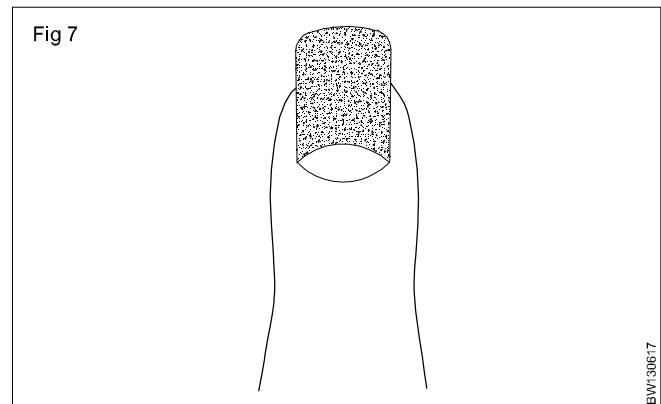
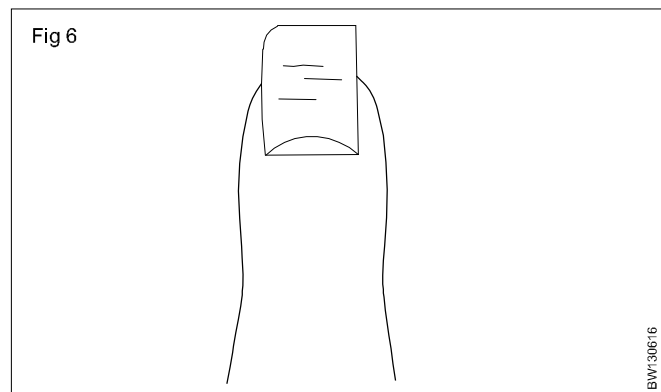
- 1 **Hypertrophy** - Thickening of nail plate is called hypertrophy or onychauxis especially on the toe nails due to the light fitting shoes or not trimmed the nails properly.
- 2 **Atrophy** - Thinning of nail plate is called atrophy or onychatrophia due to poor blood circulation, diabetes and chronic infection and can be treated with intake of proper diet and using of fine side of emery board for filing the nails.



- 3 Onychophagy** -Commonly known as nail biting which is due to nervousness, tension and insecurity and can be treated by using artificial nails.

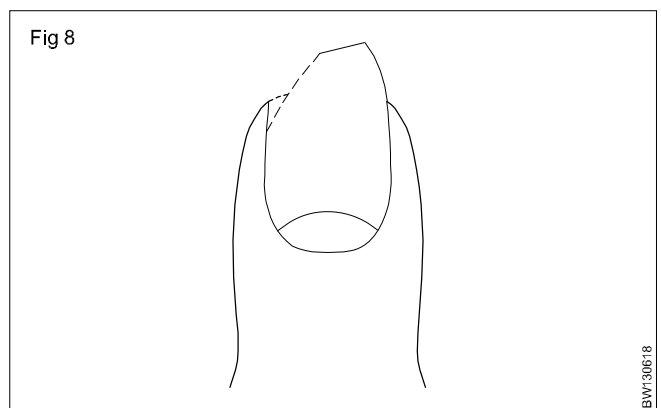


- 4 Brittle nails-** With regular manicures and the regular use of cuticle & hand creams can result in the brittle nails in some cases. Avoid nail clippers and nail scissors for cutting the nail plate, use synthetic emery board to reduce the length of nails.
- 5 Spoon shape or koilonychia-** It resemble like a spoon. The surface of the nail becomes flat, thin or hyper soft due to iron deficiency, anemia and excessive exposure of oil and cream and can be treated with normal manicures and advice the client to keep short nails. Always use light strokes of emery boards on these type of nails.
- 6. Beau's line or ridges-** In this disorder of nail, the horizontal lines and shallows occurs on the nail plate due to long illness, intake of drugs, during pregnancy, application of false nails and due to dermatitis, excessive dieting & psoriasis. It can be treated to avoid all of the causes due to which it occurs.
- 7. Blue nails-** It is also a nail disorder in which the nail plate appears to be a blue tint to their coloring around the half-moon of the nail plate. It is considered as a medical problem and doctor should be consulted, however manicure can be given but extra additional care should be taken during massage procedure.

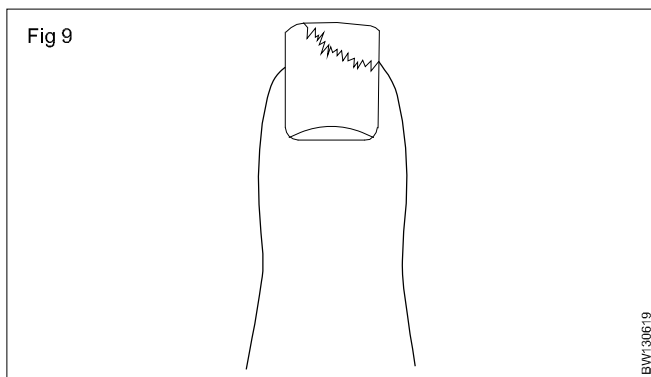


Nail diseases- There are many nail diseases which are as follows and which cannot be treated in the saloon and should refer to the physician.

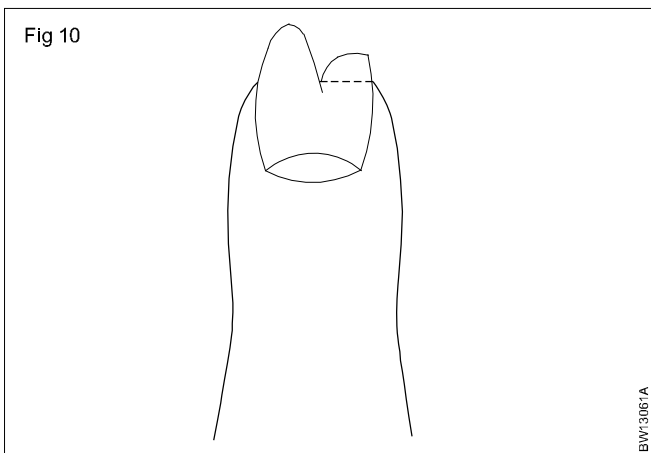
- 1. Onycholysis-** In this, nail plate is lifted from the nail bed and nail plate appears to be white instead of pink which due to the excessive exposure to soap and water, fungus infection or bacterial infection and also due to adverse reaction to drugs. Don't give manicure to the client having this type of problem and always suggest to go to Physician.



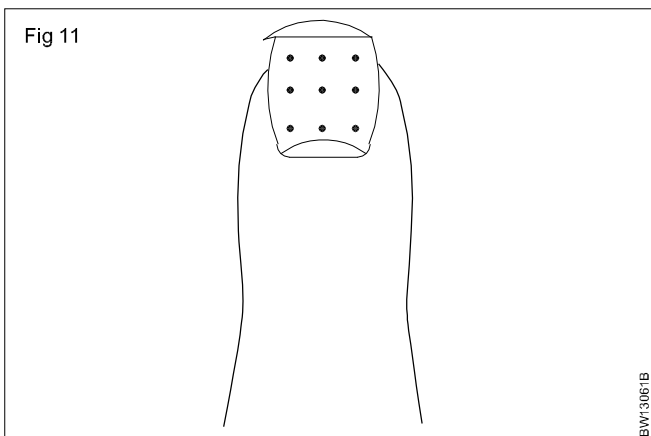
- 2. Onychomycosis-** It is also called tenia-ony-cho-my-chosis which due to the ring worm. In this disease one can observe rotting of the nail plate and the nail plate becomes discolored which is due to the parasites that enters through the free edge area and spreads from



3 Onychotillomania- It is a nail disease in which the person damage its nail plate by scissors, cuticle pushers or any metal implements which is due to the psychological problem and one should consult to a psychiatrist.



4 Nail pitting- Generally observed on the surface of the nail plate caused due to paraonychia, dermatiasis, psoriasis, and alopecia areta. The patient should be refer to physician.



5 Onychocryptosis- It is also known as ingrown nails specially occurs in the big toe nails. In this the nail grows into the surrounding tissues due to improper nail filing which causes pain and inflammation which is due to not properly cutting of nails, giving pointed shape to the free edge area, wearing tight shoes, diabetes and giving pressure on the toes. Suggest the

client to consult physician, avoid wearing covered shoes. Always wear chappals, keep small nails in case of this type of problem.

6 Paraonychia- It is an acute infection of the structures around the nail. The manicurist can also suffer from this infectious disease by giving manicure treatments and not following the rules of sanitization or sterilization while giving manicuring. Swelling around the nail and pus formation can be seen around the nail. Always refer the client to consult the doctor.

Definition & purpose of manicure

Manicure is a Latin word which is made up of two words Manus+Cura, in which (Manus means hands & nails and Cura means care). Hence caring of hands & nails is called manicure.

There are various purposes of manicure such as :-

- 1 Cleaning & shaping of nails
- 2 Care of hands & nails
- 3 Removing of dead skin cells from the hands and around the nails.
- 4 Improving blood circulation and stimulate blood flow.
- 5 Decorate the nails painting with nail varnish of different colors.
- 6 For relaxing of hands.

Types of manicure:-

There are variety of different types of manicure such as

- 1 Plain manicuring
- 2 Hot oil manicure
- 3 Electric manicure

1 Plain Manicure- It is a simple type of manicure in which the normal & necessary steps of manicure are included such as cleaning of hands & nails, shaping of nails, massage of hands & nails and nail varnish application.

2 Hot oil manicure- It is generally use in treatments. The client's who have rough, hard & dead skin on hands & around the nails, it is specially designed for that type of client. Special types of oils are used to cure these type of condition. Infra-red lamp is also used to heal the condition of dry hands .

3 Electric Manicure- It is a type of manicure in which electrical manicure set is used to do the manicure. All the attachments of this manicure set is electrically operated, hence special care should be taken while operating this type of manicure set.