

Tools / Equipment

- Client chair
- Manicure stool
- Manicure table
- Manicure tray
- Manicure bowl
- Infra red lamp
- Hot plate
- Medium size bowl
- Electric manicure kit
- Orange wood stick
- Emery board
- Magnifying glass
- Cuticle pusher
- Cuticle clipper
- Nail brush
- Nail scissors
- Nail buffer
- Spatula

Materials

- Cotton
- Nail varnish remover
- Cuticle oil or cream
- Whitening pencil
- Nail varnish
- Cuticle remover
- Nail bleaches
- Nail strengthener
- Hand lotion and cream
- Top coat
- Base coat
- Liquid hand wash
- H₂O₂
- Manicure shampoo

Client Consultation

The consultation is a fact-finding mission and is the first part of the service you give your clients. An in-depth consultation will allow you find out what your clients' ideas and needs are. This will help you to make the right recommendations and give your clients more confidence in you. A professional consultation is conducted on a one-to-one basis between the client and the stylist. It can take place either in the reception area or at a styling station. The success of your consultation will depend on your ability to:

- ask the right questions (using open questions as much as possible);
- listen carefully to your client's answers;
- interpret what they are saying;
- confirm what has been said, checking that you both understand.

Contra - indications related to Manicure

Contra indications related to manicure are diseases and disorders of the natural nails and skin that may prevent or restrict a treatment. These includes : -

- 1 **Infections disease** such as - impetigo, warts, viral infections- that can be highly contagious. Manicure & artificial nail treatments should be avoided until the infection has cleared up to avoid cross infection.
- 2 **Scabies** - Never treat the client as it is highly infectious and a parasitic disease.
- 3 **Ringworms** - Don't carry out any nail treatment.
- 4 **Cut/Abrasions**- Don't give treatment until and unless the cuts has healed.
- 5 **Swelling**- Refer the client to general physician.
- 6 **Redness** - it can be prevent or restrict. Don't give the nail treatment if the client is uncomfortable.

Procedures:

Plain-manicure procedure:

- 1) Before preparing the client for manicure it is necessary to observe the nails for any nail diseases infections such as severe cuts, wounds, warts, swelling pus formation etc.

Always follow the hygiene rules. Maintain high standards of hygiene rules.

- 2 After observation fill the record card and consent form of the client.
- 3 Sterilize the tools and equipments before and after giving treatment.

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- 4 Assemble the trolley.
 - Always consult the client.
 - After client consultation always suggest the right treatment to the client according to the condition of skin & nails.
- 5 Seat the patron in a comfortable hair.
- 6 Remove her jewellery and keep it in a pocket.
- 7 Wash and sanitize your hands before you begin the treatment.
- 8 Clean the surface of the nails to remove old nail polish from the patron's nails.
- 9 Start with the little finger and work towards the thumb.
- 10 Roll cotton between the palms of your hands to remove fuzz, dampen the cotton with polish remover and press the cotton firmly against each nail.
- 11 Hold the cotton against the nail for a few second until the cotton starts to slip then wipe the nail clean.
- 12 Use a fresh surface of the cotton for each nail. If the polish smears into cuticle, clean it off with cotton tipped orange wood stick dipped in nail polish remover.
- 13 cut the nails.
- 14 Shape and file the nails of left hand starting with little finger & working towards the thumb.
- 15 File each nail from corner to center, going from right to left and then left to right into a graceful shape.

- **Never file back & forth this would cause the nails to crack and split.**
- **Don't file deep into the corners, this can also weakness the nails.**
- **Always ask the client wish before giving the nail shapes to the nails.**

- 16 Place the patron's left hand in a bowl of warm, soapy water with few drops of manicure shampoo and 6 drops of H₂O₂ and brush the nails.
- 17 Follow the same procedure for other hand.
- 18 Remove the left hand from the water and then right hand dry both hands with the hand towel.
- 19 Wind a thin layer of cotton wool around an orange wood stick. Apply cuticle creams on nails of the client

- 20 Now gently push the cuticles back to remove dead cuticles.
- 21 Use cuticle cutter if necessary to remove the dead cuticles.
- 22 Clean the underside of the nails using the orange wood stick.
- 23 Wipe the nails with cotton wool to remove the cuticle remover.
- 24 Apply nail white under the free edge area if needed for a whitening effect.

*** Apply the product carefully with an orange wood stick.**

*** Avoid using excessive amount to prevent it from smearing fingers.**

- 25 Repeat the above steps for the other hand also.
- 26 Apply hand cream and gently spread it over the entire hand.
- 27 Massage both hands with hand cream by using difference strokes such as long sweepings strokes holding the wrist and massage into it.
- 28 Repeat all the massage steps on other hand also.
- 29 Apply nail polish to the left hand and then to the right hand.

*** Always apply base coat before nail polish application.**

*** Remove excess nail varnish with cotton tipped orange wood stick dipped in the nail varnish remover carefully go around the cuticles.**

- 30 Apply top coat to protect the nail varnish.

Hot oil manicure procedure:

- 1 First of all follow step 1 to 15 of plain manicure.

Turn on the heater on which the 1/3 cup of oil is placed, before starting the procedure so that the oil is warm.

In hot oil manicure the hands are soaked in hot oil instead of warm soapy water.

- 2 Remove the left hand from the oil and place the right hand in the hot oil.
- 3 Massage the left hand with the oil that remains on fingers tips.

Pay particular attention to the cuticles.

- 4 Push cuticles with cuticle pusher.

No need to use cuticle cream as the oil is already on the hands.

If hands become dry you can take hot oil from the heater on the cuticles.

- 5 Repeat all the above steps on right hand also.
6 Wipe off each nails carefully with alcohol to remove the traces of oil and to prepare the surface of nail for nail polish application
7 Apply base coat to the nails of both hands.
8 Apply nail polish to all fingers.

Always use second coat of nail polish after drying off first coat otherwise the nail polish will give chipping effect.

- 9 Apply top coat to the nail bed and under the tips of the nails
10 Sanitize all the instruments.

Electric manicure procedure

- 1 Follow the whole procedure of plain manicure from step 1 to 15.
- 2 Now, start with left hand if there are calluses remove them with callus smother.
- 3 Shape the nails with emery disk. The disc is held at a 45° angle as it is moved from corner to center.
- 4 Soak the left hand in a warm bath while proceeding with step 2nd and 3rd on the right hand.
- 5 Remove the left hand from the bath. Dry and clean under free edge.
- 6 Place the right hand in the bath.
- 7 Apply cuticle softener with a cotton tipped orange wood stick on left hand.
- 8 Lift the cuticle with cuticle lifter working from corner to center.
- 9 Nip any hangnails with cuticle nippers
- 10 Apply cuticle cream and massage it to the finger tips.
- 11 Apply hand lotion and massage from the wrist to fingertips.
- 12 Wash the nails of the left hand with the brush holding it flat against the nails.
- 13 Dry the left hand, recheck the nail and buff if desired.
- 14 Apply base coat to the nails of left hand.
- 15 Repeat steps 5 to 13 on the right hand..

- 16 Apply nail polish to the left hand and then to right hand.
17 Apply top coat on both hands.
18 Clean up the table and equipment and sanitize all the equipment

*** As it is an electric manicure so that all the tools for manicuring will be electrically operated hence special care should be taken.**

Contra-actions related to Manicure

- 1 **Erythema** - Reddening of skin due to dilation of blood vessels, a reaction to external stimulus or infection- Apply cold cream
- 2 **Allergic to nail Enamel** - Redness around nail area, also places that have been touched. Watery eyes, itchy skin, rash. Remove enamel, apply cold compress to areas touched also on eyes. Tell the client if the condition doesn't improve within 24 Hrs consult general physician.
- 3 **Allergic to oil** - Rinse with water, apply cold compress and advise to consult general physician if condition doesn't ease within 24 Hrs.

After care

- 1 Wear gloves for everyday cleaning to protect the nails and avoid physical damage
- 2 Apply oil onto nails and cuticles at least twice a day with appropriate oil for dry cuticles.
- 3 Use mild soaps and hard cleanser to wash hands as these are not too drying.
- 4 Apply hand cream and cuticle cream at night.
- 5 Use a base coat to protect nails and prevent them from becoming stained.
- 6 Use a richer hand cream during winter months.
- 7 Stop biting nails.
- 8 Use special type of nail polish that prevent nail biting.

DO's and Don'ts

- 1 Don't polish near a blowing fan.
- 2 Do wipe nails clean with remover prior to polishing.
- 3 Don't file your nails back and forth.
- 4 Do apply a top coat and base coat with every Polish.
- 5 Don't apply thick layers of lacquer.
- 6 Do polish your nails from little to Thumb.

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