

Manicure

Application - Products - Preparation

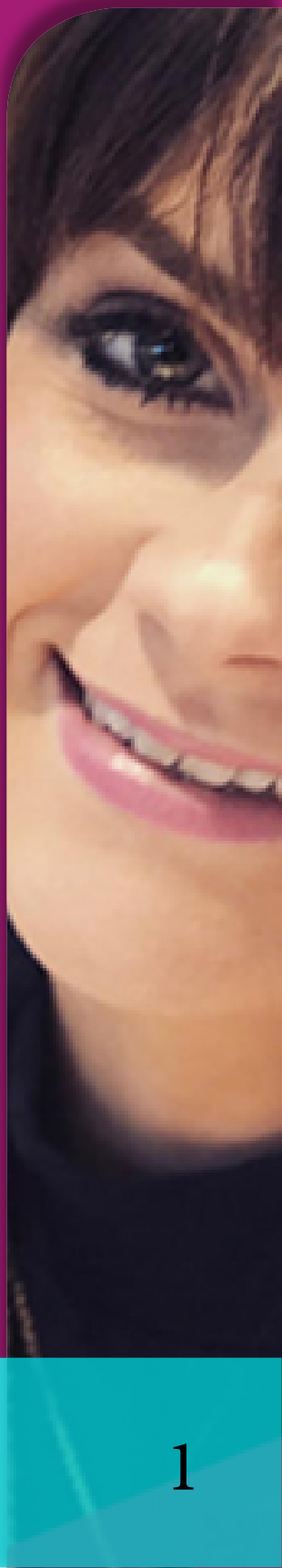


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HELLO!

Becoming a great beauty therapist or nail technician takes time, patience & knowledge.

We are here to help you achieve your dream of becoming all you want to be.....



I have designed this course to give you the tools and skills required to become a professional within the industry.

Follow the guided instructions within this learning e-book in combination with the training portal and videos. I know you will enjoy your learning experience, my team and I can't wait to help you along your journey.

Victoria Arpels

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LET'S GET STARTED!

Manicure Learn More

KNOWING WHAT AND WHEN TO USE THE RIGHT PRODUCTS



Manicure is a popular treatment that has been within the beauty industry for many years and still remains one of the best selling treatments within a salon. Manicures began 5000 years ago in India, when henna was used as nail polish.

The popular practice eventually moved to China where Cixi, the dowager empress was known for her beautiful long nails. French manicures are thought to have originated in 18th Century Paris and were popular in the 1920's and 1930's.

As a manicure therapist it is your responsibility to care for the natural nail, the hands and arm and provide a professional service alongside recommending the correct nail aftercare to your clients.

A manicure has many benefits including:

- Improve skin condition of hands and arm
- Improve nail condition
- Improve circulation of the blood and lymphatic system
- Relaxation
- Identification of nail disorders or diseases
- Confidence boost
- Uplifting

> "Manicure still remains one of the best selling treatments within a salon

Preparation & Products

KNOWING WHAT AND WHEN TO USE THE RIGHT PRODUCTS



Manicure products are safe and effective when used properly but some require care when storing and handling them.

This is because of some of the ingredients they contain. Before you start giving manicure treatments, remind yourself of the health and safety requirements relating to the COSHH regulations and following manufacturers instructions.

Cuticle Massage Cream

This is used to make the cuticle pliable so that it can be pushed back and lifted without causing damage or discomfort. White soft paraffin, lanolin and mineral oil are examples of emollients contained in cuticle massage cream to soften the skin. Dry, flaking nails also benefit from the softening and lubricating effects of cuticle cream.

Cuticle Remover Cream

This works by breaking down the eponychium so that it can be removed form the nail plate gently with a cuticle knife. It can make the skin dry, sore and irritated if left in contact with the skin for too long. This is because is contain Potassium hydroxide which is an alkaline and is also caustic which means it will burn. Make sure that all product is removed after it has been used.

Preparation & Products

Buffing Paste

This is used to smooth out ridges on the nail plate and helps to remove surface stains. Buffing the nails with paste creates a natural looking polished effect which is sometimes preferred to coloured nail enamel. It is important that not too much paste is placed on the nail plate for two reasons:
1. it will take a long time to be buffed into the nail plate and may cause discomfort to the client and **2**, it has an abrasive ingredient such as stannic oxide. Others sometimes used are talc, silica, kaolin and chalk.

Hand Cream/Lotion

As well as making the skin feel soft and smell pleasant, hand cream provides 'slip' for the massage: this means that the therapists hands glide smoothly over the skin without causing friction and discomfort. A typical formulation combines and emollient such as lanolin or glycerol with water, emulsifiers, colour and perfume.

Exfoliator

A gentle, abrasive deep-cleansing product for the hands, which helps to remove calluses, rough skin and dry skin.

Nail Varnish Remover

This contains a solvent which dissolves the enamel so that it may be wiped off the nail plate. Acetone is the most frequent used solvent but it has a drying effect which can cause the layers of the nail to separate. For this reason, acetone-free removers are recommended as they are less harsh on the nails. They contain solvents such as ethyl, amyl and butyl acetates and toluene.

Mask

Adapted from their uses in facial treatments, the masks draw out impurities in the skin and leave the skin of the hands feeling soft and refreshed.

Nail Polish: basecoats, top-coats and coloured polishes

These products share the same basic formula: a film-forming plastic such as nitrocellulose, a plastic resin such as sulphonamide or formaldehyde to give gloss, a plasticizer, usually castor oil, to give flexibility to the plastic film and help prevent the polish from cracking and a mixture of solvents which dissolve all the other ingredients and evaporate so that the polish dries non the nail.

Pigments provide colour and a pearl effect is achieved by the addition of an ingredient such as guanine or bismuth oxychloride.

Basecoat is applied before colour polish to prevent staining of the nail plate and also to provide a smooth adherent surface for the nail polish. Special ridge-filler base coats are available for using on nails with an uneven surface.

Topcoats seal and protect the coloured polish. It helps to harden the surface of cream textured polishes so that they are more resilient to knocks. The extra ingredient contained in pearl enamels has a similar effect so a top-coast in not required.

Preparation & Products

Equipment

- Manicure table or trolley
- Nail files (240 grit)
- Orange sticks – used to remove products from containers and clean under the free edge. Also handy for tidying up after polish application. Disposed of after every client as they cannot be effectively sterilised
- Cuticle pusher/hoof – to gently push back the cuticles
- Cuticle knife – to remove excess cuticle from the nail plate
- Cuticle nippers – to remove excess cuticle and dead or torn skin surrounding the nail
- Buffers
- Sanitising fluid – for example Barbicide
- Antiseptic spray – a nail and file spray is useful to spray files and work surfaces and also manicure bowls after and before use.

Consultation

Before carrying out a manicure treatment, it is necessary to assess the condition of the clients nails and cuticles. This is done in order that the most appropriate equipment and products may be chosen. Also by correctly assessing and analysing the clients hand condition and recording this on their record card we can provide a professional effective service.

Areas to assess:
The cuticles – are they dry, tight or cracked, or are they soft and pliable?
The nails – are they strong or weak, brittle for flaking? Are they discoloured or stained? What shape are they and are they long or short? Are they bitten?
The hands – is the skin dry, rough or chapped, or is it soft and smooth? Is the colour even?
Whilst assessing the clients hands for treatment, you should also be looking for any of the above contra-indications.

Preparing the working area

Ensure that all tools and equipment are clean, sterilised, disinfected, all necessary materials are neatly places ready for use. Place a towel over the work surface, then fold another towel into a pad and place it in the middle of the work area. The pad helps to support the clients forearm during the treatment. Have another towel to hand ready to use when drying the clients hands. These towels can be covered by disposable couch roll to collect filings and any clippings.

Preparing the client

Ensure that the client is warm and comfortable when preparing them for a manicure. Lighting must be efficient to avoid eyestrain and to allow the treatment to be performed competently. Ask them to remove any jewellery from the area to be treated, to prevent the jewellery being damaged by creams and to avoid obstructing massage movements. Get them to place it in their bag or pocket before you start. Ensure that the client is seated at the correct height, and close enough to you to avoid having to lean forward.

When the client is comfortably seated, wash your hands, sanitise both your and the clients hands with sanitising gel and consult with the client record card, and begin the treatment.



Manicure Treatment Techniques

REMEMBER IT TAKES TIME, PRACTICE AND ERRORS TO BECOME A TOP NAIL TECHNICIAN

Nail shapes

When shaping a nail, it is important to file in one direction at all times using a 240 grit file. If a sawing action is used on the natural nail it can weaken it and cause the nail layers to separate leading to flaking and splitting.

If the nails are extremely long and a client wishes for the length to be reduced, then it is important to carefully cut the length using nail cutters and then finish with filing.

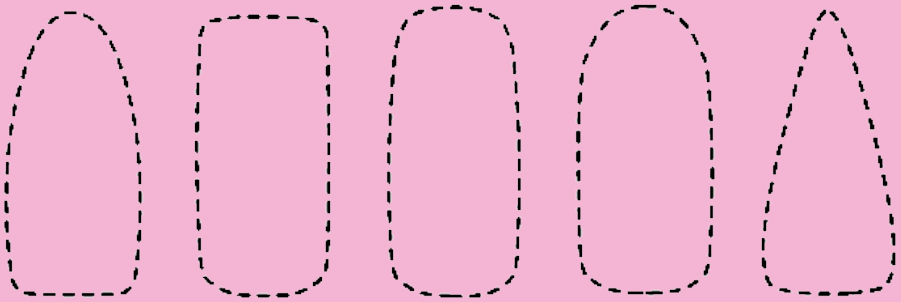
There are several different shapes of nails and it should always be discussed with the client during a consultation what shape and length they would like their nails.

1. Square nails
2. Round nails
3. Squoval nails
4. Oval nails
5. Stiletto nails



For a strong nail it is best to keep the nail shape square as the nail will have a wider surface and breaks at the sides will be avoided. If your client has no preference to the nail shape you can use the shape of the cuticle as a guide line.

For example: if the cuticle is round then follow the same shape for the nail and if it is square file the nail square, this will produce a nail shape to compliment the clients hands.



Oval **Square** **Squoval** **Round** **Stiletto**

Manicure Treatment Techiques

Filing the nails

When filing the natural nail (the free edge) use a fine nail file that is a 240 grit, a flexible file is preferable to a stiff one as it generates less friction. Always file the nails from the side to the centre, with the file sloping slightly under the free edge. Use swift, rhythmical strokes, avoid a sawing action as this would generate friction and might cause the free edge to split.

If you file completely down the sides of the nail, you will find the nail has become weak. Strength is required at the sides to act as a balance of the free edge. When filing the nails ensure that the finished appearance compliments the clients nails and hand. If the fingers are long and thin, then select a rounded/square shape and keep the nail length short. If the fingers are short and fat the nails should be filed into an oval shape and the nail length should be longer to elongate the fingers.

Cuticle work

This carried out to keep the cuticle area attractive and also to prevent the cuticle from adhering to the nail plate, which could lead to splitting of the cuticle as the nail grows forwards and subsequently to infection of the area. If you accidently cut the skin causing bleeding at the cuticle, protect you hands with disposable gloves and wipe the skin with a lint free wipe and antiseptic spray. Any waste is classed as clinical waste and should be disposed of in a sealed bag in accordance with the Environmental Act 1990.

The cuticle work is carried out after soaking the nails in warm water and hand soak. This loosens any dirty particles from the free edge and softens the skin in the cuticle area.

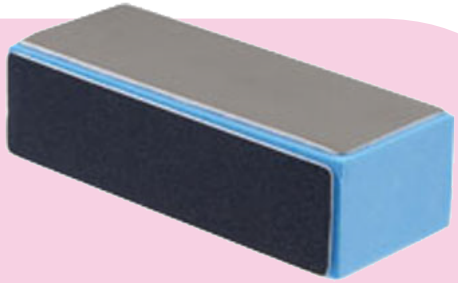
Buffing of the nail

What is the purpose of buffing the nail?

- **Increases blood circulation**
- **Increases the oxygen and nutrients brought to the nail**
- **Can produce a healthy nail**
- **Reduce stains**
- **Help smooth ridges on the nail plate**
- **Create a high gloss shine to the nail**

Nails should not be buffed more than once a week as this can thin the nail plate.

A three or four-sided buffer is used as it has varying sides, ranging from slightly abrasive to very smooth sides. It can be used to bring the nail to a shine without the need for buffing paste. Buffing is carried out to stimulate healthy nail growth and can be used instead of polish at the end of the treatment.



Manicure Treatment Techiques

Treatments

Warm Oil – this is given immediately before the hand massage and involves soaking the hands and nails in a good quality vegetable oil that has been warmed up in hot water. The most common massage oil used is almond oil, which is expensive, and olive oil, which does have a distinctive smell that is retained by the skin.

Warm oil treatments are particularly beneficial for clients with dry skin and cuticles and flaking, fragile nails.

- Before beginning the manicure, pour enough oil into a small bowl to cover the nails up to the first joint of the fingers and thumbs. Cover the bowl and place it in a slightly larger container to one side of the manicure table.
- As the second hand goes into soak, pour boiling water into the larger container. The heat will gradually transfer to the oil ensuring that it does not get too hot.
- When the cuticle work is complete, remove the inner bowl from the water and position the clients fingers and thumbs so that they are covered with warm oil.
- Leave the nails in to soak until the oil has cooled down, usually about 10-15 minutes. One at a time, lift the hands out of the bowl and proceed to massage the oil well into the cuticles and the skin of the hand.

Ideally, the remaining fine film of oil should be left to soak into the nails and skin, and nail enamel should not be applied. The palms of the hands can be degreased by wiping over with witch hazel. In addition to the treatment you can carry out the full massage procedure as this will enable the remaining oils be soaked up by the skin.

Exfoliating

Carried out prior to the massage routing, using a mildly abrasive cream, this helps to expose new cells and aid the absorption of the massage cream/oil.

This can offer the following benefits:

- **The removal of dead skin cells**
- **Improvement of skin texture**
- **Improvement of skin colour**
- **Increased blood circulation**

> **The abrasive particles must be thoroughly removed with warm water and sponges and the skin dried before the massage can be carried out.**

Manicure Treatment Massage



REMEMBER IT TAKES TIME, PRACTICE AND ERRORS TO BECOME A TOP NAIL TECHNICIAN

A manicure treatment involves a relaxing massage of the hand and arm.

It is often said by clients that this is the most enjoyable part of the treatment and it is important that the therapist has the knowledge and skill to perform the procedure. It is not just rubbing hand cream into the skin.
Skilfully applied massage movements help relax the client, making the joints supple and leaving the skin feeling smooth and refreshed.

Besides helping the skin to absorb the hand cream or lotion, the massage routine increases the flow of blood to the area providing essential nutrients for the muscles, bones, skin and nails.

The removal of waste products from the area is also speeded up.
Manipulations are included in the sequence which help to ease stiffness and improve the mobility of the joints.

When carrying out the massage it is important to always follow the correct routine to ensure safety. Muscle care and manipulations need to be carried out slowly and gently. All movements should link together using fluid motions with contact kept at all times between the therapist and client, thus enhancing the experience.

> **“ All movements should link together using fluid motions**

Massage has many affects internally and externally

Internal:

- The blood and lymphatic systems are stimulated which increase the flow of nutrients and blood to the skin and nails also assisting with the removal of waste products from the body. Relieves tension of the muscle tissue of the hands and arm
- The creams/lotions will nourish the deeper layers of the skin helping to rehydrate and prevent the ageing process
- Relieve tension of the muscle tissue of the hands and arm

External:

- Skin will feel soft and smooth
- The client will feel relaxed
- It can help with stress relief
- Hands and joints will feel more flexible due to manipulations

Physiological effects of massage

- Increases the blood circulation, bringing fresh nutrients and oxygen to the body cells and systems
- Warms the tissues and produces erythema
- Superficial and deeper layers of the skin are stimulated, increasing cellular function and regeneration of body cells
- Aids desquamation – the removal of dead skin cells
- Sebaceous secretions of the skin are increased, moisturising the skin
- Reduces fibrous growth formation such as skin tags (verruca filiformis) and aids the dispersion of milia
- Increases lymphatic flow, aiding the removal of waste products and toxins
- Relaxes tense and contracted muscles, improving muscle tone
- Stimulates the nerve endings, relieving muscular pain and fatigue
- Softens and breaks down localised fatty deposits
- Loosens scar tissue
- Improves venous and arterial circulation, relieving congestion

> **“ It is often said by clients that this is the most enjoyable part of the treatment**

Manicure Treatment Techiques

Psychological effects

Each massage performed is adapted to the clients psychological needs: These are identified at the client consultation. A stimulating massage will invigorate the client whilst a slow, deep massage will relax and help to relieve tension and stress. The client will also feel energised as the body systems such as blood and lymphatic circulation are stimulated.

Massage Movements

There are three main movements that you will be using in the hand and arm massage each having a different effect on the muscle and bones.

Effleurage: A light rhythmical movement always used to begin and end a massage and often used as a linking movement throughout the massage. Effleurage will warm the muscles prior to the deeper manipulations. Performed with the fingers and palms of the hand. Very little pressure is used and will sooth the nerve endings and helps to remove loose surface skin cells.

Petrissage: A deeper movement used with the thumbs, knuckles or palms. Petrissage will gently pick up the muscle and stretch, squeeze and then release. A great movement for releasing muscle tension. It increases the rate at which blood flows through the skin and underlying muscles and removes loose surface skin cells and waste matter.

Friction: A deep circular movement which pushes the muscle against the bone and helps to break down nodules within the muscle. This move can aid relaxation and can increase lymph and blood circulation.

> **“ It is often said by clients that this is the most enjoyable part of the treatment**

Adapting Massage

Skin condition; Dead skin cells are removed during massage, blood circulation is increased and sebaceous gland activity is increased. The skin appears healthier and functions more efficiently.

Particularly beneficial for all skin types. However, if the client has oily skin avoid over-stimulation to the skin and select a purified talc massage medium.

If the skin lacks elasticity, e.g. due to stretch marks or aged skin, avoid stretching massage manipulations such as wringing and incorporate toning massage manipulations.

Choice of massage medium enhances the effect of the massage and may provide a further retail opportunity if available for retail. Home application will help maintain the condition of the skin.

Older clients; As a person ages the skin becomes thinner: bony areas may become more prominent and possible brittle and the skin,

Check with the client to ensure they are comfortable during the treatment.

Manicure Treatment Techiques

Paraffin Wax Treatment

A paraffin wax is a luxurious treatment that is only included in the luxury spa manicure. Paraffin wax is made of petroleum jelly and beeswax, it is solid at room temperature and its working temperature is 49-53 degrees.

Contra-indications to paraffin wax

- Nail diseases - i.e pitting of the nail plate, nail bed is exposed
- Skin infections
- Allergy to the products
- Recent scar tissue
- Bruising
- Open cuts

Benefits

- Re-hydrates dry chapped skin
- Improves dry flaky nails and cuticles
- Temporarily plumps out the wrinkles on the hands and skin
- Improves blood circulation to the skin and colour of the skin
- Relaxes tense muscles, relieves tension pain
- Can help improve arthritis, rheumatism and inflamed joints

IMPORTANT:
Temperature of the wax must always be tested prior to applying to the clients skin.

It is important to check for contra-indications prior to carrying out a paraffin wax treatment.

Manicure Treatment Techiques

Application of paraffin wax

Equipment needed- Paraffin wax heater, polythene wax bag, towel/mitt

Procedure:

1. Place wax heater on at least 45minutes before treatment, allow paraffin wax to heat to working temperature
2. Apply hand cream or oil to hands
3. Test wax on the inside of your wrist, ask client to test temperature on finger
4. Supporting clients hand apply wax with a mask brush liberally over the entire hand, back and
front including the wrist
5. Cover hand with polythene bag and wrap in towel or place in mitt
6. Repeat on other hand
7. Leave hands wrapped up for 15minutes
8. Remove by gently sliding off polythene bag and wax will come off with it, any residue of wax
left on the skin brush lightly with towel
9. Apply cuticle oil and massage in excess cream

Manicure Mask

This is a lightweight mask and can also come in a gel form. The mask is applied to the hands as far as the wrist using a mask brush or your hands. To get the benefit from this treatment, wrap in film or place in hand liners and place in heated mitts or alternatively you can wrap in warm towels. Leave them wrapped for approximately 10 minutes and then remove the wrap and rub in any excess mask or alternatively remove with damp sponges.

Thermal Mitts

Electronically heated gloves in which the hands are placed for approximately 15 minutes. They are usually used following the application of a treatment within the manicure routine; the hands are prepared by wrapping them in a plastic protective covering.

The treatment has the following benefits:

- Decreases joint stiffness in the case of a client suffering from arthritis
- Improves the condition of dry skin of the cuticles and hands by increasing the absorptions of moisturising products
- Improves skin colour and blood circulation

Enamelling

When polishing the clients nails at the end of the treatment it is important to remember and follow the guideline given.

Nails should be painted in three strokes, down the centre, the right side and then the left side, two coats will be needed.

It is important to leave a small gap around the cuticle and side walls to ensure the polish does not flood the cuticle. The nails should look neat when your client leaves the salon this will ensure your client returns for future treatments.

Used for a number of reasons:

- To adorn the nail
- To disguise
- To add temporary strength to weak nails
- To improve the condition of appearance of the natural nail
- To co-ordinate with clothes or make-up

> **Before nail polish is applied, the client's hand jewellery may be replaced, to avoid smudging afterwards.**

Styles of nail polish application

- Traditional – the entire nail plate is covered with polish
- French – involves painting the nail pink, clear or pale beige, and the free edge white
- Free lunula – applying polish over the whole nail plate except the area of the lunula
- Application giving appearance of longer nails – creates an optical illusion that the nails are longer than they really are. The whole nail plate is painted leaving a lightly larger gap than usual along the nail walls.

Nail polish storage; They should be stored in a cool dark place, to avoid separation and fading. The caps and the rims of the bottle must be kept clean, not only for appearance but also to ensure that the bottle is airtight.

Contra-indications to nail polish – do not apply if:

- There are diseases and disorders of the nail plate and surrounding skin
- The client is allergic to nail polish

Reasons for Chipping

- The nail polish was not thick enough because of over-thinning with solvent
- No base coat was used
- Grease was left on the nail plate prior to painting
- The nail plate is flaking
- The polish was dried too quickly by artificial means

Reasons for Peeling

- Successive coats were not allowed to dry between applications
- The nail polish was too thick, due to evaporation of the solvent
- Grease was left on the nail plate prior to painting
- No top coat was used

Manicure Procedure Steps 1 to 13

In this section you will learn how to perform a standard and luxury manicure treatment following the correct step by step procedure including the massage routine. It is important to remember you must follow each procedure as detailed below in conjunction with watching your training videos.

Do remember it takes time, practice and errors to become a top nail technician so don't be disheartened if you face challenges along the way, keep to the procedure and over time you will see more and more improvements in your results.

1. Wash hands and sanitise both you and the clients hands with antibacterial gel. Ask the client to remove any jewellery.
2. Remove any existing nail varnish so the nail plate is visible. Turn the clients hands over and check for any contra-indications and if clear proceed, if not then refer the client to their GP
3. Fill manicure bowl with warm water and hand soak, spray files with nail and file antiseptic spray
4. Starting on the clients right hand, working from thumb to little finger, shape nails as desired by the client, ensuring that you are using a 240 grit file and filing in one direction.
5. Once shaped, dispense a small amount of cuticle massage cream from containers using a spatula or orange stick, place on the back of your hand and replace lid to prevent cross-contamination. Place cream at each cuticle and rub in using your thumbs.
6. Place into manicure bowl and repeat steps 4-6 on clients left hand
7. Remove right hand and place left hand into bowl
8. After removing hand, pat dry with a soft towel. Apply cuticle remover to the cuticle being careful not to apply too much as the slightly caustic solution contained within the product may cause irritation. Slightly rub in.
9. Gently push back the cuticles with cuticle pusher using small circular movements hold the pusher like a pen.
10. Holding the cuticle knife at 450 angle to the nail plate use circular movements as before. Always use the cuticle knife wet to avoid scratching the nail plate. Do not scratch it backwards and forwards. You should have a fine-ground flat blade, it is this that you need to be careful of when using the knife.
11. Wipe excess cream from nails
12. If there is excess cuticle that needs to be removed, this can be done with cuticle nippers. Hold the nippers comfortably in the palm of your hand with your thumb resting just above the blades – this gives firm control over what can be a dangerous instrument. Use the nippers to remove torn pieces of cuticle and to trim excess dead cuticle. Do not cut into live cuticle: if you do, it will bleed profusely and will be very uncomfortable for the client. Not every client will require the use of cuticle nippers – use them only when needed. Cuticle nippers should have finely ground cutting blades to give a clean cut and to avoid tearing the cuticle.
13. Repeat steps 8 -13 on left hand

Manicure Procedure Steps 14 to 24

14. At this stage if performing a spa manicure (luxury manicure) you would exfoliate both hands and arms working in circular movements over the skin. Rinse with warm water, you can use sponges to remove the exfoliator from both you and your client to dry thoroughly with a towel. Ensure that all exfoliator has been removed before the massage.

15. Apply cuticle oil to both hands and massage in with thumbs

16. Dispense the massage medium into your hands; ensure that you have enough to complete the massage routine. Warm the cream/oil in your palms before applying to the clients hand and arm. Complete massage routine on both hands which is below **Manicure Manual - Page 25**

17. If performing a spa/luxury treatment a paraffin wax, or warm oil, apply to both hands up to wrist, cover and wrap for 10 minutes. Remove thoroughly or massage in any remaining mask.

18. Dispense a small amount of buffing paste onto back of hand and place a small amount onto each nail plate. Using a three-way buffer, starting with the black side, buff into the nail, followed by the white side and finally the grey side. It is important that you do not put on too much buffing paste onto the nail otherwise it will take a long time to buff in and doing this can cause discomfort to the client.

19. Using your 240 grit file, seal the free edge by removing any loose filings to create a smooth finish, again in one direction. Make sure that all residue and debris is removed.

20. Using at cotton disc and non-acetone polish remover, remove all traces of oils before polishing, (squeaking the nail).

21. Ask the client to replace jewellery at this point, book their next appointment, pay and remove their keys ready.

22. Apply the base coat to both hands, starting in the centre of the nail, then one side and then the other.

23. Apply two coats of polish followed by a top coat.

24. Allow the client to relax for about 10 minutes before leaving the salon to ensure that the nails are dry.

Massage Routine Steps 1 to 9

Warm lotion before applying to the client between your hands, apply to the hand and arm liberally before starting the routine.

1. Supporting the clients arm with one hand, use effleurage strokes using the palm of your hand, applying pressure towards the heart to the elbow. Release pressure and light stroke back down to the wrists. **Repeat 6 times**

2. Turn the clients arm over, making sure that you are supporting them, repeat effleurage move 6 times

3. Turn clients arm back over and using your thumb use deep circular movements to the centre of the arm from wrist to the elbow. Release pressure and slide down to the wrist. This is your petrissage move. **Repeat 6 times**

4. Turn the clients arm over and repeat step 3 x 6

5. Supporting the client, cradling their hand in both of yours, use your thumbs in small circular movements to the wrist (carpal bones). Cover the whole of the wrist 6 times

6. Thumb circles. Slide down to the fingers (phalanges), starting with the little finger using small circular movements, work from the knuckle towards the tips. Repeat on all fingers and thumb.

7. Gently bend the finger applying slight pressure and then relax. Repeat 3 times on each finger and thumb.

8. With your index and middle finger make a hook, slide finger up to the knuckle from the tip, turn and pull back down applying pressure. Remember not to apply pressure until you are sliding back down. Repeat on each finger and thumb.

9. Supporting the clients hand in both of yours, cradling it, with your thumbs criss-cross over the metacarpals.

“ It is important that you have enough massage medium to complete the hand and arm massage and remember to keep contact with your client at all times.

Massage Routine Steps 10 to 14

Warm lotion before applying to the client between your hands, apply to the hand and arm liberally before starting the routine.

10. Turn the clients hand over, placing the back of their hand into your palm. Place your palm into theirs and apply pressure massaging in circular movements making sure you are supporting the client.

11. Cradle their hand in both of yours and use your thumbs to petrissage the palm including the Thenar and Hypothenar muscles releasing tension.

12. Ask the client to place their elbow onto the table, supporting their wrist with one hand and link hands with the other. Gently push backwards and then bring forwards flexing the wrist. Repeat a couple of times

13. In the same position, gently rotate the wrist in one direction and then repeat in the opposite direction.

14. Gently bring their arm back to the start position and repeat steps 1 and 2. As you finish the final effleurage, gently stroking back down to the wrist, gently turn the clients arm back over to where it started and finish with slight pressure in the web, between the thumb and forefinger.

This will signify that the massage is complete.

Adapting treatment for a male client

A mans hands differ slightly from a womans so some adaptations to the basic manicure are necessary if the treatment is to be effective:

- File the nails to a shorter length
- Usually coloured nail polish is omitted
- Shape the nails square rather than oval
- Buff the nails with paste, if a shine is required
- Use un-perfumed lotion for massage
- Use a lotion or an oil rather than cream for massage, to avoid dragging body hair
- Use deeper movements during hand and arm massage

“ It is important that you have enough massage medium to complete the hand and arm massage and remember to keep contact with your client at all times.

Contra-Actions & Aftercare

KNOWING WHAT AND WHEN TO USE THE RIGHT PRODUCTS



Contra-Actions

Certain cosmetic ingredients are known to cause allergic reaction in some people. The symptoms of an allergic reaction could be a follows:

- Redness of the skin (erythema)
- Swelling
- Itching
- Raised blisters

The symptoms do not necessarily appear on the hands. In the case of nail polish allergy, the symptoms often shown up on the face, which the hands are continually touching. In the case of an allergic reaction

- **Remove the offending product immediately, using water and in the case of polish, a remover**
- **If symptoms persist, seek GP advice**

> “Always record any allergies on the clients record card, so that the offending product may be avoided in the future

Manicure Aftercare

IT IS A GOOD IDEA TO HAVE AN AFTERCARE LEAFLET TO GIVE TO EACH CLIENT

Aftercare is a very important part to a nail treatment and it is essential that a client is aware of how to look after their nails in between treatments and the importance of this. It is a good idea to have an aftercare leaflet to give to each client with all the relevant information on.

It is also a chance to retail product to your clients, especially nail oils and hand lotions to ensure that you provide a professional service.

Having convinced your client about the benefits of regular professional manicures, you need to give advice on how the hands and nails should be maintained in good condition between treatments.

You need to check how well the hands are usually protected from everyday activities and if there are any aspects of the clients job which might affect the condition and appearance of the hands and nails. For example, if they are in contact with strong solvents or cleaning products.

Below are some general aftercare points:

- A cuticle and nail oil should be used daily to condition the matrix and encourage nail growth.
- Hands should be protected at all times when cleaning, gardening, decorating and washing up by using rubber gloves. Cotton wool can be placed in the tips of gloves to protect long nails.
- A non-acetone polish remover should be used to remove nail enamel.
- Wear protective gloves when applying self tan or place barrier cream over the nails when having a spray tan to prevent staining.
- Do not use the nails as tools, use the pads of the fingers. – "treat as jewels not as tools!'
- Apply hand cream daily – use generously.
- Apply a top coat every other day to help polish enamel remain fresh and stay on longer.
- Only buff the nails once a week.
- Return to the salon for regular nail treatments.
- File nails in one direction at all times using a 240 grit file.

Manicure Aftercare

Washing

- Use mild soaps or hand cleansers which are not too drying and don't irritate the skin
- Remove rings before washing the hands so that soap does not build up behind then

This section is only for students completing practical training sessions with us:

- Rinse the hands thoroughly with lukewarm water and dry them properly with a soft towel: skin creases which are left soggy crack and become sore and can lead to dermatitis
- Always use hand cream or lotion after washing to lubricate and soften the skin

Protecting

- Wear household gloves for wet jobs and activities involving the use of chemicals: when this is not practical, apply barrier cream beforehand. If working with the hands submerged in hot water, rubber gloves should not be worn for longer than fifteen minutes at a time as sweat builds up on the hands which irritates the skin
- Wear a barrier cream and gloves when going out into cold weather. Use a richer hand cream during the winter months as this will stop the skin from cracking
- Keep a supply of hand cream close to the kitchen sink and in the bathroom, which can be used each time the hands are washed or rinsed
- Massage the hands with cream each evening just before going to bed
- Rub cuticle cream into the nails and cuticles at bed-time to keep them soft and pliable
- Always apply a base coat under nail enamel to protect the nails and prevent them from becoming stained
- Avoid using nail enamel remover too often: acetone-free removers are less harsh on the nails

Strengthening

- Eat a balanced diet which contains all the nutrients essential for good health, they are good for your skin and nails too
- Use nail strengthener to reinforce weak nails and make them less likely to break or split
- Use an emery board to neaten a rough edge or split nails: metal files should be avoided as they create heat in the nails which dries out the natural moisture and weakens them. Use a 240 grit file only
- Buff the nails to a healthy pink shine but this must only be done once a week.

Recommended prices/times

Express manicure (20mins)
From **£8 to £12**

- Dry cuticle work,
- Filing to nails,
- Hand cream,
- Polish or strengthening treatment.

Standard Manicure (45mins)
From **£15 to £20**

- Filing to nails
- Cuticles soaked, removed and conditioned
- Hand and arm massage
- Buffing to nails
- Polish or strengthening treatment

Spa Manicure (1hour 30mins)
From **£20 to £25**

- Filing to nails
- Cuticles soaked, removed and conditioned
- Hand and arm exfoliation
- Hand and arm massage
- Hand and arm mask
- Buffing to nails
- Polish or strengthening treatment



Final Thoughts

WELL DONE FOR COMPLETING THIS MODULE OF YOUR COURSE

Now you have come to the end of this part of your course it's a good time to start thinking about what you will need to learn next.

Have a look at your learning portal and review the other learning E-books provided with your course.

Each course comes with a number of different learning approaches from online exercises, videos and E-books, all you have to do is decide what you want to discover and explore next.

I wish you all the best with your journey of becoming the Professional you want to be.

Victoria Arpels

