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MANICURING

LEARNING OBJECTIVES

After completing this chapter, you will be able to:

OUTLINE

- WHY STUDY MANICURING? 850
- ADHERE TO STATE AND GOVERNMENT REGULATIONS 850
- WORK WITH NAIL TECHNOLOGY TOOLS 851
- LEARN THE NECESSARY COMPONENTS TO PERFORM THE BASIC MANICURE 866
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LO1

Define *scope of practice*.

LO2

Describe the potential consequences if a nail technician works outside the state's scope of practice.

LO3

Identify the four types of nail technology tools required to perform a manicure.

LO4

Explain the difference between multiuse (reusable) and single-use (disposable) implements.

LO5

Name and describe the three-part procedure used in the performance of the basic manicure.

LO6

Explain why a consultation is important before a service in the salon.

LO7

List and describe the five basic nail shapes for women.

LO8

Describe the most popular nail shape for men.

LO9

List the massage movements for performing a relaxing hand and arm massage.

LO10

Explain the differences between spa manicures and basic manicures.

LO11

Describe how aromatherapy is best used in manicuring services.

LO12

Explain the benefits of paraffin wax in manicuring.



Once you have learned the fundamental techniques in this chapter, you will be officially on your way to providing clients with a professional manicure. A **manicure** is a cosmetic treatment of the hands involving cutting, shaping, and often painting of the nails, removal of the cuticles, and softening of the skin. Manicure and pedicure services are currently the fastest-growing services on salon and spa menus.

why study MANICURING?

Cosmetologists should study and have a thorough understanding of manicuring because:

- > The appearance of nails and hands has become a visual benchmark in our society in the assessment of a person both socially and professionally.
- > Fashion continuously changes, and a professional cosmetologist should always stay current to new trends in all facets of the beauty industry.
- > Some clients cannot, due to health constraints, maintain their own nails; some just prefer to have a knowledgeable professional perform this task for them.
- > Clients love the relaxation and pampering manicures provide.

After reading the next few sections, you will be able to:

- LO 1 Define *scope of practice*.
- LO 2 Describe the potential consequences if a nail technician works outside the state's scope of practice.

Adhere to State and Government Regulations

During your studies you will be learning about the regulations concerning performing nail services within your state. These regulations are very important to you, as a cosmetologist, and map out what is called your **scope of practice (SOP)**, the list of services that you are legally allowed to perform in your specialty in your state. The SOP may or may not state those services you cannot legally perform. Your instructor will provide important guidelines for your adhering closely to your SOP in your state. Know that if you perform services outside these regulations concerning allowable services, you may lose your license. Also, if damages to a client occur while performing an illegal service, you are fully liable, both professionally and personally.

Occupational Safety and Health Administration (OSHA) also provides guidelines for protecting cosmetologists from chemicals that can affect your health. The main health issue a cosmetologist is prone to is hypersensitivity reactions. To avoid this, the OSHA Hazard Communication Standard requires salon ventilation where chemical services are performed as well as proper personal protective equipment (PPE), which we will continue to discuss throughout this chapter.

After reading the next few sections, you will be able to:

- LO 3** Identify the four types of nail technology tools required to perform a manicure.
- LO 4** Explain the difference between multiuse (reusable) and single-use (disposable) implements.

Work with Nail Technology Tools

As a professional cosmetologist, you must learn to work with the tools required for nail services and know all safety, cleaning, and disinfection procedures as defined in your state's regulations.

The four types of nail technology tools that you will incorporate into your services include:

1. Equipment
2. Implements
3. Materials
4. Professional nail products

Equipment

Equipment includes all permanent tools that are not implements that are used to perform nail services.

Manicure Table

A standard manicuring table usually includes a drawer and a shelf (with or without doors) for storing properly cleaned and disinfected implements and professional products (**figure 25-1**). The table can vary in length, but it is usually 36 inches (91.4 centimeters) to 48 inches (121.9 centimeters) long. The width is normally 16 inches (40.6 centimeters) to 21 inches (53.3 centimeters). The surface of the table must be cleaned and disinfected the between clients, so it must be a hard and impenetrable surface, such as Formica or glass, and be kept clear of clutter.

figure 25-1
Manicure table





figure 25-2
Manicure table with an adjustable lamp and arm cushion



figure 25-3
Technician chair with wheels for maneuverability and hydraulics for height

figure 25-4
Finger bowl for manicures.



Adjustable Lamp

An adjustable lamp is attached to the table and should use a 40- to 60-watt incandescent bulb or a fluorescent bulb (**figure 25-2**). Fluorescent bulbs are very popular because they emit a cooler light. Most people prefer true-color fluorescent bulb lamps because they show the skin and polishes in their actual color in natural light. Fluorescent lights also do not heat up objects underneath the lamp as high-watt incandescent bulbs can. Higher temperatures caused by an incandescent bulb can increase the curing speed of some nail enhancement products. Curing too quickly can cause undue cracking and lifting.

Cosmetologist's and Client's Chairs

The cosmetologist's chair should be selected for ergonomics, comfort, durability, resistance to staining, and ease of cleaning. The most appropriate chair has wheels to allow the technician maneuverability and hydraulics to allow adjustment up and down (**figure 25-3**).

The client's chair must be durable and comfortable. For the comfort of clients, select a chair that has no or low arms on the sides, so that it can be moved closer to the table. This will allow the client's arms to rest on the nail table and prevent the client and cosmetologist from needing to stretch forward. The chair should also have a supportive back so the client can sit comfortably and relax during the service. The client chair should not have wheels, as wheeled chairs are unstable and can cause falling accidents for elderly or weak clients.

Finger Bowls

A finger bowl is used for soaking the client's fingers in warm water to soften the skin and cuticle. Finger bowls can be made of plastic, metal, glass, or even an attractive ceramic. They should be durable and easy to thoroughly clean and disinfect after use on each client (**figure 25-4**).

Disinfection Container

Although the disinfection container is not required for setting up the manicure table, it is important to have the container readily available for the start and end of the service. A disinfection container must be large enough to hold sufficient liquid disinfectant solution to completely immerse several **service sets**—sets of all the tools that will be used in a service. Containers that do not allow the entire implement (including handles) to be submerged are not acceptable for use in professional salons.

Disinfection containers come in many shapes, sizes, and materials and must have a lid to keep the disinfectant solution from becoming contaminated when not in use. Most containers are equipped with a tray, and lifting the tray by its handle allows the technician to remove the implements from the solution without contaminating the solution or the implements. After the implements are removed from the disinfectant container, they must be rinsed and air- or towel-dried in accordance with the manufacturer's instructions and state regulations.

Disinfectants must never be allowed to come in contact with the skin. If your disinfectant container does not have a lift tray or basket to allow rinsing, always remove the implements with tongs or tweezers and always wear gloves (**figure 25-5**). It is important to wear gloves when removing

and rinsing implements because gloves prevent your fingers from coming into contact with disinfectant solution, which can be irritating to the skin.

Client's Arm Cushion

An 8-inch (20.3 centimeters) to 12-inch (30.5 centimeters) cushion that can be cleaned with soap and water and that is specifically made for the comfort of the client's arm is an option when performing nail services. It must be covered with a fresh, clean towel for each client. A clean towel that is folded or rolled to cushion-size may also be used instead of a commercially purchased cushion.

Service Cushion (Optional)

A foam cushion, higher in the middle and lower on the ends, can be placed between the client and the cosmetologist during a manicure; it is believed to provide more comfort during the service for both parties (figure 25-7). It must be fully covered by a fresh, clean towel throughout each service.

Gauze and Cotton Wipe Container

This container holds absorbent cotton, lint-free wipes, or gauze squares for use during the services. This container must have a lid to protect the contents from dust and contaminants.

Trash Containers

A trash container with a self-closing lid should be located next to your workstation (figure 25-8). It should be lined with a disposable trash bag and closed when not in use. It must be emptied at the end of each work day, and must be cleaned and disinfected often. A trash container with a self-closing lid is one of the best ways to prevent excessive odors and vapors in the salon.

If a trash receptacle with a self-closing lid is not available, tape or clip a plastic bag to the manicure table for depositing used materials during your manicure. These bags must be emptied after each client departs to prevent product vapors from escaping into the salon air.

Supply Tray (Optional)

A supply tray holds professional nail products, such as polishes, polish removers, and creams. It should be sturdy and easy to clean. Many technicians put every product they need for a service on these trays and then lift it on and off a shelf in their station in one efficient movement for each service. This allows the tabletop to be clear; to maintain a clean, non-cluttered appearance; and makes it easy to clean and disinfect after each service. This tray should also be cleaned and disinfected between clients.

Electric Nail Polish Dryer (Optional)

A nail polish dryer is designed to shorten the time necessary for the client's nail polish to dry. Electric dryers have heaters and fans that blow air onto the nail plates to speed evaporation of solvents from nail polishes, allowing them to harden more quickly. Light bulb-type dryers create warmth to speed drying and work in the same fashion as electric dryers and may or may not have fans.



figure 25-5
Disinfection container
with removable tray

? **DID YOU KNOW?**
Implements must be properly prepared or prepped with a thorough cleansing before being placed in the disinfectant solution. Implements must be scrubbed with warm water, liquid soap, and a scrub brush, then rinsed and patted dry before placing in the disinfectant liquid (figure 25-6). Dirty or improperly prepared implements will not be disinfected in the solution.



figure 25-6
Scrub implements to prepare for
disinfection.



figure 25-7
Service cushion on nail table



figure 25-8
Metal trash can with self-closing lid

UVA or LED Light (Optional)

UVA (ultraviolet) lamps and LED (light emitting diode) lamps are not designed to dry traditional nail polish. These lamps cure or harden products that contain photoinitiators which are designed to be sensitive to the UVA wavelength the bulbs emit. These lamps are designed for traditional gels and gel polish curing.

Electric Hand/Foot Mitts (Optional)

These heated mitts, which are available for both hands and feet, are designed to add a special service to a manicure or pedicure. Heated mitts make for a higher-cost service or can be an add-on to a service. After the massage during a pedicure, conditioning lotion or even a mask is applied to the hands or feet, which are then placed in a plastic cover and inserted into the mitts. The warmth aids in penetration of the conditioning ingredients, adds to the comfort of the service, and provides ultimate relaxation for the client.

Terry Cloth Mitts (Optional)

These washable mitts are placed over a client's hands or feet after a penetrating conditioning product and a protective plastic cover has been applied. These mitts are routinely used over paraffin to hold in the heat, or over masks to encourage the natural heat from the skin to enhance the penetration of the product ingredients.

Paraffin Bath (Optional)

A paraffin bath is a special heating unit designed to melt solid paraffin wax into a gel-like liquid and maintain it at a temperature generally between 125 and 130 degrees Fahrenheit (the ideal temperature for application to the hands and feet). Never try to heat the wax in anything other than a paraffin bath designed specifically for this use (figure 25-9). This can be very dangerous and may result in painful skin burns or a fire. Read and follow all operating instructions that come with your paraffin bath.

Paraffin, a petroleum by-product that has excellent sealing properties (barrier qualities) to hold moisture in the skin, can be added to manicures and pedicures for an extra charge. Paraffin is used to coat the skin on the hands and feet to hold in the skin's natural moisture in the epidermal layers and thus promoting moisturization of the skin and deeper

penetration of other products that have been used on the skin prior to the paraffin.

After basic equipment, the paraffin bath is often the first purchase for many salons and spas. Check the regulations in your state concerning the use of paraffin in salons.

Ventilation System (Optional)

Products used when performing nail services may contain chemicals that can affect a worker's health. Exposure to nail dust and chemical odors and vapors can affect one's breathing and respiratory health. These symptoms do not show immediately, but can sometimes take months or even years to

figure 25-9
Paraffin bath



appear. Proper ventilation should be used in the salon to protect nail technicians from becoming overexposed to vapors and dust.

Fans and open windows are actually not substitutes for proper ventilation; they will simply circulate vapors and dust around the room. These do not protect the breathing zone, which is an invisible two-foot sphere around the nail technician's head/face. One of the most effective ways to ensure safe working conditions is local source capture ventilation systems (figure 25-10). These systems are designed to capture vapors and dust at the source and remove them from the air before they have a chance to escape into the salon (figure 25-11a and b). Many types of local exhaust systems are mobile and can be easily transported from one station to another.

Some salons have ventilated tables with filters. In order for these to help air quality, the filters need to be changed regularly. It is best if the tables are vented to the outside.

There are also portable downdraft vent machines that use a powerful fan to pull down and capture chemical vapors and nail dust into a two-stage carbon filter. These carbon filter vent machines sit directly below the nail technician's breathing zone, capturing dust and vapors right at the source. The fan pulls the nail dust and odor down through the filter, leaving odor and chemical-free air at the source.



figure 25-10
The best way to control dust in the salon is with a professional source capture ventilation system designed to collect and remove dust particles from the air or to ventilate them to the outdoors.

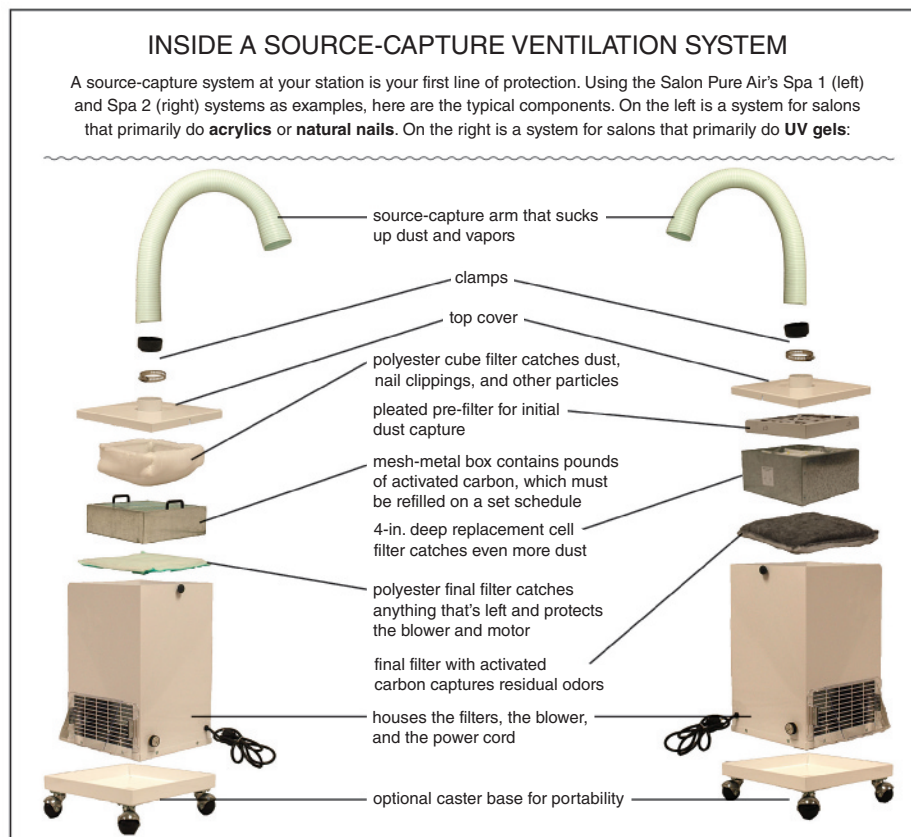


figure 25-11b
Portable two stage carbon filter ventilation system that captures dust and filters chemical odors.

Courtesy of Salon Pure Air and NAILS Magazine.

© Valentino Beauty Pure

figure 25-11a
The ventilation system should have an activated carbon filter that is a minimum of 3 inches thick for absorption of vapors.



STATE REGULATORY ALERT!

Reusing implements without properly cleaning and disinfecting them is against the law in every state. The inappropriate and illegal use of implements puts clients, cosmetologists, and the salon at risk of infection and can also put the technician and salon at risk for legal liability as well as license suspension.

Implements

Implements are tools used to perform your services and are either multiuse or single-use. **Multiuse implements**, also known as *reusable implements*, are generally stainless steel because they must be properly cleaned and disinfected after use on one client and prior to use on another. Less expensive nickel-plated metal implements will corrode during disinfection and sterilization. **Single-use implements**, also known as *disposable implements*, cannot be reused because they cannot be cleaned and disinfected; therefore, they must be thrown away after a single use. It is recommended that cosmetologists have several clean and disinfected service sets of implements available for use at all times.

Multiuse Implements

Multiuse or reusable implements are those that can be reused after infection control procedures have been performed on them. They are metal—stainless steel is recommended if they are to maintain their quality.

Metal Pusher

The **metal pusher**, often incorrectly called a cuticle pusher, is designed to gently scrape cuticle tissue from the natural nail plate. It is not to be used to push back the eponychium (living skin at the base of the natural nail plate that covers the matrix area). Metal pushers must be stainless steel and used carefully to prevent damaging the natural nail and the nail matrix. Improper use on the nail can cause grooving in the nail plate and possible nail growth problems if the nail matrix is accidentally damaged. Improper or careless use of the metal pusher can cause microscopic trauma or injury to the tissues. These injuries are known as **microtrauma**—tiny, often unseen openings in the skin, which can allow microbes to enter the skin, leading to infection.

If you have rough or sharp edges on your metal pusher, use an abrasive to smooth or remove them. This prevents digging into the nail plate or damaging the protective barriers created by the eponychium and cuticle.

When using a metal pusher, hold it the way you would a pencil with the flat end held at a 20- to 30-degree angle from the nail plate. The spoon end is used to carefully loosen and push back the dead cuticle tissue



DID YOU KNOW?

A cosmetologist practicing nail procedures full- or part-time will need at least three service sets of quality, stainless-steel implements in order to always have a completely clean and disinfected set ready for use on each client. One set is in the disinfectant, one is being used, and another is ready for use. By always having a set of implements ready, you will ensure that clients will not have to wait for the disinfection process. Remember, it takes approximately 20 minutes to properly clean and then disinfect implements after each use.

These sets can be wrapped in a clean towel and stored in a clean place, or they can be inserted into a sterile pouch before being autoclaved. Open the implements in front of your clients at the start of each service so clients can see that the set has been disinfected prior to their arrival. Refer to your state board guidelines on proper storage of your disinfected or sterilized service sets.



on the nail plate (figure 25-12). To stabilize the hand that is holding the pusher, balance your pinky finger on the hand that is holding the client's finger. This will allow you to have total control while working with the implement.

Nail Nippers

A **nail nipper** is a stainless-steel implement used to carefully trim away *dead* skin around the nails. It is never used to cut, rip, or tear live tissue because the live nail fold tissue is important to ward off microbes and prevent infection around the nail plate. Nippers must be cleaned and disinfected before use on every client, taking special care to open the hinges for thorough cleaning and disinfecting. Always maintain a sharp edge on your nippers to prevent ripping or tearing of the dead skin, which can cause future hangnails. Cosmetologists must never use their nippers to cut cuticles, as this is a medical procedure.

It is important that you learn the correct use of nail nippers while in school. To use nippers, hold your thumb around one handle and three fingers around the other, with the blades facing the nail plate. Your index finger is placed on the box joint to help control the blade and guide it properly (figure 25-13).

Tweezers

Tweezers are multi-task implements for lifting small bits of debris from the nail plate, retrieving and placing nail art, removing implements from disinfectant solutions, and much more (figure 25-14). They must be properly cleaned and disinfected before use on every client because they may come in contact with a client's skin or nails. They must be stainless steel to allow disinfection after use.

Nail Clippers

Nail clippers shorten the free edge quickly and efficiently. If the nails need to be shortened more than the depth of routine filing, they can be cut with nail clippers, clipping from the sides toward the center of the nails to prevent stress to the sides and possible splitting. This clipping will save time during the filing process. File the free edge after using the nail clipper to perfect the shape.

Nail clippers must be properly cleaned and then disinfected before each use on every client. These implements must be stainless steel to be disinfected.

Single-use Implements

Single-use or disposable implements are used once on a client then discarded, preferably while the client can view it being done.

Brushes and Applicators

Any brush, such as those used to apply masks, or applicator, such as those used to scoop product from a container to the skin, that comes into contact with a client's nails or skin during a manicure or pedicure must be properly cleaned and disinfected before use on another client. If it cannot be properly cleaned and disinfected according



figure 25-12
Metal pusher



figure 25-13
Nail nipper



figure 25-14
Tweezers



figure 25-15
Wooden pusher



figure 25-16
Nail brushes

? **DID YOU KNOW?**
It is the salon's choice as to whether nail brushes used for hand washing are reused or disposed of after a single use. To prevent cross-contamination, nail brushes must be clean and fresh for each client. They must be disinfected between services, thrown away after use, or sent home with the client. Many salons find a resource for inexpensive nail brushes so the brushes can be disposed of or sent home with the client. This eliminates the time needed and the cost of disinfection solution for the brush-disinfection process.

to your state's regulations, they must be disposed of after a single use. Check with the manufacturer if you are unsure whether a brush or applicator can be properly cleaned and disinfected.

Nail polish brushes are the exception. They are stored in an oxygen-free, water-free liquid (polish) which does not allow the growth of microbes. With no water or air, they die within a short time. However, microbes just picked up by the brush can be carried to another nail if the brush is immediately used to polish.

Wooden Pusher

The **wooden pusher** is used to remove cuticle tissue from the nail plate, to clean under the free edge of the nail, or to apply products. Hold the stick as you would a pencil with the tip at a 20- to 30-degree angle from the nail plate while pushing the cuticle free (**figure 25-15**). It is a single-use implement and not intended for reuse or disinfection. Apply nail products by completely wrapping the end of the stick with a small piece of cotton and placing or dipping the cotton tip into the product. If the cotton tip is dipped into product, enough must be retrieved for the entire application. If more product is needed, the cotton on your wooden pusher must be changed to prevent contamination of the product. Using products that have spout lids can shorten time in the application. The spout must not touch the cotton tip, nail plate, or the skin.

Nail Brush

This plastic implement with nylon bristles is used in many ways during nail services (**figure 25-16**). Clients use a nail brush when they arrive at the salon and perform the hand-washing procedure. Technicians use a nail brush for hand washing between clients. Nail brushes are also used during the manicure to remove debris from the nail plate. Finally—and very importantly—nail brushes are used to scrub the implements clean before disinfection.

Product Application Brushes

Product application brushes can be used to apply nail oils, nail polish, or nail treatments to client's nails. It is recommended that you purchase inexpensive, readily available packages of single-use application brushes to apply products that can support bacterial growth.

Dip enough product from the container for your entire application using the application brush, or pour enough product for the full application into a clean dappen dish, and dip the application brush into this dish throughout the application. Again, these brushes must be disposed of after use on one client.

An exception to this single-use rule is made for brushes used in products that are not capable of harboring or supporting the growth of pathogenic microbes, such as alcohol, nail polish, monomers and polymers, light cured gels, nail primers, dehydrators, bleaches, and so forth. Since these products cannot harbor or support pathogen growth, the brushes do not need to be cleaned and disinfected between each use unless the brush touches a contaminated nail immediately before moving to another nail. Since cosmetologists can only work on healthy nails, contaminated nails should not be an issue. However, a brush is considered

contaminated if it is used to apply penetrating nail oil to the nail plate and then placed back into the product, because the products themselves can become contaminated with bacteria and support the growth of pathogens. For this reason, single-use application brushes or droppers should be used to apply oils to the nail plate or surrounding skin.

Materials

Materials and supplies used during a manicure are designed to be single-use and must be replaced for each client. These items are not considered multiuse.

Gloves

Gloves are personal protective equipment (PPE), worn to protect the cosmetologist from exposure to microbes during services. Since chemicals can be absorbed through the skin, OSHA recommends nitrile gloves as they protect from chemicals where latex and vinyl do not. If a single client receives both a manicure and a pedicure, a new set of gloves must be worn for each service. In addition, when two services are being performed together, the technician must perform hand washing after removing each set of gloves and before putting on a new set. Many cosmetologists use antimicrobial gel cleanser when cleaning the hands between sets of gloves during the same appointment.

Dust Mask

Use a high quality, properly fitted dust mask when transferring chemicals from one container to another or when buffing or filing nails. It is best to use a round dust mask with a metal strip that you can adjust to fit the bridge of your nose. Properly fitted dust masks rated N-95 are highly effective and a great choice for preventing inhalation overexposure to dusts ([figure 25-17](#)). Choose a mask designed specifically for dusts, mists, or molds to ensure the mask will be effective in the salon setting. Paper dust masks protect you from nail filing dust but not chemicals. An air-purifying respirator can be worn to filter chemical vapors or an air-purifying ventilation system can be used at your table. Make sure to purchase a professional air purifier designed for heavy-duty use, not one designed primarily for residential use.

Abrasive Nail Files and Buffers

Abrasive nail files ([figure 25-18](#)) and buffers ([figure 25-19](#)) are generally single-use only, and they are available in many different types and grits. For example, they come with firm, rigid supporting cores or with padded and very flexible cores. Grits range from less than 180 to over 240 per centimeter. A rule of thumb is the lower the grit, the larger the abrasive particles on the file and the more aggressive its action. Therefore, **lower-grit abrasives** (less than 180 grit) are aggressive and will quickly reduce the thickness of any surface. Lower-grit files also produce deeper and more visible scratches on the surface than do higher-grit. Therefore, lower-grit files must be used with caution and are not used on natural nails since they can cause damage.



figure 25-17
Inhalation of dusts and vapors can be greatly reduced by wearing a high-quality, properly fitted N-95 dust mask.



figure 25-18
Typical abrasive nail file



figure 25-19
Abrasive nail block buffer

You must prep the edge of your abrasive files before using them on a client to prevent harm to the client from the sharp edges of the files. These files are stamped from a large sheet of prepared materials, leaving very sharp edges, and these sharp edges are not removed before the files are shipped. You are responsible for removing this damaging edge from every new file.

To prepare a file for use, rub another (clean, unused) file across the edge to remove that sharp edge; this action is referred to as *file prepping*. Many cosmetologists prepare all their new files and then store them in a clean container. If this edge is not removed on new boards, that client is at risk for cuts. Check the corners of buffers as they usually require prepping as well.

Medium-grit abrasives (150 to 180 grit) are used to smooth and refine surfaces, and the 180 grit is used to shorten and shape natural nails. **Fine-grit abrasives** are in the category of 240 and higher grits. They are designed for buffing, polishing, and removing very fine scratches.

Abrasive boards and buffers typically have one, two, or three different grit surfaces depending on type, use, and style. Some abrasive boards and buffers can be cleaned and disinfected. Check with the manufacturer to see if the abrasive of your choice can be disinfected. All abrasives must be cleaned and disinfected before reuse on another client. Check with your instructor as to whether your state allows abrasive boards and buffers to be disinfected within the SOP. Abrasives that cannot survive the cleaning and disinfection process without being damaged are considered single-use and must be discarded after a single use.

Two-Way or Three-Way Buffer

The two- or three-way buffer abrasive creates a beautiful shine on nails and replaces the chamois that could not be disinfected (**figure 25-20**). These buffers can be shaped like a two-sided nail file, long and narrow, with one or two additional grit abrasives and a final shine surface. They can also be made as a three- or four-sided block buffer. When creating a high shine, begin with the lowest grit abrasive surface, move to the higher grit, and then finish with the shining surface (usually no-grit).

These buffers are generally used on natural nails or in the final steps of the two-color application of monomer liquid and polymer powder nails, such as the French manicure look, for nails that will be worn without polish. Most two- or three-way buffers are single-use only and must be thrown away after each use. The salon or technician must find an inexpensive source for purchasing them if regulations in the state allow the use of these buffers.

When buffing the nail plate, applying excessive pressure or buffing too long can generate excessive and painful heat on the nail bed. This can lead to onycholysis and possible infection. If your client is feeling heat or burning, lighten the pressure, lower the speed of the buffing, and buff fewer times between raising the buffer from the surface.

Single-Use or Terry Cloth Towels

Cloth towels must be laundered between clients, and paper towels must be thrown away after each use. A fresh, clean

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figure 25-20
Three-way shine buffers



terry cloth towel or a new disposable paper towel is used by the client after washing his or her hands. Other clean towels are used to cover any surfaces that can become contaminated during each manicure, including the work area. If spills occur on the table, different terry cloth or single-use towels must be used to wipe them from the surface.

Be sure that your towels look clean and are not worn. The best terry cloth towels for use in a personal service are white so they can be bleached during their washing between uses. A towel with stains or holes will affect how your client feels about their service. A dirty towel can cause a client either to not come back or to report your salon to the state board.

Gauze, Cotton Balls, or Plastic-Backed Pads

Lint-free, plastic-backed, fiber or cotton pads are often used to remove nail polish. Plastic backing protects nail professionals' fingertips from overexposure to drying solvents and other chemicals (figure 25-22).

Gauze squares or cotton balls are also popular for removal of nail polish because they are inexpensive and perfectly designed for this and other application tasks. Gauze squares (2" × 2" or 4" × 4"), also called pledgets, have many uses in manicure services, from product removal to application. All these materials must be stored in a manner to prevent dust and debris from contaminating them.

Plastic or Metal Spatulas

A single-use plastic or multiuse metal spatula must be used for removing products from their respective containers to prevent contamination of the products and the spread of disease. If a spatula comes into contact with your or the client's skin, it must be properly cleaned and disinfected before being used again, or it must be replaced. Also, never use the same spatula to remove dissimilar products from different containers because the chemistry of the products may be altered.

Professional Nail Products

As a professional, you need to know how to properly use each nail product, what ingredients it contains, and what it does during use. You must also know how to properly store products and remove them from their containers in a hygienic manner. This section provides basic information regarding several professional nail products that are used during a manicure.

Soap

Soap is used to clean the cosmetologist's and client's hands before a service begins. It acts as an infection control tool during the pre-service hand washing procedure by mechanically removing microbes and debris. Soap is known to remove over 90 percent of pathogenic microbes from the hands, when hand washing is performed properly.



figure 25-22
Materials used to remove polish and clean nail bed before polishing

CAUTION

Abrasives or other implements cannot be stored in a plastic bag or other sealed containers because airtight conditions create the perfect environment for pathogens to grow and multiply before the next use. Always clean, disinfect, and store implements in a clean, unsealed container that allows air to circulate, or roll implements in a towel as a service set (figure 25-21).



figure 25-21
Store disinfected implements in a covered container.



DID YOU KNOW?

The Centers for Disease Control (CDC) states that it does not matter whether the soap/cleanser used in a salon is antibacterial or not; it still removes microbes and debris. Also, repeated use of some antibacterial soaps/cleansers can be drying to the skin. However, many clients feel more secure if an antibacterial soap is used at the wash station.

Liquid soaps (**figure 25-23**) are recommended and preferred because bar soaps harbor bacteria and can become a breeding ground for pathogenic (disease-producing) bacteria.

Polish Remover

Polish removers are used to dissolve and remove nail polish. There are two types of polish removers available: acetone and non-acetone based products. **Acetone** is a colorless, inflammable liquid, miscible with water, alcohol, and ether, and has a sweetish odor or burning taste; it is used as a solvent. Both acetone-based and non-acetone-based removers may contain additional ingredients such as aloe, vitamin E, or oils to prevent drying of the nail plate and surrounding skin.

Acetone-based polish remover works more quickly and is a better solvent than non-acetone based removers. Non-acetone removers will not dissolve enhancement products as quickly as acetone, so they are preferred when removing nail polish from nail enhancements such as wraps. However, many experienced nail technicians prefer acetone-based removers because, due to their experience, they can work faster removing the polish and feel their speedy work and the rapid evaporation of the acetone prevents the dissolving of the enhancements. Both acetone and non-acetone-based polish removers can be used safely, but both can be drying to the cuticle and surrounding skin. As with all products, read and follow the manufacturer's instructions for use.

When using polish remover, saturate a cotton ball, gauze pad, or plastic-backed cotton pad and hold the saturated cotton on each nail while you silently count to 10. The old polish will now come off easily from the nail plate with a stroking motion, moving toward the free edge. Use a confident, firm touch while removing the polish. Continue until all traces of polish are gone. Complete removal of the polish from the previous manicure is important for client satisfaction. It may be necessary to wrap cotton around the tip of a wooden pusher and wet with polish remover to clean polish away from the nail fold area.

According to OSHA, you must follow instructions for safely disposing of used chemicals. *DO NOT* pour them down the sink or toilet, throw them on the ground or down outside drains, or pour them onto cotton balls. Some chemicals have specific disposal requirements. For example, used liquid acetone must be saved in a fire department-approved metal container and disposed of as hazardous waste.

Nail Creams, Lotions, and Oils

These products are designed to soften dry skin around the nail plate and to increase the flexibility of natural nails. They are especially effective on nails that appear to be brittle or dry, and they are the number one nail product that should be sold to manicure and pedicure clients. **Nail creams** are barrier products because they contain ingredients designed to seal the surface of the skin around the nail and hold in the subdermal moisture in the skin. **Nail oils** are designed to absorb into the nail plate to increase flexibility and into the surrounding skin to soften and moisturize. Typically, oils and lotions can penetrate the nail plate or skin and will have longer-lasting effects than creams, but all three products can be highly effective and useful for clients, especially as daily-use home-care products.

figure 25-23

Use pump bottles of soap at hand washing stations. Do not use bar soaps because they harbor bacteria.



Cuticle Removers

Cuticle removers are designed to loosen and dissolve dead tissue on the nail plate so that this tissue can be more easily and thoroughly removed from the nail plate; therefore, they are inappropriate for contact with the living skin of the eponychium. Typically, these products have a high pH (caustic) and are irritating to the skin. Be careful during application that the cuticle remover is applied to the nail plate and not the surrounding skin.

These products typically contain 2 to 5 percent sodium or potassium hydroxide, with added glycerin or other moisturizing ingredients to counteract the skin-drying effects of the remover. These products must be used in strict accordance with the manufacturer's directions, and skin contact must be avoided where possible to counter the effects of the alkaline ingredients. Excessive exposure of the eponychium to cuticle removers can cause skin and eponychium dryness, leading to hangnails.

To avoid cross contamination, be sure to apply cuticle remover from a clean, sterile palette.

Nail Bleach

These products are designed to apply to the nail plate and under the free edge of natural nails to remove yellow surface discoloration or stains (e.g., tobacco stains). Usually, nail bleaches contain hydrogen peroxide or some other keratin-bleaching agent. Always use these products exactly as directed by the manufacturer to avoid damaging the natural nail plate or surrounding skin.

Apply the bleaching agent to the yellowed nail with a cotton-tipped wooden pusher. Be careful not to apply bleach on your client's skin because it may cause irritation. Wear gloves while bleaching the nails.

Repeat the application if the nails are extremely yellow. You may need to bleach certain clients' nails several times over several services because all of the yellow stain or discoloration may not fade after a single service. If this is true, inform the client so he or she will not be disappointed in your work; suggest a series of treatments to address the problem. Surface stains are removed more easily than those that travel deep into the nail plate. In fact, yellow discoloration that penetrates deep into the nail plate will never be completely removed by nail bleaches. However, the yellowing can be improved.

Colored Polish, Enamel, Lacquer, or Varnish

Colored coatings applied to the natural nail plate are known as *polish*, *enamel*, *lacquer*, or *varnish*. These are all marketing terms used to describe the same types of products containing similar ingredients. There are no real differences in the products.

Polish is a generic term describing any type of solvent-based colored film applied to the nail plate for the purpose of adding color or special visual effects (e.g., sparkles). Polish is usually applied in two coats over a base coat and then followed by a top coat (figure 25-24).

When applying nail polish, remove the brush from the bottle and wipe the side of the brush away from you on the inside of the lip of the bottle to remove excess polish. You should have a bead of polish on the



figure 25-24
Polish and top coat for manicure



DID YOU KNOW?

Never shake your polish bottles. Shaking may cause air bubbles to form and make the polish application rough and appear irregular. Instead, gently roll the polish bottles between your palms to thoroughly mix.

end of the other side of the brush large enough to apply one layer to the entire nail plate without having to re-dip the brush (unless the nail plate is unusually long or large). Hold the brush at approximately a 30- to 35-degree angle.

Gel Polish Products

A form of nail color that lasts 10 to 21 days is a high-demand salon service that addresses the constant smudging clients experience after a manicure. Developed specifically for natural nails, this light-cured polish will bring your manicure clients back every two weeks for a removal, manicure, and new application. The secret to these gel polish colors is their speedy method of drying or curing under a UV or LED lamp, (see Chapter 29, Light Cured Gels).

The application is basically the same as traditional polishes, although there are nuances that should be learned through education by the manufacturer of the gel. Gel polishes also require a light-cured base coat and top coat that optimally is from the manufacturer that designed the gel polish.

Base Coat

A base coat creates a colorless layer on the natural nail and nail enhancement that promotes adhesion of polish. It also helps to prevent the polish pigments from creating a yellowish stain or other discoloration on the natural nail plate. Some nail plates are especially susceptible to stains from red or dark colors, so the base coat step is important. Base coats are also important to use on nail enhancements under colored polish to prevent surface staining. Base coats usually rely on adhesives, which aid in retaining polish for a longer time. Like nail polishes, base coats contain solvents designed to evaporate. After evaporation, a sticky, adhesion-promoting film is left behind on the surface of the nail plate to increase adhesion of the colored coating.

Nail Hardener

Nail hardeners are used to improve the surface hardness or durability of weak or thin nail plates. If used properly, some nail hardeners can also prevent splitting or peeling of the nail plate. Hardeners can be applied before the base coat or after as a top coat, according to the manufacturer's directions.

There are several basic types of nail hardeners:

Protein hardener is a combination of clear polish and protein, such as collagen. These provide a clear, hard coating on the surface of the nail but do not change or affect the natural nail plate itself. Protein (collagen) has very large molecules that cannot be absorbed into the nail plate.

Other nail hardeners contain reinforcing fibers such as nylon that also cannot be absorbed into the nail plate. Therefore, the protection they provide comes from the coating itself. They are not therapeutic. These products can be used on any natural nail.

The ingredient in hardeners that was once believed to be formaldehyde is actually methylene glycol, an ingredient that creates bridges or cross-links between the keratin strands that make up the natural nail, making the plate stiffer and more resistant to bending and breaking. Methylene glycol is also nonirritating to the skin.



DID YOU KNOW?

Products sold to clients for their use at home are called retail products and are packaged for that purpose. In the beauty industry, they are considered home-care products, not retail products, because they are sold under professional recommendation and the client is given instruction on how to use them before taking them home. Home-care products, by law, must have usage directions and cautions listed on the bottles or boxes or have written instructions in the box. Professional products (usually bulk sizes) do not have this labeling requirement.

These products are useful for thin and weak nail plates, but should never be applied to nails that are already very hard, rigid, and/or brittle. Methylene glycol hardeners can make brittle nails become so rigid that they may split and shatter. If signs of excessive brittleness or splitting, discoloration of the nail bed, or other signs of adverse nail and skin reactions occur, discontinue use. These products should be used as instructed by the manufacturer until the client's nails reach the desired goal, and then use should be discontinued until the product is needed again. Clients are generally instructed to apply the product daily over nail polish as a top coat, or under nail polish as a base coat when the polish is removed and reapplied. Clients must be instructed to follow the manufacturer's instructions.

Dimethyl urea hardeners (DY-meth-il yoo-REE-uh hard-en-ers) use dimethyl urea (DMU) to add cross-links to the natural nail plate; DMU does not cause adverse skin reactions. These hardeners do not work as quickly as hardeners containing methylene glycol, but they will not overharden nails as those with methylene glycol can with overuse.

Top Coat

Top coats are applied over colored polish to prevent chipping and to add a shine to the finished nail. These products contain ingredients that create hard, shiny films after the solvent has evaporated. Typically, the main ingredients are methacrylic or cellulose-type film formers.

Nail Polish Dryer Products


Nail polish drying accelerators are designed to be used over a top coat to hasten the drying of nail polishes. They are typically applied with a dropper, a brush, or are sprayed onto the surface of the polish. They promote rapid drying by pulling solvents from the nail polish, causing the colored film to form more quickly. These products can dramatically shorten drying time and will reduce the risk of the client smudging the recent polish application.

Hand Creams and Lotions

Hand creams and lotions add a finishing touch to a manicure. Since they soften and smooth the hands, they make the skin and finished manicure look as beautiful as possible. Hand creams are generally designed to be barriers on the skin to help the skin retain its natural moisture. They often contain penetrating ingredients to soften the skin or repair damage. A hand cream's purpose is to make the skin on the hands less prone to becoming dry or cracked. Lotion is generally more penetrating than creams and may treat lower levels of the epidermis. A treatment lotion can be used with warming mitts or paraffin treatments to enhance penetration of the ingredients into the skin.

Nail Conditioners

Nail conditioners contain ingredients to reduce brittleness of the nail. They should be applied as directed by the manufacturer. This treatment is especially useful when applied at night before bedtime. Nail conditioners can be oils, lotions, or creams.

 **CAUTION**
All base coats, top coats, nail polishes, and hardeners are highly flammable.



Sunscreens

These lotions radiation contain ingredients that protect the skin from damage by the ultraviolet radiation (UVA) from the sun. UVA is known to cause age spots (hyperpigmentation) on the backs of the hands and damage to the DNA of skin cells. Overexposure to the sun is known as a major cause of aging and skin cancer. Encourage your clients to purchase and use sunscreen on all their exposed skin.

After reading the next few sections, you will be able to:

- LO 5** Name and describe the three-part procedure used in the performance of the basic manicure.
- LO 6** Explain why a consultation is important before a service in the salon.
- LO 7** List and describe the five basic nail shapes for women.

Learn the Necessary Components to Perform the Basic Manicure

The basic manicure is the foundation of all nail technology services, and it is vital that you know and recognize all of the components necessary for making the basic manicure service successful. The information you learn for the basic manicure will serve as your foundation for all of the other nail services you will perform in your career.

Work to get your basic manicure procedure to 30 or 45 minutes at the most, including polishing, before you leave school to make you more hireable and more successful in your career. Practice until you can perform the skills automatically, without considering what is next in the protocol, and you will portray the confidence and professional aura that clients prefer in their cosmetologist (and that salon owners prefer in their employees).

Always start with the left hand, pinky finger when starting a new procedure step. This will help to create a pattern as you practice, which will increase your speed and help you to memorize your steps.

P 25-5 Polishing the Nails *See page 893*

Three-Part Procedure

It is easier to keep track of what you are doing, to remain organized, and to give consistent service if you break your nail care procedures down into three individual parts. These three parts are: pre-service, actual service, and post-service.

A. Pre-Service Procedure

The pre-service procedure is an organized, step-by-step plan for the cleaning and disinfecting of your tools, implements, and materials; for setting up the basic manicuring table; and for meeting, greeting, and escorting your client to your service area.

P 25-1 Pre-Service Procedure *See page 880*

B. Service Procedure

The service procedure is an organized, step-by-step plan for accomplishing the actual service the client has requested, such as a manicure, pedicure, or nail tips and wraps.

C. Post-Service Procedure

The post-service procedure is an organized, step-by-step plan for caring for your client after the procedure has been completed. It details helping your client through the scheduling and payment process of the salon and provides information for you on how to prepare for the next client.

P 25-2 Post-Service Procedure *See page 884*

Hand Washing

To prevent the spread of communicable disease, it is imperative to wash your hands before and after each client—and to have your clients wash their hands before they sit down at your cleaned and disinfected manicure table. The practice of hand washing before any procedure should be so well taught to your regular clients that they go directly to the washing station before coming to your station.

P 25-4 Hand and Arm Massage *See page 890*

The Manicure Consultation

The consultation with the client before the manicure, or any other service, is an opportunity for the cosmetologist to know and understand a client's expectations. Do not rush through the consultation—it is an important part of the service! Review the steps of the client consultation in Chapter 4, *Communicating for Success*.

If the client is new to the salon, he or she should already have filled out the information on the intake form in the waiting room. Use this information to perform the client consultation. In fact, keep the intake form close by throughout the procedure for reference. Look at the forms closely for important responses from the client, and then record your observations after the service on a service record card or using the salon software program.

Always check the client's nails and skin to make sure that they are healthy and that the service you are providing is appropriate. Next, discuss the shape, color, and length of nails that your client prefers. You must be careful not to diagnose a disease or disorder in any way. All information should then be

? **DID YOU KNOW?**

Although the CDC states that hand sanitizers are appropriate for use, they also note that hand sanitizers are only for use when water is not available for hand washing. It is very important to remember that these products cannot, and do not, replace proper hand washing. Proper hand washing is a vital part of the service, and it cannot be skipped or ignored. Clients must also properly wash their hands before and after the service, and you must properly wash your hands after each customer. Resort to using a hand sanitizer only when it is absolutely necessary!





Here are a few tips to consider discussing with a client when conducting a consultation with a client for nail services:

1. Evaluate the client's nails for length, strength, and healthiness.
2. Take note of whether they are long, short, or somewhere in between.
3. Notice if the nails are healthy and strong, brittle, or weak.
4. Discuss the client's nail history. Find out what nail services they had in the past, such as manicures, pedicures, or nail enhancements, and ask about the outcome of those services.
5. Examine the shape of the client's nails and nail bed to determine an ideal length and shape for the nails. Also ask the client what nail length and shape they prefer and why they like them.
6. Show the client some photos of finished looks in your nail art books. Also show color wheels and nail art rings. Ask the client to point out the looks and colors they like and the ones they do not like. Ask the client to elaborate as to why they do or do not like them.
7. Make some valid nail service suggestions to the client based on his or her lifestyle and any other relevant characteristics you've learned about them.
8. If the client has expressed any unrealistic expectations or pointed out any unrealistic photos, tactfully explain why certain services may not work for them based on individual characteristics or personal needs.
9. Explain what maintenance services they will need to maintain the service they are receiving and how often they will need to schedule this. Also go over any home maintenance the client will need to perform in order to keep the nails looking their best between salon services.

recorded on the service record card. If there are no health issues observed, continue with the service.

Keep the following considerations in mind: shape of the hands, length of fingers, and shape of the eponychium area. Generally, it is recommended that the shape of the nail's free edge should enhance the overall shape of the fingertips, fingers, and hands of the client. You also need to think about your client's lifestyle; such things as hobbies, recreational activities, and type of work can determine the best nail shape and length.

Basic Nail Shapes for Women

During the consultation, you should discuss the final shape your client wants for her nails, and, of course, you should do your best to please her.

Table 25-1 details the five basic shapes that women most often prefer.

Choosing a Nail Color

Polishing is very important for the satisfaction of your clients and for the success of the service, and it may help determine whether clients return to you. Polishing is the last step in a perfect manicure, and it gives your clients a constant visual reminder between visits of the quality of your work. When your clients look at nails that are polished perfectly, they will admire your work and will likely return. If the polish is not applied perfectly, they will have a constant reminder (for a week or more) of a less-than-perfect manicure and may not return.

Many clients will ask for help in choosing a polish color. They may ask, "Do you like this color?" Suggest a shade that complements the client's skin tone by placing the hand on a white towel under your true-color light, then holding the potential polish colors over the skin on the top of the hand. It is best to allow the client to make the choices to ensure their satisfaction. If the manicure is for a special occasion, you might

suggest the client pick a color that matches or coordinates with the clothing she will wear; or perhaps the color can represent the holiday, the event, or the season. Some clients will request nail art or other nail fashion enhancements that are popular at the time. Generally, darker shades are appropriate for fall and winter and lighter shades are better for spring and summer; however, this is no longer a hard-and-fast fashion rule. Always have a wide variety of nail polish colors available and the appropriate colors for the French manicure polish techniques.

Applying Polish

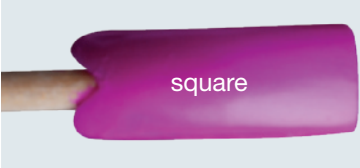




The most successful nail polish application is achieved by using four coats. The first, the base coat, is followed by two coats of polish color and one application of top coat to give a protective seal. Applying multiple layers of polish improves the longevity and durability of the overall application (figure 25-25). By building layer upon layer, you will improve adhesion and staying power.



figure 25-25
Finished manicure

table 25-1

BASIC NAIL SHAPES

Shape	Definition
	The square nail is completely straight across the free edge with no rounding at the outside edges.
	The squoval nail has a square free edge that is rounded off at the corner edges. If the nail extends only slightly past the fingertip, this shape will be sturdy because there is no square edge to break off, and any pressure on the tip will be reflected directly back to the nail plate, its strongest area. Clients who work with their hands—nurses, computer technicians, landscapers, or office workers—will need shorter, squoval nails.
	The round nail should be slightly tapered and usually should extend just a bit past the fingertip.
	The oval nail is a conservative nail shape that is thought to be attractive on most women's hands. It is similar to a squoval nail with even more rounded corners. Professional clients who have their hands on display (e.g., businesspeople, teachers, or salespeople) may want longer oval nails.
	The pointed nail is suited to thin hands with long fingers and narrow nail beds. The nail is tapered and longer than usual to emphasize and enhance the slender appearance of the hand. Know, however, that this nail shape may be weaker, may break more easily, and is more difficult to maintain than other nail shapes. Rarely are natural nails successful with this nail shape, so they are usually enhancements. They are for fashion-conscious people who do not need the strongest, most durable shape of nail enhancements.



DID YOU KNOW?

When applying an iridescent or frosted polish, you must make sure the strokes are parallel to the sidewalls of the nail to avoid shadow lines in the polish.

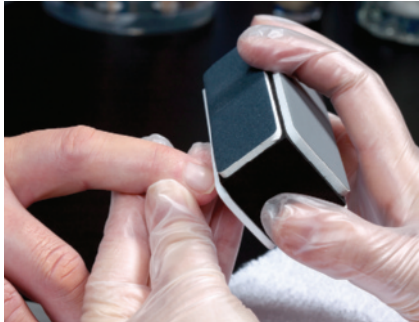


figure 25-26
Buffing a client's nails



figure 25-27
Round nails are the shape most men choose.



figure 25-28
Beginning a hand massage

The application techniques are the same for all polishes, base coats, and top coats. Apply thin, even coats to create maximum smoothness and minimum drying time. When you have completed the polish application, the nail should look smooth, evenly polished, and shiny.

P 25-5 Polishing the Nails *See page 893*

After reading the next few sections, you will be able to:

LO 8 Describe the most popular nail shape for men.

How to Cater to a Man's Manicure Service

Since men are becoming more and more interested in their grooming regimens, many now seek services offered for hands and fingernails. A man's manicure is executed using the same procedures as described in the basic manicure, though you omit the colored polish and/or buff the nails with a high-shine buffer (**figure 25-26**).

Most men tend to go longer between services and will need a little more work than women on their nails and skin. A citrus- or spice-scented hand cream is recommended for the male client rather than a floral scent.

Men's Nail Shapes

Men usually prefer their nails shorter than women do. Round nails are the most common choice for male clients because of their natural appearance. Some men, however, prefer their nails really short, with only a small amount of free edge that is shaped according to the base of the nail plate (**figure 25-27**).

Men's Massage

Most men enjoy the massage portion of the manicure and want a longer one! Usually men will want a firmer effleurage than women, but that does not mean a deep, sports-type massage—since you are not trained to perform that massage. It just means firmer finger movements on the palm and longer, firmer slides in your effleurage movements (**figure 25-28**).

Most times, unless the hands are in very poor shape, you can give men a longer massage since polish time is not a factor.

Men's Basic Color: Clear

Men usually prefer buffed nails, clear gloss, or a dull, clear satin coating. This satin-coating nail polish finish is designed especially to help men protect their nails without having nails that appear too polished or feminine (**figure 25-29**). Although a man may rarely want a shiny top coat

or colored nail polish on his nails, you should always discuss his preferences during the client consultation.

You must prepare the nails for polish (remove oils and debris) carefully because peeling or chipping gloss is very annoying to men. Use a base coat under clear to encourage staying power; clear without a base tends to peel. Apply a thin base coat and then one thin coat of clear and a quick-drying top coat or just one coat of base and a satin clear.

Always ask for the next appointment and suggest having a pedicure with the manicure. Most men enjoy pedicures!



figure 25-29
Most men prefer buffed nails, clear gloss, or a dull clear coating.

Marketing to Men

Since most men are new to professional nail care, include on your service menu and your website a brief written description of what is included in the service and a rundown of the benefits. To target men, you may also want to distribute flyers at local athletic gyms and stores, or other places where men gather. Gift certificates sold to your female clients for their boyfriends and husbands are great marketing tools.

To make men feel more at home in your chair, have men's magazines on hand and be careful that your decor is unisex. Staying open later or opening earlier on chosen days makes it easier for your male clients to schedule appointments. Many salons and spas also have a weekly or biweekly men's night, with no women allowed, so male clients can come in without being among women.

After reading the next few sections, you will be able to:

- LO 9** List the massage movements for performing a relaxing hand and arm massage.

Complete a Hand and Arm Massage

Massage is the manipulation of the soft tissues of the body. It is an ancient therapeutic treatment to promote circulation of the blood and lymph, relaxation of the muscles, and relief from pain. It also has many other benefits. A hand and arm massage, a manicuring specialty, is a service that can be offered with all types of manicures. It is included in all spa manicures, and can be performed on most clients.

A massage is one of the client's highest priorities during the manicure, and often it is the most memorable part of the manicure. Most clients look forward to the soothing and relaxing effects. The massage manipulations should be executed with rhythmic, long, and smooth movements, and you should always have one hand on the client's arm or hand during the movements and the transitions between them. Hand and arm massages are optional during a basic manicure, but it is to the

advantage of the cosmetologist to incorporate this special, relaxing segment of a manicure because it is many clients' favorite part of the service.

Before performing a hand and arm massage, make sure that you are sitting in a comfortable position and are not stretching or leaning forward toward your customer. Your posture should be correct and relaxed, and your feet should be parallel and flat on the floor. Sitting or working in an uncomfortable or strained position can cause back, neck, and shoulder injuries.

General Movements

Massage is a series of movements performed on the human body that, in combination, produce relaxation or treatment.

The following movements are usually combined to complete a massage:

- **Effleurage** (EF-loo-rahzh) is a succession of strokes in which the hands glide over an area of the body with varying degrees of pressure or contact.
- **Pétrissage** (PEH-treh-sahz) or kneading is lifting, squeezing, and pressing the tissue.
- **Tapotement** (tah-POT-ment) is a rapid tapping or striking motion of the hands against the skin.
- **Vibration** is a continuous trembling or shaking movement applied by the hand without leaving contact with the skin.
- **Friction** incorporates various strokes that manipulate or press one layer of tissue over another. The hands are placed around the arm with the fingers pointing in opposite directions and then are gently twisted in opposite directions on the arm as one would wring out a washcloth. Perform the movement up and down the forearm, sliding to the new position three to five times ([figure 25-30](#)).

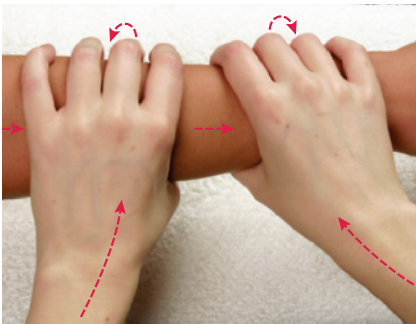


figure 25-30
Friction

The purpose of massage in manicuring is the inducement of relaxation. For that reason, effleurage is the movement that should be perfected, varied, and expertly used. Be sure to hold the client's hand or arm loosely without too much restraint during the massage. A firm but gentle, slow, and rhythmic movement in a predictable routine is the key to a relaxing massage. Moving quickly sends the message to the client that you are hurrying to get the massage over and do not care about providing a good service. Take care not to press or move with pressure over the bones of the arms as this can be quite painful.

Before performing a service that includes a hand and/or arm massage, consult the client's intake form. During the consultation acknowledge and discuss any medical condition your client listed that may be contraindicated for a massage. If they have not discussed massage with their physician, encourage them to do so before performing the service.

Many clients who have high blood pressure (hypertension), diabetes, or circulatory conditions may still have hand and/or arm massage without concern, especially if their condition is being treated by a physician. Hand

STATE REGULATORY ALERT!

In a few states, your cosmetology license does not permit you to perform a hand or foot massage. Be guided by your instructor concerning your state's mandatory requirements and procedures for massage during nail services.

and/or arm massage is, however, contraindicated for clients with severe, uncontrolled hypertension. Avoid using vigorous or strong massage techniques on clients who have arthritis.

When making decisions about whether to perform a massage on a person who has a medical condition, be conservative. When in doubt, don't include massage as part of your service.

In the traditional manicure, the massage is performed after the basic manicure procedures, right before the polish application. Do not talk to your client during the massage except to ask once whether your touch should be more or less firm. Talking disturbs the relaxation therapy of the massage. If more cream, oil, or lotion is needed during the massage, always leave one hand on the client's hand or arm and retrieve more product with the other. Having your product in a pump container facilitates this important massage technique.

After performing a massage, it is essential that the nail plate be thoroughly cleansed to ensure that it is free from any residue such as oil, cream, wax, or lotion. You can use alcohol, acetone, or nail polish remover to cleanse the nail plate.

P 25-4 Hand and Arm Massage *See page 890*

After reading the next few sections, you will be able to:

LO 10 Explain the differences between spa manicures and basic manicures.

State the Differences Between Spa Manicures and Basic Manicures

Spa manicures, a step beyond the basic manicure with added specialty techniques and skin treatments, are fast becoming much-requested and desired salon services, but they require more advanced techniques than basic manicures. Cosmetologists who advance their education and knowledge of spa manicures and their specialized techniques will not only make their clients happy, but also find that these manicures are very lucrative as well.

True spa manicures require extensive knowledge not only of nail care, but of skin care as well. Many spa manicures are exceptionally pampering, while others target specific results through the use of advanced skin-care-based methods. Most spa manicures include a relaxing massage, and all spa manicures include some form of exfoliation for not only polishing and smoothing the skin, but also for enhancing penetration of professional products.



DID YOU KNOW?

Some clients may ask for products that are chemical-free. The truth is that no products are or can be chemical-free—even air and water contain chemicals!

When faced with clients who feel strongly about their beliefs and knowledge—whether their information is correct or not—know your product line and its claims, and offer clients the information so they can make informed decisions.

CAUTION

Always file the nails in a manicure before they are soaked, as water will absorb into the nail plate, making it softer and more easily damaged during filing.

Spa manicures designed for relaxation may have unique and distinctive names that describe the treatment. For example, “The Rose Garden Rejuvenation Manicure” may incorporate the use of products containing rose oils and may use rose petals for ambiance.

The results-oriented spa manicures, sometimes known as “treatment manicures,” may have names that closely represent their purpose such as “The Anti-Aging Manicure” and may incorporate the use of an alpha hydroxy acid–based product for exfoliation and skin rejuvenation, or “The Scrub Manicure” may include longer exfoliation of callused skin. Many spa manicures have more imaginative names, such as “Spot-Be-Gone,” for a manicure designed to lighten age spots. Treatment manicures require further training to produce safe and obvious results.

Many clients now base their service decisions on lifestyle choices, such as preferring all-natural products. These clients will seek out spa manicures that meet their needs, and they may ask about the ingredients in the products you are using. In order to know how to answer these questions, you must know whether your product lines make all-natural claims.

The reality is, despite what the product marketing implies, few all-natural products are commercially available due to their short shelf life, and virtually none are chemical-free; even air and water contain chemicals!

One natural alternative is to mix your own products from fresh ingredients. If you choose to create your own fresh products, you may want to make a small batch for each procedure or per day, because they can spoil very quickly and may require refrigeration in the salon.

Additional techniques that may be incorporated into a spa manicure consist of aromatic paraffin treatments, hand masks, and warm, moist-towel applications. When performing any advanced procedures that include oils or cosmetics, always check with your client regarding aroma preferences and allergies.

Theme Manicures

Many salons and spas have developed services around themes. The entire service contains products—from lotions to oils to masks—that support the theme the salon has chosen, and some salons even serve clients themed refreshments during the service.

Examples might include the “Chocolate Wonder Manicure and Pedicure” or the “Pumpkin Fall Festival Manicure and Pedicure.” The names and themes of these kinds of services are limited only by your imagination. Let yours go wild and have fun developing these well-received manicures and pedicures. Clients love them!

Waterless Manicures

Waterless manicures eliminate soaking the nails in water and some nail technicians use lotion and heated mitts instead to soften the skin and cuticles. Many clients prefer this manicure and believe it is more relaxing and produces better results than the traditional water manicure. Many technicians prefer it because it eliminates getting water when it is inconveniently available. All manicures (basic, spa, scrub, etc.) can be performed using the dry manicure techniques.



After reading the next few sections, you will be able to:

LO11 Describe how aromatherapy is best used in manicuring services.

Indicate Why Aromatherapy is Used During a Nail Service

In the 1870s, Professor René Maurice Gattefossé, a French scientist, discovered the therapeutic use of essential oils, which are inhaled or applied to the skin. These oils are used in manicures, pedicures, and massages to induce such reactions as relaxation or invigoration or to simply create a pleasant fragrance during the service. Many clients enjoy the various aromas, so when it is appropriate, incorporate aromatherapy into your nail services.

The practice of aromatherapy involves the use of highly concentrated, **essential oils**. These oils are extracted using various forms of distillation from seeds, bark, roots, leaves, wood, and/or resin of plants. Each part of these resources produces a different aroma. For instance, the needles, resin, and wood of a Scotch pine tree all yield a different aroma and, therefore, a different response from the target person. The use of essential oils is limited only by the knowledge of the person controlling their application.

Performing aromatherapy requires study and expert use of the knowledge gained. The oils are very powerful and can produce actual changes in the client. In some countries, the oils are considered medicines and are only prescribed by physicians. Therefore, unless a cosmetologist is prepared to study these oils in-depth, he or she should use blended oils, those that are already mixed and tested, and apply them only as directed.



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After reading the next few sections, you will be able to:

LO12 Explain the benefits of paraffin wax in manicuring

Summarize the Benefits of Paraffin Wax Treatments

Paraffin wax treatments are designed to trap moisture in the skin while the heat causes skin pores to open to allow deeper penetration of lotions and oils used prior to application. Besides opening the pores, heat from the

warm paraffin increases blood circulation and can provide pain relief for those with arthritis or sore muscles. This is considered to be a luxurious add-on service and can be safely performed on most clients.

Be sure to examine the client's intake form during the client consultation to identify any contraindications to wax or the heat involved in the service and to discuss any additional precautions that should be taken for clients with health factors or risks. Generally, you should avoid giving paraffin treatments to anyone who has impaired circulation or skin irritations such as cuts, burns, rashes, warts, or eczema. Senior citizens and chronically ill clients may be more sensitive to heat because of medications or thinning of the skin. In these cases, ask the clients to bring their physician's permission prior to having a paraffin treatment.

When applying paraffin to your clients, there are many different application methods available. Whatever method you choose, be sure that the paraffin bath is not contaminated by direct contact with you or the client's skin. Also remember that once paraffin has been used on a client, it must be discarded. It is against state board regulations to re-melt and reuse paraffin.



1. Plastic Bag Paraffin Application

An easy way to apply paraffin to hands or feet is by using a metal measuring cup to add equal amounts of warm paraffin to two small, clear plastic bags. Place the bags against the client's hands or feet to check if the temperature is comfortable to them. If the paraffin is too hot, cool it by shaking it in the bag for a few moments. Once the client is comfortable with the temperature, slide the bag onto the client's hand or foot and massage the bag of paraffin against the skin. Once the paraffin has reached the top of the bag, twist and tuck the edge to secure and apply a terry cloth mitt, or wrap with a terry cloth towel. Repeat on the other hand or foot and allow the client to rest for five to ten minutes. To remove, loosen the paraffin from the skin by massaging the bag against the skin and working the paraffin down into the bottom of the bag until all paraffin is removed from the client's skin. Tie a knot in the bag to secure the used paraffin and discard in the trash.

2. Cheesecloth or Paper Towel Paraffin Application

Paraffin dipped cheesecloth or paper towels can also be a luxurious application method. Have the paraffin bath close to the manicure table. It is best if the paraffin is located on a moveable cart for this method. Dip the paper or cheesecloth into the paraffin vertically by holding the corners and then raise up to allow excess paraffin to drip off. Raise and lower the paper towel or cloth three times. As each piece is ready, wrap around the clients hand or arm. Next, cover with a plastic bag or plastic wrap, and wrap in a terry cloth towel or place in a heated mitt.

3. Spray Paraffin

Spray paraffin is also an option for clean application. With this method, a special machine with replaceable paraffin cartridges is used. The warm

paraffin is sprayed from the cartridge on the hands and arm and is then placed in plastic mitts or plastic wrap and inserted into terry cloth or electric mitts.

4. Single-Use Commercial Gloves

There are also one-time-use commercial gloves that have paraffin inside. The heating pad inside the glove is activated by massaging it; this heats the paraffin inside. When warm, insert the hands into the heated paraffin mitts, and then discard the mitts when treatment is finished. Be sure to follow manufacturer's directions for all types of paraffin equipment to ensure proper use.

If proper procedures are followed, paraffin will not adversely affect nail enhancements or natural nails. A paraffin wax treatment may be offered before a manicure, during a manicure, or as a stand-alone service. Be guided by your instructor and your state regulations, because some states require the service to be performed before the manicure.

Performing the paraffin wax treatment *before* beginning a manicure has advantages. It allows the client to have their nails polished immediately at the end of the manicure service, and it is a way to pre-soften rough or callused skin.

Many salons and spas have developed manicures that include paraffin treatments during the service. These specialized treatments, such as moisture masks covered in warm paraffin wax, are performed after the massage and before polishing. Performing the paraffin treatment in the middle of the service creates a longer and more relaxed service.

During winter months, paraffin treatments are often requested as a stand-alone service. This service can be on the menu with its own price because clients like the way a paraffin treatment makes their skin feel, as well as the relaxation it provides.

Outline Nail Art Options for Clients

Nail art has never been easier to create. With so many art supplies and mediums available, getting the perfect look is easy and fun. Even basic nail polish can be used to create endless variations of designs.

Polish is one of the most common mediums of nail art used in the salon or spa (Figure 25-31). When considering nail art, conservative clients will be more accepting of this medium, as they are used to wearing polish. Polish is most often used to create nail art looks such as French manicures, color fades, color blocking, or marbleizing.

For a traditional **French manicure** look, the nail bed is one color, such as pink, peach, or beige (depending upon the client's skin tone), and the free edge of the nail is another color, such as white. The curved line where the pink and the white meet each other on the nail is called the **smile line**. You can achieve limitless variations to this traditional look just by changing or fading the color.

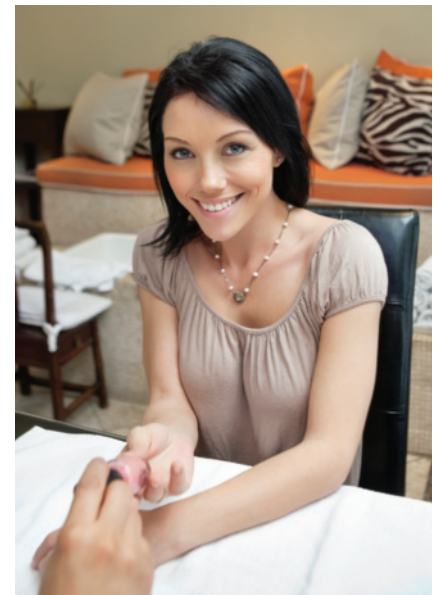


figure 25-31
Relaxed client during a spa manicure



figure 25-32
A color fade can be very subtle or bold.



figure 25-33
Color blocking can give dramatic results.



figure 25-34
Marbelizing is a simple nail art technique that can be done to the entire nail or just a small portion for a unique design.

With **color fading**, or *color graduation*, one color fades into the other, and the meeting point is a combination of the two. You can achieve this by applying the product more thickly and opaquely and then using the product more thinly and translucently when meeting the other color (**figure 25-32**). For example, if the top third of the nail is dark pink and the bottom third is light pink, then the middle third should be a combination of the two colors. There are multiple ways to achieve this look. Use a sponge or brush to blend colors at the meeting point.

Color blocking is just as it sounds: blocks or sections of color on the nail. Achieve this look by polishing the entire nail with a base color, such as black, and then creating stripes or blocks with another color, such as silver (**figure 25-33**).

Marbleizing is a swirled effect created when you combine two or more colors while wet and then mix them on the nail with a marbleizing tool known as a stylus (**figure 25-34**). A **stylus** is a tool with a solid handle with a rounded ball tip on each end that can range in size (**figure 25-35**). The rounded ball tips are excellent for swirling colors; dotting small circles of color; creating polka dots, eyes, bubbles; and much more. This marbled effect can be applied over the entire nail or just on a part of the nail for a unique nail art creation.

FOCUS ON
Business Tip

It is important that you never stop learning about new innovations and continue to seek out information about your industry. Things change, and the wise cosmetologist studies and changes along with the world of cosmetology to remain on the cutting edge.



figure 25-35
Stylus tools can be used for marbelizing, creating dot designs, and many other nail art techniques.



figure 25-36
Variations to the classic French manicure provide endless possibilities.



figure 25-37
Clean and classic with a little edge



figure 25-38
Bridal white with a hint of glamour



figure 25-39
Create more drama by adding embellishments.

The French Manicure

The French manicure is one of the most popular nail art procedures in the salon and spa today. You must master the technique and variations of it to stay competitive in the marketplace. Try various color combinations, fading techniques, and embellishments to create looks clients will want to try (figures 25-36 through 25-39). A French manicure is always an upcharge in any salon or spa and an easy way to create additional income.

Many clients love the application of artistic nail art designs to finish their manicure. The techniques are fun to apply and are only limited by your imagination. Nail art techniques include free-hand designs, airbrush, and even 3-D (figure 25-40). They range from simple to complex (figure 25-41) and from portrait to modern design. Display your nail art so your clients can see it to open the conversation for adding nail art to your manicures and pedicures.



figure 25-40
3-D nail art using liquid monomer and polymer powder

Only the Beginning

During your time in school, it is important that you learn the basic procedures of nail technology, as well as the importance of proper cleaning, disinfection, and other skills necessary for ensuring client safety and enjoyment during nail procedures.

Advanced techniques in manicuring may be learned from your instructor or by attending advanced nail care seminars, reading trade magazines, and attending beauty shows.

figure 25-41
Complex nail art



PRE-SERVICE PROCEDURE

A. CLEANING AND DISINFECTING



1 It is important to wear gloves while performing this pre-service procedure to prevent possible contamination of the implements by your hands and to protect your skin from the powerful chemicals in the disinfectant solution.



2 Rinse all implements with warm running water, and then thoroughly wash them with soap and a nail brush. Brush grooved areas and open hinged implements to scrub the area.



3 Rinse away all traces of soap with warm, running water. The presence of soap in most disinfectants can cause them to become inactive. Dry implements thoroughly with a clean or disposable towel, or allow them to air-dry on a clean towel. Your implements are now properly cleaned and ready to be disinfected.



4 Implements must be completely clean and dry before you immerse them in EPA-registered disinfectant solution for the required time (usually 10 minutes). If they are not, your disinfectant may become contaminated or diluted and rendered ineffective. Remember to open hinged implements before immersing them in the disinfectant solution.



5 Remove implements, avoiding skin contact, and rinse and dry tools thoroughly.



6 Store disinfected implements in a clean, dry container until needed.



7 Clean and then disinfect manicure table and drawer with an appropriate EPA-approved disinfectant.



8 Remove gloves and thoroughly wash your hands with liquid soap, rinse, and dry with a clean fabric or single-use towel.

B. BASIC TABLE SETUP



9 Place a clean cloth (preferably a lint-free disposable cloth) down to cover the width of your surface. This cloth can be replaced as needed throughout the service. Take an additional clean cloth and wrap the client's arm cushion. Position the cushion on the edge of the manicure table in front of the client. Be sure to have one end of the towel that is covering the cushion extending toward the client.



10 Place the abrasives and buffers of your choice on the table to your right if you are right-handed or to the left if left-handed. Note: You will also place the polish your client chooses to the right if you are right-handed, to the left if you are left-handed.



11 If a metal trash receptacle with a self-closing lid is not available, tape or clip a plastic bag that can be closed securely to the right side of the table if right handed, or to the left if left-handed. These bags must be sealed and thrown away after each client to prevent product vapors from escaping into the salon air.



12 The drawer can be used to store the following items for immediate use: cotton balls in their original container or in a fresh plastic bag, abrasives, buffers, nail polish dryer, and other supplies. Never place used materials in your drawer. Only completely cleaned and disinfected implements stored in a sealed container (to protect them from dust and recontamination) and extra materials or professional products should be placed in the drawer. Your drawer should always be organized and clean.



13 Before your client arrives, set out your tools and implements. Then, fill a finger bowl with warm water and place on the left or right of your table. Place your manicure brush next to the finger bowl. You will bring the finger bowl to the middle of the table, when needed.

C. GREET CLIENT



14 Greet your client with a smile, introduce yourself if you've never met, and shake hands. If the client is new, ask him or her for the consultation card she filled out in the reception area.



15 Escort your client to the hand washing area and demonstrate the hand washing procedure for them on your own hands. Once you have completed the demonstration, hand your client a fresh nail brush and ask the client to wash his or her hands.



16 Hand your client a fresh paper towel or clean terry cloth towel.



17 Show your client to your work table, and make sure they are comfortable before beginning the service.



18 Determine what type of service the client is looking for. Look over the client's intake form, perform the needs assessment, and talk to the client about their responses to determine a course of action for the service. Take note of the services to be performed and reiterate everything that you and your client have agreed. Now it is time to perform the service. Remember to put on gloves at the start of each service.

POST-SERVICE PROCEDURE

A. ADVISE CLIENTS AND PROMOTE PRODUCTS



1 Proper home care will ensure that the client's nails look beautiful until he or she returns for another service (in seven to ten days).



2 Depending on the service provided, there may be a number of retail products that you should recommend for the client to take home. This is the time to do so. Explain why they are important and how to use them.

B. SCHEDULE THE NEXT APPOINTMENT AND THANK THE CLIENT



3 Escort the client to the front desk to schedule the next appointment and to collect payment for the service. Set up the date, time, and services. Then write the information on an appointment card and give it to the client.



4 Before the client leaves the salon and you return to your station, be sure to thank them for their business.



5 Record on the service record card all service information, products used, observations, and retail recommendations. Then file the form in the appropriate place.

C. PREPARE THE WORK AREA AND IMPLEMENTS FOR THE NEXT CLIENT



6 Remove your products and tools. Then clean and disinfect your work area, and properly dispose of all used materials.



7 Follow steps for cleaning and disinfecting implements in the pre-service procedure. Reset work area with disinfected tools.

PERFORMING A BASIC MANICURE

IMPLEMENTS & MATERIALS

You will need all of the following implements, materials, and supplies on your manicuring table:

- | | | | |
|--|--|--|---|
| <input type="checkbox"/> Abrasive nail files and buffers | <input type="checkbox"/> Gloves | <input type="checkbox"/> Nail hardener | <input type="checkbox"/> Terry cloth mitts (optional) |
| <input type="checkbox"/> Client's arm cushion | <input type="checkbox"/> Gauze and cotton wipe container | <input type="checkbox"/> Polish remover | <input type="checkbox"/> Trash containers |
| <input type="checkbox"/> Cuticle removers | <input type="checkbox"/> Hand creams and lotions | <input type="checkbox"/> Service cushion (optional) | <input type="checkbox"/> Wooden pusher |
| <input type="checkbox"/> Electric hand/foot mitts (optional) | <input type="checkbox"/> Nail creams, lotions, and penetrating nail oils | <input type="checkbox"/> Single-use towels or terry cloth towels | |
| <input type="checkbox"/> Finger bowl | | <input type="checkbox"/> Supply tray (optional) | |

PREPARATION

Perform:

P 25-1 Pre-Service Procedure *See page 880*

PROCEDURE



1 Remove the polish and inspect the client's nails. Begin with the little finger of your client's left hand. Saturate a cotton ball, gauze pad, or plastic-backed cotton pad with polish remover and remove existing polish. Continue until all traces of polish are gone. After removal, look closely at the nails to check for abnormalities that could have been hidden by the polish.



2 Shape the nails. Using a medium grit abrasive board, shape the nails as you and the client have agreed. Start with the left hand, little finger, holding it between your thumb and index finger. File from one side to the center of the free edge, then from the other side to the center of the free edge. Never use a sawing back and forth motion when filing the natural nail, as this can disrupt the nail plate layers and cause splitting and peeling.



3 Soften the eponychium and cuticle. After filing the nails on the left hand, and before moving on to the right hand, place the fingertips of the left hand in the finger bowl to soak and soften the eponychium (living skin on the posterior and sides of the nail) and cuticle (dead tissue adhered to the nail plate) while you file the nails on the right hand. File the right hand nails the same as you did the left, from the little finger to the thumb.



4 Clean the nail surfaces. Brushing the nails with a nail brush removes service debris from the nail surface. After filing the nails on the right hand, remove the left hand from the finger bowl. Holding the left hand above the finger bowl, brush the fingers with your wet nail brush to remove any debris from the fingertips. Use downward strokes, starting at the first knuckle and brushing toward the free edge.



5 Dry the client's hands. Dry the hand with a towel designated as this client's service towel. As you dry, gently push back the eponychium with the towel. Now place the right hand into the finger bowl to soak while you continue with the next step on the left hand.



6 Next, you apply cuticle remover. Use a cotton-tipped wooden pusher or cotton swab to carefully apply cuticle remover to the cuticle on each nail plate of the left hand. Do not apply this type of product on living skin as it can cause dryness or irritation. Spread evenly on the nail plate.



7 Loosen and remove cuticles. After you allow the product to set on the nail for the manufacturer's recommended length of time, the cuticle will be easily removed from the nail plate. Use your wooden pusher or the inside curve of a metal pusher to gently push and lift cuticle tissue off each nail plate of the left hand.



8 Use sharp nippers to remove any loose dead skin (hangnails). Never rip or tear the cuticle tags or the living skin, since this may lead to infection.



9 Clean under the free edge. Carefully clean under the free edge using a cotton swab or cotton-tipped wooden pusher. Take care to be gentle, as cleaning too aggressively in this area can break the hyponychium seal under the free edge and cause onycholysis. Remove the right hand from the finger bowl, dry the hand, and set it aside.

10 Brush off any debris. Brush the left hand over the finger bowl one last time to remove bits of debris and traces of cuticle remover. It is important that all traces of cuticle remover are washed from the skin because remnants can lead to dryness and/or irritation. Instruct the client to rest the left hand on the table towel.

11 Repeat steps 5 through 10 on the right hand.



12 Bleach the nails (optional). If the client's nails are yellow, you can bleach them with nail bleach designed specifically for this purpose. Inform the client if his or her nails have deep staining that cannot be completely removed. Note: additional information on nail bleach is found on page 863.

13 Bevel nails. To remove any rough spots on the free edges, bevel (BEH-vel) the underside of the free edge. Hold a medium-grit abrasive board at a 45-degree angle to the underside of the nail and file with an upward stroke. A fine-grit abrasive board or buffer may be preferable for weak nails.

14 Buff (if desired). Use a three-way buffer if planning to end the basic manicure by applying polish. If the client will not be wearing polish, use a four-way buffer to bring the nails to a brilliant shine. Buffing will smooth out any surface scratches and give the natural nail a smooth appearance.



15 Apply nail oil. Use a cotton-tipped wooden pusher, a cotton swab, or an eyedropper to apply nail oil to each nail plate and massage oil into the nail and surrounding skin using a circular motion.

16 Wash and dry client's hands. Thoroughly wash the client's hands and nails with soap and water from your finger bowl, or walk the client to the appropriate hand washing station to have them wash their hands and nails. Either way is acceptable. Dry the client's hands thoroughly with a clean, disposable towel.

17 Apply massage lotion or oil. Follow the hand and arm massage in **Procedure 25-4**.



18 Remove traces of oil. After the massage, you must remove all traces of lotion or oil from the nail plate before polishing, or the polish will not adhere well. Use a lint-free wipe saturated with alcohol or polish remover as though you were removing a stubborn, red nail polish. Do not forget to clean under the free edge of the nail plate to remove any remaining massage lotion. The cleaner you get the nail plate, the better the polish will adhere.



19 Confirm nail color. Most clients will have their polish already chosen before or during the consultation. If not, ask them to choose a color.



20 Complete **Procedure 25-5, Polishing the Nails.**



21 You have performed a beautiful, finished manicure.

POST-SERVICE

Complete:

P 25-2 Post-Service Procedure *See page 884*

HAND AND ARM MASSAGE

IMPLEMENTS & MATERIALS

In addition to the basic materials on your manicuring table, you will need the following supplies for the hand and arm massage:

- Massage lotion, oil, or cream

PREPARATION

Perform:

P 25-3 Performing a Basic Manicure *See page 886*

PROCEDURE FOR HAND MASSAGE

- 1 Start with a hand massage. Depending on which hand you start with, be sure to wrap the other hand in a clean, warm towel.
- 2 Apply the massage lotion, oil, or cream. Place product in your hand first and rub together to warm, then distribute to the client's hand arm. Enough should be applied to allow movement across the skin without resistance (skin drag). Skin drag is not comfortable for the client.



- 3 **Relaxer movement of wrist.** Place the client's elbow on a cushion covered with a clean towel or a rolled towel. With one hand, brace the client's arm in the wrist area with your non-dominant hand. With your other hand, hold the client's wrist and bend it back and forth slowly and gently but with a firm touch, five to ten times, until you feel that the client has relaxed.



- 4 **Joint movement of fingers.** Lower the client's arm, brace the arm at the wrist with the left hand, and with your right hand (or dominant hand) start with the little finger, holding it at the base of the nail. Gently rotate fingers to form circles. Work toward the thumb, about three to five times on each finger.



5 Circular movement on palm. Place the client's elbow on the cushion or towel near the center of the table and your elbows on the table at the sides of the client's elbow. With your thumbs in the client's palm, rotate them in a circular movement in opposite directions. The circular movements should start from the bottom, center of the hand and move out, up, and across the underside of the fingers, then back down to the bottom, center, in a smooth pattern of altering movements of each thumb over the palm. This pattern becomes rhythmic and relaxing. You can feel the client's hands relax as you perform these movements.



6 Circular movement on wrist. This movement is a form of friction massage that is a deep rubbing action and very stimulating. Hold the client's hand with both of your hands, placing your thumbs on top of the client's hand and your fingers below the hand. Move your thumbs in a circular movement in opposite directions from the client's wrist to the knuckle on back of the client's hand. Move up and down, three to five times.



7 Complete hand massage. The last time you rotate up, wring the client's wrist by bracing your hands around the wrist and gently twisting in the opposite directions. Now you move onto the opposite hand. Start by wrapping the finished hand in a clean, warm towel, and then unwrap the client's opposite hand to repeat the hand massage steps. Once you've concluded the last movement on this hand, you will have finished the hand massage usually performed in the basic manicure.

PROCEDURE FOR ARM MASSAGE



8 Effleurage of the arm. Holding the wrist firmly but gently, glide your hand up the arm from wrist to elbow with your palm and fingers on the skin; be certain enough lotion is on the skin to allow a smooth glide of the hand. Cup your movement fingers around the arm, moving up with slight pressure on the skin with your fingers, thumb, and palm to induce relaxation, then move back to the wrist area with a lighter pressure on the skin. Perform this gliding several times. When finishing a movement each time at the top of the arm, rotate the hand to the underside of the arm while pulling the hand back towards you.

Now move to the underarm and perform the same movement. When performing the movement on the underarm, press forward, then at the end release the pressure, gently rotate the hand to the top of the arm, and pull it lightly back toward the hand.



9 Friction movement on the arms. A friction massage involves rubbing the muscles against each other. Put the client's arm on the table, palm up with fingers toward you. Your fingers should be underneath the arm, stabilizing it. Rotate your thumbs in opposite directions, starting at the client's wrist and working toward the elbow. When you reach the elbow, slide your hand down the client's arm to the wrist and rotate back up to the elbow three to five times. Turn the client's arm over and repeat three to five times on the top side of the arm.



10 Wringing/friction movement. Place the arm horizontal on the towel in front of you, with the back of the hand facing up. Place your hands around the arm with your fingers facing the same direction on the arm, and gently twist in opposite directions as you would wring out a washcloth from wrist to elbow. Do this up and down the forearm three to five times.



11 Kneading movement. Kneading (pétrissage) is a squeezing motion that moves flesh and muscles over the bones beneath in opposite directions, stimulating and increasing blood flow. Place your thumb on the top side of the client's arm so that they are horizontal. Move them in opposite directions, from wrist to elbow and back down to the wrist. Do this three to five times.



12 Rotation of elbow. This is a friction massage movement. Brace the client's arm with your left hand and apply lotion. Cup the elbow with your right hand and rotate your hand over the client's elbow. Do this three to five times. Take care to be very gentle, and do not hit the nerve in the elbow that often is referred to as "the funny bone" as it can be very painful to the client. To finish the elbow massage, move your left arm to the top of the client's forearm. If the elbow condition reflects that it needs exfoliation, it must be done post massage. Apply a scrub and rotate it around the elbow, remove, and then apply lotion to re-moisturize.



13 Finger pulls. Gently slide both hands down the forearm from the elbow to the fingertips as if climbing down a rope. Then, holding the hand with your non-dominant hand, move to the fingertip, and with your thumb on top and pointer finger arched below, gently grab and pull the finger down to the tips. Perform on each finger, little finger to thumb. Perform the movement down the forearm and do finger pulls three to five times on each arm and hand. Understand that this movement should not be performed on clients who have severe arthritis.

If elbow exfoliation is needed, perform it now, then perform the final movement below after re-moisturizing the elbow. Slide the moisturized hands toward the hands and perform the final movement.



14 Final movement. Repeat the arm massage on the opposite arm, remembering to cover and uncover the warm towels as necessary. End the massage with a final feathering off movement. Lay both of the client's hands palm down on the table, cover them with your own hands, palm down on them, and gently press them three times. Then, gently, lift your palms, leaving your fingertips on the base of the hand. Then, with a light-as-a-feather touch, pull your fingers from the back of the hands down the fingers and off the tips of the fingers. Perform two to three times. The client learns quickly this final movement, called "feathering off," is the end of the massage.

POLISHING THE NAILS

IMPLEMENTS & MATERIALS

In addition to the basic materials on your manicuring table, you will need the following supplies:

- | | | |
|--|--|---|
| <input type="checkbox"/> Base coat | <input type="checkbox"/> Drying product (optional) | <input type="checkbox"/> Ultraviolet or electric nail polish dryer (optional) |
| <input type="checkbox"/> Colored nail polish | <input type="checkbox"/> Top coat | |

PREPARATION

Perform:

P 25-3 Performing a Basic Manicure *See page 886*

PROCEDURE

- Before applying polish, have your client put on any jewelry and outerwear he or she may have taken off before the service and get car keys ready. Have the client pay for services now to avoid smudging the polish later.



- 1 Clean nails of oil and other debris. Apply a thin layer of base coat to cover the entire nail plate and the edge.



- 2 Apply polish color by placing the tip of the brush on the nail $\frac{1}{8}$ " (0.31 cm) away from the cuticle area in the center of the nail. Press the brush onto the nail plate, producing a slight "fanning" of the brush and then push it towards the eponychium. Leave a tiny, rounded margin of unpolished nail at the back of the nail. Pull the brush toward the free edge of the nail, down the center.



- 3 Move to each side of the nail and pull in even strokes toward the nail tip.



④ After finishing the surface of the nail, move the brush back and forth on the very end of the free edge, barely touching, to apply color to it. This is called “tip sealing” or “tipping” and reduces chipping and layering on the free edges.

⑤ Apply the second coat of color on all 10 nails.

⑥ Apply an ample coat of top coat to prevent chipping and to give nails a glossy, finished appearance. Be sure to seal the free edge of each nail with top coat as well.



⑦ If you use a polish-drying product, apply over top coat according to the manufacturer’s instructions. After the application, ask the client to be seated at a separate table with his or her hands under a nail dryer or seat the client comfortably away from your table. The drying time should be a minimum of 10 minutes.



⑧ Beautifully polished nails.



Check out miladypro.com for additional resources and training to enhance your technical skills. Keyword: *FutureCosPro*

REVIEW QUESTIONS

- 1 Define *scope of practice*.
- 2 Name the four types of professional nail tools required to perform a manicure.
- 3 What is the difference between multiuse and single-use implements?
- 4 What is the three-part procedure, and how is it used in the performance of the basic manicure?
- 5 Is a consultation necessary each time a client has a service in the salon? Why?
- 6 Name the basic nail shapes for women.
- 7 What is the most popular nail shape for men?
- 8 Which massage movement is most appropriate for a hand and arm massage? Why?
- 9 What is the difference between a basic manicure and a spa manicure?
- 10 How is aromatherapy used in manicuring services?
- 11 Explain the use and benefits of paraffin wax in manicuring.
- 12 What would be on the manicuring table if it were properly set up?
- 13 What are the steps in the post-service procedure?
- 14 What are the steps in a basic manicure procedure?
- 15 How is nail polish applied properly?

STUDY TOOLS

- **Reinforce what you just learned:** Complete the activities and exercises in your Theory or Practical Workbook, or your Study Guide.
- **Expand your knowledge:** Search for websites about the topics in this chapter and make a list of additional resources.
- **Study and prepare for your quiz:** Take the chapter test in your Exam Review or your Milady U: Online Licensing Prep.
- **Re-Test your knowledge:** Take the Chapter 25 Quizzes!
- **Learn even more:** Look up in a dictionary or search the internet for the definitions of any additional terms you want to learn about.

CHAPTER GLOSSARY

acetone	p. 862	A colorless, inflammable liquid; miscible with water, alcohol, and ether; and has a sweetish odor or burning taste. It is used as a solvent.
color blocking	p. 878	Nail art technique that blocks or sections off color on the nail.
color fading	p. 878	Also known as <i>color graduation</i> , this nail art technique is when one color fades into the other, and the meeting point is a combination of the two.
dimethyl urea hardeners DY-meth-il yoo-REE-uh hard-dn-ers	p. 865	A hardener that adds cross-links to the natural nail plate. Unlike others containing formaldehyde, DMU does not cause adverse skin reactions.
essential oils	p. 875	Oils extracted using various forms of distillation from the seeds, bark, roots, leaves, wood, and/or resin of plants.

fine-grit abrasives	p. 860	Abrasives 240 grit and higher designed for buffing, polishing, and removing very fine scratches.
French manicure	p. 877	When the nail bed is one color, such as pink, peach, or beige (depending upon the client's skin tone), and the free edge of the nail is another color, such as white.
friction	p. 872	Incorporates various strokes that manipulate or press one layer of tissue over another
implements	p. 856	Tools used to perform nail services. Implements can be multiuse or single-use.
lower-grit abrasives	p. 859	Boards and buffers less than 180 grit that quickly reduce the thickness of any surface.
manicure	p. 850	A cosmetic treatment of the hands involving cutting, shaping, and often painting of the nails, removal of the cuticles, and softening of the skin.
marbleizing	p. 878	A swirled nail art effect when you combine two or more colors while wet and then mix them on the nail with a stylus tool.
massage	p. 871	The manipulation of the soft tissues of the body.
medium-grit abrasives	p. 860	Boards and buffers 150 to 180 grit that are used to smooth and refine surfaces and shorten natural nails.
metal pusher	p. 856	A multiuse implement, made of stainless steel; used to push back the eponychium but can also be used to gently scrape cuticle tissue from the natural nail plate.
microtrauma	p. 856	The act of causing tiny, unseen openings in the skin that can allow entry by pathogenic microbes.
multiuse implements	p. 856	Also known as <i>reusable implements</i> ; implements that are generally stainless steel because they must be properly cleaned and disinfected between clients.
nail clippers	p. 857	A multiuse implement used to shorten the nail plate quickly and efficiently.
nail creams	p. 862	Barrier products that contain ingredients designed to seal the surface and hold subdermal moisture in the skin.
nail oils	p. 862	Products designed to absorb into the nail plate to increase flexibility and into the surrounding skin to soften.
nail nipper	p. 857	A stainless-steel implement used to carefully trim away dead skin around the nails.
oval nail	p. 869	A conservative nail shape that is thought to be attractive on most women's hands. It is similar to a squoval nail with even more rounded corners.
paraffin	p. 854	A petroleum by-product that has excellent sealing properties (barrier qualities) to hold moisture in the skin.
pointed nail	p. 869	Nail shape suited to thin hands with long fingers and narrow nail beds. The nail is tapered and longer than usual to emphasize and enhance the slender appearance of the hand.
protein hardener	p. 864	A combination of clear polish and protein, such as collagen.

round nail	p. 869	A slightly tapered nail shape; it usually extends just a bit past the fingertip.
scope of practice	p. 850	The list of services that you are legally allowed to perform in your specialty in your state.
service sets	p. 852	Sets of all the tools that will be used in a service.
single-use implements	p. 856	Also known as <i>disposable implements</i> ; implements that cannot be reused and must be thrown away after a single use.
smile line	p. 877	The curved line where the pink and the white meet each other on a French manicured nail.
square nail	p. 869	A nail shape completely straight across the free edge with no rounding at the outside edges.
squoval nail	p. 869	A nail shape with a square free edge that is rounded off at the corner edges.
stylus	p. 878	A tool with a solid handle with a rounded ball tip on each end that can range in size, used to create nail art.
wooden pusher	p. 858	A wooden stick used to remove cuticle tissue from the nail plate (by gently pushing), to clean under the free edge of the nail, or to apply products.