

The Academy of Nail Design's

MODULE 6



“Manicures & Spa Manicures”

Welcome to Module 6: *Manicures and Spa Manicures*

In this module we will be discussing **Professional Tools of the Trade**, **filing properly** and the **Basic & Spa manicure processes**.

In this Module you will be required to complete **Practice Client Sheets for Manicures** and for **Spa Manicures**.



We have attached the sample Practice Client sheet and Client Assessment form as print out files in your Module 6 Learning Environment.

Also, in your **Client Practice Sheet Area**, you'll find **instructions on how to upload your sheets along with your 'before' and 'after' pictures**.

Please be advised that incomplete sheets will not be assigned to your student desk and you will not receive full marks for them.

Please note along with the step by step pictures of basic and spa manicuring processes we have included in this print out material, you also have access to our HOW-TO manicuring video within your Learning Environment. We suggest watching the video all the way through while making your own notes, then you can print out the printout material, and then along with your notes, use as a guide when you start your practice applications.

As with this and several of our other modules included in this entire program, we encourage you to conduct your own independent research on any of the subjects. This independent research will assist you with several of your Module Assignments.

Every time you see this icon –



It means we recommend taking some time to do research outside of the material we have presented to you in order for you to reach a higher level of understanding. Use the library or the internet, or interview local salon owners or working nail professionals. Get their opinions or background on how they got into this field. What trials and tribulations did they face? How did they overcome them?

Answer the questions posed within the module on the ‘**Additional Notes**’ pages included with your study guide.

We’ve found that a common thread between our most successful students is that they use this program as a steppingstone and spend a lot of time exploring the entire industry above and beyond this program. We encourage you to do the same.

Once you feel confident in the material presented in the study guide and online lesson, log into your student desk and take the corresponding test and complete your assignments.

Manicures & Spa Manicures

The Tools of the Trade

To ensure safety, before beginning any nail service we encourage you to get to know your professional tools and products inside and out.

Tools (or *implements* as nail professionals refer to them as) are a nail professional's best friend *or* worst enemy. You will find implements to be extremely useful and realize you could never live without them, but these same implements may also become extremely dangerous in the wrong hands or if used improperly.



When you decide to start your career, there are several implements and products you will need to purchase. As time goes by, you can invest your money in more and higher quality items. But when first starting out, it is always best to buy what you need, the basics, and purchase these items at a reasonable price.

You won't need the biggest and the best when you first start out, no matter what the salesperson may say. Always buy within a range that you feel comfortable with. Once you become successful you can always upgrade.

Now this does not mean buy cheap implements or tools. Cheap tools in the long run will cost you more, with breakdowns and/or replacement. You don't want your tools breaking down in the middle of a service with a client, so remember even when following a budget to buy reliable products and implements.

Play with a variety of implements to determine what is right for you. Not everyone feels comfortable with the same items.

We have included in this study guide a list of implements and products that you will require to perform natural nail manicures and Spa manicures – most of which are included in our professional kit. We do, however, in the Spa manicuring portion of the program, advise students to explore the many amazing Spa lines that are now available in today's market. Or even try your hand at creating your own spa recipes right at home with wholesome and healthy ingredients.

There are a number of items that are *essential to all services* (manicures, pedicures, and all enhancement applications), these items will be asterisked (*) so you will know that these products or implements are required for all services and you don't need additional items if you choose to provide other services. For example, a cuticle pusher will be used for natural manicures, pedicures *and* acrylic enhancements! There is no need to buy three of the same items.

Professional's Shopping List

Let's discuss the products and implements you'll require to perform a natural nail manicure.

Natural Manicures

A *manicure bowl* – get creative! Water soak-based manicures are not for every client, but if you do choose to perform them remember to not soak for more than 5 minutes and find an amazing one of a kind bowl that keeps clients amused while having their service performed. Just make sure it is easy to clean and disinfect properly.



Sanitizing soak – this product will ensure client's hands are beautifully sanitized while they briefly soak. There are many liquid types of soaks available and all come in a wide variety of fragrances that any client will be able to find their favourite.

*Cuticle nippers** – these are sharp, angled implements that are designed to gently remove dead skin and cuticle as well as skin tags from the client's fingers or toes.



REMEMBER YOU ARE TO NEVER CUT LIVING TISSUE!

Cuticle nippers come in a variety of sizes, measured by the 'jaw' area of the implement. Some nail professionals prefer a half jaw or a full jaw area – choose the size that you feel comfortable using.

What is cuticle?

One of the biggest misconceptions in the nail industry is what exactly is cuticle, and do you cut it? As a nail professional you will learn all the parts of the nail and how all the anatomy of the nail work together to function properly. But for the safety of yourself we'll briefly discuss this important part of the nail.

Cuticle is the dead skin that adheres to the nail plate as the eponychium grows out and folds back upon itself. This thin layer of dead skin is actually the bottom layer of the eponychium and is transparent and not always visible to the naked eye. In fact, often the only way to see it is to scrape a cuticle pusher gently along your nail plate. You'll see white flakes of dead skin as you scrape. This is cuticle and it can be safely removed from the nail plate, by physical or product means. In fact, it is a good practice to remove cuticle, as if left could lead to hangnails and splitting skin.

**note that the cuticle pusher is used in a forward motion gently up one side of the nail then the other side, always towards the client. Cuticle nippers are to be used only to nip away cuticle or dead skin. Gently close the jaws around the skin and quickly nip towards you. NEVER PULL UP TOWARDS THE CLIENT – THIS COULD CAUSE TEARING OF THE SKIN.*

A lot of people believe the **eponychium** is the actual cuticle and that it should be cut. The eponychium (also known as one of the three "Guardian" seals of the nail) is actual living tissue and you never want to cut living tissue. In fact, the only folks legally able to cut skin are doctors or surgeons, so keep this in

mind when faced with this question. Cutting this or any part of the nail will leave you or your client with broken skin. Breaking this protective seal that is designed to protect your body could create a gateway to infection and a host of other issues.

Research Eponychium so you'll understand the true definition and its importance to the health of your natural nail.

RESEARCH EPONYCHIUM



Removing cuticle is important for two reasons. Nail products don't stick to skin and even though it is dead skin, the cuticle is still skin and if not removed will interfere with any nail product that you apply. And if left to its own natural growth, the cuticle would continue to grow out toward the free edge of your nail plate and along the way tend to get dry and tear – this is known as a hangnail. Avoiding hangnails, which could get infected, is always a good practice.

When we talk about “removing cuticle” what is actually meant is we generally use a cuticle softening agent (cream, gel or oil), then gently push it back off the nail plate with a cuticle pusher. After pushing back the cuticle from the nail plate, we then use cuticle nippers to safely and gently nip away the lifted dead skin. There really isn't any “cutting” involved.

Cuticle pusher and orangewood sticks – cuticle pushers can be made of stainless steel, plastic or stone. We recommend using whichever one you feel most confident with while working on a client, as long as it is effective and can be cleaned and disinfected/sterilized.

Orangewood sticks are effective for some parts of the manicure process such as cleaning up polish mishaps, and cleaning underneath the free edge. Remember they are “one time use only” items, which means they must be thrown away after using on a client. **NEVER RE-USE ON DIFFERENT CLIENTS!**



*Lint-free cotton balls or pads** – always try to use lint-free otherwise small particles of lint will be showing up in your polish job, on the client's nails and in your other products which can lead to frustrating re-dos.

*Acetone and/or non-acetone polish remover** – always have both acetone and non-acetone polish removers on hand. You'll require both; as acetone dissolves a number of nail products such as; resins, fiberglass and acrylic enhancements and shouldn't be used on clients wearing these types of products.

*Paper towels** you will use paper towels in various different situations

Cuticle remover (cream or gel)* – are designed to loosen the true cuticle off the nail plate so that you can gently lift it with a cuticle pusher and remove it with cuticle nippers. Choose a product that is gentle yet effective.



*Cuticle oil** – choose a high-quality cuticle oil that smells wonderful and works well. Because all clients could benefit from the added moisturizing, this is an excellent retail item.



*Nail files (fine and medium grit)** – nothing stronger than a 240 grit nail file should be used on a natural nail

RESEARCH FILE GRITS



What is file grit and why is it important? Nail files, the same as sandpaper, come in a variety of different strengths. Nail files use the same grit system as sandpaper. The **lower** the grit number of the nail file the **stronger** the nail file. The **higher** the grit number the **gentler** the file.

So, a nail file we would use to file a hard product such as an acrylic enhancement would have a grit number like 80, 100 or 180. While a nail file we may use to buff up the shine on a natural nail may be 1200 or even 4000.

What about “sanitizable” files? As you would learn in our professional program, within the different levels of decontamination, sanitized **is NOT** the ideal level of decontamination for re-useable personal use salon implements, therefore just because a nail file states it can be “sanitized” doesn't mean this is the safe, professional choice. We recommend not spending your money on these more expensive files. Stick to the one time use disposable files for sanitation and safety.



*Natural nail buffer, 3 way buffer or chamois** – used for buffing nails to a high shine; typically used in men’s manicure services in lieu of polish.

Skin exfoliant – Exfoliating agents aid in sloughing off dead skin on the arms, hands, feet and legs which allows other treatment products the ability to penetrate better. Exfoliants can contain mild abrasives such as sand, sugar, salt or even crushed nut shells.





*Massage lotion or oil** – choose a quality massage oil or lotion that contains mild and soothing ingredients and nothing that may cause an allergic reaction in any of your clients. Have on hand both lotion and oil as some client prefer to be massaged with lotion and others oil.

*Nail brush** – this brush is used for removing dust or filings, and/or scrubbing under free edges when client's wash their hands. Choose a brush with synthetic bristles that can be disinfected.

*Terry cloth towels**

Polish corrector stick – these are excellent items for cleaning up polish mishaps and carving out French smile lines.



*Base coat** – base coats generally come in two different categories. The first type is Ridge Filler which is a base coat that is designed to smooth out ridges on natural nail plates. The second is more of a 'sticky' base coat that acts like two side tape adhering to the nail plate and the polish designed for longer lasting polish wear.

*UV protective top coat** – always finish your polishing with a UV protecting topcoat. Rays from the sun can affect the wear, colour, and length of wear for most polish colours and a top coat that includes a UV factor can prevent these problems.



Paraffin – paraffin is a great, relaxing add on to many of your nail services.

Paraffin is a wax substance that is heated in a professional paraffin warmer.

After applying a skin moisturizing treatment to your client's hands in order to assist the treatment to penetrate deeper you would then cover the hands in paraffin, wrap in plastic and then slip into heated mitts.

Typically, clients would dip their hands right into the paraffin warmer, but recent thoughts are that this could actual be unsanitary (debate still out on the subject) so professionals now pour a small amount of paraffin into a paraffin bag and cover the client's hand.



Electric Mittens – These are excellent for creating specialty add on services in your spa manicure services. Apply a generous coat of moisturizing hand lotion, apply paraffin and slip hands into these electric mitts for about 5-8 minutes.

Shopping for professional products and implements can be a fun and an enjoyable experience. Be sure to try out as many products from as many different manufacturers as possible so you know that you are giving your clients the best products available.

Always ask manufacturers for sample products before buying, or if samples aren't available, then buy a small quantity at first until you are sure that this is the product that is right for you and your clientele.

Filing Natural Nails Properly

As we learned in anatomy, nails are delicate structures. All the parts work together to help grow and maintain a healthy nail. Any excess pressure, heat etc. can throw that delicate balance off. Most damage that occurs to client's natural nails is usually a result of improper filing. Permanent damage can be caused to natural nails if you do not follow proper guidelines when handling natural nails.

Here are a few simple rules to follow when filing natural nails. These rules apply to both natural manicures as well as preparing nail plates for enhancement applications.

1. Remember to avoid filing or shaping wet nails. Because water causes nail cells to expand (**as we learned previously in Module 2, nails are permeable**), wet nails are more susceptible to damage.

Therefore, if performing a water manicure always file and shape the nails *before* soaking them and do not soak them for more than 5 minutes.



2. Always file natural nails with nothing stronger than a fine or medium grit emery board – this means the grit strength is no stronger than a 240. Tilt the emery board slightly under and work along the free edge.
3. Work from the outside to the center in one direction.
4. Use quick short strokes that move away from the nail not into it.
5. Do not file back and forth continuously as this motion could throw the nail plate off its ridges and tear the free edge (**unless you have invested in a glass or crystal file which has been designed to use back and forth on a natural nail without causing damage**).
6. Do not file into the corners of the nail, this could also cause damage. Always start your shaping 1/16 of an inch away from the nail groove, even if the client desires a very pointed shape. Keep in mind the more natural the shape of the nail the stronger it will be.

7. When smoothing out ridges on top of the nail plate, use a grit no stronger than a Gold Block buffer, and lightly work back and forth across the free edge.



8. When buffing a natural nail use a 3-way buffer or a chamois. Work the buffer gently in a side-to-side motion over the entire nail making sure that you are continuously moving the buffer. If you buff too hard or too fast the client will feel a **burning sensation** which means you are using too much pressure and may be causing damage to the natural nail leading to peeling, cracking and splitting. Try using a drop of cuticle oil or water as a lubricant when buffing.



Remember when filing, shaping, smoothing or buffing, it is your job to maintain natural nail health and strength, so always use the utmost caution.

Manicures

After you have an understanding of basic anatomy, skin and the anatomy of the nail, their functions and how they work, you are now able to move to the next step, which is **basic manicuring**. It may seem that there are as many different types of manicuring procedures as there are clients, but for the purposes of this course we will concentrate only on the **basic and spa manicure**. Please feel free to experiment with different techniques and products as you advance. There are many add-on services that can not only add to your clients' pleasure but also to your bottom line.

An exceptional manicure can take little time and please a client tremendously. It can be enjoyable, relaxing and beneficial. It is the best time to teach clients about their nails, and discuss any problems or concerns they may have, or introduce your clients to the variety of other services and/or products that you may offer. Many clients see a manicure as an inexpensive, quick "pick-me-up".



*Think about your last manicure experience –
What did you like? What didn't you like?
What would you have done to improve the service?*

A good time reference for a **basic manicure** is anywhere from **30 - 45** minutes.

This time variance depends on several factors:

- whether or not the client has been to your salon before
- the condition of the client's nails and hands
- the best suited manicure service for the client
- the types of products you use
- the amount of time the client has (some clients prefer short and sweet while others prefer a longer more luxurious visit.)
- the polish drying time

To Begin and Setting the Mood...

As always you must keep your workstation impeccably clean and organized. Avoid having too many items and containers on top of your desk it looks cluttered, unprofessional and makes your workstation hard to clean as these things collect dust.

Your tools must be properly sterilized or properly disinfected (see **Chemical and Salon Safety module**) and keep an adequate number of “one-time use” items stocked for each new client.

Try to keep the atmosphere quiet and professional. Perhaps have soft music playing and/or soft lighting (keep it light enough so that you can still see what you’re doing), remember this may be the one service your client splurges on for him/herself and their only chance to relax during their hectic week. They are looking forward to this service, so try to make it as enjoyable of an experience as possible for both yourself and the client.

Offer your client a beverage of some sort. Perhaps something cool in the hot summer and maybe a relaxing herbal tea in the winter months. The key is to have your client as relaxed as possible for their service.

If it is the client’s first visit to the salon, ask them to fill out the Client Contact information on the top of the Client Assessment Card (see **the Client Assessment Module 4**).

Once they have finished, sanitize both yours and your client’s hands. Now it is time to have a look at their hands and nails. Remember you are treating their hands and skin as well as their nails, so a full assessment must be done on both.



Discuss any concerns the client may have, any allergies, skin or nail problems before moving on to the style and shape they prefer for their nails. It is very important to note to the client any contagious or serious problems (see **Nail Disease and Disorders Module 3**). It is best not to proceed with a service if you have a concern. Inform the client of your concerns and refer them to the proper professional (try not to alarm the client if it is not an emergency situation). You may lose a service that day, but you will win the client’s trust and hopefully loyalty and he/she will return once the problem has been dealt with. Always request a Doctor’s note for returning clients.

When dealing with any concerns, assessments and what it is exactly the client wants, it is better to be realistic right from the beginning with clients about what you are able to do and not do.

Don’t agree to a service that is impossible just to make a sale because at the end, the client will be disappointed and probably not return. Try to think long term. A service that may seem impossible now, may be a reality in the future with little care and maintenance. Explaining this to the client before the service will gain their trust and hopefully help to educate them in what they can do for their part to reach their desired goal.

Have your client choose a polish color and it is time to begin the service.

For a basic manicure prepare the following:

Required Materials

- a manicure bowl
- lint-free cotton pads
- antibacterial soap and hand sanitizer
- polish remover
- cuticle nippers
- orange wood stick* or a metal or plastic cuticle pusher
- Gold and white block buffers*
- 3-way nail buffer*
- medium to fine grit nail files*
- nail clippers
- a nail brush
- cuticle oil
- massage oil or cream
- base and top coat



**These items are "one-time use" items*

Basic Manicure Procedure

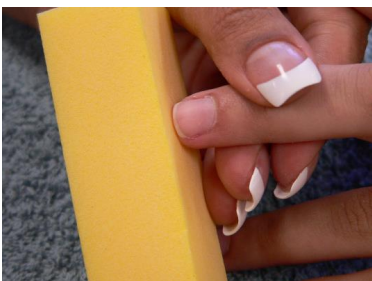
To begin:



1. After your client has washed their hands, remove any old polish or nail coating they may have on their nails, by dampening a lint free cotton pad with polish remover and swipe off the product starting from the cuticle area down to the free edge of the nail. Keep remover away from the client's cuticle and surrounding skin.



2. File and shape the clients nails to their specifications, keep in mind the more natural shape the less chance of breakage or damage to the natural nail. Use a medium grit file to shape the nail. File and shape the nails properly (see **Filing Properly**).



3. Smooth the free edge by gently buffing with a gold block buffer.

4. Apply a small amount of cuticle cream remover product to the cuticles, massage and allow the product to sit for the prescribed amount of time determined by the manufacturer.

If you decide to soak the nails, do not soak for longer than 5 minutes.

5. Follow steps 1 - 4 for the other hand.



6. Remove the cuticle remover with a bit of soap and water and a terry cloth towel. You can even give them a quick, gentle scrub with a nail brush and antibacterial soap.

Then use your orangewood stick or cuticle pusher to gently manipulate the cuticle back from the nail plate. **DO NOT** over-do this step! If the client's cuticles are in very bad shape explain to them that it may take several visits to get their cuticles in tip top shape and suggest an AHA based cuticle softener and a cuticle oil for home use between visits.



7. Use your cuticle nippers to remove any tags of cuticle skin. **DO NOT** cut the eponychium as it provides a seal to protect the matrix where the nail is formed and cutting this sensitive area may lead to infection and permanent damage.

As a reminder keep in mind what happens to skin if it is cut – scar tissue forms which is thicker than normal skin, this in itself defeats the purpose of old school (and dangerous) thinking by cutting away this skin.



8. Put a generous drop of cuticle oil on each nail and use your natural buffer to buff up a shine on the nail. **DO NOT** over buff as this will cause burning and dry out the nail.

9. Add another drop of cuticle oil to each nail and gently massage the matrix area. This will help stimulate the area and promote healthy growth.



10. Apply moisturizing cream or oil to the hand and massage fingers, hands, wrist and forearm.



11. When finished with the massage, wrap the hand in a warm towel and set to one side.

12. Repeat steps 6 – 11 on the other hand.

13. Once both hands have been massaged, use a small lint free cotton pad dampened with a nail plate cleansing product specifically designed to remove oil and moisture from the nail plate (Creative Nail Design's ScrubFresh™ is an excellent example) and wipe off any excess oil or cream off each nail. If left on the nail plate oil/cream and moisture will interfere with the adhesion of the polish. You are now ready to polish the nails.

14. Ring in the client's bill and book her next appointment so that she won't have to go digging around for money with wet polish on her nails.



15. Start with a ridge filler or a sticky base coat. Ridge filler helps to smooth out and ridges on the nails and sticky base coat acts like two-sided tape for the nail and the polish. Both products are designed to keep the polish from staining the nail. Choose whichever product is appropriate for the client.

16. Allow a short drying time (both products are designed to dry quickly).



17. Polish nails according to the 3-stroke technique (start with a thin line down the center of the nail and follow with a full stroke on either side of the nail. This technique takes practice to perfect, but once you do it will enable you to speed up your polishing time and make sure you have full and adequate polish coverage).



Allow a few minutes drying time between coats. If you get polish on the client's skin or cuticle, use an orangewood stick wrapped in cotton and saturated with polish remover to remove. Remember to always use a new piece of cotton for each nail, as reusing a piece of cotton for this purpose is unsanitary. Or try a polish corrector stick.



18. Apply a fast-drying UV top coat, which will prevent chipping, yellowing and give the nails a glossy look. Inform the client of the manufacture's allotted drying time (approximately 15 minutes).

Now your clients have a beautiful set of manicured hands! Don't forget to advise them on homecare and offer retail solutions to suit their desires as discussed in your consultation.



Spa Manicuring

Due to the ever-increasing demand for exception natural nail services there has been an explosion in the spa manicuring. Spa Manicure lines are now available from almost all leading manufacturers, which means you have several products and lines to choose from. Several leading manufacturers have created amazing and wonderful products that rival the finest and highest quality facial lines, or you can have a great time creating natural nail care recipes yourself.

*In order to create an amazing Spa manicure service, we first start with a simple question –
What makes the difference between a **Basic manicure** and a **Spa manicure**?*

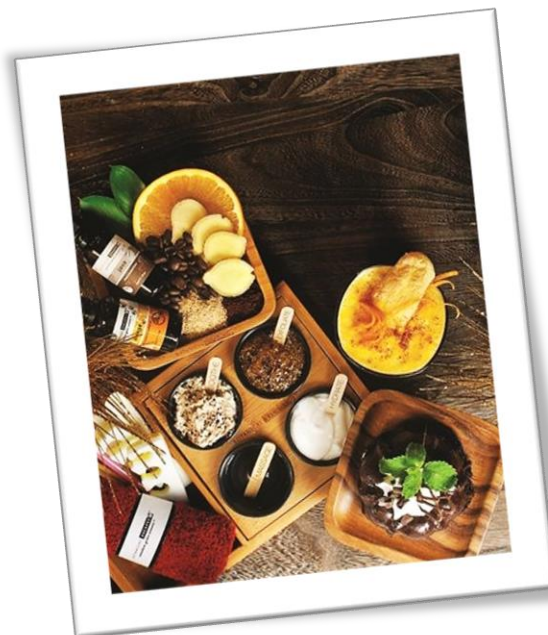
Typically, Spa Manicures have been named so for the longer more luxurious time spent caring for the nails and hands. There is also more of a focus on the client's skin of both the arms and hands as well as nail care.

Higher priced and quality products are generally used and the space that is dedicated to providing these services should also reflect the quality of the service.

It is hard to relax totally and enjoy a full Spa service if it is being performed in a high traffic nail salon.



Do some research and create some Spa recipes of your very own.



Spa Manicure Process

To begin with the Spa manicure, have the client wash their hands, choose a polish color, sanitize your hands and complete a Client Assessment form.

You will need the following materials:

Required Materials

- a manicure bowl
- lint free cotton pads
- antibacterial soap and hand sanitizer
- polish remover
- cuticle nippers
- orangewood stick* or a metal or plastic cuticle pusher
- Gold and white block buffers*
- 3-way nail buffer*
- medium to fine grit nail files*
- nail clippers
- a nail brush
- grapeseed treatment oil
- exfoliating scrub or exfoliating crystals
- cuticle remover or cuticle cream
- cuticle oil
- paraffin pot (if available)
- plastic wrap
- electric mittens (if available)
- high quality massage lotion or oil
- base and top coat

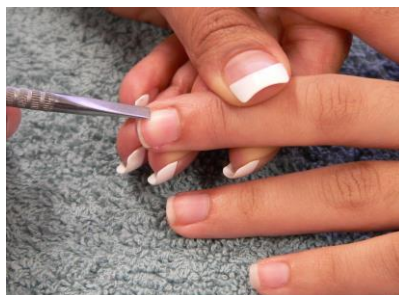


Spa Manicure Procedure

To begin:



1. Remove any old polish or nail coating the client may have on their nails, by dampening a lint-free cotton pad with polish remover and swipe off the product starting from the cuticle area down to the free edge of the nail. Keep remover away from the client's cuticle.



2. Apply cuticle remover to the cuticles of the client's right hand. Massage in and gently ease back the true cuticle with an orangewood stick or cuticle pusher. Wipe off excess product with a paper towel.



3. File and shape the client's nails to their specifications, keep in mind the more natural shape the less chance of breakage or damage to the natural nail. Use a medium grit file to shape the nail and file the nails properly (see **Filing Properly**).

4. Apply a drop of cuticle oil to the cuticles. Massage matrix area. If performing a **waterless manicure** wrap hand in a warmed towel and place to the side or into a hot oil bath for a **hot oil manicure**.



If performing a **water spa manicure** fill your manicure bowl with warm water and an aromatic, sanitizing soak. Add some colorful glass beads, seashells or any fanciful items for the client to play with during their service. **Do not soak for longer than 5 minutes.**

5. Follow the same steps for the other hand.

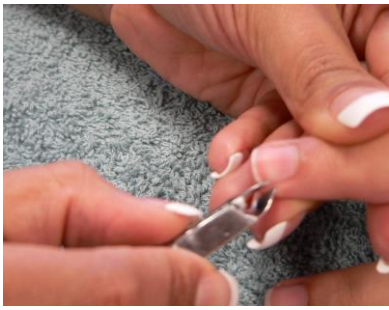
6. Remove the first hand from the manicure bowl, warmed towel or hot oil.



7. Apply a generous amount of exfoliating scrub or Mango hand peel crystals to the right hand and gently massage into the forearm, hand and fingers. Remove scrub with a warm moist towel. Repeat on the other hand.

8. Apply a generous amount of penetrating grapeseed oil on both hands and follow manufacturer's directions for use. If available apply paraffin to both hands, wrap in plastic wrap and place both hands into the electric mittens for approximately 10 minutes. Remove paraffin and excess product with a warm moist towel. If there is no paraffin wrap hands in a warmed towel to allow the product to penetrate deeply.





9. Remove the hands from the paraffin or warmed towels and use your cuticle nippers to remove any tags of cuticle skin.

DO NOT cut the eponychium as it provides a seal to protect the matrix where the nail is formed and cutting this sensitive area may lead to infection and permanent damage. To As a reminder keep in mind what happens to skin if it is cut - scar tissue forms which is thicker than normal skin, this in itself defeats the purpose of old school (and dangerous) thinking by cutting away this skin.



10. Put a generous drop of cuticle oil on each nail and use your natural buffer to buff up a shine on the nail. **DO NOT** over buff as this will cause burning and dry out the nail.

11. Add another drop of cuticle oil to each nail and gently massage the matrix area. This will help stimulate the area and promote healthy growth.

12. Apply moisturizing cream or oil to the hand and massage fingers, hands, wrist and forearm. Extend your typical manicure massage time by an extra 5-10 minutes.



13. When finished with the massage, wrap the hand in a warm towel and set to one side.

14. Repeat steps on the other hand.



15. Once both hands have been massaged, use a small lint free cotton pad dampened with polish remover, acetone or a nail plate dehydrating product specifically designed to remove oil and moisture from the nail plate and wipe off any excess oil or cream off each nail. If left on the nail plate these products will interfere with the adhesion of the polish. You are now ready to polish the nails.

16. Ring in the client's bill and book her next appointment so that she won't have to go digging around for money with wet polish on her nails.

17. Start with a ridge filler or a sticky base coat. Ridge filler helps to smooth out the nails and sticky base coat acts like two-sided tape for the nail and the polish. Both products are designed to keep the polish from staining the nail. Choose whichever product is appropriate for the client.

18. Allow a short drying time (both products are designed to dry quickly).



19. Polish nails according to the 3-stroke technique. Allow a few minutes drying time between coats. If you get polish on the client's skin or cuticle, use an orangewood stick wrapped in cotton and saturated with polish remover to remove or a polish remover pen. Always use a new piece of cotton as reusing a piece of cotton is unsanitary.



20. Apply a fast-drying UV topcoat, which will prevent chipping, yellowing and give the nails a glossy look. Inform the client of the manufacture's allotted drying time (approximately 15 minutes).

As with a basic manicure, now your client has been able to enjoy an amazing spa manicure service. Once again advise him/her on homecare and be sure they leave with the best retail solutions for their needs.

Additional Notes

These Additional Module pages are for you to answer the extra questions we asked within the module and to be adding your research notes.

