

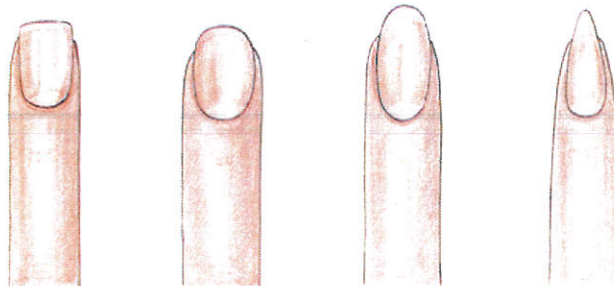
Manicures

Name: _____

1. How did ancient civilizations regard long, polished and colored fingernails?
2. The word manicure is derived from the Latin _____ (hand) and _____ (care), which means the care of the hands and nails.
3. What is the purpose of a manicure?

Shapes of nails

4. The four nail shapes are:



5. For a more natural effect, the shape of the nail should conform to that of the _____.
6. Which nail shape fits most hands? _____
7. Why do people who work with their hands usually require shorter, rounder nails?

Equipment and Implements

- 8. A _____ shapes the free edge.
- 9. An _____ is used for loosening cuticle, for working around the nail.
- 10. A _____ is used for holding warm, soapy water.
- 11. An _____ is used for shaping the free edge of the nail.

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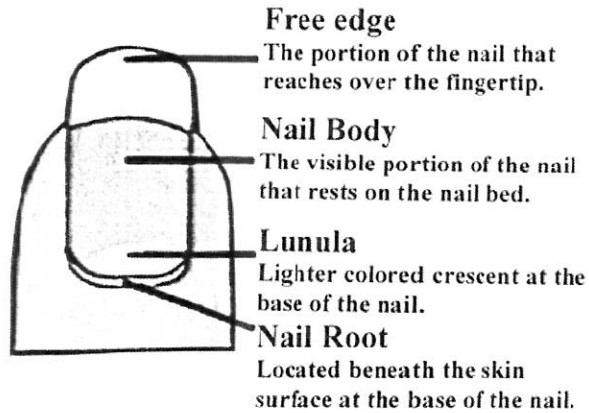
- 12. The technical term for the nail is _____.
- 13. The _____ is an appendage of the skin (something that is attached to or grows from the skin).
- 14. What is the purpose of the nail?
- 15. The color of a healthy nail is _____, and its surface is smooth, _____, and unspotted.

The nail

- 16. The nail is made up mainly of a protein called _____. In appearance, the nail is whitish and _____. The nail plate contains no nerves or _____ vessels, and therefore it does not hurt when we cut our nails.
- 17. The 3 parts of the nail are the:
 - a. _____
 - b. _____
 - c. _____
- 18. The visible portion of the nail is the nail _____. It extends from the nail root to the _____.
- 19. The nail _____ is located at the base of the nail and is embedded beneath the skin surface.

20. The end portion of the nail that reaches over the fingertips is the _____.
21. The _____ of half-moon is located at the base of the nail.

ANATOMY OF THE NAIL



Nail Growth

22. Three items that influence nail growth are:
- a. _____
 - b. _____
 - c. _____
23. Nails, on an average, grow _____ of an inch or _____ cm per month.
24. Nails grow faster in the _____ season than in winter, and faster on _____ than adults.
25. Briefly describe what a Hangnail is?

PROCEDURE FOR A MINI MANICURE

1. Prepare table
 - disinfect tabletop
 - towel and cushion on table
 - arrange table
2. Seat client
3. **WASH HANDS**
4. Remove old nail polish
 - hold on for a few seconds then draw forward
5. Shape nails
 - discuss nail shape
 - use rough side of emery board
 - file from corner to center
6. Soak hand to soften cuticle
7. Dry fingertips
8. Apply cuticle remover
9. Loosen cuticle
 - use orangewood stick covered with cotton
10. Apply cuticle oil to the cuticle, work into cuticle (repeat steps 7 - 11 on right hand)

- Rinse oil off nails
- Dry finger tips well

COMPLETION STEPS

- Bevel the nails (fine side of emery board)
- Clean under free edge (using a metal file)
- Buff nails
- apply base coat
- apply liquid polish (2 coats)
- remove excess polish
- apply top
- clean up (sanitize all manicure implements)

Setup

- Towels for table
- Nail Polish Remover, Implements, Supplies
- Nail Polish
- Implements: Orange wood stick, emery

Reminders:

- Loosen lids of bottles before starting.
- Always begin with left hand and work from little finger to thumb, then do right hand little finger to thumb.
- **Soak left hand while shaping right hand.**

SET-UP FOR MANICURE TABLE

