

Chapter 25: Manicuring

Cosmetologists should study and have a thorough understanding of manicuring because you will be able to offer your clients a service they want and will enjoy, you should be able to easily recognize manicuring tools and how they are used, and you will be able to perform a manicure safely and correctly.

NAIL TECHNOLOGY TOOLS (p. 795-803)

- **Equipment-** all permanent tools that are not implements that are used to perform nail services
 - **Manicure table-** usually has one or more drawers and shelves (with or without doors) for properly storing disinfected implements and professional products
 - **Adjustable lamp-** lamp attached to the table; uses 40-60watt bulb or fluorescent bulb (cooler)
 - **Cosmetologist's and Client Chairs-** cosmetologist's chair should be chosen for comfort, durability, resistance to staining, and ease of cleaning; has wheels for maneuverability and hydraulics for height adjustment; Client chair should be comfortable and durable; should have no arms or low arms so client can be moved close to the table
 - **Gloves-** personal protective equipment (PPEs) worn to protect the cosmetologist from exposure to microbes
 - **Finger bowls-**used for soaking the client's fingers in warm water to soften the skin and cuticles; can be made of plastic, metal, glass, or even ceramic
 - **Disinfection Container-** large enough container to hold sufficient liquid disinfectant solution to completely immerse several service sets (handles must be able to be submersed as well); usually come with a lid to keep solution from being contaminated and a lifting tray; tools should be rinsed and air or towel dried according to manufacturer's directions and state regulations
 - **Client's Arm Cushion-** an 8-12 inch cushion that be cleaned with soap and water; it must covered with a fresh, clean towel for each client; a clean towel that is folded or rolled may be used in place of a store-bought cushion
 - **Service cushion (optional)-**a foam cushion that is higher in the center and lower on the ends that is placed between the client and the cosmetologist for comfort; must be fully covered with a clean towel throughout each service
 - **Gauze and Cotton Wipe Container-** holds absorbent cotton, lint-free wipes, or gauze squares for use during the service; must have a lid to protect from dust and contaminants
 - **Trash containers-** metal container with a self-closing lid operated by a foot pedal should be located next to your work station; lined with a disposable trash bag and closed when not in use; emptied at the end of each work day and cleaned and disinfected often
 - **Supply Tray (optional)-** sturdy tray to hold polishes, polish removers, and creams; should be sturdy and easy to clean; clean and disinfect this tray between clients
 - **Ultraviolet or Electric Nail Polish Dryer (optional)-** a nail polisher is designed to shorten the time necessary for a client's nail polish to dry
 - **Electric Hand/Foot Mitts-** heated mitts available for the hands and feet that aid in the penetration of conditioning ingredients

- **Terry Cloth Mitts (optional)**- washable mitts placed over a client's hands or feet after a conditioning product has been applied; often used after paraffin treatment
- **Paraffin Bath (optional)**- a paraffin tub has an automatic thermostat that will maintain the paraffin at the ideal temperature; hands/feet are usually dipped into the tub, sealing in the body's moisture and allowing better penetration of applied products
- **Implements**- tools used to perform your services
 - **Reusable (also called multiuse implements)**- are generally made of stainless steel because they have to be disinfected and other metals can corrode during disinfection
 - **Disposable (also called single-use implements)**- cannot be reused as they cannot be cleaned; thrown away after a single use
 - **Metal pusher**- made of stainless steel; used to gently scrape cuticle tissue from the natural nail plate; it is NOT to be used to push back the eponychium; improper use can cause microscopic damage (called microtrauma)
 - **Nippers**- stainless steel implement used to carefully trim away dead skin around the nails
 - **Tweezers**- must be stainless steel; used for lifting small bits of debris from the nail plate, retrieving and placing nail art, removing implements from disinfecting solution, etc...
 - **Nail Clippers**- must be stainless steel; need to be disinfected; used to quickly and efficiently trim the free edge
- **Disposable Implements**
 - **Brushes and applicators**
 - **Wooden Pusher**- used to remove cuticle tissue from the nail plate, to clean under the free edge of the nail, or to apply products
 - **Nail Brush**- used by clients during hand washing before manicure, used by cosmetologists for hand washing between clients, used during manicure to remove debris from the nail plate, and to scrub the implements clean before disinfection
 - **Application Brush**- can be used to apply oils, polish, or treatments; recommended to buy disposable ones to prevent bacterial growth
- **Materials** are supplies that are designed to be used once and replaced for each client; they are not reusable
 - **Abrasive Nail Files and Buffers**- generally single-use only; come in a range of grits; the lower the grit the more abrasive the particles and the more aggressive the action; lower-grit abrasives (less than 180) should not be used on natural nails; be sure to "file prep" each file (use another clean file to remove the sharp edge so a client cannot get cut)
 - **Two-way or Three-way Buffer**- replaces the chamois and creates a beautiful shine on nails; start with the lowest grit, move to the larger grit and finish with the polishing (no grit); usually used on natural nails
 - **Single-use or Terry cloth towels**- must be laundered between clients; paper towels must be thrown away; white towels are best because they can be bleached

- **Gauze, Cotton Balls, or Plastic-backed Pads-** used for removal of nail polish
- **Plastic or Metal Spatulas-**disposable plastic or reusable metal spatulas must be used to remove products from their container; get a new spatula if one comes into contact with the client's skin; do not use the same spatula in different containers

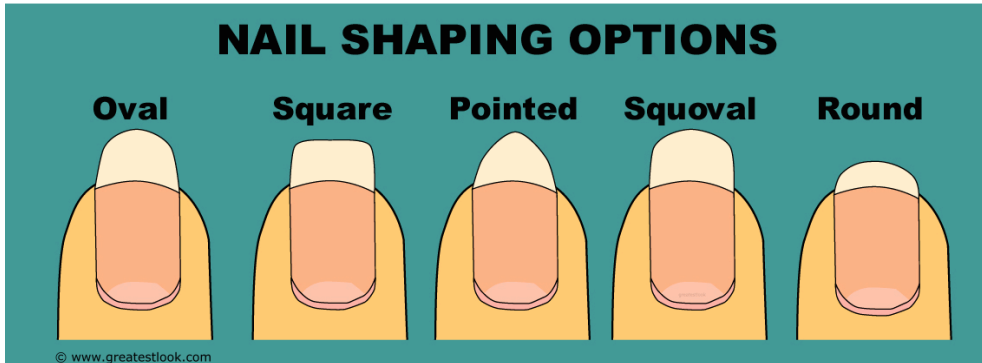
PROFESSIONAL COSMETIC PRODUCTS (p. 803-807)

- **Soap-** used to clean the cosmetologist's and client's hands before a service begins; acts as an infection control tool; mechanically removes over 90% of microbes and debris when done properly
- **Polish remover-** dissolve and remove nail polish; two types are acetone and non-acetone; acetone works more quickly while non-acetone will not hurt nail enhancements
- **Nail Creams, Lotions, and Oils-**products designed to soften the dry skin around the nail plate and to increase the flexibility of natural nails; very good on dry and brittle nails; **nail creams** are barrier products that seal the surface of the skin and hold in moisture; **nail oils** absorb oil into the nail plate to increase flexibility and to soften and moisturize the surrounding skin
- **Cuticle Removers-** designed to loosen and dissolve dead tissue on the nail plate so it can be more easily and thoroughly removed from the nail plate ; use as directed
- **Nail bleach-** applied to the nail plate and under the free edge to remove yellow surface discoloration or stain; use according to directions as it can cause skin damage
- **Colored Polish, Enamel, Lacquer, or Varnish-** colored coatings applied to the natural nail plate
- **Base Coat-** colorless layer applied to the natural nail or nail enhancement to improve the adhesion of polish; prevents polish from staining the natural nail
- **Nail Hardener-** used to improve the surface hardness or durability of weak or thin nail plates; can sometimes prevent splitting or peeling of nail plate; can be applied before the base coat or after the top coat according to manufacturer's directions
 - **Protein hardeners-** combination of clear polish and protein; provide a clear hard coating but does not change the natural nail plate itself
 - **Dimethyl urea hardeners-** use dimethyl urea (DMU) to add cross-links to the natural nail plate
- **Top Coat-** applied over colored polish to prevent chipping and to add shine to the finished nail; sometimes nail polish drying accelerators are used over a top coat to dramatically shorten drying time
- **Hand Creams and Lotions-** creams make the skin on hands less prone to drying or cracking; lotions penetrate deeper and may treat lower levels of the epidermis
- **Nail conditioners-** reduce brittleness of the nail; best applied at night before bed
- **Sunscreens-** protect the skin from damage

THE BASIC MANICURE (p. 807-810)

- **Hand washing**- prevents the spread of communicable diseases; both the cosmetologist and client needs to wash their hands; use a nail brush (each client needs a clean brush)
- **Manicure Consultation**- use the intake form to begin the consultation; check nails and skin to be sure they are healthy and ready for service; discuss shape, color, and length of nails your client prefers

Basic Nail Shapes



Oval- conservative; attractive on most women's hands; similar to squoval with more rounded corners

Square- completely straight across the free edge with no rounding at the outside edges

Pointed- suited to thin hands with long fingers and narrow nail beds; is weaker, may break more easily, is more difficult to maintain; best used with enhancements and not natural nails

Squoval- square free edge that is rounded at the corners; very good for clients who work with their hands (nurses, landscapers, office workers, ...)

Choosing a Nail Color

Suggest a shade that complements the client's skin tone; place client's hand on a clean, white towel and place several polish colors over the skin on top of the hand; always allow the client to pick to ensure their satisfaction; darker shades are usually best for fall and winter with lighter colors for spring and summer although that is not a hard-and-fast fashion rule

Applying Polish

Most successful applications have four coats: base coat, two color coats, and a top coat

Apply thin even coats to maximize smoothness and minimize drying time

A MAN'S MANICURE SERVICE(p. 810-811)

- Men usually prefer shorter nails than women
- Round nail are the most common choice
- Men usually prefer a longer massage with firmer effleurage
- Men usually prefer buffed nails, clear polish, or a dull, satin coating, but be sure to discuss the client's preferences with him
- Marketing ideas: flyers at gyms and athletic stores, gift certificates sold to women for the men in their lives, "Men Only" nights; earlier/later hours; unisex décor; appropriate magazines

MASSAGE(p. 811-812)

- Manipulation of the soft tissues of the body; ancient therapeutic treatment to promote circulation of the blood and lymph, relaxation of the muscles, and relief from pain
- Often considered the best part of a manicure

SPA MANICURES (p. 813-814)

- Require extensive knowledge of not only nail care but of skin care as well
- May be designed for relaxation or exfoliation
- Are sometimes referred to as "treatment manicures"
- Many salons choose to offer theme manicures where all the services are based on a chosen theme

AROMATHERAPY (p. 814)

- Uses non-oily essential oils extracted from various forms of distillations of seeds, bark, roots, leaves, wood, and resin of plants
- Used for relaxation or invigoration
- Unless you study these oils in-depth, you should only use blended oils that have been tested and apply as directed

PARAFFIN WAX TREATMENTS (p. 815)

- Designed to trap moisture in the skin while the heat causes pores to open
- Can be safely performed on most clients
- Temperature is maintained between 125 and 130 degrees Fahrenheit
- May be before a manicure, during a manicure, or as a stand-alone service

NAIL ART (p. 815)

- Artistic designs on the nails; may be freehand, airbrush, glue-on, or even 3-D