

BASIC STEPS FOR A MANICURE:

1. Examine hands:
 - a. Look for anything that could be fungus or warts.
 - b. Ask what shape the client will want the nails
2. If client is wearing nail polish, remove it. (100% Acetone is the most efficient, however is very drying.)
3. Soak nails, scrub with brush. Exfoliate hands. Rinse off in bowl.
4. Dry hands and nails.
5. Remove Manicure bowl. (Rinse bowl, scrub clean with anti bacterial soap, then spray with disinfectant, and let air dry.)
6. Cut and file nails.
7. Apply cuticle oil and clean under nails, and push back cuticles.
8. Only if it is necessary: cut cuticles.
9. Spray with rubbing alcohol. (If any areas have been cut, they must them be disinfected, so that infections do not occur. 70% is sufficient.)
10. Buff fibres off white edge of the nail. (white buffing block)
11. Massage hands, and arms. (Cream or Lotion can be used.)
12. Paraffin may be applicable at this time
13. Buff the top of the nails. (Nail Plate)
14. Spray with rubbing alcohol to remove moisture from the nails. A towel can be used to dry the nails, and remove any extra cream left behind. Also check for nail fibres that may have been missed. Remove them using the nail buffer.
15. Polish Nails:
 - a. One coat of Base Coat
 - b. Two coats of colour
 - c. One coat of Top Coat
16. Can use a quick dry spray.
17. Rinse all implements, scrub clean with anti bacterial soap, then spray with disinfectant, and let air dry. (If you have a wet sterilisation or a dry sterilisation, use them after scrubbing implements.)
18. Clean work station, spray with disinfectant, towels into Laundry. If applicable get new towels out, and prepare for next client.

IMPLEMENTS AND OTHER TOOLS NEED FOR A MANICURE:

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| 1. Nail clippers (Big and Small) | 13. Paraffin wax/ pot |
| 2. Cuticle pusher (Wood or metal) | 14. Paraffin bags |
| 3. Cuticle nippers | 15. Large spoon for Paraffin |
| 4. Nail brush | |
| 5. Container for implements | |
| 6. Disinfectant for implements | |
| 7. Rubbing alcohol spray bottle | |
| 8. Exfoliator | |
| 9. Nail file & Nail buffer | |
| 10. Cream/ Lotion for massage | |
| 11. Epsom Salts or other to put into Manicure bowl | |
| 12. Manicure bowl. Or hot towel hands. | |

BASIC FRENCH MANICURES

For the application of French polish base coat is generally not used. Once an aesthetician is good enough to do the white tip without touch ups, then base coat can be used.

Steps for the French Polish application:

1. Ask Client if how much white they want on their nails, such as a small white tip, or a long white tip. If they have short nails, the tip will also have to be small. Talking to the client about what they want, and what you can do, will give them an idea of what is going to happen, and what to expect.
2. Apply the white tip carefully. Not too thick, as it will need to dry before the next polish. Clean as you go. Can use a "paint bush" to fix up.
3. Once you are done, have the client look at the nails for anything that may have been missed, or anything they may want touched up. This gives the client a chance to point out anything they are not satisfied with. (It is better to change or fix things at this point, then to be finished the entire polish job, for them to look at it, and say they want the white bigger or smaller, or they see that an area at the side was missed.)
4. Once the white is dry, apply one sheer coat of colour. This can be Pinkie or Orangey in tone. It is not recommended that two coats are used as that makes a sheer colour streaky.
5. Once the polish is dry, apply a top coat.
6. If desired, can use a Quick Dry spray at this time.
7. All polish used should be cleaned, and all implements sterilized.
8. Clean and sterilize work stations.