

### Nail Care

In ancient times, long, polished, and coloured fingernails were a symbol of aristocracy – royalty or people with wealth. Manicuring has come a long way from being only for the wealthy to now being for whomever (men and women). The word manicure comes from the Latin words **manus** (hand) and **cura** (care). Thus manicure means to take care of your nails. If a client wants artificial nails, or gels, applied to their natural nails, then a nail technician will do the job. Not all manicurists are qualified to do these jobs.

To be a **successful manicurist**, one should have:

1. Knowledge of the structure of hands, arms, and nails.
2. Knowledge of the composition of the cosmetics used in manicuring.
3. The ability to give a good manicure efficiently.
4. The ability to care for the client's manicuring problems.
5. The ability to distinguish between disorders that may be treated in the salon and diseases that must be treated by a physician.
6. Knowledge of the structure of the foot and the ability to give a good pedicure.

A nail technician should possess the above qualifications *and* be able to execute advanced nail techniques safely and professionally.

Also look at the shape of the eponychium area (or base of the nail).

#### Shape of Nails

There are four general shapes for nails: square, round, oval, and pointed. When working with a client, you must discuss the shape that best suits their fingers. The oval shape fits most hands. If the client works with their hands regularly, it would be beneficial to have shorter nail lengths to prevent breakage and/or injury to the nails.



#### **Equipment, Implements, Cosmetics, and Materials**

Refer to additional handout

## Grade 10 Nail Care

### Cosmetics

Nail and hand cosmetics vary in their composition and usage according to the purpose they serve.

- **Nail cleansers**: consist of detergent (cake, liquid, or flakes)
- **Nail polish remover**: used to dissolve old polish on nails. Some contain oils to counteract the drying action of the solvents in the NPR.
- **Cuticle oil**: used to soften and lubricate the skin around the nail
- **Cuticle cream**: used to prevent or correct brittle nails and dry cuticles.
- **Cuticle remover or solvent**: used to soften the cuticle for easy removal.
- **Nail bleaches**: used to remove stains from the nails, under the free edges, and/or fingertips.
- **Nail whiteners**: applied under the free edge of the nail to keep them looking very white.
- **Abrasives**: used to smooth irregular nail ridges (a buffer)
- **Liquid nail polish or lacquer**: used to colour or gloss the nail.
- **Nail polish thinner**: used to thin out nail polish that is too thick
- **Base coat**: helps nail polish to adhere better to the nail surface. It also prevents staining of the nail.
- **Top coat or sealer**: used to protect the polish and minimize chips or cracks.
- **Nail hardeners or strengtheners**: used to help prevent splitting or peeling of the nail. Hardeners are applied prior to the base coat.
- **Nail dryer**: is a solution that protects the nail polish against stickiness and dulling (spray or brush-on).
- **Powdered alum or alum solution**: used to stop bleeding of minor cuts.
- **Hand creams and hand lotions**: recommended to help with dry, chapped, or irritated skin. - **Sanitized towel**: a new towel for each client.

### Materials

- **Absorbent cotton**: used to apply cosmetics to the nails.
- **Cleanser**: an antibacterial soap to clean the fingers and nails.
- **Warm water**: for the finger bath.
- **Sanitized towel**: a new towel for each client.
- **Cleansing tissue**: to use whenever necessary.
- **Antiseptic**: to avoid infection when minor injuries to tissues surrounding the nails occur.
- **Disinfectants**: to sanitize implements and table
- **Spatula**: to remove creams from jars.
- **Alcohol solution (70%)**: used to sanitize client's fingers before a manicure and also in a jar to sanitize implements used during the manicure (separate containers).