

The Tools of the Trade – The Manicure



Disinfectant

- Used to clean your tools after each use to prevent bacterial and fungal infections

Cotton balls and/or Cotton pads



- Used in conjunction with nail polish remover to clean nails of existing varnish
- Used to clean up any slips or smudges after polish has been applied



Nail Polish Remover

- Non-acetone remover is best for the nails – preventing nail dehydration



Finger Bowl

- Add some warm water and a soft soap/lemon juice to the bowl to help soften the cuticles and skin
- Aromatherapy oil can be added to the water to make the experience more relaxing



Nail Clipper

the nail
shape the nail



- Used to shorten
- Not used to

Cuticle Nipper

- Used to remove loose cuticle, loose skin, or



Orangewood Sticks or Cuticle Pushers

- Used to gently push back the cuticle so that they can be removed with the use of a cuticle nipper

Cuticle Oil or Cream

- Applied to the cuticle to help soften the cuticle to keep them manageable



Nail File

- Used to shape the nail
- Begin to file the nail from the outside corner and move toward the centre
- Do not use in a seesaw or back and forth motion – this can damage the nail



Nail Buffer

- Used to smooth out the surface of the nail
- If done too often, the buffer will actually damage the nail and cause breakage as the nail plate becomes thinner with each buffing action



Massage Creams and Lotions

- Used to perform a hand and arm massage to relax the client

Base Coat Polish

- Prevents staining of the nail by creating a barrier between the nail and the dark polish
- Helps smooth the nail surface prior to the polish application



Top Coat

- Usually a glossy layer of polish applied over top the polish
- Matte top coat polish is now available for men to provide some protection to their nails



Nail Polish

- Gently roll the polish bottle around to mix the varnish – shaking it rapidly will cause small bubbles which can ruin your polish application
- Apply thin layers of polish allowing the polish to dry between applications

