

Procedure 13-5

Polishing the Nails

IMPLEMENTS AND MATERIALS

In addition to the basic materials on your manicuring table, you will need the following supplies for polishing the nails:

- Base coat
- Top coat
- Drying product (optional)
- Colored nail polish

Preparation

Complete **Procedure 13-3**, Performing a Basic Manicure.

Procedure

Before applying polish, ask your client to put on any jewelry and outerwear she may have taken off before the service and to get her car keys ready for easy retrieval; this will avoid smudges to the freshly applied polish. If possible, have the client pay for services, also, at this time or have payment ready to hand to the receptionist.



- 1 Be certain the client's nail plates are clean of oil and other debris. Apply a thin coat of base coat on the entire plate of the nails of the dominant hand. Place the nails in a cool nail dryer while you polish the other hand. This will give the most-used, key-holding hand a head start in drying and reduce the likelihood of smudging.



- 2 Apply the first coat of polish on the first hand. When applying color nail polish, remove the brush from the bottle and wipe the side of the brush away from you on the inside of the lip of the bottle to remove excess polish. You should have a bead of polish on the brush large enough to apply one layer to the entire nail plate without having to re-dip the brush (unless the nail plate is unusually long or large). Hold the brush at approximately a 30- to 35-degree angle. Place the tip of the brush on the nail, 1/8" (0.31 cm) away from the cuticle area in the center of the nail. Lightly press the brush onto the nail plate, producing a slight "fanning" of the brush, and then push the brush toward the eponychium to produce a rounded posterior edge to the polish. Leave a tiny, rounded area of unpolished nail at the back of the nail. Pull the brush toward the free edge of the nail, down the center.

Procedure 13-5 Continued

Polishing the Nails (continued)



3 Move to each side of the nail and pull in even strokes toward the nail tip. This first color coat does not have to be perfect; it just has to establish the correct outline and cover the entire nail with some polish.



4 After finishing the first coat of each nail, move the brush back and forth on the very end of the free edge, barely touching, to apply color to it. This is called "tip sealing," or "tipping," and reduces chipping and layering on the free edges. Use the same technique for every nail while applying the first coat of color.

5 Move back to the first hand and apply the second coat of color. With the second coat, do not fan the brush or re-apply to the tip. Just start at the base of the polish curve and move toward the free edge. Apply a thin, even coating on the nail that has depth of color and perfect appearance.

6 Apply a top coat to prevent chipping and to give nails a glossy, finished appearance. Be sure to coat the free edge of the nail with the top coat as well. **LO14**



7 If you use a polish-drying product, apply it according to the manufacturer's instructions. After the application, ask the client to take a seat at a separate table with her hands under a nail dryer or seat her comfortably away from your table. The drying time should be 10 minutes, minimum. To apply gel polish, follow the instructions of the manufacturer.



8 To produce beautifully polished nails, you must know how to polish accurately and quickly before leaving school. Many clients judge the final manicure according to the quality of the application of polish. Remember, also, that they will continue to see your finished product before their eyes during their daily lives as a constant reminder of the good or poor quality of their service.

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Procedure 13-6

Paraffin Wax Treatment

IMPLEMENTS AND MATERIALS

In addition to the basic materials on your manicuring table, you will need the following supplies for the paraffin wax procedure:

- Moisturizing lotion or penetrating oil
- Paraffin bath and heating unit
- Plastic wrap
- Plastic or terry cloth mitt, or warming (electric) mitts

Preparation

Refer to **Procedure 13-1**, Preservice Procedure.

Perform **Procedure 5-3**, Hand-Washing Procedure.

Performing a Paraffin Wax Treatment Before a Manicure



- 1** Check the hands and the arms carefully for open wounds, diseases, or disorders. It is not appropriate to apply heat to clients with abnormal skin conditions. If it is safe to perform the procedure, ensure the client's hands are clean and continue with the service. The client's hands must be clean before you begin.

- 2** Apply moisturizing lotion or penetrating oil to the client's hands and gently massage into the skin.

- 3** Test the temperature of the wax.



- 4** Prepare the client's hand for dipping into the paraffin by placing the palm facing down with the wrist slightly bent and the fingers straight and slightly apart.



- 5** Dip the first hand into the wax up to the wrist, for about 3 seconds. Remove. Allow the wax to solidify some before dipping again.

- 6** Repeat the dip process three to five times to coat the skin.

Procedure 13-6 Continued

Paraffin Wax Treatment (continued)



- 7** Wrap the hands in plastic wrap or insert into one-time use plastic covers designed for this purpose and then put them into terry cloth mitts. Allow the paraffin to remain on the hands for approximately 5 to 10 minutes.

- 8** Repeat steps 5 through 7 on the other hand.



- 9** To remove the paraffin, turn the plastic cover under the paraffin at the wrist and peel away the wax from the wrist. The wax will easily come off as you gently pull the cover toward the fingertips. The paraffin removed from the hands will collect in the plastic cover of the hands.

- 10** Properly dispose of the used paraffin as the client watches, remove the mask (if it is present), and massage in the remaining lotion or oil. (Removal of a sticky mask will make reapplication of lotion important.)

- 11** Begin the manicuring procedure. For many clients who opt to have a paraffin wax treatment before the manicure, soaking is not necessary because the paraffin treatment has already softened the skin sufficiently. **LO15**

Performing a Paraffin Wax Treatment During a Manicure

- 1** Perform the basic manicure up to the completion of the massage.

- 2** Apply a hydrating lotion on one hand and briefly rub it into the hand.

- 3** Apply the paraffin with your method of choice.

- 4** Cover the hand with a plastic bag or wrap, then a terry cloth or heated mitt.

- 5** Repeat Steps 1 through 4 on the other hand. Allow the client to relax for 5 to 10 minutes.

- 6** Remove the paraffin mitt and rub in the remaining lotion.

- 7** Remove any remaining oils or lotions from the nail plate. Use alcohol or polish remover on a cotton-tipped wooden stick or a cotton ball. Do not allow the alcohol or polish remover to touch the skin or the benefits of the treatment will be lessened by the drying effects of these solvents.

- 8** Polish or clear coat nails, according to client's request.

Postservice

Refer to Procedure 13-2, Postservice Procedure

■ Review Questions

1. What are the consequences if a nail technician works outside their scope of practice?
2. What are the four types of nail implements and/or tools required to perform a manicure?
3. What is the difference between reusable and disposable implements?
4. What is the Three-Part Procedure and how is it used in the performance of the basic manicure?
5. Why is a consultation necessary each time a client has a service in the salon?
6. Describe the basic nail shapes for women.
7. What is the most popular nail shape for men?
8. Which massage movements are most appropriate for a hand and arm massage?
9. What is the difference between a basic manicure and a spa manicure?
10. What types of oils are best used in aromatherapy in manicures?
11. What are the benefits of paraffin wax treatments in manicuring?
12. What are the steps in a basic manicure procedure?
13. Describe how nail polish is properly applied.
14. Describe three procedures for a paraffin wax application.