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Nail Care



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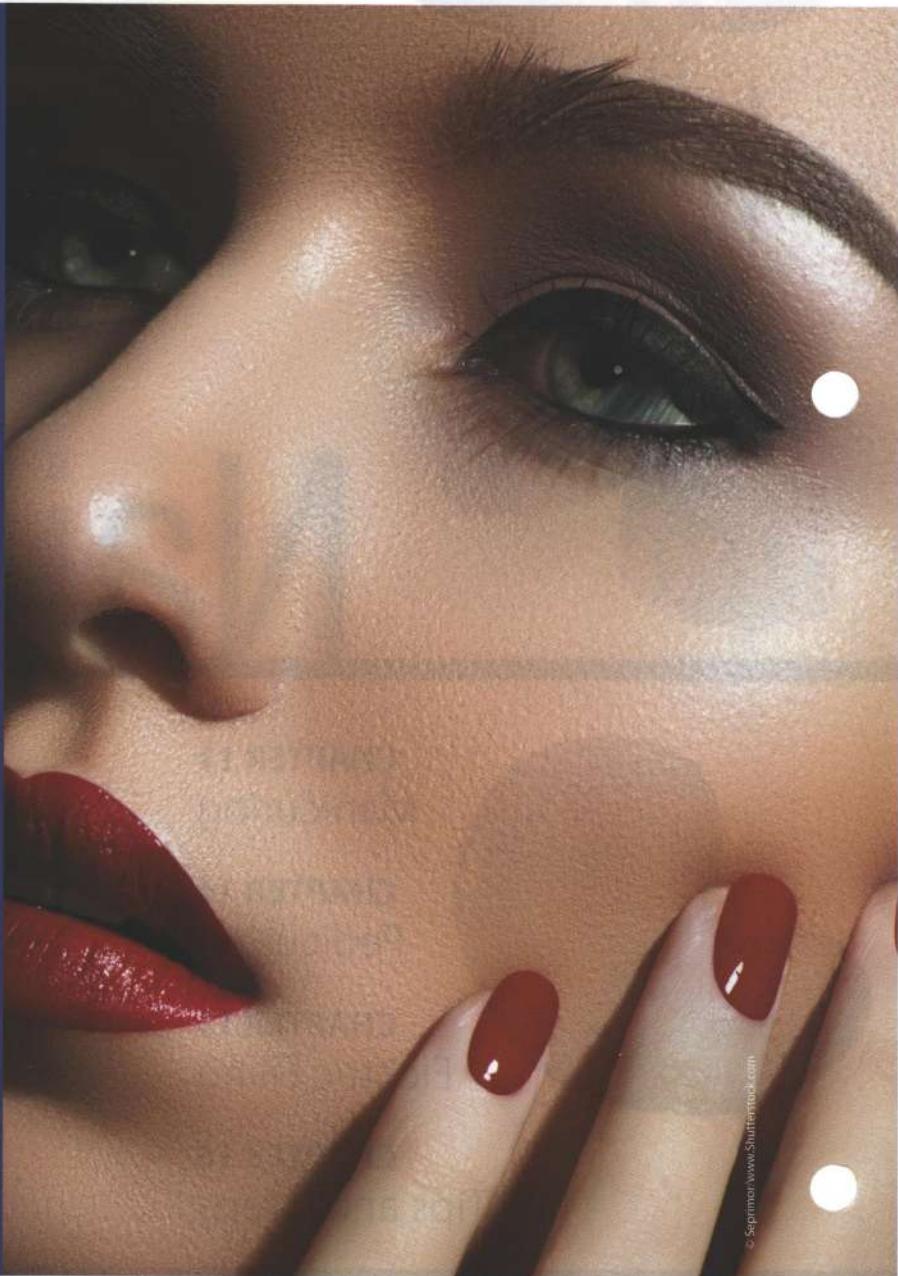
CHAPTER 19

The Creative Touch

13 Manicuring

Chapter Outline

- Why Study Manicuring?
- State Regulations for Nail Professionals
- Nail Technology Tools
- Professional Nail Products
- The Basic Manicure
- A Man's Manicure Service
- Massage
- Spa Manicures
- Aromatherapy
- Paraffin Wax Treatment
- Nail Art
- Only the Beginning
- Procedures



Learning Objectives

After completing this chapter, you will be able to:

- ✓ LO1** Define *scope of practice* and describe the potential consequences if a nail technician works outside their scope of practice.
- ✓ LO2** Identify the four types of nail implements and/or tools required to perform a manicure.
- ✓ LO3** Explain the difference between reusable (multiuse) and disposable (single-use) implements.
- ✓ LO4** Name and describe the Three-Part Procedure used in the performance of the basic manicure.
- ✓ LO5** Explain why a consultation is important before a service in the salon.
- ✓ LO6** List and describe the five basic nail shapes for women.
- ✓ LO7** Describe the most popular nail shape for men.
- ✓ LO8** List the massage movements for a hand and arm massage.
- ✓ LO9** Explain the difference between a basic manicure and a spa manicure.
- ✓ LO10** Describe how aromatherapy is best used in manicuring services.
- ✓ LO11** Explain the benefits of paraffin wax in manicuring.
- ✓ LO12** Describe a proper setup for the manicuring table.
- ✓ LO13** List the steps in the basic manicure.
- ✓ LO14** Describe the proper technique for the application of nail polish.
- ✓ LO15** Describe the procedure for a paraffin wax hand treatment before a manicure.

Key Terms

Page number indicates where in the chapter the term is used.

acetone / 224	light emitting diode (LED) lamps / 217	nail clippers / 220	scope of practice (SOP) / 214
aromatherapy / 236	lower-grit abrasive / 222	nail creams / 225	service sets / 216
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friction / 233	multiuse implements / 219	pointed nail / 230	wooden pusher / 221
implements / 215		protein hardener / 226	
		round nail / 230	



Once you have learned the fundamental techniques in this chapter, you will be officially on your way to becoming a sought-after professional in the art of manicuring.

WHY STUDY MANICURING?

Nail technicians should have a thorough understanding of manicuring because:

- The appearance of nails and hands has become a visual benchmark in our society in the assessment of a person both socially and professionally.
- Fashions are continuously changing, and a nail professional is exposed to and stays current with new trends in nail beauty.
- Some clients cannot, due to health issues, maintain their own nails; others prefer to have a knowledgeable professional perform this task for them.
- Clients love the relaxation and pampering manicures provide in this stressful world.

■ STATE REGULATIONS FOR NAIL PROFESSIONALS

During your studies you will be learning about the regulations concerning performing nail services within your state. These regulations are very important to you, as a nail technician, and map out what is called your **scope of practice (SOP)**, the list of services that you are legally allowed to perform in your specialty in your state. The SOP may or may not state those services you cannot legally perform. Your instructor will provide important guidelines for your adhering closely to your SOP in your state. Know that if you perform services outside these regulations concerning allowable services, you may lose your license. Also, if damages to a client occur while performing an illegal service, you are fully liable, both professionally and personally.  **LO1**

NAIL TECHNOLOGY TOOLS

As a professional nail technician, it is important that you learn to work with the tools required for nail services and know all safety, sanitation, and disinfection procedures as stated in your state's regulations.

The four types of nail technology tools that you will incorporate into your services include:

1. Equipment
2. Implements
3. Materials
4. Professional nail products **LO2**

Equipment

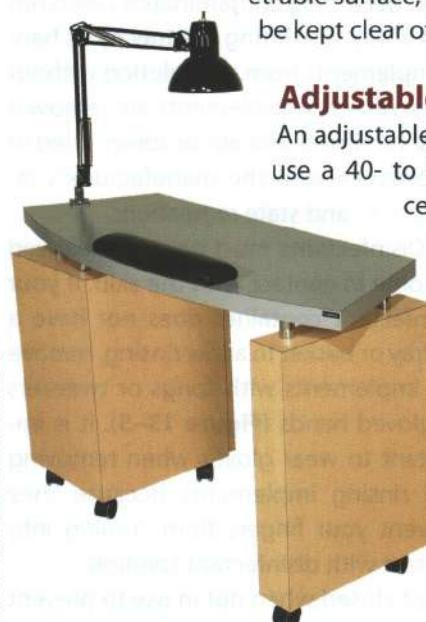
Equipment includes all permanent tools used to perform nail services that are not implements.

Manicure Table

A standard manicuring table usually includes a drawer and a shelf (one or more, with or without doors) for storing properly cleaned and disinfected **implements** and professional products (**Figure 13–1**). The table can vary in length, but it is usually 36" (91.4 cm) to 48" (121.9 cm) long and the width is normally 16" (40.6 cm) to 21" (53.3 cm). The surface of the table must be cleaned and disinfected between clients, so it must be a hard and impenetrable surface, such as Formica or glass, and be kept clear of clutter.



▼ Figure 13–1 Manicure table.



▲ Figure 13–2 Manicure table with an adjustable lamp and arm cushion.

Adjustable Lamp

An adjustable lamp is attached to the table and should use a 40- to 60-watt incandescent bulb or a fluorescent bulb (**Figure 13–2**). Fluorescent bulbs

are very popular because they emit a cooler light. Most people prefer true color fluorescent bulb lamps; "true" indicates that they show the skin and polishes in their actual color in natural light. Fluorescent lights also do not heat up objects underneath the lamp as do high-watt incandescent bulbs. Higher temperatures caused by an incandescent bulb can increase the curing speed of some nail enhancement products. Curing too quickly can cause undue cracking and lifting.

CAUTION:

Do not touch or allow your client to get too close to your light source. Light bulbs, especially incandescent ones, can become very hot while in use, and the possibility of a burn is very real.

Nail Technician's and Client Chairs

The nail technician's chair should be selected for ergonomics, comfort, durability, resistance to staining, and ease of cleaning. The most appropriate chair



▲ Figure 13-3 Technician chair with wheels for maneuverability and hydraulics for height.

has wheels to allow the technician maneuverability and hydraulics to allow up-and-down adjustment (**Figure 13-3**).

The client's chair must be durable and comfortable. For the comfort of clients, select a chair that has no or low arms on the sides, so the chair can be moved closer to the table. This will allow the client's arms to rest on the nail table and prevent the client and nail technician from needing to stretch forward. The chair should also have a supportive back so the client can sit comfortably and relax during the service. The client chair should not have wheels, as wheeled chairs are unstable and can cause falling accidents for elderly or weak clients.

Fingerbowl

A fingerbowl is used for soaking the client's fingers in warm water to soften the skin and cuticle. It can be made from materials such as plastic, metal, glass, or even an attractive ceramic. Fingerbowls should be durable and easy to thoroughly clean and disinfect after use on each client (**Figure 13-4**).



▲ Figure 13-4 Soak fingertips to soften the skin.

Disinfection Container

A disinfection container must be large enough to hold sufficient liquid disinfectant solution to completely immerse several **service sets** of implements. Containers that do not allow the entire implement (including handles) to be submerged are not acceptable for use in professional salons.

These containers come in many shapes, sizes, and materials and must have a lid to keep the disinfectant solution from becoming contaminated when not in use. Most containers are equipped with a tray, and lifting the tray by its handle allows the technician to remove the implements from the solution without contaminating the solution or implements. After the implements are removed from the disinfectant container, they must be rinsed and air- or towel-dried in accordance with the manufacturer's instructions and state regulations.



▲ Figure 13-5 Disinfection container with removable tray.

Disinfectants must never be allowed to come in contact with the skin. If your disinfectant container does not have a lift tray or basket to allow rinsing, remove the implements with tongs or tweezers or gloved hands (**Figure 13-5**). It is important to wear gloves when removing and rinsing implements because they prevent your fingers from coming into contact with disinfectant solution.

All disinfectant containers must be kept closed when not in use to prevent contamination and evaporation.

Client's Arm Cushion

An 8" (20.3 cm) to 12" (30.5 cm) cushion that can be cleaned with soap and water made especially for the comfort of the client's arm is an option when performing nail services. It must be covered with a fresh, clean towel for each

Did You Know?

Implements must be properly prepared or prepped with a thorough cleaning before being placed in the disinfectant solution. Implements must be scrubbed with warm water, liquid soap, and a brush and then rinsed and patted dry before they're placed in the disinfectant liquid (**Figure 13-6**). Dirty or improperly prepared implements will not be disinfected in the solution and will contaminate the disinfectant.



▲ Figure 13-6 Scrub implements to prepare for disinfection.

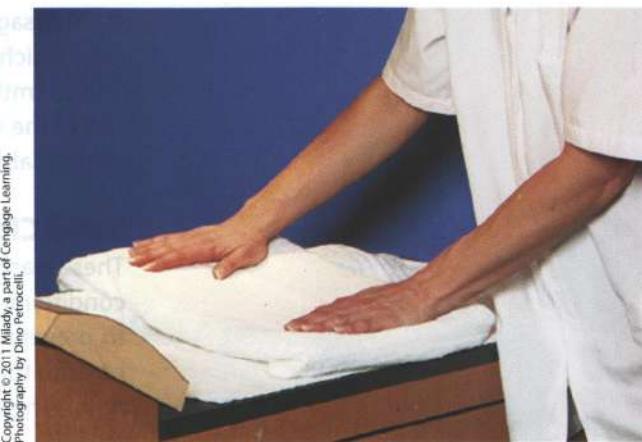
client. A clean towel that is folded or rolled to cushion size may also be used instead of a commercially purchased cushion.

Service Cushion (optional)

A foam cushion that is higher in the middle and lower on the ends can be placed between the client and the nail technician during a manicure; it is believed to provide more comfort during the service for both parties (**Figure 13–7**). The service cushion must be fully covered by a fresh, clean towel throughout each service.

Gauze and Cotton Wipe Container

This container holds absorbent cotton, lint-free wipes, or gauze squares or pledges for use during the services. It must have a lid to protect the contents from dust and contaminants.



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▲ **Figure 13–7** Service cushion on nail table.



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▲ **Figure 13–8** Metal trash can with a self-closing lid.

Trash Containers

A trash container with a self-closing lid should be located next to your workstation (**Figure 13–8**). Trash containers should be lined with a disposable trash bag and closed when not in use. It must be emptied at the end of each workday and cleaned and disinfected often. A trash container with a self-closing lid is one way to prevent excessive odors and vapors in the salon.

Supply Tray (Optional)

This sturdy tray can be cleaned and holds nail products such as polishes, polish removers, and creams. It should be sturdy and easy to clean. Many technicians put every product they need for the service they will perform on a tray and then lift it from a shelf in their station onto their table in one, efficient movement. This keeps the tabletop clear, maintaining a clean, noncluttered appearance that is easy to disinfect after each service.

Electric Nail Polish Dryer (Optional)

A nail polish dryer is designed to shorten the time it takes for the client's nail polish to dry. Electric dryers have heaters and fans that blow air onto the nail plates to speed evaporation of solvents from nail polishes, allowing them to harden more quickly. Light bulb-type nail polish dryers create warmth to speed drying and work in the same fashion as electric dryers; they may or may not have fans.

UV or LED Light Units

Ultraviolet (**UV lamps**) and light emitting diode (**LED**) lamps are light units, although many clients may think of them as dryers. They are designed to cure, not dry, polishes that contain an ingredient sensitive to the UVA wavelength of the bulb in the dryer. This chemical ingredient is a photoinitiator that will trigger the cure. Exposure to the photoinitiator to a particular wavelength triggers curing of the polish.

Electric Hand/Foot Mitts (Optional)

These heated mitts are designed to add special treatment to a manicure. Heated mitts make for a higher-cost service or can be an add-on to a service. After



▲ Figure 13–9 Paraffin bath.

Did You Know?

Many nail technicians separate their clean, disinfected or sterilized implements into service sets (the tools that will be used in a service). The disinfected sets can be wrapped in a clean towel and stored in a clean, dry place. Service sets of implements are placed in a pouch before being autoclaved. The pouches are stored in a clean, dry place. At the start of each service, open the implement storage towel or autoclaved pouch in front of the client so that they can see that the set has been properly disinfected or sterilized prior to their arrival.

the massage, conditioning lotion or even a mask may be applied to the hands/feet, which are then placed in a plastic cover and inserted into the foot mitts. The warmth helps the conditioning ingredients to penetrate, adds to the comfort of the service, and provides ultimate relaxation for the client. Electric mitts are available for both hands and feet.

Terry Cloth Mitts (Optional)

These washable mitts are placed over a client's hands or feet after a penetrating conditioning product has been applied, and a cover is placed over the product to prevent it from getting onto the mitts. These mitts are routinely used over paraffin to maintain the heat for a longer time or over masks to encourage the natural heat from the skin to enhance penetration of the product's ingredients.

Paraffin Bath (Optional)

A paraffin tub has an automatic thermostat that maintains the paraffin at the ideal temperature for application to the hands and feet. Paraffin is applied to the skin to enhance moisturization. The application can be added to manicures and pedicures for an extra charge or included in an upscale service (**Figure 13–9**). Though there are many ways to apply paraffin, the traditional method is to dip the hands and feet into the paraffin in the bath. The paraffin coats the skin, holding the skin's natural moisture in the epidermal layers and thus promoting moisturization of the skin. This bath is often the first item salons and spas purchase after they have acquired the basic equipment. Check the regulations in your state concerning the use of paraffin in salons.

Gloves

Gloves are personal protective equipment (PPE) worn to protect the nail technician from exposure to microbes during services. The Occupational Safety and Health Act (OSHA) defines PPEs as "specialized clothing or equipment worn by an employee for protection against a hazard." The hazards this particular standard refers to are bloodborne pathogens (BBPs), pathogenic microorganisms that are present in human blood and other body fluids that can cause disease in humans. These pathogens include, but are not limited to, hepatitis B virus (HBV) and human immunodeficiency virus (HIV).

Currently, there are differences of opinion in the nail industry about whether gloves must be worn by service providers. Many say gloves should be worn throughout every service, as occasionally nail technicians are exposed to blood. Others say it is only important when "there is exposure to blood," meaning an injury causing bleeding. The rulings from OSHA's Universal Precautions standard (which was an addition to the OSHA Act of 1970) provided the answer as per federal standards. Universal Precautions (UP) include guidelines in the use of gloves, masks, and eyewear when contact with blood or body secretions containing blood or blood elements is a possibility. The Universal Precautions standard within OSHA reads: "Universal Precautions shall be observed to prevent occupational exposure to blood or other potentially infectious materials. Occupational Exposure includes any reasonably anticipated skin, eye, mucous membrane, or potential contact with blood or other potentially infectious materials that may result from the performance of an employee's duties." It does not say "only wear gloves when there is exposure to a large amount of blood."

In 1996, the CDC expanded the concept of Universal Precautions (UP) and changed the term to *Standard Precautions*, though many people use the terms interchangeably. Standard Precautions expand the Universal Precautions Standards from masks, gloves, and eye protection and the recommendation of hepatitis B vaccinations to include the protocols used to maintain an aseptic field and to prevent cross-contamination and cross-infection in the environment, the use of disposables, and proper disposal of contaminated waste, such as contaminated gauze and more. Standard Precautions changed the concepts of UP from use only by medical personnel to include their use by, and protection of, workers in general. Nail technicians are now covered by OSHA and must follow Standard Precautions. These precautions mean gloves must be worn during services.

Gloves are single-use equipment; a new set is used for every client, and they may need to be changed during the service, according to the protocol. Gloves are removed by inverting the cuffs, pulling them off inside out, and then disposing of them into the trash. The glove taken off first is held in the hand with a glove still on it, and then that glove with the cuff inverted is pulled over the first glove inside out. The first glove is then inside the second one, which has the service side now on the inside against the other glove; they are disposed of together.

If a manicure and pedicure are being performed on the same client, a new set of gloves must be worn for each service. If the services require moving from one place of service to another several times, several sets of gloves will need to be used. The technician is to perform hand washing after removing each set of gloves and before putting on a new set when two services are being performed together or apply antimicrobial gel cleanser between sets of gloves during the same appointment.

Did You Know?

Gloves are available in latex, vinyl, and nitrile materials. Know that some clients are allergic to latex and that vinyl gloves allow penetration by many microbes. Furthermore, latex gloves often shred into pieces when used to apply some lotions. For these reasons, many believe nitrile gloves are the best choice for nail services. They do sometimes shred with extended use of polish remover and, if so, will need to be replaced. They come in boxes of 100 and are available at beauty and medical supply stores.

Implements

Implements are tools used to perform your services and are multiple use (reusable) or single use (disposable). **Multiuse implements** are generally stainless steel, as they must be properly cleaned and disinfected prior to use on another client. Less expensive, nickel-plated metal implements will corrode during disinfection and sterilization. **Single-use implements** cannot be reused and must be thrown away after a single use. It is recommended that nail technicians have several clean and disinfected service sets of implements available for use at all times.  **LO3**

Multiuse Implements

Multiuse implements are those that can be reused after infection control procedures have been performed on them. They are metal—stainless steel if they are to maintain their quality.

Metal Pusher

The **metal pusher**, many times incorrectly called a cuticle pusher, is actually not to be used to push back the eponychium. It is designed to gently scrape cuticle tissue from the natural nail plate. Metal pushers must be stainless steel and used carefully so they will not cause damage to the nail and the nail matrix



▲ **Figure 13-10** Stainless pusher with pusher end.

▼ **Figure 13-12** Tweezers.

or microscopic trauma or injury to the tissues. Improper use on the nail plate can cause grooving in the nail plate. Damage to the nail matrix can cause nail growth problems, and tiny microscopic openings in the skin can allow microbes entrance into the skin and can lead to infection.

If you have rough or sharp edges on your metal pusher, use an abrasive to smooth or remove them. This prevents digging into the nail plate or damaging the protective barriers created by the eponychium and cuticle. Take care not to thin the file's edges into a blade, which would allow it to cut the tissue.

Hold the metal pusher the way you hold a pencil, with the flat end held at a 20- to 30-degree angle from the nail plate. With the spoon end, carefully loosen and push back the dead cuticle tissue on the nail plate (**Figure 13-10**).

Nail Pushers

A **nail npper** is a stainless steel implement used to carefully trim away *dead* skin around the nails. It is never used to cut, rip, or tear live tissue, as the live nail fold tissue is important to ward off microbes and prevent infection around the nail plate. Nippers must be cleaned and disinfected before use on every client, taking special care to open the hinges for cleaning and disinfecting.

Always maintain a sharp edge on your nippers to prevent accidental ripping and tearing into the live tissue.

It is important that you learn the correct use of nail nppers while in school. To use nippers, hold your thumb around one handle and three fingers around the other, with the blades facing the nail plate. Your index finger is placed on the box joint to help control the blade and guide it properly (**Figure 13-11**).



Tweezers

Tweezers are multitask implements that can be used for lifting small bits of debris from the nail plate, retrieving and placing nail art, removing implements from disinfectant solutions, and much more (**Figure 13-12**). They must be properly cleaned and disinfected before use on any client as they may come in contact with a client's skin or nails. They must be stainless steel in order to be disinfected after use.



▲ **Figure 13-11** Nail nppers.

Nail Clippers

Nail clippers shorten the free edge quickly and efficiently. If your client's nails are too long, clipping them will save filing time during your service. Clip the nails from each side to prevent stress damage to the sides of the nail plates and then file to shape the nails. Nail clippers must be properly cleaned and disinfected before use on every client. These implements must be stainless steel to be properly disinfected.

Many nail technicians prefer to shorten toenails with an implement that is similar to a heavy duty nail nipper but with a curved shape of the cutting head. These tools are used differently from nail clippers; you start from a side and nip the nail in small bites across the free edge, taking care to trim only the free edge and not to nip the tissues surrounding the nails. The nipper jaws are held at a 45-degree angle to the nail, with the tips pointed away from the hyponychium and the lower tip pointed into the free edge.

Single-use Implements

All single-use implements are used once on a client. They are then discarded, preferably in the client's view.

Brushes and Applicators

Any brush or applicator that comes into contact with a client's nails or skin during a manicure or pedicure must be properly cleaned and disinfected before use on another client. If they cannot be properly cleaned and disinfected according to your state's regulations, they must be disposed of after a single use. Check with the manufacturer if you are unsure whether a brush or applicator can be properly cleaned and then disinfected.

Nail polish brushes are the exception. They are stored in an oxygen-free, water-free liquid (polish) which does not allow the growth of microbes. With no water or air, they die within a short time. However, microbes just picked up by the brush can be carried to another nail if the brush is immediately used to polish.

Wooden Pusher/Orangewood or Birchwood Stick

The **wooden pusher** is used to remove dead cuticle tissue from the nail plate, to clean under the free edge of the nail, or to apply products. Hold the stick as you would a pencil with the tip at a 20- to 30-degrees angle from the nail plate while pushing the cuticle free. It is a single-use implement and not intended for reuse or disinfection. Apply nail products by completely wrapping the end of the stick with a small piece of cotton and placing or dipping the product onto the cotton. If the cotton tip is dipped into the product, enough must be retrieved for the entire application. If more product is needed, the cotton on your wooden pusher must be changed after each application to prevent contamination of the product. Using products that have spout lids can shorten the application time. The spout must not touch the cotton tip, nail plate, or the skin.

Nail Brush

This plastic nail cleaning implement is used in many ways during nail services (**Figure 13–13**):

- A nail brush is used by the client when he or she arrives at the salon as part of the hand-washing procedure.
- A nail brush is used by the nail technician to remove surface debris during a service.

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One exception to the rule on using disposable application brushes is when you are using products that are not capable of harboring or supporting the growth of pathogenic microbes, such as alcohol, nail polish, monomers and polymers, UV gels, and nail primers. Since these products cannot harbor or support pathogen growth, the brushes do not need to be cleaned and disinfected between each use unless they touch a contaminated surface immediately before moving to another nail. Since nail technicians can only work on healthy nails, contaminated nails should not be an issue. However, a brush used to apply oil to the nail plate or cuticles could be considered contaminated since these products can become exposed to bacteria and do support bacterial growth. Disposable brushes or droppers should be used to apply oils to the nail plate or surrounding skin and disposed of after use.

- A nail brush is used by the nail technician during hand washing between clients.
- A nail brush is used to scrub the implements before disinfection—a very important task.

Nail brushes are used once and then disinfected or thrown away.

Product Application Brushes

Application brushes can be used to apply nail oils or treatments to a client's nails. It is recommended that you purchase inexpensive, disposable brushes to apply products that can support bacterial growth. Dip enough product out of the container onto your brush for your entire application or pour a small amount of the product into the small end of a clean dappen dish. Dip the application brush into the dish throughout the application and then throw both the brush and the product away after the application is finished.

Materials

Materials and supplies used during a manicure are designed to be single use and must be replaced for each client. These items are considered not "reusable."

Abrasive Nail Files and Buffers

Abrasive nail files (**Figure 13–14**) and buffers (**Figure 13–15**) are available in many different types and grits, such as those with firm, rigid supporting cores or others with foam, very flexible cores. They are single use only for infection-control purposes. Grits range from less than 180 to over 240 per centimeter. A rule of thumb is the lower the grit, the larger the abrasive particles on the file and the more aggressive its action. Therefore, **lower-grit abrasive** files and buffers (180 or less grit) quickly reduce any surface and produce deeper and more visible scratches than do those of a higher grit. As such, lower-grit files must be used with caution and are generally not used on natural nails. Higher-grit files remove scratches and smooth surfaces through polishing.

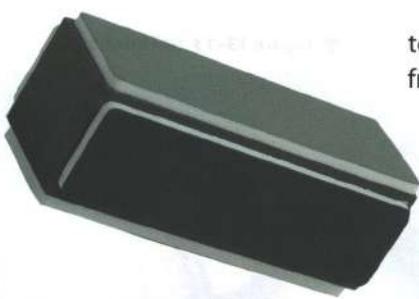


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▲ **Figure 13–14** Typical abrasive nail file.

You must prep or edge your abrasive files before using them on a client to prevent harming the client with the sharp edges. These files are stamped from a large sheet of prepared materials, leaving very sharp edges that are not removed before the files are shipped. You are responsible for removing this damaging edge from every new file.

To prepare it for use, rub another (clean, unused) file across the edges to remove the sharp edge; this is called "file prepping." Many nail technicians prepare all their new files and then store them in a clean container. If the edge is not removed on new files, clients will be at risk for cuts. Check the corners of buffers, too; they usually need to be prepped.



▲ **Figure 13–15** Abrasive nail buffer.

Did You Know?

It is the salon's choice as to whether the nail brushes used during hand washing are reused or disposed of after a single use. To prevent cross-contamination when the choice is reuse, the brush must be clean and fresh for each client's use. Nail brushes must be cleaned and disinfected between services, thrown away after use, or sent home with the client. Many salons find a resource for inexpensive nail brushes so they can dispose of or send the used ones home with the client. This eliminates the cost of disinfectant.



Photo courtesy of purepaddirect.com.

▲ **Figure 13-16**
Three-way buffer.

Two-Way or Three-Way Buffer

The two- or three-way buffer abrasive technology replaces the chamois that becomes contaminated with multiple uses and creates a beautiful shine on nails (**Figure 13-16**). The buffer is shaped like a two-sided nail file, long and narrow, with one or two additional grit abrasives and a final shine surface. Begin with the lowest-grit abrasive surface in the smoothing task, move to the larger grit, and then finally on to the shining surface (usually no grit). The result is a glossy shine on the nails.

This buffer is generally used on natural nails and in the final steps of the two-color application of monomer liquid and polymer powder nails, such as the French manicure look, to produce beautiful, smooth nails that will be worn with sheer or clear polish only. Most two- or three-way buffers are single-use only and must be thrown away after each use. The salon or technician must find an inexpensive source for purchasing them if regulations in the state allow their use.

Single-Use or Terry Cloth Towels

Towels are an example of materials that do not require immersion disinfection if they are properly laundered by the salon or laundry. Cloth towels must be washed between clients, and paper towels must be thrown away after use. A client uses a fresh, clean terry cloth towel or a new disposable paper towel after washing his or her hands. The best terry cloth towel for use in a personal service is white, as it can be bleached during washing between uses. Other clean towels are used to cover any surfaces that cannot be disinfected during each manicure, including the work area. If spills occur on the table, other terry cloth or disposable towels must be used to wipe them from the surface.

Gauze, Cotton Balls, Pledgets, or Plastic-Backed Pads

Lint-free, plastic-backed fiber or cotton pads are often used in the beauty industry to remove nail polish. Plastic backing protects nail professionals' fingertips from overexposure to drying solvents and other chemicals (**Figure 13-17**).

CAUTION:

Excessive pressure or buffing too long with abrasives that are too low in grit on the nail plate can generate excessive and painful heat into the nail bed and can lead to onycholysis and possible infection. If your client is feeling heat or burning, lighten the pressure, lower the speed of the buffing, and raise the buffer from the surface between buff passes.



▲ **Figure 13-17** Materials used to remove polish and clean nail bed before polishing.

■ Law

■ State Regulatory ALERT!

Reusing implements without properly cleaning and disinfecting them is against the regulations in every state. This inappropriate and illegal use of implements puts clients at risk of the transfer of infection.

Did You Know?

The Centers for Disease Control (CDC) states that it does not matter whether the soap/cleanser used in a salon is antibacterial or not; it still removes microbes and debris. Furthermore, repeated use of some antibacterial soaps/cleansers can be drying to the skin. However, many clients feel more secure if an antibacterial soap is used at the wash station.

Gauze squares or cotton balls are also popular for removing nail polish: they are inexpensive and perfectly designed for this and other application tasks. Gauze squares (2" x 2" or 4" x 4") (5.08 cm x 5.08 cm or 10.16 cm x 10.16 cm), (also called pledges) have many uses in manicure services, from product removal to application. All these materials must be stored in a manner to prevent dust and debris from contaminating them.

Plastic or Metal Spatulas

A single-use plastic or multiuse metal spatula must be used when removing products from their respective containers to prevent contamination of the products and the spread of disease.

If a spatula comes into contact with your or the client's skin, it must be properly cleaned and disinfected before being used again or disposed of and replaced with a new, disposable spatula. In addition, never use the same spatula to remove unlike products from different containers, as the chemistry of the products may not be the same.

■ PROFESSIONAL NAIL PRODUCTS

As a professional, you need to know how to properly use each nail product, what ingredients it contains and what they do, and what it does during and after use. You must also know how to properly store products and remove them from their containers in a sanitary manner. This section provides a basic understanding of several professional nail products.

Soap

Soap is used to clean the nail technician's and client's hands before a service begins. It acts as an infection-control tool during this preservice hand-washing procedure by mechanically removing microbes and debris. It is known to remove over 90 percent of pathogenic microbes from the hands, if performed properly.

Liquid soaps (**Figure 13-18**) are recommended and preferred because bar soap harbors bacteria and can become a breeding ground for pathogenic (disease-producing) bacteria.

Polish Remover

Removers are used to dissolve and remove nail polish. There are two types of polish removers available: acetone-based and non-acetone-based products. Acetone-based polish removers work more quickly and are better solvents than non-acetone-based removers. **Acetone** is a colorless, inflammable liquid, miscible with water, alcohol,

▼ **Figure 13-18** Use pump bottles of soap at the hand-washing station.



and ether, and has a sweetish odor or burning taste; it is used as a solvent. Nonacetone removers will not dissolve polish and enhancement products as quickly as acetone-based removers, so many technicians prefer non-acetone removers when removing nail polish from nail enhancements such as wraps. However, many experienced nail technicians prefer acetone-based removers: due to their experience, they can work faster to remove the polish and feel that their speedy efforts and the rapid evaporation of the acetone prevents the dissolving of the enhancements. Both acetone-based and non-acetone-based polish removers can be used safely; both can cause drying of the skin and cuticles. As with all products, read and follow the manufacturer's instructions for use. Use them minimally and quickly.

Both acetone-based and non-acetone-based removers contain additional ingredients. An additional ingredient may be oil to prevent drying of the nail plates and surrounding tissues.

Nail Creams, Lotions, and Oils

These products are designed to soften dry skin around the nail plate and to increase the flexibility of natural nails. They are especially effective on nails that appear to be brittle or dry and are the number one nail product that should be sold to manicure and pedicure clients. **Nail creams** are barrier products: they contain ingredients designed to seal the surface of the skin around the nails and hold in the subdermal moisture in the skin. **Nail oils** are designed to be absorbed into the nail plate to increase flexibility and into the surrounding skin to soften and moisturize. Typically, oils and lotions can penetrate the nail plate or skin and will have longer-lasting effects than creams, but all three can be highly effective and useful for clients, especially as daily-use home-care products.

Cuticle Removers

Cuticle removers are designed to loosen and dissolve dead tissue on the nail plate so this tissue can be more easily and thoroughly removed from the nail plate. These products typically contain 2 to 5 percent sodium or potassium hydroxide plus glycerin or other moisturizing ingredients to counteract their skin-drying effects. They must be used in strict accordance with the manufacturer's directions, and live skin contact must be avoided where possible to counter the effects of the alkaline ingredients. Excessive exposure of the eponychium to cuticle removers can cause live skin and eponychium dryness, as well as hangnails.

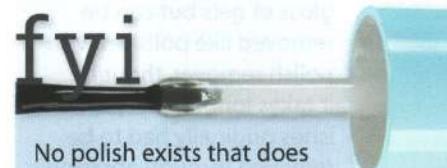
Colored Polish, Enamel, Lacquer, or Varnish

Colored coatings applied to the natural nail plate are variously known as polish, enamel, lacquer, or varnish. All of these terms are actually marketing terms used to describe the same types of products containing similar ingredients.

Polish is a generic term describing any type of solvent-based colored film applied to the nail plate for the purpose of adding color or special visual effects (e.g., sparkles). It is usually applied in two coats over a base coat and followed by a top coat (**Figure 13–19**).

Did You Know?

Many experienced nail technicians prefer using straight acetone to remove polish for three reasons: 1) they feel the added ingredients in polish removers slow the removal process; 2) they believe the added ingredients unnecessarily increase the cost of the product; and 3) acetone without the added ingredients will not unnecessarily dissolve enhancements if used properly and quickly.



No polish exists that does not have acrylic in it, despite the claims of some companies of "all-natural polish." Without acrylic, the polish would not harden to the shape of the nail. Also, the chemicals some claim to be toxic have long been removed from the formulations of all major polish companies.

Did You Know?

Never shake your polish bottles. Shaking may cause air bubbles to form and cause the polish application to be rough and have an irregular appearance. Instead, gently roll the polish bottles between your palms to thoroughly mix.



▲ Figure 13-19 Polish, top coat, and base coat for manicure.

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Hybrid gels" are gel polishes that combine the best of the polish worlds. They have the durability and gloss of gels but can be removed like polishes with polish remover, though it takes longer. (Gel polishes originally had to be removed through abrasion.) The application is basically the same as traditional polishes, although there are nuances that should be learned through education by the manufacturer of the gel. Gels require a light-cured base coat and top coat that are optimally from the manufacturer that designed the gel polish.

Gel Polish Products

A form of nail color that addresses the constant smudging clients experience after a service has recently been created. Developed specifically for natural nails, it is now also used on enhancements (after adjustments to application methods were made). See Chapter 18 for more information on gels and gel polishes.

Base Coat

A base coat creates a colorless layer on the natural nail and nail enhancement that promotes the adhesion of polish. It also reduces the potential for polish to develop a yellowish staining or other discoloration on the natural nail plate; some nail plates are especially susceptible to stains from red or dark colors. Base coats are also important to use on nail enhancements under colored polish to prevent surface staining. Like nail polishes, base coats contain solvents designed to evaporate. These products usually contain a form of adhesive that aids in retaining the polish for a longer time. After evaporation ("drying"), a sticky, adhesion-promoting film is left behind on the surface of the nail plate to increase adhesion of the colored coating.

Light-cured gel polishes usually require a light-cured base coat.

Nail Hardener

Nail hardeners are used to improve the surface hardness or durability of weak or thin nail plates. Some can also prevent splitting or peeling of the nail plate, if used properly. Hardeners can be applied before the base coat or after as top coat, according to the manufacturer's directions.

There are several basic types of nail hardeners:

A **protein hardener** is a combination of clear polish and protein, such as collagen. This provides a clear, hard coating on the surface of the nail, but does not change or affect the natural nail plate itself. Protein (collagen) has very large molecules that cannot be absorbed into the nail plate.

Other nail hardeners contain reinforcing fibers, such as nylon, that also cannot be absorbed into the nail plate. Therefore, the protection they provide comes from the coating itself. They are not therapeutic. These products can be used on any natural nail.

Nail plate hardeners do not contain formaldehyde, as was once believed in the industry. The ingredient is actually methylene glycol, an ingredient that creates bridges or cross-links between the keratin strands that make up the natural nail, making the plate stiffer and more resistant to bending and breaking. Methylene glycol is also not irritating to the skin.

These products are useful for thin and weak nail plates, but should never be applied to nails that are already very hard, rigid, and/or brittle. Methylene glycol hardeners can make brittle nails become so rigid that they may split and shatter. If signs of excessive brittleness or splitting, discoloration of the nail bed, development of ventral pterygium, or other signs of adverse nail and skin reactions occur, discontinue use. These products should be used as instructed by the manufacturer until the client's nails reach the desired goal, and then their

use should be discontinued until the product may be needed again. Clients are generally instructed to apply the product daily over nail polish as a top coat, or under nail polish as a base coat when the polish is removed and reapplied. Clients must be instructed to follow manufacturer instructions.

Dimethyl urea hardeners use dimethyl urea (DMU) to also add cross-links to the natural nail plate. DMU does not cause adverse skin reactions. This hardener does not work as quickly as a hardener containing methylene glycol but will not overharden nails, as the latter may with overuse.

Top Coat

Top coats are applied over colored polish to prevent chipping and to add a shine to the finished nail. These products contain ingredients that create hard, shiny films after the solvent has evaporated. Typically the main ingredients are methacrylic or cellulose-type film formers.

Nail Polish Dryer Products

Nail polish dryer products are designed to hasten the drying of nail polishes. They are typically applied with a dropper or a brush or are sprayed onto the surface of the polish. They promote rapid drying by pulling solvents from the nail polish, causing the colored film to form more quickly. These products can dramatically shorten drying time and will reduce the risk of the client smudging the recent polish application.

Hand Creams and Lotions

Hand creams and lotions add a finishing touch to a manicure. Since they soften and smooth the hands, they make the skin and finished manicure look as beautiful as possible. Hand creams are generally designed to be barriers on the skin to help the skin retain its natural moisture or contain penetrating ingredients to soften the skin or repair damage. Their purpose is to make the skin on the hands less prone to becoming dry or cracked. Lotion is generally more penetrating than creams and may treat lower levels of the epidermis. Mitts or paraffin dips can be used over a lotion to enhance penetration of the ingredients into the skin.

Nail Conditioners

Nail conditioners contain ingredients to reduce brittleness of the nail. They should be applied as directed by the manufacturer, but they are especially useful when applied at night before bedtime. They can be oils, lotions, or creams.

Sunscreens

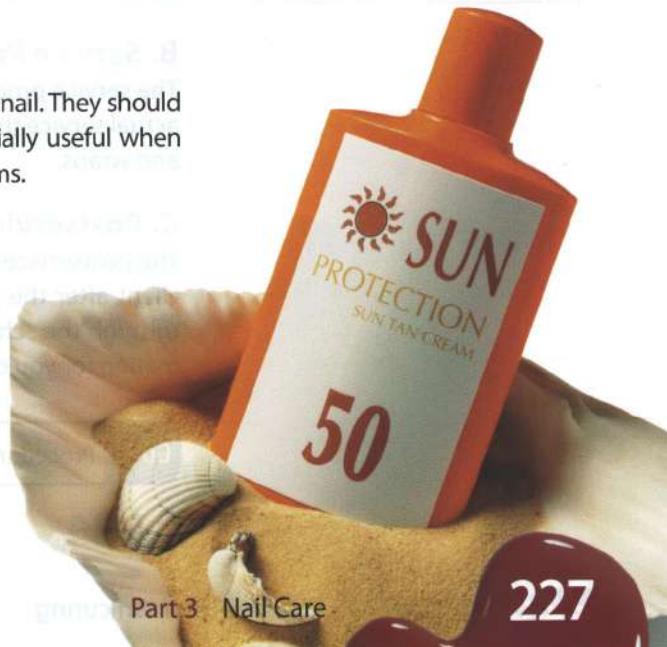
These lotions contain ingredients that protect the skin from damage by the ultraviolet rays (UVA and UVB) from the sun. UVA is known to cause age spots (hyperpigmentation) on the backs of the hands and damage to the DNA of the cells of the skin. UVB is known as the "burning rays," meaning they are what cause sunburns. Overexposure to the sun is known as a major cause of aging and skin cancer.

Did You Know?

Products sold to clients for their use at home are called retail products, and are packaged for that purpose. The reality is that in this industry they are *home-care products*, not retail products, because they are sold under professional recommendation and the client is given instruction on how to use them before taking them home. Home-care products, by law, must have usage directions and cautions listed on the bottles or boxes or have written instructions in the box, while professional products (usually bulk sizes) are not required to have them on their boxes or containers.

CAUTION:

All base coats, top coats, nail polishes, and hardeners are highly flammable.



Encourage your clients to purchase and use broad-spectrum sunscreens on all their exposed skin. Some products only protect from UVA rays; broad-spectrum indicates the product will usually protect from both UVA and UVB. New requirements for the labeling of these products are being developed by the FDA.

■ THE BASIC MANICURE

The basic manicure is the foundation of all nail technology services; it is vital that you know and recognize all of the components necessary for making this service successful. A **manicure** is a cosmetic treatment of the hands involving cutting, shaping, and often painting of the nails, removal of the cuticles, and softening of the skin. The information you learn for the basic manicure will serve as a foundation for all of the other nail services you will perform in your career.

Work to get your basic manicure procedure, including polishing, down to 30 to 45 minutes at the most (preferably 30 minutes) before you leave your school environment, and you will be more hirable and more successful in your career. Practice until you can perform the skills automatically, without considering what is next in the protocol, and you will portray the confidence and professional aura that clients prefer in their nail technician.

CAUTION:

During a manicure, always file the nails before they are soaked as water will absorb into the nail plate and make it softer and more easily damaged during filing.

Application Tip:

If the nails are long and need to be shortened more than the usual amount of filing, they can be cut with nail clippers (or nail nippers if they are extremely long). Clip or nip from the sides in small bits toward the center of the nails to prevent stress to the sides and possible splitting. This clipping will save time during the filing process. File the free edge after using the nail clipper to perfect the shaping.

Go to Procedure 13-3 Performing a Basic Manicure page 244

Three-Part Procedure

It is easier to keep track of what you are doing, to remain organized, and to give consistent service if you break your nail care procedures down into three individual parts. These three parts are: preservice, actual service, and postservice.

A. Preservice Procedure

The preservice procedure is an organized step-by-step plan for cleaning and disinfecting your tools, implements, and materials; for setting up the basic manicuring table; and for meeting, greeting, and escorting your client to your service area.

Go to Procedure 13-1 Preservice Procedure page 239

B. Service Procedure

The service procedure is an organized step-by-step plan for accomplishing the actual service the client has requested, such as a manicure, pedicure, or nail tips and wraps.

C. Postservice Procedure

The postservice procedure is an organized step-by-step plan for caring for your client after the procedure has been completed. It details helping your client through the scheduling and payment process of the salon and provides information for you on how to prepare for the next client.

Go to Procedure 13-2 Postservce Procedure page 242

✓ LO4

Hand Washing

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To prevent the spread of communicable disease, it is imperative to wash your hands before and after each client and to have your clients wash their hands before they sit down at your cleaned and disinfected manicure table. Your regular clients should be so well trained in the practice of hand washing before any procedure that they go directly to the washing station before coming to your nail table.

The nail brush, which is an integral part of the hand-washing procedure, should be stored in a known location so that clients can retrieve it easily and quickly.

Mark the clean nail brush container well so the client will know where to find a fresh brush. The client can bring the brush to the table for your use during the manicure or leave it in a marked "dirty brush" container.

The Manicure Consultation

The consultation with the client before the manicure, or any other service, is an opportunity for the nail technician to get to know the client and understand what his or her expectations are. Do not rush through the consultation—it is an important part of the service!

If the client is new to the salon, he or she should already have filled out the information on the consultation form in the waiting room. Use this information to perform the client consultation. Look at the forms closely for important responses from the client and then record your observations after the service.

Always check the client's nails and skin to make sure that they are healthy and that the service you are providing is appropriate. Next, discuss the service, and then, after the client has an understanding of it, discuss the shape, color and length of nails that he or she prefers. You must be careful not to diagnose a disease or disorder in any way. All information should then be recorded on the client service form. If there are no health issues observed, continue with the service.

Keep the following considerations in mind: shape of the hands, length of fingers, shape of the eponychium area, hobbies, recreational activities, and type of work. Generally it is recommended that the shape of the nail plate enhance the overall shape of the fingertips, fingers, and hands of the client.

Review the steps of the client consultation in chapter 4.

LO5

Basic Nail Shapes for Women

You should always discuss the final shape your client wants for her nails during the consultation and do your best to please her. There are five basic shapes that women most often prefer (see Table 13-1). LO6

Did You Know?

Although the CDC states that hand sanitizers are appropriate for use, they also note that they are to be used only when water is not available for hand washing. It is very important to remember that these products cannot and do not replace proper hand washing. Proper hand washing is a vital part of the service and it cannot be skipped or ignored. Resort to using a hand sanitizer only when it's absolutely necessary!

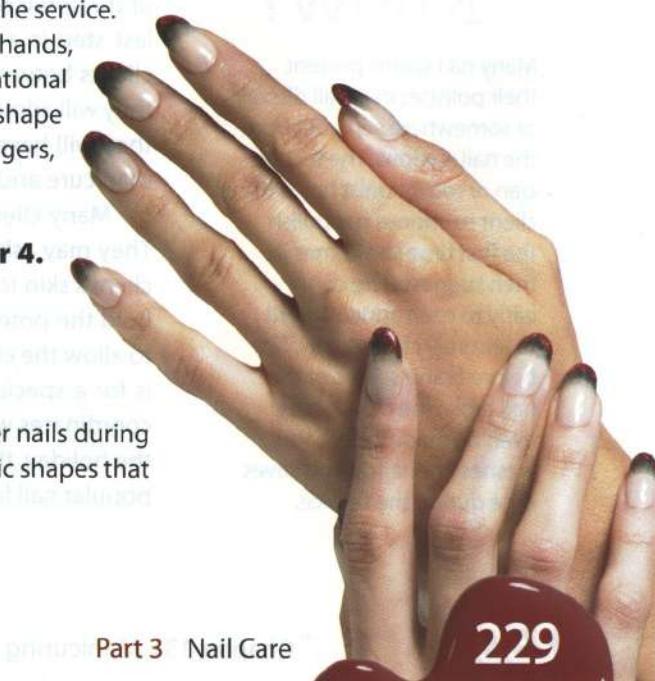


Table 13–1 BASIC NAIL SHAPESMilady
Basic

SHAPE	DEFINITION
square	The square nail is completely straight across the free edge with no rounding at the outside edges.
squoval	The squoval nail has a square free edge that is rounded off at the corner edges. If a nail in this shape extends only slightly past the fingertip, it will be sturdy because there is no square edge to break off and any pressure on the tip will be reflected directly back to the nail plate, its strongest area. Clients who work with their hands—nurses, computer technicians, landscapers, or office workers—will need shorter, squoval nails.
round	The round nail should be slightly tapered and usually extend just a bit past the fingertip.
oval	The oval nail is a conservative nail shape that is thought to be attractive on most women's hands. It is similar to a squoval nail with even more rounded corners. Professional clients who have their hands on display (e.g., businesspeople, teachers, or salespeople) may want longer oval nails.
pointed	The pointed nail is tapered and longer than usual to emphasize and enhance the slender appearance of the hand. Know, however, that this nail shape may be weaker, may break more easily, and is more difficult to maintain than other shapes. Rarely are natural nails successful with this nail shape, so they are usually enhancements. They are for fashion-conscious people who do not need the strongest, most durable shape of nail enhancements.

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Did You Know?

Many nail salons present their polishes in a wall display or somewhere separate from the nail stations. The technician or receptionist helps the client to choose her polish the first time she comes in, then suggests she come early to each appointment to leisurely choose her color before being seated at the nail table; the choice may even be made before she washes her hands. This saves time during the service.

Choosing a Nail Color

Polishing is a very important part of client satisfaction and in the overall success of the service and may help determine whether a client returns to you. It is the last step in a manicure and a constant visual reminder of your work for your clients between visits. When your clients look at their perfectly polished nails, they will admire your work and likely return. If the polish is not applied perfectly, they will have a constant reminder (for a week or more) of a less-than-perfect manicure and may not return.

Many clients will ask for your help when they are choosing a polish color. They may ask, "Do you like this color?" Suggest a shade that complements the client's skin tone: place hand on a white towel under your true-color light, then hold the potential polish colors over the skin on the top of the hand. It is best to allow the client to make the choice to ensure her satisfaction. If the manicure is for a special occasion, you might suggest she pick a color that matches or coordinates with the clothing she will wear; or perhaps the color can represent the holiday, the event, or the season. Some clients will request nail art or other popular nail fashion enhancements. Generally, darker shades are appropriate in