

How To Do Your Own Manicure

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1 introduction

Women have been getting manicures for years. In Uganda, getting a manicure is now considered an affordable luxury for many women, especially in the professional world. When a person puts care and attention into something small like her nails, it shows that she will put that same care and attention into other aspects of her life. Painting your nails is a skill just like any other. If you cannot afford to have your nails done in the salon every week, you can do your own nails in the comfort of your home. All you need is to invest in a few items.

1.1 Getting Started

These steps are the basics you need to get started. First, pick a colour you love. The colour may either reflect your mood or match what you are wearing, or even to match your complexion. Next, have everything you need on hand like a nail cutter/ file, nail polish remover, cotton swabs, hand wipes, base coat, topcoat. After all these materials have been gathered, the process can begin. First it is important to do your manicure on clean hands. You can use the hand wipes for a quick wash to remove the natural oils on your nails. This will allow your nail polish to go on smoothly. Cut your nails with a nail cutter if you prefer your nails short. Then use the nail file to smooth and shape the edges of your nails to either a rounded or square finish.

1.2 Painting the Nails

To paint nails, you need the nail polish of your color choice, basecoat and topcoat. Basecoat is generally clear (colourless) polish. It prepares the nail surface, smoothes the surface and gives the colour something to grab onto. Colour can stain the nails so the basecoat acts as a barrier between your vulnerable fingernails and the colour you are about to put on. Apply a thin layer of the base coat in smooth and even strokes. Allow the basecoat to become fully dry before proceeding. Once the basecoat is dry, you can now apply the colour. As you open the bottle it is important to place your thumb at the top of the bottle so that air does not get in to dry up the polish in the bottle. If left open it becomes thick quickly making it poor to use the next time. To apply the paint, place

a drop of paint at the bottom of your nail just above the cuticle and draw the brush upwards in a straight line all the way to the tip. You should be able to cover the surface of your nail with just three strokes: One down the centre then one down on the left, then one down on the right. This is the ideal of nail polish technique. It minimizes going over and dragging nail polish. Applying more than three strokes tends to leave the polished nail messy and not pleasant to look at. Most times as you are painting your nails, you may brush some polish around the cuticles. It is best to clean up as you go. You can use a cotton swab dipped in nail remover and rub it gently and carefully along the edge of your nail so you can remove any paint around your cuticles. Finally, after the nail paint is dry apply a topcoat on the polished nail a few minutes after applying the colour. The topcoat is about the most useful part of nail painting. It helps to help you keep the top layer clean and smooth out any imperfections so you don't have to start all over. For instance, when you accidentally smudge or get a wrinkle, you can easily nudge it gently back into place with a fingertip. Another importance of the topcoat is that it is great for sealing your nail colour and extending its wear for up to a week tops. When you are finally done with the whole process, give yourself a good five minutes at least to just sit there and not touch anything.

1.3 Conclusion

As mentioned earlier, Painting your nails is a skill not a talent. Anyone can learn to do their own nails and perfect the skill as time goes. So as you paint your nails, be sure to expect a little bit of mess each time. Take your time, speed will come with practice.