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SPC2608

Demo Speech Outline

How to do the perfect at home manicure

Introduction:

* Joke
* Reference to Dictionary.com on definition of manicure
* Mention why I am credible, experience with fashion and beauty etc
* Recap the talking points : Why you should care about your nails, Natural Home Remedies, Tools, and Steps

Why you should care about your nails:

* Talk about unsightly nails, joke about Napoleon dynamite
* Mention Berkeley Wellness nail health chart, 4 different types of nail symptoms you can identify

Natural Home Remedies:

* Mention oranges and oils
* How to use the oranges and oils to strengthen nails

Tools:

* Mention all the tools needed to prep nails
* Explain there are substitutes for each product ranging from very affordable to expensive

Steps:

* Go through each of the pictures on the power point to describe the prepping process
* Explain how each tool is needed in the process
* Explain how both men and women can prep their nails to look neat and trim
* Explain the process of applying the 3 stroke nail method
* Explain about base coat, polish, and top coat

# Bibliography

*Berkeley Wellness*. (2014, March 14). Retrieved from Berkeley Wellness: http://www.berkeleywellness.com/self-care/preventive-care/article/what-nails-say-about-your-health

Graf, J. (2010, 10 February). *Perfect at Home Manicure Tutorial*. Retrieved from Youtube Channel: https://www.youtube.com/watch?v=B4bqpihDPnA

American Psychological Association (APA):

manicure. (n.d.). *Collins English Dictionary - Complete & Unabridged 10th Edition*. Retrieved February 17, 2016 from Dictionary.com website <http://dictionary.reference.com/browse/manicure>