

Hair Dressing and beutification

Leve II

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Acronyms

TVT Technical Vocational Training

LAP Learning Activity Performance

Introduction to the Module

In hair dressing and beautification field, Manicure and pedicure helps to know manicure, pedicure, Manicure technique, Pre-treatment and post-treatment.

This module design to meet the industry requirement under the hair dressing and beautification occupational standard particularly for the unit of competence Perform Manicure and pedicure

This module covers the units:

- Manicure and pedicure
- Manicure technique
- Pre-treatment and post-treatment

LEARNING OBJECTIVES OF THE MODULE

At the end of this session, the students will able to:

- Define Manicure and pedicure
- List Manicure technique
- Identify Pre-treatment and post-treatment

MODULE LEARNING INSTRUCTIONS:

1. Read the specific objectives of this Learning Guide.
2. Follow the instructions described below.
3. Read the information written in the information Sheets
4. Accomplish the Self-check
5. Operation Sheet
6. LAP test

Unit One: Manicure and Pedicure

This learning unit is developed to provide the trainees the necessary information regarding the following content coverage and topics:

- Introductions to Nail services
- Importance of nail on hands and feet
- Contraindications to natural and artificial nail treatments
- Types of nails and skin condition
- Structural function of arms and legs
- Major features of nails, hands and feet.
- Manicure and pedicure products and equipment
- Principles of manicure and pedicure relate to nail treatments

This unit will also assist you to attain the learning outcomes stated in the above. Specifically, upon completion of this learning guide, you will be able to:

- Understand Nail services
- Explain importance of the nail on hands and feet
- Identify Contraindications to natural and artificial treatments nail
- List Types of nails and skin condition
- Identify Structure and function of arms and legs
- Know Major features of nails, hands and feet.
- Arrange Manicure and pedicure products and equipment
- Follow Principles of manicure and pedicure relate to nail treatments

2.1 Introductions to Nail Services

The two most common services that are provided by beauty parlors are ‘manicure’ and ‘pedicure’. A Beauty Therapist is expected to be proficient in providing these services. ‘Manicure’ is a treatment that improves the appearance of nails and hands, and softens them, whereas, ‘pedicure’ has the same impact on feet. Since manicure and pedicure relax the muscles and skin of the hand and feet, respectively, it is important to understand some basics about the anatomy of the hand and feet. The Beauty Therapist, in particular, must know about the following: • anatomical structure, functions and characteristics of nails, and the process of nail growth.

Structure of the nail includes:

- Nail root matrix
- Nail mantle
- Nail plate
- Nail wall
- Nail grooves
- Nail bed
- Lunula
- Free edge
- Hyponychium
- Cuticle

Structure of the nail

In order to provide manicure and pedicure services to clients, there is a need to learn about the structure and functions of nails. A Beauty Therapist must be able to judge when is it safe to work on clients and when they need to see a dermatologist. Nails tell a lot about a person’s health. Healthy nails are smooth, shiny and translucent pink. Systemic problems in a person can show up in the nails as nail disorders or poor nail growth. Nails are made up of a protein called ‘keratin’.

2.2 Importance of Nail On Hands And Feet

The purpose of nails is to protect the ends of fingers and toes, and help the fingers grasp small objects. Adult fingernails grow at an average rate of 1/8 inch per month, whereas, toenails have a slower growth pattern. Usually, a complete nail takes 4–6 months to grow. The growth of nails is faster during summers than in winters. The nail growth is the fastest on the middle finger and slowest on the thumb.

The nail is divided into six parts — root, nail bed, nail plate, eponychium (cuticle), perionychium hyponychium structure has a specific function, and if disrupted, it can result in an abnormal appearing fingernail.

Nail growth and structure

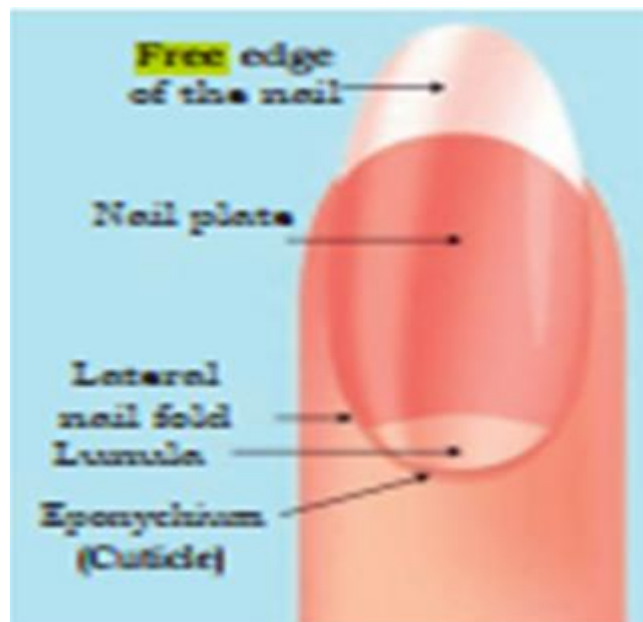
- **Nail growth**

Nails grow throughout life but their growth slows down with age and poor blood circulation.

Fingernails grow

faster than toenails at a rate of 3 mm per month. It takes 4–6 months for a nail to grow from the root to the free edge.

Toenails grow about 1 mm per month and take 12–18 months to be completely replaced.



Fig(a.)1.1 Nail growth and structure

- **Nail root**

Root of the fingernail is also known as ‘germinal matrix’. It lies beneath the skin behind the fingernail and extends several millimeters into the finger. The root produces most volume of the nail and the nail bed. This portion of the nail does not contain melanocytes or melanin producing cells. The edge of the germinal matrix is a white, crescent-shaped structure called ‘lunula’

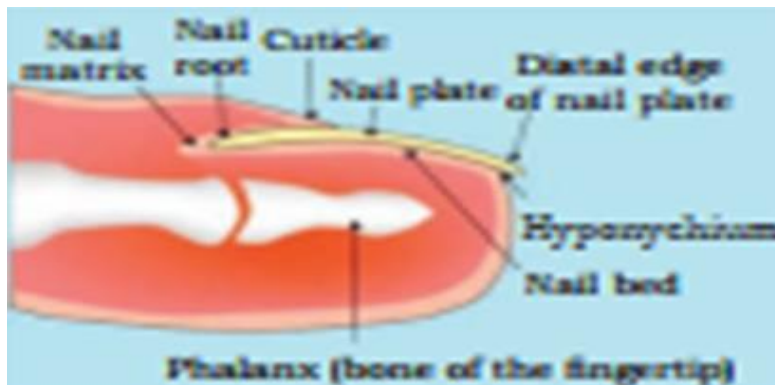


fig.1.2 Nail growth and structure

- **Nail bed**

Nail bed is a part of the nail matrix called ‘sterile matrix’. It extends from the edge of germinal matrix or lunula to hyponychium. The nail bed contains blood vessels, nerves and melanocytes or melanin producing cells. A nail is produced by the root, it streams down along the nail bed, which adds ‘kerat’ to the under surface of the nail, making it thicker [Fig. (a and b)].

- **Nail plate**

Nail plate is the actual fingernail and is made up of translucent keratin. The pink appearance of the nail comes from blood vessels that lie underneath the nail plate. The underneath surface has grooves along the length of the nail that helps to anchor the nail bed Fig.1.2 a & b

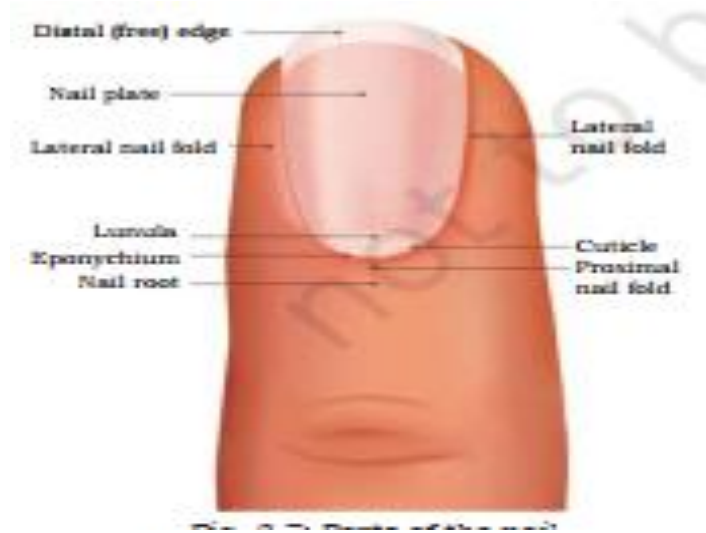


fig. 3 Nail growth and structure

- **Eponychium or cuticle**

Cuticle of the fingernail is also called ‘eponychium’. It is located between the skin of the finger and the nail plate, fusing these structures together and providing a waterproof barrier (Fig. 1.)

Perionychium: - is the skin that overlies the nail plate on its sides. It is also known as ‘paronychia edge’. Perionychium is the site for hang nails, ingrown nails and infection of the skin called ‘paronychia’.

Hyponychium: - is the area between the nail plate and fingertip. It is the junction between the free edge of nail and skin of the fingertip, providing a waterproof barrier

2.3 Contraindications to Natural and Artificial Nail Treatments

- **Contra-indications-** A contra-indication is a reason, symptom /situation that prevents the entire or part of a treatment from being carried out safely.
- **Classification of contra-indication**
 - ✓ Contra-indications that prevent treatment (cannot treat)
 - ✓ Contra-indications that restrict treatment (work around)
 - ✓ Contra-indications that prevent treatment Hemophilia. It is a rare bleeding disorder, in which blood does not clot normally

1.3.1. Contra-indications of nail conditions

Weak nails

Weak nails are soft. They get split and peel off easily. When they break, they tear and leave a jagged edge. This, usually, happens when a person cleans dishes or keeps one's hands in water for a long time. The nails absorb the water, thereby expanding the nail bed. When the water dries out, the nails contract. The constant expanding and contracting eventually weakens the nails.

Brittle nails

Brittle nails snap and are hard to bend. They tend to crack easily. A common reason for such a condition is the lack of moisture in nails as opposed to weak nails that have too much moisture content.

Ridged nails

Ridged nails are characterized by the appearance of vertical and horizontal ridges in fingernails, which are mainly due to nutritional deficiency (Fig. 3.13). Vertical lines on nails are common. These often get severe with age as nails retain more moisture with aging. Horizontal ridges are more likely to signal a problem. Beau's lines is a condition characterized by indentations across the nail bed and is a sign of disrupted nail growth due to illness.

Overgrown cuticles

Cuticles grow at a fast pace and may cover a major portion of the nail, making it prone to bacterial infections, hangnails, split cuticles and other problems.

1.4 Types of Nails and Skin Condition

2.4 Acrylic Nails

Acrylic nails are made of a combination of liquid and powder that's laid over your nail with a brush. Once the mixture is applied, your nails are filed and shaped to emulate the look of natural nails. After your acrylic nails are shaped, each nail is typically painted with a regular base coat, nail polish color, and finished with a top coat. Nails are then set under a fan to dry. Acrylic can also be applied to tips or to your natural nails, though they can weaken your nails with prolonged use. Acrylic nails provide a hard, protective layer due to the powder and liquid hybrid mixture they're created with. Since acrylic nails are durable, you typically don't have to worry about your nails cracking, breaking, or lifting while you have the acrylics (you may even notice that your natural nails grow longer and faster with acrylics).

Typically, acrylic nails are removed in the salon by a nail technician, whereas gel nails can be removed at home with ease. If you try to remove either without taking proper steps, you can be left with broken and brittle claws. So, if you're wondering, which is worse for you nails between gel and acrylic, they both have the potential to damage your nails if worn continuously or removed improperly, and they both can look stunning when done well.

Tip: You can actually mix the two styles and gel polish cured over your acrylic nails for the ultimate manicure that has strength and long wear.

1.4.2 Gel Nails

Gel nails typically consist of brushing coats of polish on your natural nails and are cured with a UV lamp. The process is much faster than applying acrylic, especially because drying is instant, and the nails often look more natural. These days you can find online kits that let you get gel nails right at home. Once complete, gel nails will usually last for around 14 days without chipping. Toward the end of this period, they may start to peel or lift at the corners.

Remove gel nails, all you need to do is soak them off and you're good to go. Typically, a cotton ball soaked in acetone is placed over the nail, then each nail is wrapped in aluminum foil. After 10 minutes, the gel polish is easily able to be removed. While gel nails can be prone to peeling,

they are known to be more flexible than acrylic nails, although be warned that both styles run the risk of damaging your natural nails with continuous wear.

1.5 Structure and Function of Arms and Legs

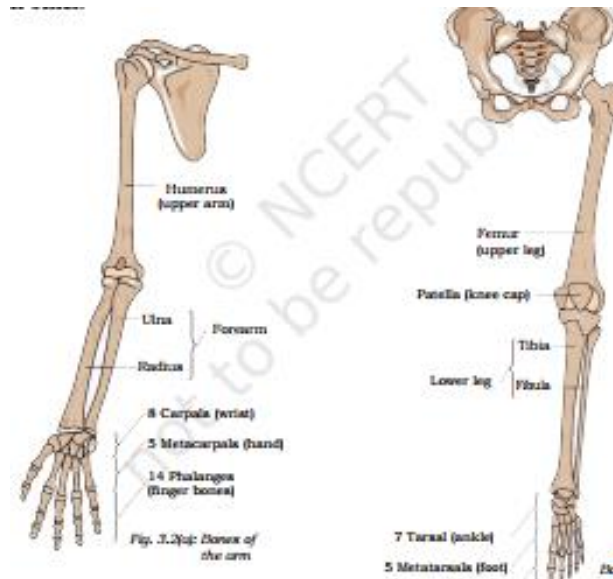


fig 1 structure and function of arm and leg

2.5 Major Features of Nails, Hands And Feet

Nail shapes

Each person's nail features are unique. Nails vary in shapes and sizes. One will find people with long fingers and wide nail beds or short fingers and short nail beds, and other combinations. The five shapes that are common and preferred by customers are — square, round, oval, squoval and pointed.



Fig.1. Varies nail type

Oval

Oval is an attractive nail shape and is preferred by many women. Oval-shaped nails can be long to complement a longer nail bed, or can be short to suit a shorter nail bed. This shape retains the softer curves of the round shape, while adding length to the nail at the same time.

How to file

to achieve an oval shape, straighten the sidewalls first and make sure they are even. This can be done through filing. File in smooth, arching motions, starting at the side of the nail moving towards the top, using a nail file. Work on the angles from both the sides and around the free edge to get the shape.

Square

Square nail is the classic acrylic shape — straight side walls, sharp tips and a neat curve. But square nail is not always the best choice for certain nail beds as a sharp square shape can make the nail appear shorter and stubbier. But for longer nail beds, square shape can complement the nail and add length to the finger.

How to file

- To file into a classic square shape, a medium grade file (150 grit) should be used. This helps in giving shape to the free edges and side walls.
- Turn the hand around to straighten the free edges, noting that when looking at it, the file must be perpendicular to the nail to achieve the shape.
- File a side wall straight up, and then, change the angle to blend.
- Repeat this on the other side as well.
- Once both the sides are done, bevel the nail and sharpen the corners.

Squoval

Squoval, as the name suggests, is a combination of square and oval. Sometimes, called a conservative square, it has the length of a square nail, but softer edges of an oval. Squoval shape suits all nail types.

How to file

- To file a squoval nail, begin with making a square, as is the practice for all shapes.
- This ensures that the side walls are straight.
- Once the side walls are straight, tilt the file underneath the corners. Now, file back and forth from downward to upward direction. This will slowly wear the corners off.

Round

The round shape is frequently used to create a softer, less noticeable look. In case, a customer has wide nail beds and large hands, then round nails can give a slender look to the hands.

How to file

- To get a round shape, file the side walls straight out to make a square.
- Now, round out the edges with moderate angles into a curved shape.
- Be careful not to take out too much off on each side, else it will look imbalanced.
- The nail now needs to be slightly tapered and extend just past the tip of the finger.

Pointed

Pointed nails are less common than other shapes. A pointed nail can create length and make the hands look slender. Smaller hands with smaller nail beds can use pointed nails to create length. If the nails have long and slender nail beds, then pointed nails are more noticeable.

How to file

- To achieve pointed nails, one tip to remember is that the technique is based on the letter 'I' .
- The upper arch, from top to bottom, becomes the center of the 'I' shape that forms a line running down the nail bed.
- The top of the 'I' is bending the cuticle flush with the natural nail, and the bottom of the 'I' is looking down the barrel of the nail to make sure the C-curve is even

2.6 Manicure and Pedicure Products and Equipment

- Acetone/polish remover to remove polish and debris.
- Cuticle cream for the bottom of the nail.
- Lotion to moisturize.
- Nail brush tool for nail hygiene.
- Cuticle pusher to push back skin around the nail.
- Cuticle scissors tool to trim cuticles.
- Nippers to trim hangnails.
- Nail files/Emery boards to shape the nail.
- Nail buffer block to add shine to the nail.
- Bamboo sticks to clean up excess cuticle.
- Cotton balls to apply products.
- Tweezers tool to grab small items
- Cuticle oil to moisten and add vitamins to the skin.
- Polish to add protection and shine or color to the nail.
- Small paintbrush to create nail art.

jfjfkfksl

Equipment and material used in manicure and pedicure

Emery board It has two sides — a coarse side for filing the nails and a fine side for shaping and bevelling the nails. Emery boards are difficult to clean, although some manufacturers have developed special cleansers for this purpose.	
Orange stick The two ends of an orange stick have different purposes. The pointed side is used to apply cuticle or buffing cream. The other side, when tipped with a cotton wool, can be used to clean under the free edge, remove excess enamel and ease the cuticle.	
Cuticle knife It is used to push back the cuticles and remove dead cells from the nail area.	
Cuticle nipper It is used to remove hangnails and dead skin cells around the cuticles.	
Nail scissors These are used to cut the nails.	
Toenail clippers These are used to cut and shorten the toenails prior to filing.	
Nail buffer It is a pad covered with chamois leather and has a handle. It is used in conjunction with a buffing paste. Buffing adds sheen to nails, stimulates blood circulation and growth at the matrix. It is used in pedicure and manicure, or when nail varnish is not applied. To clean the nail buffer, wipe it with an appropriate cleansing solution.	
3-way buffer It is used to smoothen the nails and remove longitudinal and horizontal lines on it, if any. Wipe the 3-way buffer between uses with an appropriate cleansing solution.	

2.7 Principle of Manicure and Pedicure Treatment

Manicure

The treatment for improving the appearance of fingernails and hands is known as manicure, whereas, the same treatment meant for improving the appearance of toenails, feet and legs is known as pedicure. In this Session, you will learn about ‘manicure’. Manicure is a popular service in salons as smooth skin, well-shaped and varnished nails are vital for a well-groomed appearance. Regular beauty treatment helps prevent minor nail damages. Professional attention to nails and surrounding skin encourages nail growth, keeps cuticles pushed back and prevents minor skin conditions.

Manicure procedure

Manicure consists of various procedures, such as filing the nails, shaping the free edges, massaging the hands and application of nail polish. The basic processes for manicure and pedicure are the same. Before starting a treatment, one must ensure that the equipment to be used is sterilized all material and products required in the process are organized at an accessible place.

Manicure and Pedicure Services

- Fill in the consultation form, check with a client for contra-indications and discuss with a service that meets the person's needs.
- Remove all jewelry of the client, including watches, bangles and finger rings. These not only hinder the treatment process but can also cause an injury to the client or the therapist offering these.

purpose of pedicure

- To improve the appearance of feet and toenails
- To relax aching and tired feet
- To reduce hard skin at the sole of the feet

pedicure includes

- Shaping the nail
- Cuticle treatment
- Removal of hard skin
- Specialized foot treatment
- Foot and leg massage

Nail varnish application as required by a client most of the steps followed in manicure apply to pedicure too. The major *differences between the two are:*

- Positioning of the client
- Treatment of hard skin
- Treatment area

- **pedicure massage**

pedicure massage follows the movement of kneading, tapping and soling support the ankle with one hand and effleurage (massage involving a repeated circular movement made with the palm) six times up to the knee with each hand separately. cover the front, sides and back of the lower leg.

- This must be followed by circular finger movement kneading the knee. Kneading is a form of massage used to treat the muscles, and reduce stiffness and pain.
- Give palm kneading to the calf. now, give circular thumb kneading to the front of the leg from ankle to knee.
- Enfleurance the knee three times.
- Do circular finger movements and knead around the ankle.
- Knead the Achilles tendon (back of the ankle) six times.
- Give thumb frictions to the top of the foot from toe to ankle
- Also, give deep palm stroking to dorsal (top) and plantar (bottom) aspect of the foot (together)
- Give palm kneading to toes using both the hands at the same time.
- Palm knead the sole six times.
- Give deep thumb frictions to the sole of the foot (sawing action) from toe to heel and back.
- Give friction circles to each toe.
- Effleurage six times from foot to knee.
- use firm pressure on the foot to prevent over-sensitivity and ticklish sensation

SELF-CHECK-2

Multiple Choice Questions

1. The nail is divided into _____ parts.
(a) Four (b) five
(c) six (d) seven
2. Fingernails grow _____ than toenails.
(a) Faster (b) slower
(c) more (d) less
3. Hyponychium is the area between the _____ plate and fingertip.
(a) Toe (b) nail
(c) skin (d) arm
4. The point at which two or more bones meet is called a _____.
(a) cartilage (b) ligament
(c) joint (d) tendon

Fill in the Blanks

1. In bone _____, blood cells are produced.
2. The tissue where a muscle attaches to the bone is called _____.
3. The tissue that connects two bones is called a _____.
4. Massage helps in improving _____ circulation and _____ tight muscles and tendons.

Lap Test

Task1. Identify contra-indications. Material required: notebook and pen Procedure

Task. **2** Identify nail condition (texture, diseases, etc.,) in a volunteer's foot.

Task .3 Identify the contra-indications that may restrict a pedicure service.

Take. 4 Make a note of your observation

OPERATION SHEET

- a. **Operation title:** Manicure and Pedicure Services
- b. **Purpose:** To understand manicure procedure
- c. **Instruction:** operate the level for each type nail.
- d. **Tools and requirement:**
 - Acetone/polish remover to remove polish and debris.
 - Cuticle cream for the bottom of the nail.
 - Lotion to moisturize.
 - Nail brush tool for nail hygiene.
 - Cuticle pusher to push back skin around the nail.
 - Cuticle scissors tool to trim cuticles.
 - Nippers to trim hangnails.
 - Nail files/Emery boards to shape the nail.
 - Nail buffer block to add shine to the nail.
 - Bamboo sticks to clean up excess cuticle.
 - Cotton balls to apply products.
 - Tweezers tool to grab small items
 - Cuticle oil to moisten and add vitamins to the skin.
 - Polish to add protection and shine or color to the nail.
 - Small paintbrush to create nail art.

e. **Steps in doing the task**

- wash the hands
- Check with the client for contra-indications, if any
- soak both the feet of the client in a Pedi antiseptic soaking solution
- Dry both the feet and rest them on a clean towel.
- remove old enamel from the toenails and examine them for infections
- Shorten or cut the nails using clippers, if required. the nails must be cut straight across to avoid ingrowing nails
- file the nails of each foot using an emery board
- Apply cuticle cream and massage the nails, and place the foot back into the soak. repeat the step on the other foot as well
- use a callus file or scrub or an exfoliator on hard skin of the sole
- Dry the foot. pay attention to the area between the toes.
- apply a cuticle remover, spread around the cuticles and gently push back and lift the cuticle off nails light pressure must be applied to avoid damaging rest of the nail and nail plate
- **Quality Criteria:** the given task is to understand manicure and pedicure procedure
- **Precautions:** to practice the appearance of feet and toenails, to relax aching and tired feet, to reduce hard skin at the sole of the feet

UNIT TWO: Manicure and Pedicure Techniques

This learning unit is developed to provide the trainees the necessary information regarding the following content coverage and topics:

- . Definitions of nails
- . Types and shapes of nail
- . Color and design requests analysis
- . Applications of manicure and pedicure products
- . Infection control procedures
- . Work place arrangement

This unit will also assist you to attain the learning outcomes stated in the above. Specifically, upon completion of this learning guide, you will be able to:

- Define of nail
- Apply nail treatment
- Identify Types nail
- Describe products of manicure and pedicure
- Perform procedure of nail art
- Check client satisfaction
- Control work place environment

2.8 Definition of Nail

Nails are made up of a protein called ‘keratin’. The purpose of nails is to protect the ends of fingers and toes, and help the fingers grasp small objects. Adult fingernails grow at an average rate of 1/8 inch per month, whereas, toenails have a slower growth pattern. Usually, a complete nail takes 4–6 months to grow. The growth of nails is faster during summers than in winters. The nail growth is the fastest on the middle finger and slowest on the thumb. The nail is divided into six parts — root, nail bed, nail plate, eponychium (cuticle), perionychium and hyponychium [Fig. (a and b)]. Each structure has a specific function, and if disrupted, it can result in an abnormal appearing fingernail.

2.9 Color and Design Requests Analysis



Fig. 1 Color and design requests analysis

2.3 Applications of Manicure and Pedicure Products

To ensure that the effect of manicure and pedicure products lasts longer, follow these guidelines.

- Given enough time to the nails to dry after manicure.
- While doing household works, such as gardening or cleaning the dishes, wear waterproof gloves.
- Always dry the hands after washing them.

- Hand creams must be used regularly to keep the skin soft and protected.
- Always apply base coat under the nail polish to prevent staining.\
- Apply top coat over the nail polish to prevent chipping of the nail paint.
- Use an acetone-free nail polish remover.
- Never use metal files as these may damage the nails.
- Keep workable length of the nails as very long nails cause problems and might get damaged.
- Use cuticle cream or oil the hands regularly to moisturize dry cuticles
- Drink adequate water and eat well to maintain a healthy skin and nail condition
- Do simple hand exercises to keep the joints supple for smooth movements.
- Avoid using hard soaps and detergents for washing hands.
- Avail manicures every 2 to 4 weeks for soft and shiny hands.

2.3.1 Nail Art

The art of decorating nails. **Nail art** is a creative activity that draws pictures or designs fingernails. It is a type of art. These days' fingernails and toenails are seen by some as important points of beauty. Also, it is a type of fashion activity, related to manicuring. There are commercial shops ('nail bars') where nails are worked on to make them attractive. The main product is acrylic nails with ready-made designs which can be stuck on top of natural nails.



An outstanding example of hand art. The hand shows matching turquoise nails and ring; brown henna and gold skin decoration.



Pink nail polish and applicator.



A low-key, but effective style: the 'French manicure'.

- Apply moisturizing lotion daily on the feet after bathing
- Dry the feet thoroughly after washing, especially the area between the toes.
- Regularly apply talc or special foot powder between the toes as it helps to absorb the moisture.
- Use creams, sprays and oils to keep the feet fresh during the day. those with peppermint and citrus oils are particularly useful
- Use a cuticle cream or oil to massage the cuticles
- Use non-acetone varnish remover only.
- apply creams regularly to moisturize the nails, especially, after removing the nail polish as most nail polish removers contain chemicals that dehydrate the nails

2.3.2 . Nail Art Procedure

Step 1: During consultation, discuss the needs of the client and adapt the service to suit the person's conditions and expectations. Agree on the preferred nail length and shape, and the type of nail polish required. If the client has no contra-indication, start the treatment.

Step 2: Request the client to choose the kind of manicure required — varnish dark, plain, frosted or French. Recommend a suitable nail finish, which matches with the client’s preference. Dark colors make the nails appear shorter, so they are not suitable for short or bitten nails.

Step 3: Remove the old nail paint first. Check the nails for ridges and other problems. Examine the nail plate in its natural condition after removing the nail polish. Sanitize the hand to prevent cross-infection and do a manual contra-indication check.

Step 4: If required, cut the nails to give them a shape as per the client’s preference. This should be done only with sterilized scissors. The nail clippings need to be collected in a tissue paper and disposed of appropriately.

Step 5: Now, file the nails using an emery board.

Step 6: Beveling must be done after that. This seals the free edge layers of the nails and helps in preventing water loss and damage.

Step 7: Use an orange stick to decant, and then, apply cuticle cream around the cuticles.

Step 8: Gently massage cream into the cuticles using fingertips. This will help in softening the skin, making the removal of cuticles easier vice. Ask the client to keep these in a safe place

2.4 Infection control procedures

Remove any visible debris and disposable parts. Wash the item or surface with soap and water or cleaning agent. After washing, rinse the item thoroughly and dry it completely before disinfecting it. Surface may be wiped with a cleaning agent before being disinfected.

2.5 Work Place Arrangement

Preparation is the key to being a Beauty Therapist regardless of the treatment being carried out. Many salons have a designated work area for manicure and pedicure.

Wherever a treatment is carried out, ensure that all material, equipment and products are handy.

- Clean trolleys, work surface(s) and shelves with surgical spirit.
- Clean and disinfect the work surface(s) prior to use.
 - Use clean warm towels and bedroll for each client.
 - Use disposable products.
 - Use a spatula to take out products from containers.
 - Clean the neck of a nail enamel bottle before putting the lid on.
 - Maintain a clean and tidy work area.
 - The therapist must wash the hands with soap or hand wash before and after each treatment.
 - Sterilize all tools before and after use or dispose them.

SELF-CHECK 2

A. Multiple Choice Questions

1. Pedicure includes shaping of the nails and _____.

- | | |
|--------------------------------|-----------------------------------|
| (a) Cuticle treatment | (b) treating multiple warts |
| (c) Treating fungal infections | (d) treating bacterial infections |

2. Contra-indications that prevent treatment are _____.

- | | |
|--------------------------|-----------------------|
| (a) Multiple warts | (b) fungal infections |
| (c) bacterial infections | (d) All of the above |

3. _____ is a creative activity that draws pictures or designs fingernails.

- (a) Nail Art
- (b) Beauty
- (c) Artificial nail design
- (d) All of the above

4. Apply moisturizing lotion daily on the feet after bathing method of

- (a) Treatment Plan
- (b) Procedure
- (c) bacterial infections
- (d) All of the above

LAP TEST

Task 1. Identify clients nail length, shape, and the type of nail polish required

Task 2. Identify the client to choose the kind of manicure required.

Task 3 Identify Remove the old nail paint first Check the nails for ridges and other problems.

Task 4. Check the nails for ridges and other problems

Task 5. Make a note of your observation

Task 6. Cut the nails to give them a shape as per the client's preference

Task 8. File the nails using an emery board.

Task 9. Apply cuticle cream around the cuticles.

Task 10. Gently massage cream into the cuticles using. fingertips

. OPERATION SHEET

Operation title: Nail Art

Purpose: To understand Nail Art procedure

Instruction: operate the level for each type nail.

Tools and requirement: -Manicure Tweezers

1. Nail Art Tape

2. Dotting Tool

3. Thin Tip Brush
4. Glitter Nail polish remover
5. Matte Top Coat
6. Nail Polish Correction

STEPS IN DOING THE TASK

- Step 1. apply base coat under the nail polish to prevent staining.
- Step 2. Apply top coat over the nail polish to prevent chipping of the nail paint
- Step 3. Use an acetone-free nail polish remover
- Step.4. Never use metal files as these may damage the nails.
- Step. 5. Keep workable length of the nails as very long nails cause problems and might get damaged
- Step.6. Use cuticle cream or oil the hands regularly to moisturize dry cuticles
- Step.7. Avail Nail Art every 2 to 4 weeks for soft and shiny hands.

Quality Criteria: the given task is to understand Nail art procedure

Precautions: To practice Nail Art design

Unit Three: POST TREATMENT SERVICE

This learning unit is developed to provide the trainees the necessary information regarding the following content coverage and topics:

- Post-treatment service
- Record service and Feedback
- Provide advice and consult
 - Future treatment program
 - Product recommendations
- Waste Treatment

This unit will also assist you to attain the learning outcomes stated in the cover page.

Specifically, upon completion of this learning guide, you will be able to:

- Observe Post-treatment service
- Consult future treatment program
- provide advice
- Apply post service activity

3.1 Post-Treatment Service

- Clean trolleys, work surface(s) and shelves with surgical spirit.

- Clean and disinfect the work surface(s) prior to use.
- Use clean warm towels and bedroll for each client.
- Use disposable products.
- Use a spatula to take out products from containers.
- Clean the neck of a nail enamel bottle before putting the lid on.
- Maintain a clean and tidy work area.
- The therapist must wash the hands with soap or hand wash before and after each treatment.
- Sterilize all tools before and after use or dispose them.

3.2 RECORD SERVICE AND FEEDBACK

Customer feedback has become one of the primary drivers of long -term growth. Customer satisfaction score indicates how satisfied customers are with the product, service, or their interaction with a salon. And identify product or service improvement

3.3 PROVIDE ADVICE AND CONSULT

Aftercare advice:-Advice given to the client following a nail art application in order for the client to maintain the design.

Contra-action:-An unfavorable reaction that may occur either during or after nail art application, e.g. skin swelling. **Contra-indication:-**A condition that will prevent nail art being carried out, e.g. nail loss.

COSHH (Control of Substances Hazardous to Health) This relates to products that could cause harm if used incorrectly and for which clear instructions need to be followed for storage and handling.

Cuticle The flexible fold of skin around the base of the nail.

Disinfection The process of destroying some but not all micro-organisms.

Foils These are available in many patterns and colors and can be applied to the nail to give

Nail plate: - The pink-colored part of the nail.

Nail separation;- When the nail lifts away from the nail bed.

PPE: - Personal protective equipment, such as disposable gloves and face masks.

Sterilization: - The process of destroying all micro-organisms and their spores.

Striping pen:- A very fine brush used to make stripes or tapering stripes on the

3.4 Future Treatment Program

Examples: objectives of the service identified, taking into account nail condition, general health, medication, client lifestyle, expectations, occasion established, color preferences and current use of nail art

3.5 Product Recommendations

Excellent aftercare advice includes home care products, application and removal techniques and future services a and recommendations

3.6 Waste Treatment

Health, Safety and hygiene must be adhered to throughout each treatment, and you must learn the conditions that will prevent will prevent you carrying out the treatment.

1. SELF-CHECK- 3

Give a brief explanation for the following statement

1. Definition Waste Treatment

Reference

- Written by WebMD Editorial Contributors
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- SOURCE: gifrific.com
- SOURCE: vayagif.com
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