



BiteSize
Beauty

Manicure



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The following table explains the tools used within a manicure treatment and the effects upon the skin and nail of incorrect use.

Equipment	Purpose for Use	Incorrect use of Manicure Tools
 <p>Emery Board</p>	<p>Has 2 sides, the coarse side is used for reducing length and the fine side is used for shaping the nail.</p>	<p>Filing the nail plate with a see-saw action can cause the free edge to split, peel and fray. This is due to friction which creates heat and causes the layers of the nail plate to separate.</p>
 <p>Orange Stick</p>	<p>Should be tipped at the end with cotton wool.</p> <p>Used to apply products, clean under the free edge, ease back cuticles and remove nail varnish.</p>	<p>If not tipped or too much pressure is applied the cuticle can be torn and the hyponychium separated from the nail plate.</p> <p>N.B. Hyponychium is the protective seal found under the free edge.</p>
 <p>Nail Scissors</p>	<p>Used to shorten nail length.</p>	<p>If used incorrectly can cause the nail to bend against its natural curve causing discomfort and bruising.</p> <p>Cut along the free edge with a succession of small snips to prevent this from happening.</p>

Manicure Procedure

1. Check for contra-indications.
2. Wash your hands with soap and dry thoroughly to minimise the risk of cross-infection, do this in front of the model.
3. Remove all jewellery from your model's hands. (Your model may wish to keep on a wedding band).



4. Wipe both the model's hands with a hand sanitiser. Analyse the condition of the nails, cuticles and skin and re-check for any contra-indications.

5. Remove nail varnish from both hands; use a new piece of cotton wool for each hand.



6. Working on the model's left hand using the fine side of the emery board, file the nails from the edge to the centre in one direction only. Bevel the nails if they are split.

Nail Shapes

The chart below describes the appearance of different nail shapes stating their advantages and disadvantages.

Nail Shapes	Appearance/Advantages/Disadvantages
<p>Square</p> 	<p>A perfect square shape. A popular shape, however, the corners provide a weak point and break easily.</p> <p>Very good for people with short nails who do not want a rounded shape, but they can make the hands appear stubby.</p>
<p>Oval</p> 	<p>The tip is softly rounded. This is the strongest nail shape therefore, the most ideal. This shape can give the illusion of lengthening the fingers. Suitable for longer length nails.</p>
<p>Round</p> 	<p>This shape is ideal for people who require a shorter nail length. This is a popular shape for men and for those who must maintain a shorter length due to their occupation.</p>
<p>Stiletto/ Pointed</p> 	<p>This is a high fashion shape. The tip of the nail is shaped to a drastic point. The point is a weak area and prone to breaking as there is no side support. This shape is more suitable for artificial nails.</p>

Hand and Forearm Massage Routine



1. **Effleurage** - Stroking from the fingers to the elbow using alternate hands - 6 times.



2. **Petrissage** - Thumb kneading to the forearm using both thumbs - 6 times.



3. **Petrissage** - Thumb kneading to the wrist, back of the hand and fingers - 3 times.



4. **Frictions** - Thumb frictions to the back of the hand - 3 times.

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