



Image courtesy of Creative Nail Design

207

Provide manicure treatments

Manicures can instantly improve the appearance of the nails and skin of the hands and is a popular treatment for both female and male clients. Techniques include shaping the nails, treating the cuticles, massaging the hands and applying nail enamel. The hand and arm massage carried out during the manicure is nourishing to the skin and relaxing for the client. You will also learn about specialised treatments that can be used to further enhance the condition of the client's nails and skin. These treatments are chosen to target your client's needs and can include hand exfoliation, paraffin wax, hand masks and even heat treatments such as hot oil and thermal mitts.

Assignment mark sheet

Unit 207 Provide manicure treatments

Your assessor will mark you on each of the practical tasks in this unit. This page is used to work out your overall grade for the unit. You must pass **all** parts of the tasks to be able to achieve a grade. **For each completed practical task, a pass equals 1 point, a merit equals 2 points and a distinction equals 3 points.**

What you must know

Task 1a: produce an information sheet

Task 1b: produce a fact sheet

Task 1c: anatomy and physiology

Or tick if covered by a GOLLA online test

Tick when complete

What you must do

Task 2: provide a manicure treatment

Grade

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Points

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Overall grade

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Candidate name:

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Candidate signature:

Date:

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Assessor signature:

Date:

--

Quality assurance co-ordinator signature
(where applicable):

Date:

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External Verifier signature
(where applicable):

Date:

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What does it mean?

Some useful words are explained below

Aftercare advice

Advice given following a manicure in order for the client to benefit from the effectiveness of the treatment.

Contra-action

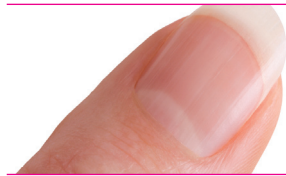
An unfavourable reaction that may occur either during or after the manicure treatment, eg skin swelling.

Contra-indication

A condition that will stop the manicure being carried out, eg paronychia.

Crystalline coloured enamel

This gives a slightly pearlescent, shimmery or iridescent appearance; you may need to apply additional coats.



Cuticle

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

Disinfection

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

Exfoliators

Slightly abrasive products used to remove the uppermost layer of dead skin cells.

Hand masks

Nourishing, moisturising products applied to the hands for a period of time. To increase absorption hands are often placed in hot mitts.

Heat treatments

Products such as hot oil or paraffin wax, or equipment such as thermal mitts used to heat the hands and aid absorption of products.



Manicure tools

A variety of tools used during a manicure to reduce nail length, carry out cuticle work and shine the nail plate.

Nail plate

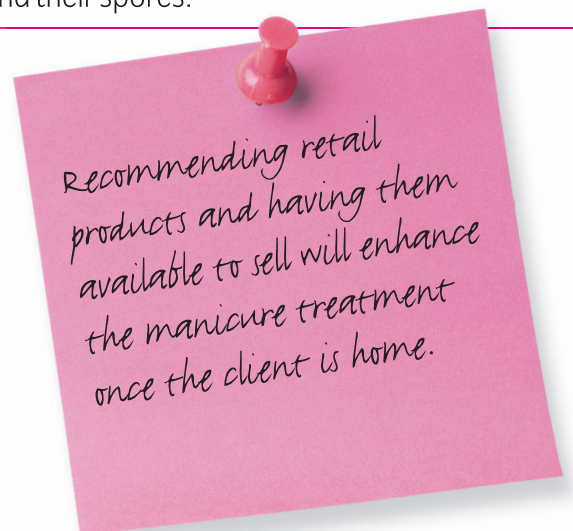
The pink-coloured part of the nail.

Paraffin wax treatment

Covering the hands in a warm paraffin wax liquid, building up several layers to retain the heat and wrapping in towels for a period of time. This will moisturise, soften and nourish the hands.

Sterilisation

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



Recommending retail products and having them available to sell will enhance the manicure treatment once the client is home.



Practise on friends and family to unleash your creative side!

Revision tip

Practise applying dark enamels to the nail plate, as once you have mastered this technique all other colours will be easy.



Follow in the footsteps of... “ *Sezen Diyenli*”

Sezen is currently studying her NVQ Level 2 Beauty Therapy at the London College of Beauty Therapy. She has gained good experience from the events she has attended there, such as the Guinness World Record attempt for the highest number of files and varnishes performed in eight hours. This experience helped her to win the LCBT Manicurist of the Year 2009-10 at the LCBT annual student awards. In the future, Sezen hopes to work for a top London spa and to own her own beauty company.

Look for the pink quote marks to see what she has to say to you!

What you must know

You must be able to:

- 1 describe salon requirements for preparing yourself, the client and the work area
- 2 describe the environmental conditions suitable for manicure treatments
- 3 describe different consultation techniques used to identify treatment objectives
- 4 explain the importance of carrying out a nail and skin analysis
- 5 describe how to select products, tools and equipment to suit the client's treatment needs, skin and nail conditions
- 6 identify nail and skin conditions
- 7 describe the contra-indications which prevent or restrict manicure treatments
- 8 state how to communicate and behave in a professional manner
- 9 describe health and safety working practices

Continues on next page



- 10** explain the importance of positioning yourself and the client correctly throughout the treatment
- 11** explain the importance of using products, tools, equipment and techniques to suit the client's treatment needs, nail and skin conditions
- 12** describe how treatments can be adapted to suit the client's treatment needs, nail and skin conditions
- 13** describe the different massage techniques and their benefits
- 14** state the contra-actions that may occur during and following treatments and how to respond
- 15** state the importance of completing the treatment to the satisfaction of the client
- 16** state the importance of completing treatment records
- 17** state the aftercare advice that should be provided
- 18** describe diseases and disorders of the nail and skin
- 19** describe the structure and functions of the nail and skin
- 20** describe the structure and function of the muscles of the lower arm and hand
- 21** describe the structure and function of the bones of the lower arm and hand
- 22** describe the structure and function of the arteries and veins of the arm and hand
- 23** describe the structure and function of the lymphatic vessels of the arm and hand



Practise your French polish over and over again! A perfect French polish will guarantee your client's return.

“

Sealing the top coat under the free edge of the nail will make sure the polish lasts for an extra long time and will give added protection to the manicure.



Manicure treatments are a chance to have a chat with your client and show an interest in them.

Mani



Recommend a course of manicure treatments to maximise results.



manicure

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For shorter nails, choose pale, neutral colours. Leave the dark, dramatic colours for long, strong nails.



Your client will remember the finished result of enamelling, so make sure it is perfect.

What you must do

Practical observations

This page shows what you need to do during your practical task. You can look at it beforehand, but you're **not** allowed to have it with you while carrying out your practical task. You must achieve **all** the criteria; you can achieve 1 mark, 2 marks or 3 marks for the criteria indicated with *.

- 1 Prepare yourself, the client and the work area for manicure treatment
- 2 Use suitable consultation techniques to identify treatment objectives *
- 3 Carry out a nail and skin analysis
- 4 Provide clear recommendations to the client *
- 5 Position yourself, the client and the equipment correctly throughout the treatment
- 6 Follow health and safety working practices
- 7 Communicate and behave in a professional manner
- 8 Select and use products, tools, equipment and techniques to suit the client's treatment needs, nail and skin conditions *
- 9 Use and adapt correct massage techniques *
- 10 Apply base coat, varnish and top coat evenly without flooding the cuticles and nail wall
- 11 Complete the treatment to the satisfaction of the client *
- 12 Record the results of the treatment with the client
- 13 Provide suitable aftercare advice *

Totals

Grade

Candidate signature and date

Assessor signature and date

Conversion chart

Grade	Marks
Pass	13–15
Merit	16–21
Distinction	22–25

Please tick when all pre-observation requirements have been met.

Provide manicure treatments		
1		
1	2	3
1		
1	2	3
1		
1		
1	2	3
1		
1	2	3
1		
1	2	3
1		
1	2	3
1		
1		
1		

What you must do

Practical observations descriptors table

This table shows what you need to do to achieve 1, 2 or 3 marks for the criteria indicated with * on the previous page.

	1 mark	2 marks	3 marks
2 Use suitable consultation techniques to identify treatment objectives	Basic consultation carried out. Examples: closed questions used throughout, questioning covered contra-indications.	Good consultation carried out. Examples: open and closed questions, positive body language, questioning covered contra-indications, general health, lifestyle and expectations.	Thorough consultation carried out. Examples: open and closed questions, positive body language, questioning covered contra-indications, general health, lifestyle and expectations.
4 Provide clear recommendations to the client	A basic treatment plan is recommended. Examples: objectives of the treatment identified.	A good treatment plan is recommended. Examples: objectives of the treatment identified, taking into account skin and nail condition and client expectations.	A thorough treatment plan is recommended. Examples: objectives of the treatment identified, taking into account skin type/condition, general health, medication, client lifestyle, expectations, occasion established, colour preferences and current use of manicure products.
8 Select and use products, tools and equipment to suit client's treatment needs, skin and nail conditions	Selected and used products, tools and equipment to suit treatment objectives. Examples: Product choice adapted to suit skin and nail conditions.	Selected and used products, tools and equipment to suit treatment objectives. Examples: Consistent finish across all of the nails, communicated with the client throughout to confirm satisfaction at every stage.	Selected and used products, tools and equipment to suit treatment objectives. Examples: Consistent finish across all of the nails, provided explanation to client about products, tools and equipment selected and confirmed client's satisfaction at every stage.

Continues on next page

What you must do

Practical observations descriptors table (continued)

This table shows what you need to do to achieve 1, 2 or 3 marks for the criteria indicated with * on the previous page.

	1 mark	2 marks	3 marks
9 Use and adapt massage techniques to meet the needs of the client	Adapted the massage to suit skin type and skin and nail condition.	Adapted the massage to suit skin type and skin and nail condition. Examples: Varied the rate, rhythm and time.	Adapted the massage to suit skin type and skin and nail condition. Examples: Varied the rate, rhythm, time and pressure.
11 Complete the treatment to the satisfaction of the client	The treatment is completed within the agreed time and brought to a satisfactory close.	The treatment is completed within the agreed time and the client is shown the result.	The treatment is completed within the agreed time, brought to a satisfactory close, the client is shown the result, result is adapted if necessary, client is assisted where necessary.
13 Provide suitable aftercare advice	Basic aftercare advice is provided including possible contra-actions.	Good level of aftercare advice includes homecare products and future treatments.	Excellent aftercare advice includes homecare products, application and removal techniques and future treatment and recommendations.



Make sure the client's nails are clean before applying the polish. This ensures all oils and creams are removed from the nail plate to guarantee the polish adheres to the nail, and lasts.

Comment form

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This form can be used to record comments by you, your client, or your assessor.



Image courtesy of The London College of Beauty Therapy