



3I4

Apply and maintain nail enhancements
The application of nail enhancements requires high levels of skill, dexterity and care; it's an art form in itself. Techniques and products have advanced greatly in recent years and there are many different techniques that can be used to apply a beautiful set of balanced nail enhancements. They can be used to help mask imperfections, help to create a perfect finish and even elongate the nail bed. This unit covers the techniques you will learn, practise and perfect in order to achieve a high professional standard. Whichever system, product or manufacturer you choose you should always work in line with the Habia code of practice for nail services, follow manufacturer's instructions and observe hygiene, health and safety at all times.

Assignment mark sheet

Unit 314 Apply and maintain nail enhancements

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.**

Conversion chart

Grade	Points
Pass	1–1.5
Merit	1.6–2.5
Distinction	2.6–3

What you must know

Task 1a: produce an information sheet

Task 1b: produce a fact sheet

Task 1c: produce a fact sheet

Task 1d: anatomy and physiology

Or tick if covered by an online test

Tick when complete

What you must do

Task 2a: Apply nail enhancements using liquid and powder

Task 2b: Apply nail enhancements using UV gel

Task 2c: Apply nail enhancements using wraps

Task 2d: Maintenance service on one system

Grade

Points

Total points for graded tasks

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Divided by

÷ 4

= Average grade for tasks

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Overall grade
(see conversion chart)

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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:

--

External Verifier signature
(where applicable):

Date:

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Revision tip

Never overload your brush when applying gel so that it does not run onto the cuticle and surrounding skin. This could cause overexposure, which could lead to an allergic reaction or lifting of the overlay.

What does it mean?

Some useful words are explained below



Abrasives

The term used to describe nail files and buffers.

Acrylates

The family of chemicals that nail enhancements are created from.

Activator

This liquid speeds up the polymerisation process for a cyanacrylate resin and is used within the wrap system.

Adhesive

Chemicals that cause two surfaces to bond together.



Beau's lines

Horizontal lines on the nail plate.

Breathing zone

The area surrounding the nail technician's air supply.

Catalyst

Chemical within a substance that controls the speed of the chemical reaction.

C-curve

The curvature of the nail plate from sidewall to sidewall.

Copolymer

A polymer made by a reaction of two or more different monomers.

Cross links

Chemical bonds between the polymer chains.

Curing

The process of polymerisation, ie turning a liquid or semi-liquid into a solid.

Cyanacrylate

A family of chemicals known as 'acrylates' that are used in adhesives and resins.

Dehydrator

This product is used at the beginning of a nail enhancements service to dehydrate excess oil and moisture from the nail plate.

Ethyl methacrylate (EMA)

This monomer is used in nail systems.

Exothermic reaction

A heat reaction that can occur during polymerisation.



Fibreglass

A fine mesh fabric that has a glass content, used to create strength within the wrap system.

Forms

These are applied under the free edge while the nail enhancement is built onto it.

Initiator

The chemical that starts the process of polymerisation.

Lifting

The separation of the overlay from the natural nail plate.

Liquid and powder

Often referred to as acrylic but its correct term is liquid and powder. This system is a two component system that uses monomer (liquid) and a polymer (powder) mixed together to create a chemical reaction (polymerisation) that produces a solid structure.

Lower arch

The curve of the lower underside of the free edge when checking the nail from the side profile.

Maintenance

The term used when the client returns to the salon every 2 to 3 weeks and has the nails reshaped, rebalanced, infilled, possibly repaired and the tip is repositioned, if appropriate.

Continues on next page

What does it mean?

Some useful words are explained below (continued)

Monomer

A molecule or one individual chemical unit that can react to form a polymer.



Nail wraps

Fabrics such as fibreglass and silk with an application resin are used to overlay the natural nail. This is often referred to as the three or several component system.

Oligomer

Monomer chains that are considerably shorter than a polymer.

Optical brightener

This is added to nail products to make colours look brighter and to enhance the white products to make them look crisp, clean and bright.

Overlay

An artificial coating applied to the natural nail that can also be used to extend it.

Photo initiator

This comes in the form of a UV light that acts as a catalyst to 'kickstart' the polymerisation process. This is commonly used with the gel system and also with certain brands of liquid and powder.

Polymer

Many units of chemically bonded monomers that form very long chains.

Polymerisation

A chemical reaction that turns the liquid or semi-liquid into a solid by creating polymer chains from monomers or oligomers.

Primer

This substance is used to improve adhesion between the nail plate and the nail enhancement.

Sculptured nail

This nail enhancement technique extends the nail plate by building it onto a nail form.

Smile line

The curve that is naturally created by the hyponychium. This can be simulated by the use of a natural coloured tip, a nail varnish or a coloured gel or liquid powder.

Solvent

A substance capable of dissolving other substances. Acetone is commonly used for this purpose.



Stop point

This is the part where the tip fits around the free edge of the natural nail plate.

Upper arch

This refers to the curve of the nail from the cuticle area to the free edge.



UV gel

A pre-mixed, semi-liquid that uses UV light to cure it. It requires no other product to activate it and has different viscosities, depending on type. It can also be used over the top of other systems to add shine.

Vapours

Chemical molecules in the air created by evaporation of a substance.

Continues on next page

What does it mean?

Some useful words are explained below (continued)

Ventilation

The interchanging of fresh air to remove odours and vapours from the air.

Viscosity

The density of a liquid.

Zones

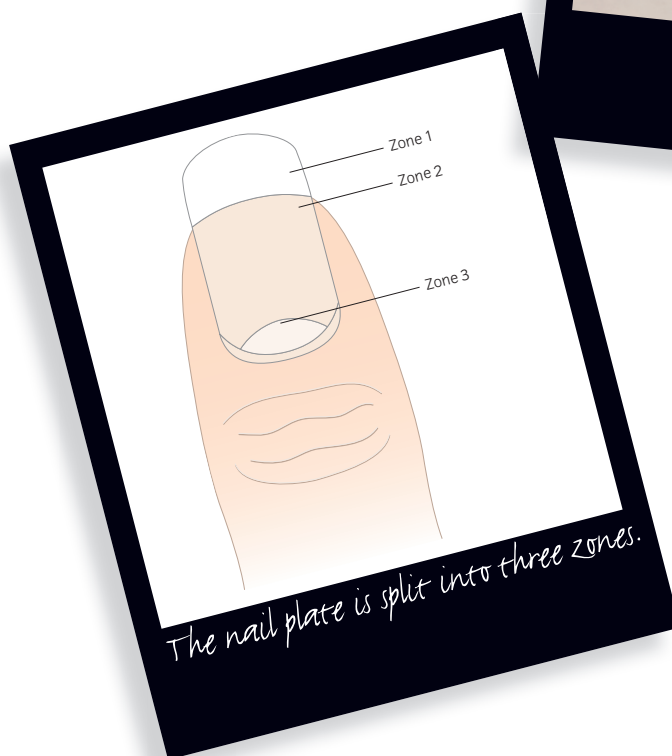
Areas of the nail plate that are split into three sections:

Zone one – the free edge

Zone two – the apex area

Zone three – the cuticle area.

Image courtesy of Central Sussex College





What you must know

You must be able to:

- 1 Describe salon requirements for preparing themselves, the client and the work area
- 2 Describe the environmental conditions suitable for nail enhancement services
- 3 Describe the different consultation techniques used to identify treatment objectives
- 4 Explain the importance of carrying out a detailed nail and skin analysis
- 5 Describe how to select products, tools and equipment to suit client treatment needs, skin types and nail conditions
- 6 Describe the different skin and nail conditions
- 7 Explain the contra-indications that prevent or restrict manicure treatments
- 8 Explain how to communicate and behave in a professional manner
- 9 Describe health and safety working practices and industry Code of Practice for nail services
- 10 Explain the importance of positioning themselves and the client correctly throughout the service

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Follow in the footsteps of... *Samantha Watkinson*

After studying Beauty Therapy it became clear that Samantha had a talent for creative work on the hands and feet and that nails was the industry for her. She attended a number of nail courses and over the years her career has taken her all over the world, working in education management, competing nationally and internationally gaining industry awards, competition judging, working on photo shoots, at various high profile events and with celebrities. She is now back in the classroom as a tutor at Derby College, and enjoys sharing her passion and knowledge with others. **Look for the blue quote marks to see what she has to say to you!**



Image courtesy of Bev Braisdell

- 11 Explain the importance of using products, tools, equipment and techniques to suit client's service needs, nail and skin conditions
- 12 Describe how services can be adapted to suit client service needs, nail and skin conditions
- 13 Describe how to maintain and remove nail enhancements
- 14 State the contra-actions that may occur during and following the service and how to respond
- 15 Explain the importance of completing the service to the satisfaction of the client
- 16 Explain the importance of completing the treatment records
- 17 Describe the methods of evaluating the effectiveness of the treatment
- 18 Describe the chemical process involved in the nail enhancement systems
- 19 Describe the structure and functions of the nail and skin
- 20 Describe the different natural nail shapes

Image courtesy of Professionalnails

Image courtesy of Central Sussex College



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Keep up to date with new technology and continually practise all your skills to provide your clients with the best service possible.



Revision tip

Take your time when learning the mix ratio of liquid to powder, product pick-up and placement. Once these aspects have been mastered it will be easier to apply the enhancements.

Use your time effectively during the service – educate your clients about their enhancements and how they should look after them.



Set up your nail station before the client arrives.

Nail enhan



The wrap system is excellent for repairs to natural nails. A stress strip may be used to reinforce the vulnerable area where the nail is broken.

Image courtesy of Creative Nail Design



Specific products within the gel and liquid powder system are available to mask imperfections within the natural nail plate.

Enhancements

Image courtesy of NSI (UK) Ltd (www.nsinails.co.uk)



Coloured powders can be easily blended to create a customised colour that would mask imperfections and be matched perfectly to a client's skin tone to individualise the treatment.

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 *****.

Conversion chart

Grade	Marks
Pass	11–13
Merit	14–18
Distinction	19–21

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

1 Prepare yourself, client and work area for nail enhancement service
2 Use suitable consultation techniques to identify treatment objectives *
3 Carry out nail and skin analysis
4 Provide clear recommendations to the client *
5 Position yourself and the client correctly throughout the service
6 Follow health and safety working practices
7 Communicate and behave in a professional manner
8 Select and use correct products, tools, equipment and techniques to suit client service needs, nail and skin conditions *
9 Complete the treatment to the satisfaction of the client *
10 Record and evaluate the results of the treatment
11 Provide suitable aftercare advice *

Total

Grade

Candidate signature and date

Assessor signature and date

Nail enhancement service											
a Liquid and powder			b UV gel			c Wrap			d Maintenance service on one system		
1			1			1			1		
1	2	3	1	2	3	1	2	3	1	2	3
1			1			1			1		
1	2	3	1	2	3	1	2	3	1	2	3
1			1			1			1		
1			1			1			1		
1	2	3	1	2	3	1	2	3	1	2	3
1			1			1			1		
1	2	3	1	2	3	1	2	3	1	2	3
1			1			1			1		
1	2	3	1	2	3	1	2	3	1	2	3
1			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	<p>Basic consultation</p> <p>Examples: uses open and closed questions, checks for contra-indications, identifies the treatment objectives correctly.</p>	<p>Good consultation</p> <p>Examples: positive body language, uses open and closed questions to identify contra-indications, lifestyle and expectations; identifies the treatment objectives and any factors that may limit or restrict the treatment.</p>	<p>Thorough consultation</p> <p>Examples: positive body language, uses open and closed questions to identify contra-indications, lifestyle and expectations, identifies the treatment objectives and any factors that may limit or restrict the treatment, allows the client to ask any questions to confirm understanding.</p>
4 Provide clear recommendations to the client	<p>A basic treatment plan is recommended</p> <p>Examples: explains service procedure and any adaptations to meet client service needs, equipment to be used.</p>	<p>A good treatment plan is recommended</p> <p>Examples: explains service procedure and any adaptations to meet client service needs, equipment to be used based on factors identified during consultation (lifestyle, natural nail shape, client wishes, results of skin and nail analysis, contra-indications), a choice of products to be used.</p>	<p>A thorough treatment plan is recommended</p> <p>Examples: explains service procedure and any adaptations to meet client service needs, equipment to be used based on factors identified during consultation (lifestyle, natural nail shape, client wishes, results of skin and nail analysis, contra-indications), a choice of products to be used, explains effects and benefits of the type of products/ techniques used and the adaptation/modification to suit client service needs, allows the client to ask questions about the treatment plan.</p>

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 page 162.

	1 mark	2 marks	3 marks
8 Select and use correct products, tools, equipment and techniques to suit client service needs, nail and skin conditions	Selects and uses correct products, tools, equipment and techniques, nails have a uniform length.	Selects and uses correct products, tools, equipment and techniques, nails have a uniform length, no over-exposure to products, all nails are evenly balanced.	Selects and uses correct products, tools, equipment and techniques, nails have a uniform length, no over-exposure to products, all nails are evenly balanced, curvature of each nail has a uniform thickness.
9 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, brought to a satisfactory close and positive feedback is gained from the client.	The treatment is completed within the agreed time, brought to a satisfactory close and positive feedback is gained from the client, shows the client the results of the treatment and allows the client to ask questions.
11 Provide suitable aftercare advice	Basic aftercare advice Examples: how to deal with possible contra-actions, product(s) to use, future treatment needs.	Good level of aftercare advice Examples: how to deal with possible contra-actions, product(s) to use, specific advice (ie what to avoid immediately after the service, lifestyle), future service needs.	Excellent aftercare advice Examples: how to deal with possible contra-actions, product(s) to use, specific advice (ie what to avoid immediately after the service, lifestyle), recommends future service programme (maintenance and regular service, introduction of new/ alternative services/ treatments).

Comment form

Unit 314 Apply and maintain nail enhancements

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

Revision tip

Some clients and nail technicians may be sensitive to the resin activator in the spray format, which will touch the skin. To help prevent this, a brush-on version is available.



Image courtesy of Central Sussex College