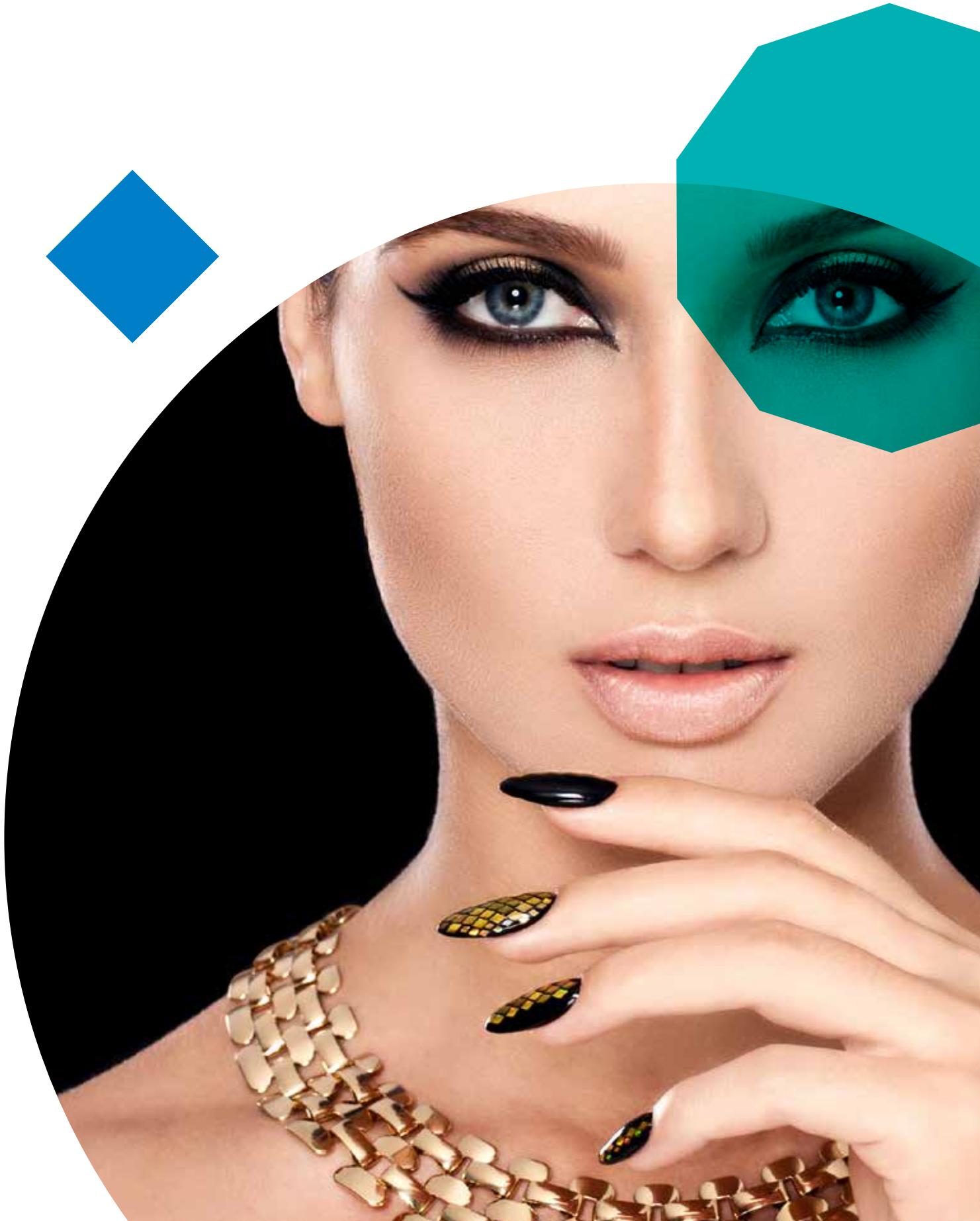


Learner Journal
Level 2 Technical Certificate

Nail Treatments



Learner Journal
Level 2 Technical Certificate

Nail Treatments

Name:

City & Guilds enrolment number:

Date registered with City & Guilds:

Date enrolled with centre:

Centre name:

Centre number:

Centre address:

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IQA name:

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Foreword

A few words from Emma Mackay

Industry Manager (Hairdressing, Beauty and Retail) at City & Guilds

What an incredibly exciting time for you, starting your new qualification. This Learner Journal has been produced to support and guide you through your chosen qualification and aid you in excelling towards employment within the sector area that you have selected.

I have been working in the beauty and spa therapy industry for over 20 years and have absolutely loved every second. My initial training equipped me with the skills, knowledge and confidence to enable me to have a successful and varied career. This industry has presented such exciting opportunities for me such as working in salons and health spas, presenting on television and moving into Further Education (FE) to both teach within and manage a beauty therapy department. I worked as a consultant for City & Guilds, producing and developing qualification content and assessment material both for the UK and internationally. I now work as the Hair and Beauty Portfolio Manager within City & Guilds and look after all of the beauty, spa, nails, media make-up, theatrical/special effects make-up, complementary therapies, hairdressing and barbering qualifications both nationally and internationally.

A career within the beauty, spa, nail, media make-up or theatrical/special effects industries is incredibly exciting. This Learner Journal has a number of inspirational sections and will provide you with hints and tips around trade testing, synoptic assignments, examination preparation, qualification content, employer support and much, much more. The quotes, unit details and support tools all work really well together to give you a comprehensive support resource.

I truly hope that you enjoy the learning that forms this qualification. Preparation for your end of qualification synoptic assignment and examination is key! Likewise, the inclusion of selected optional units, where applicable, will help to equip you with an exciting range of skills and knowledge that I am sure will help to shape your successful and long-lasting career within the sector.

I want to take this opportunity to wish you the very best of luck throughout your chosen career.



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Introduction

Welcome to your City & Guilds Learner Journal. It is designed to help you work towards your nail treatments qualification by:

- showing you what you need to cover
- helping you to record your achievements and evidence.

In this journal, you will find forms that can support you and your tutors in your learner journey. You'll also find helpful pictures, hints, tips and more from leading people in the nail industry – all designed to make the qualification simple to understand and more fun to do!

We're sure that you will have lots of questions about your qualification, and this introduction should answer some of them. Of course, your tutor/assessor should also be on hand to explain things and be your guide, but here are the answers to the main questions you may have at this early stage.

What qualification am I doing?

This City & Guilds Level 2 Technical Certificate in Nail Treatments aims to provide you with a range of essential technical and practical skills and knowledge, which will equip you to seek employment or further training within the nail industry.

This qualification is suitable for anyone over the age of 16 years. You don't need any previous knowledge or experience to start this qualification.

What do I need to achieve?

Your qualification is divided into units. Each unit covers a different area of your work as a nail technician. The qualification structure is only made up of mandatory units. Mandatory units are units that you must complete.

To achieve the **Level 2 Technical Certificate in Nail Treatments** you must successfully complete one externally set synoptic assignment and one externally set, externally marked test, sat under examination conditions. In addition, you must achieve the mandatory employer involvement requirement for this qualification.



What will the trade test (synoptic assignment) involve?

Synoptic assignment requires learners to draw together their learning from across the qualification to achieve specific outcomes or solve problems. The focus is on bringing together, selecting and applying learning from across the qualification, rather than demonstrating achievement against units or subsets of the qualification content.

Your skills will be assessed through the synoptic assignment component. In this **externally set, internally marked and externally moderated** assessment you will be given an appropriately levelled, substantial, occupationally relevant outcome to achieve or problem to solve. You will be marked against assessment objectives (AOs) such as your breadth and accuracy of knowledge, understanding of concepts, and the quality of your technical skills, as well as your ability to use what you have learned in an integrated way to achieve a considered and high quality outcome. These are detailed on page 23.

A typical assignment brief could be to carry out a range of treatments on a client in a salon environment over a period of 8–10 hours. This will require you to use your skills and knowledge of a range of treatments from across the qualification. You will be required to draw from your knowledge and understanding across the range of the qualification content to effectively carry out the treatments using appropriate techniques, including client care, promotion and selling, evaluation of service and aftercare advice.

What will the externally marked exam involve?

The external assessment will draw from across the mandatory content of the qualification, using a range of shorter questions to confirm breadth of knowledge and understanding. Extended response questions are included to go into more depth, giving you the opportunity to demonstrate higher level understanding and integration through discussion, analysis and evaluation, thus ensuring that the assessment can differentiate between 'just able' and higher achieving learners.

Command words

In examinations, certain words, often called command words, are commonly used as prompts to give an indication of the type of response that is expected by the question. These words commonly include 'state', 'describe', 'explain' and 'discuss'.

- The command word 'describe' requires you to give a representation of something in words: a 'picture in words'.
- An 'explain' question requires you to give reasons or suggest causes.
- A 'discuss' or 'evaluate' question will usually be graded using level of response marking. You will be required to compose a response which considers the topic of the question. You will need to compare and contrast, and consider any pros and cons; provide a discussion or argument which is justified and supported.

While these words give an indication of what is expected, it is important to understand that they do not stand on their own. In preparation for the exam, you should not simply focus on learning the meanings of these words in isolation of the rest of the question, but on interpreting the full question or task. The command words give an indication of what is wanted and, in the context of the instruction or question, the full meaning should be clear. For example, the questions below all use the word 'describe', but all require different sorts of answers.

Question

Answer required

Describe a _____ .
(Describe how they look).

Describe the process for _____ .
(Describe a sequence of events).

Describe the effect of _____ .
(Describe the changes following some sort of impact).

In examinations, the numbers of marks available can also give an indication of the depth of response expected. Half marks are never used:

- AO1 type questions typically require a separate point per mark
- AO2 type questions may require a point or limited explanation for 1 mark, with a further mark available for more depth or explanation
- AO4 questions would expect a higher quality of response for higher marks, and these are usually marked using level of response marking.

How will I be graded?

Individual assessments will be graded pass/merit/distinction where relevant. The grade boundaries for pass and distinction for each assessment will be set through a process of professional judgement by technical experts.

Once all your assessments are complete, your evidence and the proposed marks from your tutor will be submitted to City & Guilds for moderation. City & Guilds will set the grade boundaries for each assessment and publish the results.

Grades from the synoptic and external assessment make up the overall qualification grade. The synoptic assignment will contribute 60% to the overall qualification grade. The external exam will contribute 40%. A Distinction* is available at qualification level for those who have achieved high-end Distinction.

Where do I go if I need more information about my assessments and qualification?

The most important sources of information you are likely to need are listed below.

- Your tutor/assessor is the most important source of information about your qualification.
- Your centre's student handbook or prospectus will provide more details.

On the rare occasions you might disagree with an assessor's decision, you should use your centre's appeals procedure. Ask an assessor or your Internal Quality Assurer (IQA) to help you if you are unsure of how to do this.

Your centre will refer any unresolved problems to City & Guilds. Make a note of your centre's website address here:

The City & Guilds website (www.cityandguilds.com) or City & Guilds Customer Relations (01924 930800).

The Habia website (www.habia.org.uk).



Qualification structure

For the **Level 2 Technical Certificate in Nail Treatments** the teaching programme must cover the content detailed in the structure below.

Mandatory units

Unit number	Unit title	GLH
231	Anatomy and physiology for hands and feet	30
232	Introduction to working in the nail industry	30
233	Nail enhancements (clear)	120
234	Nail art services	60
205	Manicure services	30
206	Pedicure services	30
207	Light cured gel polish	60



Tracking your progress

You may find it useful to keep track of how you're progressing through the units.

On the following two pages, you can tick when you have covered all the topics and the scope/range for each unit.

Mandatory units

231: Anatomy and physiology for hands and feet

Topics achieved
All scope/range covered
All 'Knowledge and understanding' explored

Sign: _____ Date: _____

232: Introduction to working in the nail industry

Topics achieved
All scope/range covered
All 'Knowledge and understanding' explored

Sign: _____ Date: _____

233: Nail enhancements (clear)

Topics achieved
All scope/range covered
All 'Knowledge and understanding' explored

Sign: _____ Date: _____

234: Nail art services

Topics achieved
All scope/range covered
All 'Knowledge and understanding' explored

Sign: _____ Date: _____



205: Manicure services

- Topics achieved
- All scope/range covered
- All 'Knowledge and understanding' explored

Sign: _____ Date: _____

206: Pedicure services

- Topics achieved
- All scope/range covered
- All 'Knowledge and understanding' explored

Sign: _____ Date: _____

207: Light cured gel polish

- Topics achieved
- All scope/range covered
- All 'Knowledge and understanding' explored

Sign: _____ Date: _____



Values and behaviours

Nail technicians need to be able to carry out consultations with clients, demonstrate the professionalism, values, behaviours, communication skills and safe working practices associated with their role, and be able to work without supervision to a high level of precision, with exceptional client care skills.

Values

The following key values underpin the delivery of treatments in the beauty sector.

- 1 A willingness to learn.
- 2 The completion of treatments in a commercially viable time.
- 3 Meeting both organisational and industry standards of appearance.
- 4 Ensuring that personal hygiene and protection meet accepted industry and organisational requirements.
- 5 A flexible working attitude.
- 6 A team worker.
- 7 Maintaining customer care.
- 8 A positive attitude.
- 9 Personal and professional ethics.
- 10 The ability to self-manage.
- 11 Creativity skills.
- 12 Excellent verbal and non-verbal communication skills.
- 13 The maintenance of effective, hygienic and safe working methods.
- 14 Adherence to workplace, suppliers' or manufacturers' instructions for the safe use of equipment, materials and products.



Behaviours

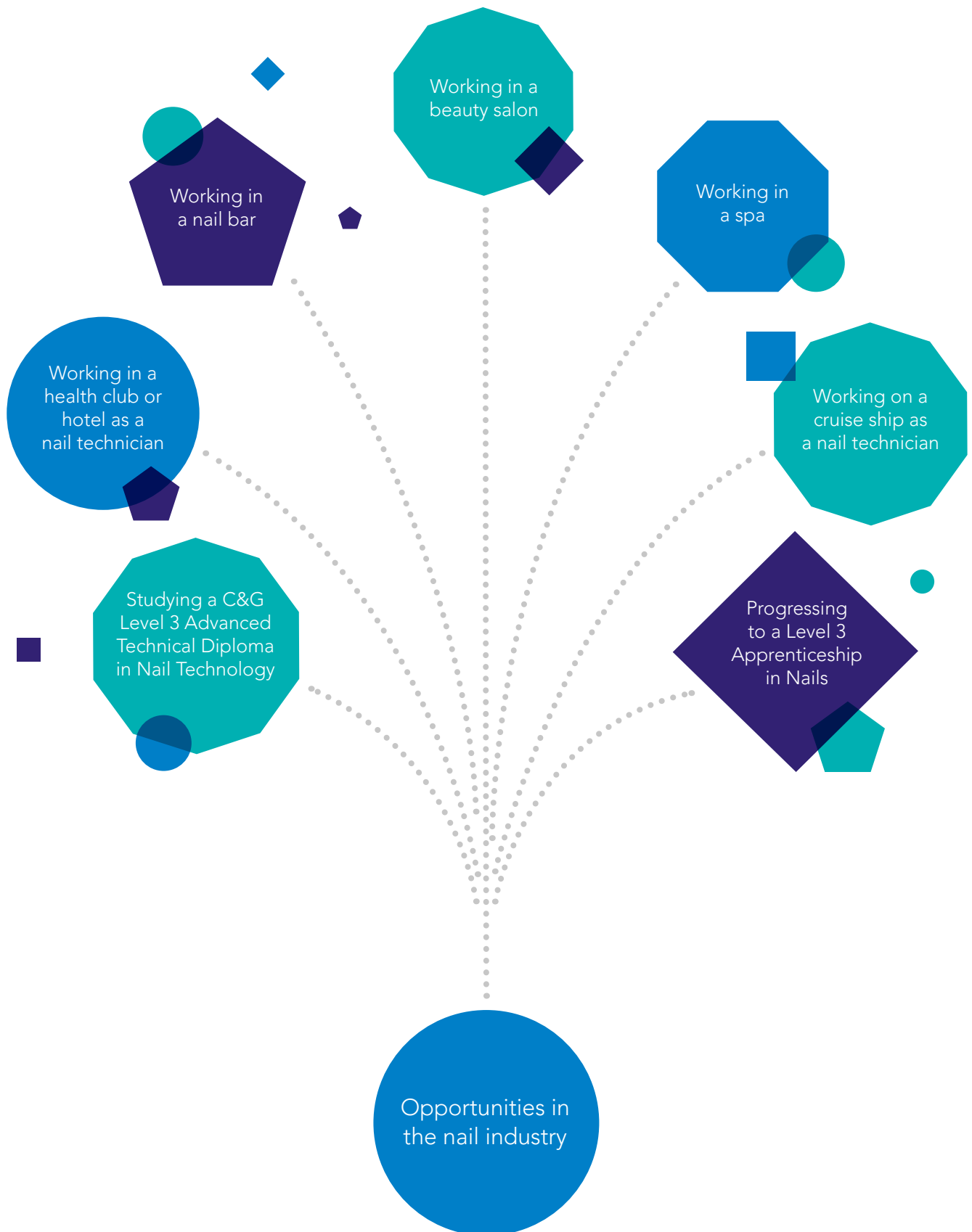
The following behaviours underpin the delivery of treatments in the beauty sector.

These behaviours ensure that clients receive a positive impression of both the salon and the individual.

- 1 Meeting the salon/spa's standards of behaviour.
- 2 Greeting the client respectfully and in a friendly manner.
- 3 Communicating with the client in a way that makes them feel valued and respected.
- 4 Identifying and confirming the client's expectations.
- 5 Treating the client courteously and being helpful at all times.
- 6 Keeping the client informed and reassured.
- 7 Adapting the behaviour to respond effectively to different client behaviour.
- 8 Responding promptly to a client seeking assistance.
- 9 Selecting the most appropriate way of communicating with the client.
- 10 Checking with the client that you have fully understood their expectations.
- 11 Responding promptly and positively to the client's questions and comments.
- 12 Allowing the client time to consider the response and give further explanation when appropriate.
- 13 Quickly locating information that will help the client.
- 14 Giving the client the information they need about the treatments or products offered by the salon.
- 15 Recognising information that the client might find complicated and checking whether they fully understand it.
- 16 Explaining clearly to the client any reasons why their needs or expectations cannot be met.

Nail technician

Career planner and next steps



Membership organisations

The British Association of Beauty Therapy & Cosmetology (BABTAC)

The British Association of Beauty Therapy & Cosmetology (BABTAC) is the UK's leading membership organisation for professionals working in the beauty, hair, holistic and sports therapy industries.

Established in 1977, the organisation was created by industry professionals, for industry professionals.

There are two types of membership available with BABTAC: those looking to be insured and those looking for a beneficial membership with a recognised organisation that offers access to discounts, training opportunities, industry advice and exclusive offers. Individual practitioners who are therapists, hairdressers, holistic practitioners and specialists can enjoy the same level of benefits as salons and spas.

To find out more visit <https://www.babtac.com/>

Federation of Holistic Therapists (FHT)

The Federation of Holistic Therapists (FHT) is the UK and Ireland's leading professional association for beauty, spa, complementary and sports therapists. As well as insurance, the FHT offers a wide range of membership benefits to support you, every step of your therapy career.

As an FHT Student Member, you can enjoy:*

- International Therapist magazine and regular e-newsletters and blogs
- discounted products and seminars
- free downloadable resources and more than 350 articles online
- FHT Student Member badge and card
- FHT Code of Conduct and Professional Practice
- student insurance, with cover starting from £1 million
- competitions and lots more.

For therapists hoping to work in complementary healthcare, the FHT also runs the largest Accredited Register to be independently approved by the Professional Standards Authority for Health and Social Care. If eligible to be listed on this register, there is no additional fee to fully qualified FHT members.

To find out more, including our full range of membership benefits when you qualify and upgrade, please visit www.fht.org.uk

*Eligibility criteria/terms and conditions apply – please see website.

Trade testing

What is trade testing?



“A trade test is your opportunity to showcase yourself and your skills. First impressions matter, so look the part, be prepared with the right tools, have confidence in your ability, demonstrate with passion and smile! Don’t be average, be excellent.”

Debbie Weaver, **Steiner**



“A trade test is used by employers as part of the interview process when recruiting new technicians to join their team. You will be asked to carry out one or two treatments to demonstrate how competent you are in providing a professional service for their clients and the level of your beauty skills.”

Susan Cressy, **Susan Cressy Spa & Beauty Therapy**



“A trade test is where your practical ability is assessed to gauge your skill-set following a successful verbal interview.”

Alicia Haynes, **Guinot**

How do I prepare for a trade test?

📌 This is your opportunity to impress, to stand out from the crowd, so remember the 4 P's:

1. Prepare thoroughly, research the company, treatment range and timings
2. Professional attitude and approach to performance
3. Polite, pleasing manner
4. Polished treatment performance. 📌

Angela Wheat, **Gemini Beauty**



📌 Always arrive professionally groomed for your trade test, exactly as you would for a day at the salon; wear a clean smart uniform and appropriate shoes, short nails, natural-looking make-up and your hair neatly out of your face. This might be the first impression you make, so ensure you impress them with your professional appearance. 📌

Angela Moulding, **Carlton Professional**



📌 Treat the trade test as a real client experience and remember to communicate with the client/interviewer, explaining what you are going to do throughout the treatment and checking for client comfort throughout the treatment. To stand out from the rest of the candidates, demonstrate your retailing and treatment planning skills by recommending two retail products, offer a course of treatments and ask the client/interviewer to book their next treatment. 📌

Martine Jarman, **Skin Genius**



📌 Make sure your interviewer is aware of your underpinning knowledge of the treatment you are performing: use the correct names of muscles; explain how a current works. Clients like knowledgeable technicians and employers want people who understand what they are doing. 📌

Rachel Halling, **Champneys**



Trade testing (synoptic assignment)

Getting ready for your trade test (synoptic assignment)

Towards the end of your qualification you will be assessed on carrying out a variety of nail services on a number of clients within a commercially set time.

This will be assessed to make sure you have the necessary skills, knowledge, values and behaviours to confirm that you are now ready to be employed in the nail industry.

This end 'trade test' will require you to use consultation techniques to identify client requirements and build a professional rapport.

You will draw on the knowledge, understanding and practical skills you have developed during the qualification to deliver a range of personalised nail services, adapting to any factors as required during the services.

You will be marked on the quality and accuracy of your practical performance and your ability to reflect on the services carried out. It is therefore important that you carry out your work to the highest standard you can.

You should show how well you know and understand the subject and how you are able to use your knowledge and skills together to complete the tasks.

Mock trade test (sample assignment)

You will be provided with the sample assignment/mock trade test by your tutor. The assignment will be in the form of a brief that will detail exactly what you will be expected to carry out.

The assignment will cover a range of services from across the units in the mandatory content of this qualification.

Marking grid

The assessments for this qualification are set against a series of assessment objectives (AOs). They are designed to allow judgement of the candidate to be made across a number of different categories of performance. Each assessment for the qualification has been allocated a set number of marks against these AOs, based on weightings recommended by stakeholders of the qualification.

Assessment objective	Level 2 Technical Certificate in Nail Treatments Examples of types of knowledge expected	Weighting
AO1 Recall of knowledge relating to the qualification Learning Outcomes.	Health and safety; legislation; hygiene practices.	10%
AO2 Understanding of concepts, theories and processes relating to the Learning Outcomes.	Consultation processes; anatomy and physiology of nail types and skin conditions; using correct terminology, products, services and chemical processes.	10%
AO3 Application of practical/technical skills.	Communication skills; following good working practice; professional standards; technical skills.	40%
AO4 Bringing it all together – coherence of the whole subject.	Linking products, application methods, techniques and services to the treatment plan based on the client's requirements.	30%
AO5 Attending to detail/perfecting.	Meeting client requirements; timekeeping; product control.	10%

Mock assessment feedback form

Task/AO

1

Tutor feedback:

Learner self-reflection/evaluation:

2

Tutor feedback:

Learner self-reflection/evaluation:

3

Tutor feedback:

Learner self-reflection/evaluation:

Task/AO

4

Tutor feedback:

Learner self-reflection/evaluation:

5

Tutor feedback:

Learner self-reflection/evaluation:

Revision tips

These revision tips will help you prepare for your external assessment.

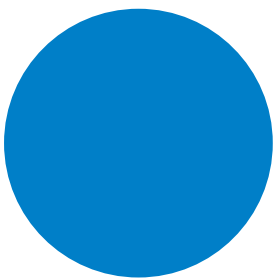
- Regularly check your knowledge and understanding to ensure that you still remember key content covered at the start of the qualification.
- Take opportunities to recap, revise and recall, both in the classroom and using blended and online resources and activities. Find out which learning strategies work best for you.
- Use a range of different revision strategies that best meet your learning needs. For example, creating cue or flash cards can help you to remember key knowledge content. You could make use of mobile learning apps to prepare your own revision flash cards to help develop a secure understanding of key terminology, concepts and frameworks.
- Familiarise yourself with how to deal with different command verbs, such as the differences between responses which describe, explain, compare or evaluate.
- Ensure you have developed your note-taking skills. This will prepare you to capture and summarise the most important aspects of the content. These notes will be invaluable when you are preparing for your examination and help to identify any gaps in your knowledge and understanding.
- Don't just memorise facts and figures, but try to make links and deeper connections. Visualisation and concept mapping can help you to apply your knowledge and understanding in different contexts and situations.
- You will need to manage your time effectively as independent candidates.
- Creating revision timetables or planners is a useful exercise to help you prioritise your learning activities, focusing on areas where there might be gaps in your understanding. There's an example of a revision timetable on page 29.
- It's important to stay fit and healthy in order to be well-prepared physically and mentally to demonstrate your knowledge and understanding. Remember to get enough sleep, drink plenty of water, eat well and get enough downtime in the build-up to the exam. Simple relaxation techniques can help if you are feeling stressed.



Revision planner

Week commencing: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.00 am							
10.00 am							
11.00 am							
12.00 am							
1.00 pm							
2.00 pm							
3.00 pm							
4.00 pm							
5.00 pm							
6.00 pm							
7.00 pm							
8.00 pm							
9.00 pm							
10.00 pm							

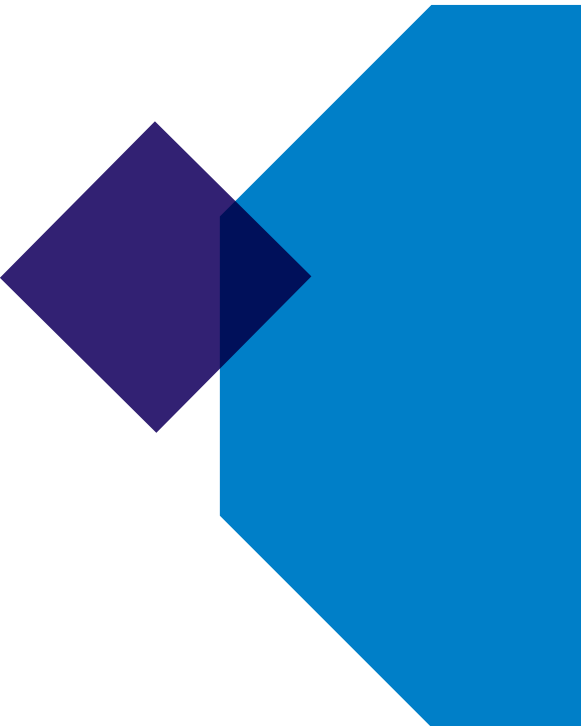


Unit 231:

Anatomy and physiology for hands and feet

The purpose of this unit is for you to understand the anatomy and physiology of the hands and feet. You should know the structure and functions of the skin, nails, lower legs, feet and arms and hands. You must also understand the skeletal and muscular structure and how the circulatory systems function in these areas.

You should know the potential diseases and disorders affecting these parts of the body and understand contra-indications that prevent a treatment and the contra-actions to treatments in order to advise and adapt the service when carrying out practical treatments on clients.



What is this unit about?

Unit 231: Anatomy and physiology for hands and feet

Mandatory

This unit has **three** outcomes.

Outcome 1

Understand the structure and function of skin and nails

Outcome 2

Understand the location of the bones, muscles of the lower leg, foot, arm and hands and related actions

Outcome 3

Understand the circulatory system for the leg, foot, arm and hands

Getting started

Introduce yourself to the unit by asking yourself:

- How are the nails formed?
- What is the function of blood?
- Why do the hands and feet often get cold?
- What are the different conditions that affect the nails and skin?
- Do I know the names of any bones of the arms, legs, hands and feet?

Following your journey through this unit you will have the opportunity to reflect on your performance, action plan for further development and explore linking this treatment to many others, in order to:

- maximise client satisfaction
- meet client objectives
- understand and apply link selling techniques in preparation for your role within the spa or salon
- explore the concept of trade testing
- prepare yourself for running a busy column within the beauty sector.



Hints and tips

It takes around six months for the cells to reach the free edge from the matrix on fingernails.

What is this unit about? Continued

Unit 231: Anatomy and physiology for hands and feet

Topics

Outcome 1

Understand the structure and function of skin and nails

- 1.1 Structure and functions of the skin
- 1.2 Structure and functions of the nail
- 1.3 Disorders and diseases of the skin and nails

Outcome 2

Understand the location of the bones, muscles of the lower leg, foot, arm and hands and related actions

- 2.1 Location of the bones
- 2.2 Location and actions of the muscles
- 2.3 Range of joint movement

Outcome 3

Understand the circulatory system for the leg, foot, arm and hands

- 3.1 Veins, arteries, capillaries
- 3.2 Function of blood and lymph
- 3.3 Effect of massage

“As you practise massaging the feet and hands, name the bones out loud.”

Brenda Griffin, **Beauty Concepts International**



beauty concepts international



Values and behaviours

If your client does have allergies, you need to establish exactly what they are. If the allergy involves anything that you might use during your nail service, you must avoid using it. Some clients might know a brand of polish that they can wear safely and bring it with them.

What do you need to know?

Unit 231: Anatomy and physiology for hands and feet

This section gives details of what you need to know to ensure all the learning outcomes for this unit can be achieved. Tick the sentences below when you are confident you fully understand these areas.

You need to:

Skin

understand the structure of the epidermis layers: stratum corneum, stratum lucidum, stratum granulosum, stratum spinosum, stratum germinativum

understand the structure of the dermis layers: papillary, subcutaneous layer, sweat glands, sensory nerve endings, capillary network

understand the functions of the skin and their relationships to nail treatments: sensation, heat regulation, absorption, protection, excretion, secretion

Nails

understand the structure of the nails: nail bed, matrix, nail grooves, cuticle, lunula, eponychium, hyponychium, perionychium, proximal nail fold, nail plate, free edge

understand the factors affecting nail growth: mitosis, keratinisation, natural growth rate, effect of damage through sport, diet, medication, lifestyle, age, occupation

be able to identify different nail types and their influence on treatment plans: weak, dry and brittle, damaged, flaking, bitten

be able to identify different nail and cuticle conditions and their influence on treatment plans, including: bitten nails (onychophagy), splitting of nails (onychomadesis), hang nail (agnails), white spots (leukonychia), spoon/ski jump (koilonychia), long, thick curved nails (onychogryphosis), thickened nails, eg old age (onychauxis), excessive forward growth of cuticle (pterygium), horn nails, eg lifting away or separation from nail bed (onycholysis), absence of nail (anonychia), brittle nails (defluvium unguinum), soft nails (hapalonychia), intensely sensitive nails (onychalgalia nervosa), ingrown nails (onychocryptosis), dry, brittle nails (onychorrhaxis), abscess/whitlow (panatarium), inflammation of soft tissue (paronychia), wearing away of nails due to scratching (usure des ongles), furrows (longitudinal ridges), beau's lines (horizontal ridges), blue, bruised, eggshell nails (thin, white nails), discolouration, nail wastage, pitting

be able to recognise common nail shapes: fan, square, oval, round, narrow, pointed, hook, ski jump, involuted/ingrowing

The external assessment will come from the mandatory content of this qualification to confirm your breadth of knowledge and understanding.

Continues on next page

What do you need to know? Continued

Unit 231: Anatomy and physiology for hands and feet

You need to:

Common disorders and diseases

be able to recognise contra-indications which prevent treatment, including:
○ severe psoriasis, ○ eczema, ○ dermatitis, ○ urticaria, ○ severe nail separation, ○ corns or callouses (hyperkeratosis)

understand common fungal infections of the skin which prevent treatment, including: ○ body ringworm (tinea corporis), ○ ringworm of the nails (tinea unguium), ○ ringworm of the feet (tinea pedis)

understand common infestations of the skin which prevent treatment, including: ○ scabies, ○ pediculosis corporis, ○ pediculosis capitis

understand common viral infections of the skin which prevent treatment, including: ○ herpes simplex, ○ herpes zoster/shingles, ○ verrucae/warts, eg plantar wart, mosaic, palmer warts

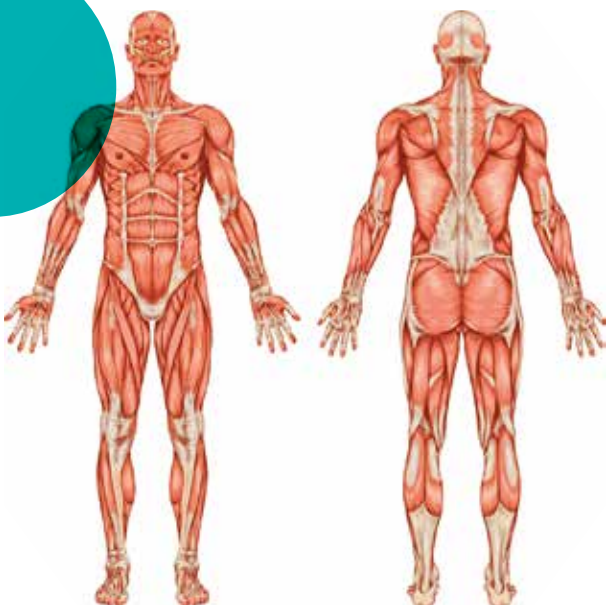
understand and be able to recognise conditions which restrict treatment, including: ○ broken bones and sprains, ○ recent scar tissue, ○ allergies, ○ open wounds, ○ diabetes, ○ skin disorders, ○ undiagnosed lumps and swellings

Bones

be able to identify the main bones of the lower leg and foot, including: ○ tibia, ○ fibula, ○ tarsals – talus, calcaneus, navicular, medial cuneiform, intermediate cuneiform, lateral cuneiform, cuboid, ○ metatarsals, ○ phalanges

be able to identify the bones of the lower arm and hand, including: ○ humerus, ○ radius, ○ ulna, ○ carpals – scaphoid, lunate, triquetrum, pisiform, trapezium, trapezoid, capitates, hamate, ○ metacarpals, ○ phalanges

Continues on next page



Hints and tips

Vitamins are organic substances that are needed in small amounts for normal functioning of the body and to help the body's resistance to disease. A deficiency in vitamin A can cause hyperkeratinisation.

What do you need to know? Continued

Unit 231: Anatomy and physiology for hands and feet

You need to:

Muscles

be able to identify the muscles of the arm and understand their actions, including: biceps, triceps, brachioradialis, flexor carpi radialis, flexor carpi ulnaris, extensor carpi radialis – longus/brevis, extensor carpi ulnaris

be able to identify the muscles of the wrist and hand and understand their actions, including: flexor digitorum, extensor digitorum, thenar eminence, hypothenar eminence

be able to identify the muscles of the lower leg and understand their actions, including: gastrocnemius, soleus, tibialis anterior, tibialis posterior

be able to identify the muscles of the ankle and foot and understand their actions, including: digitorum longus – extensor/flexor, hallucis longus – extensor/flexor

Joints

be able to identify the basic types of joints: fixed – fibrous, semi-movable – cartilaginous, freely movable – synovial

understand the ranges of joint movement within the lower leg, arm, hand and foot, including: flexion, extension, pronation, supination, planter flexion, dorsi flexion, inversion, eversion, circumduction, medial rotation, lateral rotation, abduction, adduction

Blood

understand the methods of transporting blood to and from the lower leg and foot, arm and hand: veins, arteries, capillaries

understand the main functions of the blood: transports oxygen, transports waste products, transports hormones, transports carbon dioxide, transports enzymes, heat regulation, prevents fluid loss, transports white corpuscles to source of infection, transports nutrients

Lymphatic system

understand the functions of the lymphatic system, including: transports white blood cells to and from lymph nodes to the bones, removes interstitial fluid from tissues, absorbs and transports fatty acids and fats from the digestive system

Circulation

understand the effects of different massage movements on the blood and lymph circulation systems, including: effleurage, petrissage, percussion, tapotement, rotation

Useful words

Unit 231: Anatomy and physiology for hands and feet

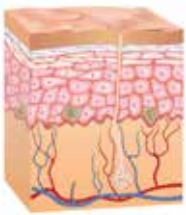
Some terms that you will come across in this unit are explained below.

Absorption

The process whereby chemicals or nutrients enter the bloodstream via the stomach or intestines.

Dermis

The lower or inner layer of the two main layers of cells which make up the skin.



Epidermis

The upper or outer layer of the two main layers of cells which make up the skin.

Lymphatic system

The network of vessels and organs that stretches throughout the body, providing transport of nutrients to tissues and draining excess fluid from spaces between cells into the bloodstream.



Nail bed

The skin beneath the nail plate made of two types of tissues: the deeper dermis and the epidermis.

Physiology

The biology of a living organism and the way bodily parts function.

Eponychium

The thickened layer of epidermal tissue over the base of the nail.

Excretion

The process our bodies use to get rid of unwanted substances. The skin is a minor excretory organ that excretes sweat (containing water), salts, urea and uric acids.

👉 Clients appreciate your knowledge of bones and muscles. Many people are surprised by how many bones we have in our hands and feet. 👉

Joanne Brittles, *Just Nails and a Little Beauty*



Hints and tips

A fungal infection of the nail affects the nail plate. A bacterial infection of the nail is either under the nail or on the surface of the nail.

Supplementary comments

Unit 231: Anatomy and physiology for hands and feet

Use this space to record any workplace, employer or client comments.

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Has all topic content been covered?

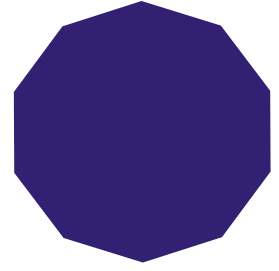
This section must be signed when all the topic content has been covered. Remember to fill in the 'What I have learnt' section on page 34.

We confirm that this evidence is authentic and the assessments were conducted under specified conditions and that all the performance criteria, range and essential knowledge requirements have been met for this unit.

Candidate signature: _____ Date: _____

Assessor signature: _____ Date: _____

IQA signature (if sampled): _____ Date: _____



Unit 232:

Introduction to working in the nail industry

The purpose of this unit is for you to understand the various career options available to you as a nail technician and the basic principles of starting a business. You should understand what is required through research into industry trends, competitors, costing treatments and products.

You will develop the skills required to work in the industry in a professional manner. You will know how to communicate throughout the whole client journey in order to provide the

best possible service outcome for your clients, adopting professional behaviours and standards at all times. You should also understand how good communication skills affect business relationships and can be utilised to create and promote further retail opportunities.

This unit also provides the opportunity to explore ways of keeping up to date with current trends and continuing professional development.

What is this unit about?

Unit 232: Introduction to working in the nail industry

Mandatory

This unit has **four** outcomes.

Outcome 1

Understand safe working practices and relevant legislation

Outcome 2

Understand professional standards in the nail industry

Outcome 3

Understand communication processes

Outcome 4

Understand the requirements for starting a nail business

👉 Sit on the same level as your client during consultation to help them relax. 🗨️

Kruti Gandhi, **Essie Professional**

essie
USA's nail salon expert. Since 1981.
PROFESSIONAL APPLICATION



Getting started

Introduce yourself to the unit by asking yourself:

- Can I keep myself and others safe whilst at work?
- How does my personal appearance affect the reputation of the business?
- What does the term professionalism mean within the nail industry?
- What can I do to ensure I am displaying a professional attitude at all times?
- How can I ensure the salon environment meets with the client's expectations?
- What do I have to consider in order to make my client's experience a positive one?

Following your journey through this unit you will have the opportunity to reflect on your performance, action plan for further development and explore linking this treatment to many others, in order to:

- maximise client satisfaction
- meet client objectives
- understand and apply link selling techniques in preparation for your role within the spa or salon
- explore the concept of trade testing
- prepare yourself for running a busy column within the beauty sector.

Hints and tips

Keep a record of how long each design takes per nail and the price so you can be clear when a client asks for a particular look as to duration and cost.

What is this unit about? Continued

Unit 232: Introduction to working in the nail industry

Topics

Outcome 1

Understand safe working practices and relevant legislation

- 1.1 Safe working practices
- 1.2 Legislation relevant to the nail industry

Outcome 2

Understand professional standards in the nail industry

- 2.1 Standards of professional conduct
- 2.2 Characteristics of professional appearance
- 2.3 Standards relating to the work environment

Outcome 3

Understand communication processes

- 3.1 Communication methods
- 3.2 Questioning techniques
- 3.3 Create and promote retail opportunities

Outcome 4

Understand the requirements for starting a nail business

- 4.1 Career opportunities
- 4.2 Researching, marketing and advertising
- 4.3 Business set-up costs
- 4.4 Data Protection Act



Values and behaviours

Using the correct terminology will not only help to develop your understanding, but will also make you sound more knowledgeable and encourage your client to trust you more.



Hints and tips

If you have to keep a client waiting, make the time as comfortable as possible by offering coffee and magazines. Always give an explanation and a timescale.

What do you need to know?

Unit 232: Introduction to working in the nail industry

This section gives details of what you need to know to ensure all the learning outcomes for this unit can be achieved. Tick the sentences below when you are confident you fully understand these areas.

You need to:

Safe working practices

understand the importance of following health and safety in order to prevent injuries, accidents and cross-infection, including: recognise hazards and risks which exist in the work area, understand the importance of risk assessments, follow procedures for storage and handling of chemical products, follow industry hygiene and safety practices to include sterilisation, sanitisation, cleaning and disinfection, maintain safe environmental conditions – lighting, ventilation, temperature and positioning of equipment, follow sustainable working practices – minimising pollution, reducing and managing waste, reducing energy usage, check equipment to ensure it is clean and safe to use such as PAT testing, trailing wires, secure plugs, follow workplace, manufacturer or supplier instructions for the safe use of equipment, materials and products, the importance of correct posture and working techniques to minimise fatigue and risk of injury, follow procedures for dealing with spillages such as water and chemicals, dispose of waste products safely to include contaminated and non-contaminated waste, storage and handling of products containing chemicals, use of PPE such as goggles, mask, gloves and aprons

Continues on next page

The external assessment will come from the mandatory content of this qualification to confirm your breadth of knowledge and understanding.

Hints and tips

You will regularly come into close contact with your clients, so to prevent cross-infection it is vital that your personal presentation and hygiene are constantly kept to the highest standards.



What do you need to know? Continued

Unit 232: Introduction to working in the nail industry

You need to:

Legislation

understand the impact of health and safety legislation on working practices in the beauty industry, including:

- Health and Safety at Work Act (HASAWA)
- The Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR)
- Material Safety Data Sheet Regulations (MSDS)
- PPE at Work Regulations
- The Health and Safety (First Aid) Regulations
- The Manual Handling Operations Regulations
- The Control of Substances Hazardous to Health Regulations (COSHH)
- The Electricity at Work Regulations
- The Environmental Protection Act
- The Management of Health and Safety at Work Regulations
- Workplace regulations (Health, Safety & Welfare)
- The Provisions & Use of Work Equipment
- The Health and Safety (Information for Employees) Regulations
- Regulatory Reform Order (Fire Safety) Consumer/employee legislation

understand the impact of consumer and employee legislation on working practices in the beauty industry, including:

- The Equality Act
- The Data Protection Act
- Consumer Rights Act
- Working Time Regulations

Continues on next page

Hints and tips

It is very important to always give your client good aftercare advice, and ensure your client keeps up the care of their nails in-between appointments.



What do you need to know? Continued

Unit 232: Introduction to working in the nail industry

You need to:

Professional conduct

understand the importance and impact of professional conduct, including:

- enhances business and technician reputation, ○ promotes services,
- creates a positive impression, ○ poor conduct generates loss of business,
- good communication creates trust and rapport, ○ good communication avoids misunderstandings

Professional appearance

understand the importance of your personal hygiene when promoting treatments, including: ○ body odour, ○ teeth/breath, ○ hair, ○ nails

understand the importance of your uniform when promoting treatments, including: ○ tunic – clean, pressed, fits correctly, access to spare uniform in case of spills, ○ flat shoes, eg closed toe and heel, practical, comfortable

understand the importance of your personal appearance when promoting treatments, including: ○ day make-up professionally applied, ○ hair – clean, tied up and away from face, ○ hands should be clean, with cuts, abrasions and broken skin covered, ○ nails should be manicured

Professional standards

understand the importance of maintaining professional standards in the work environment, including: ○ hard surfaces disinfected, ○ health and safety procedures in place, ○ basic risk assessment carried out, ○ work economically to minimise waste and manage resources effectively, ○ preparing consumables and products for treatments before clients arrive

understand the importance of preparing the look of the treatment area, including: ○ décor, ○ layout of work area, ○ lighting

understand the importance of preparing the sound in the treatment area, including: ○ background noise, ○ ambient music/sounds

understand the importance of preparing the equipment for the treatment, including: ○ sterilised, ○ disinfected, ○ in working order

understand the purpose of preparing the treatment area: ○ creates positive experience for the client, ○ adds to a positive reputation for the business

understand the importance of team working and demonstrating respect and consideration for others, including: ○ colleagues, ○ employers, ○ management, ○ other practitioners in the beauty industry

recognise the professional behaviour required in the workplace, including: ○ positive attitude demonstrated through posture, eye contact, politeness, attentiveness, ○ respect for the client's needs and the needs of colleagues, visitors and the business, ○ follow salon requirements, ○ professional attitude of respect, reliability, honesty that is ethical and supportive, ○ effective time management including attendance and punctuality, ○ use initiative, ○ self-evaluation

Continues on next page

What do you need to know? Continued

Unit 232: Introduction to working in the nail industry

You need to:

Communication methods

understand the different methods of communication, including:

- verbal – language used, confident attitude, tone of voice, telephone manner,
- listening techniques, ○ questioning techniques, ○ body language – posture, eye contact, facial expressions, ○ visual aids – treatment records, leaflets, portfolio of work, nail polish wheel

understand the impact of poor communication, including: ○ complaints, ○ loss of business, ○ loss of reputation, ○ staff demotivation

Questioning techniques

understand the purpose of questioning techniques, including:

- gather information from client regarding their health and preferences,
- build a healthy client and therapist relationship, ○ avoid misunderstandings, ○ persuasion

understand the different methods of questioning techniques, including:

- asking quality questions to gather information, ○ open questions – who, what, why, when, how, ○ probing questions – gathering specific information, drawing information out of a client who is not forthcoming, ○ closed questioning – explore own or client understanding of a subject, concluding the conversation

Continues on next page

■ Don't leave selling to the end of a treatment – immerse your client in the products and what they can do for them throughout. Educate them and they will be ready to make a purchase. ■

Rachel Halling, **Champneys**

CHAMPNEYS
COLLEGE



What do you need to know? Continued

Unit 232: Introduction to working in the nail industry

You need to:

Retail and treatment opportunities

recognise opportunities to create and promote retail and further courses of treatment, including: identify the needs of the client and which products and treatments will meet those needs, describe the features and benefits of a range of products and treatments, provide a demonstration of products and treatments where possible, follow-up appointment to retain clients, promotion of further treatments to increase sales, close the sale

Career opportunities

be aware of and understand the different types of career opportunities in the nail industry, including: home-based nail technician, mobile working, salon-based – employed, self-employed, salon owner, leisure sector – cruise liners, airports, fashion and media sector, sales representative

understand the advantages and disadvantages of being home-based, including: lower overheads, work hours around home life, intrusion of clients into the home, permission needed from local council, parking availability and restrictions

understand the advantages and disadvantages of mobile working, including: lower start-up costs, reliance on transport, car insurance costs, effects of weather, time management

understand the advantages and disadvantages of renting salon space, including: instant clientele, weekly costs, furniture and product sources and costs, advertising, bookings, written agreement

understand the advantages and disadvantages of owning a salon, including: location options, financing the business, professional advisors, lease or buy premises, partnerships

Continues on next page

What do you need to know? Continued

Unit 232: Introduction to working in the nail industry

You need to:

Research


understand the importance of carrying out research on how nail businesses are run, including: different services and treatments, variation in prices, professional standards – work environment, staff attitudes, staff appearance

Marketing

understand the methods of promoting, advertising and marketing a nail business, including: price list, brochure, leaflets, business cards, social media, website, local/national directories and publications, host events, eg wedding fairs, charity events, fashion shows, through other professionals, eg hairdressers, boutiques, hotels, client loyalty schemes

Costs

understand the costs of setting up a nail business, including: insurances – public liability, equipment insurance, vehicle insurance, tax implications for self-employment, relationship between the cost of products and time and the costs per service, relationship between wholesale cost of products and retail selling prices, purchase costs of furniture, tools and equipment, training – further education, product house training, advertising and marketing

It's best to attend both refresher and new skill training at least once a year. Frequent training will keep manicurists' skills up-to-date and iron out any bad habits. 

Nicole Garsin, **Gerrard International**



What do you need to cover?

Unit 232: Introduction to working in the nail industry

Scope of content

This section gives details of the scope of content you need to cover to ensure that all the learning outcomes can be achieved before your trade test. You need to:

Interpret buying signals – when the client is ready to buy:

spending time
focusing on one
product or treatment

asking specific
questions about a
product or treatment

discussing a price

holding money/purse/
wallet

displaying positive
body language

Interpret buying signals – when the client is not ready to buy:

avoiding eye contact

quick movements

handling products with
little interest

making excuses why
they don't want to
buy yet

studying lots of
different products

Research features and benefits of different nail services and treatments:

manicures

pedicures

light cured gel polish

nail enhancements

Research marketing influences and trends in the nail industry:

fashion influences

media influences
(session nail technicians,
celebrities)

product trends

colour collections

new technologies

nail shape trends

The synoptic assignment for this qualification will require you to use your skills and knowledge of a range of treatments from across the mandatory units in this qualification.

Hints and tips

Salons are in the business of selling blocks of time, so you must consistently train and test yourself by the clock.



Useful words

Unit 232: Introduction to working in the nail industry

Some terms that you will come across in this unit are explained below.

Body language

Non-verbal communication, for example gestures, facial expressions eye contact and postures. This is useful to use when selling to inspire trust in the client. Also be aware of the client's body language to gauge what they are thinking.

Clientele

A group or body of clients/customers that is strategically targeted by the business.



Hazard

Anything with the potential to cause harm, eg electricity and chemicals.

Marketing

The action or business of promoting and selling products or services, including advertising.

Overheads

The cost or expense incurred in the running of a premises or business, such as lighting and equipment.

Risk

The likelihood or chance that a hazard will actually cause harm.

Sales presentation

The process of explaining the product or service to the client, ideally including the product's features, advantages and benefits.



Sanitisation

Making an item, tool or workspace clean and hygienic.

Check out all the nail studios in your area, and have a treatment in the best salon around. Also, collect price lists and other marketing material from suppliers, distributors and salons.]

Brenda Griffin, **Beauty Concepts International**



beauty concepts international



Scope record

Unit 232: Introduction to working in the nail industry

Use this section to track your coverage of the scope of content for this unit. Tick, date and sign each time you practise the skills listed below.

Positive buying signals

Record the instances when the client indicated they were ready to buy.

Spending time focusing on one product or treatment	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Asking specific questions about a product or treatment	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Discussing a price	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Holding money/purse/wallet	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Displaying positive body language	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

Negative buying signals

Record the instances when the client indicated they were not ready to buy.

Avoiding eye contact	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Quick movements	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Handling products with little interest	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Making excuses why they don't want to buy yet	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Studying lots of different products	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

Continues on next page

📖 You will always be learning, even when you've been in the industry for many years. There will always be a new technique to learn. 📖

Joanne Brittles, **Just Nails and a Little Beauty**



Scope record Continued

Unit 232: Introduction to working in the nail industry

Nail services and treatments

Record when you researched features and benefits of each service or treatment.

Manicures	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Pedicures	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Light cured gel polish	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Nail enhancements	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Marketing influences and trends

Record when you researched different influences and trends within the nail industry.

Fashion influences	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Media influences	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Product trends	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Colour collections	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
New technologies	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Nail shape trends	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:



Supplementary comments

Unit 232: Introduction to working in the nail industry

Use this space to record any workplace, employer or client comments.

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Has all topic content been covered?

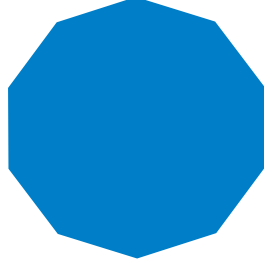
This section must be signed when all the topic content has been covered. Remember to fill in the 'What I have learnt' section on page 44.

We confirm that this evidence is authentic and the assessments were conducted under specified conditions and that all the performance criteria, range and essential knowledge requirements have been met for this unit.

Candidate signature: _____ Date: _____

Assessor signature: _____ Date: _____

IQA signature (if sampled): _____ Date: _____



Unit 233:

Nail enhancements (clear)

The purpose of this unit is to enable you to carry out nail services to enhance the appearance of natural nails. You will be able to apply, maintain and remove nail enhancements safely, providing advice and guidance for homecare and aftercare of the service.

You will be able to identify different chemicals used for nail enhancement

processes and have the knowledge required to troubleshoot complications that may arise when applying tips, wraps, clear LED/UV gel and liquid and powder. The unit incorporates client consultation and the importance of developing a personalised treatment plan including the identification of specific contra-indications that may prevent or restrict a nail enhancement service.

What is this unit about?

Unit 233: Nail enhancements (clear)

Mandatory

This unit has **five** outcomes.

Outcome 1

Understand chemicals used in nail products

Outcome 2

Prepare self, client and work area

Outcome 3

Apply nail enhancements

Outcome 4

Provide advice and recommendations

Outcome 5

Maintain and remove nail enhancements

Getting started

Introduce yourself to the unit by asking yourself:

- Can I keep myself and others safe whilst at work?
- How does my personal appearance affect the reputation of the business?
- What does the term professionalism mean within the nail industry?
- What can I do to ensure I am displaying a professional attitude at all times?
- How can I ensure that the salon environment meets with the client's expectations?
- What do I have to consider in order to make my client's experience a positive one?

Following your journey through this unit you will have the opportunity to reflect on your performance, action plan for further development and explore linking this treatment to many others, in order to:

- maximise client satisfaction
- meet client objectives
- understand and apply link selling techniques in preparation for your role within the spa or salon
- explore the concept of trade testing
- prepare yourself for running a busy column within the beauty sector.

👉 Look after your brushes and you will have them for years to come. Invest in a special brush box or bag to carry them in and don't lend them to anyone. 🗨

Brenda Griffin, **Beauty Concepts International**



beauty concepts international

Hints and tips

A full set of nails should be removed at least every three months and a new set applied to allow the natural nail to breathe and rehydrate.

What is this unit about? Continued

Unit 233: Nail enhancements (clear)

Topics

Outcome 1

Understand chemicals used in nail products

- 1.1 Types of chemicals
- 1.2 Main enhancement systems

Outcome 2

Prepare self, client and work area

- 2.1 Prepare self and working area
- 2.2 Prepare tools, equipment and products
- 2.3 Consult with client
- 2.4 Prepare client for treatment

Outcome 3

Apply nail enhancements

- 3.1 Features of nail enhancements
- 3.2 Prepare nail plate for nail enhancements
- 3.3 Apply and finish nail enhancements

Outcome 4

Provide advice and recommendations

- 4.1 Contra-actions
- 4.2 Advice and recommendations

Outcome 5

Maintain and remove nail enhancements

- 5.1 Maintain nail enhancements
- 5.2 Remove nail enhancements

Values and behaviours

Try to have several sets of tools and two containers with lids: one container is to store clean tools, the other is for storing used tools ready for cleaning later.



Hints and tips

The recommended treatment time for a natural nail overlay is 75 minutes, while tips with overlay will require 120 minutes.



What do you need to know?

Unit 233: Nail enhancements (clear)

This section gives details of what you need to know to ensure all the learning outcomes for this unit can be achieved. Tick the sentences below when you are confident you fully understand these areas.

You need to:

Chemicals

understand the different types of chemicals used in nail products, including:

- oligomers, photo initiators, primers/bonders, monomers
- methylmethacrylate (MMA), ethylmethacrylate (EMA), polymers,
- activators and accelerators, solvents – acetone, isopropyl alcohol (IPA),
- cyanacrylate, benzyl peroxide

be able to define the chemical terms: polymerisation, exothermic reaction

Enhancement systems

understand and be able to compare hard and soft LED/UV gels, liquid and powder and wraps, including: application techniques, suitability for different nail types, process timings, safe removal techniques, light curing, different light sources, lamp wattage, light spectrum

Prepare self and treatment area

understand the importance of preparing the treatment areas, taking into account: health, safety, hygienic practices, suitable environmental conditions for clients and treatment

understand the importance of preparing products, consumables, tools and equipment for the chosen system

understand the importance of correctly preparing yourself and the client for treatment

Continues on next page

The external assessment will come from the mandatory content of this qualification to confirm your breadth of knowledge and understanding.



Hints and tips

Always sculpt the artificial structure with your product and application brush rather than with your file.

What do you need to know? Continued

Unit 233: Nail enhancements (clear)

You need to:

Client consultation

understand the process of consulting with the client, using various techniques to determine treatment objectives, including: questioning, listening, updating client records, agreeing service objectives and required finish

carry out visual skin and nail analysis, taking into account: skin type – normal, dry, dehydrated, skin condition – mature, pigmentation, moles, scar tissue, nail condition – brittle, damaged, bitten, weak, oily, hang nails, ridges, split

confirm treatment plan with client, taking into consideration client characteristics and preferences and complete records

Contra-indications

understand the importance of inspecting the client's hands and nails to identify any contra-indications which prevent treatment, including: bacterial infection, fungal infection, viral infection, severe eczema, severe psoriasis, severe nail separation

understand the importance of identifying contra-indications which restrict treatment, including: broken bones and sprains, recent scar tissue, skin allergies, open wounds, diabetes, skin disorders, undiagnosed lumps and swellings

Nail enhancements

understand structural features of nail enhancements, including: apex, C-curve, upper and lower arch, concave, convex

understand the influence of different nail types on nail enhancements, such as: bitten, hook, ski jump

Continues on next page



Hints and tips

You will need good product placement with liquid and powder. When placing your bead, allow it four or five seconds to settle before using your sculpting brush to place it where you want it.

Unit 233: Nail enhancements (clear)

You need to:

Contra-actions

be able to recognise contra-actions to the treatment and contra-actions which are the result of poor practice, including: lifting/splitting, cracking/breakages, premature loss, sensitising skin or nail bed, swelling, allergic reaction/overexposure, damage to nail plate, nail plate lifting, bacterial and fungal infection

understand the importance of taking remedial action to alleviate symptoms that can occur during or after treatments, including: stop treatment, remove product, advise client on further treatments according to the condition, refer to GP/pharmacist if necessary, record on client record card

Advice and recommendations

understand the importance of providing advice and recommendations relating to nail enhancement services, including: time intervals between services relating to maintenance, removal, repair, course of services, homecare advice, retail and service recommendations – cuticle oil, acetone-free remover, top coat, hand cream

Maintain nail enhancements

- understand the differences between infill and rebalancing the structure
- understand the importance of and steps for maintaining a client's nail enhancements

Remove nail enhancements

- understand the consequences of incorrectly removing nail enhancements
- understand the importance of and steps for removing a client's nail enhancements



What do you need to cover?

Unit 233: Nail enhancements (clear)

The synoptic assignment for this qualification will require you to use your skills and knowledge of a range of treatments from across the mandatory units in this qualification.

Scope of content

This section gives details of the scope of content you need to cover to ensure that all the learning outcomes can be achieved before your trade test. You need to:

Ensure suitable environmental conditions, to include:

- lighting
- ventilation
- dust extraction
- climate control
- music and noise levels
- tidy workspace
- hygienic – sterilisation, sanitisation
- methods of waste disposal
- seating and nail desk
- use of PPE – face masks

Position equipment appropriately, to include:

- trolley
- nail station
- client chair
- therapist stool

Prepare and select products, to include:

- sanitiser
- nail tips
- systems – liquid and powder, gel, wraps
- cleansers
- dehydrators
- primer
- bonder
- adhesives
- nail oil
- acetone

Prepare and select tools, to include:

- nail files
- nail clippers
- buffers
- cuticle tools
- application brushes

Prepare and select equipment, to include:

- pump dispenser
- LED/UV lamp
- dappen dish

Prepare and select treatment consumables, to include:

- orangewood sticks
- paper towels
- lint-free wipes
- cotton wool
- tissues
- removal wraps
- towels

Continues on next page

Always cap and seal the free edge with each layer of product. This will make the colour last a little longer. »

Kruti Gandhi, **Essie Professional**



Hints and tips

Patience is the key. Keep practising on tips. It's all in the liquid-to-powder mix ratio. If it's too dry, it's hard to place and if it's too wet, it will go where you don't want it to.

What do you need to cover? Continued

Unit 233: Nail enhancements (clear)

Prepare the client for the service, to include:

remove jewellery
check position of client and therapist
sanitise client hands
ensure client comfort

Prepare the natural nail plate:

sanitise
cuticle work
prepare free edge
reduce surface shine
dehydrate nail plate

Apply natural nail overlay enhancement following manufacturers' instructions and according to nail type:

application of system
product control
consistent structure throughout – thin, even, balanced
clarity of product
avoid contamination of products – dust exposure, UV light

Apply tip and overlay enhancement following manufacturers' instructions and according to nail type:

adhesive application
angle of application
reduce tips to a consistent length
blend and shape tips uniformly
application of system
product control
consistent structure throughout – thin, even, balanced
clarity of product
avoid contamination of products – dust exposure, UV light

Complete service by finishing the nails, to include:

ensure consistent shape and length throughout
check hands and nails are free from dust and debris
cuticles and soft tissue free from excess products
smooth and shiny surface
apply cuticle product
confirm client satisfaction with service

Maintain nail enhancements:

review previous treatment plan
identify client concerns or issues
prepare client's hands and nails
reduce length, buff and dehydrate
infill, rebalance, repair or replace nail enhancement
finish nail enhancement to meet client's needs

Remove nail enhancements:

chemical removal
manual removal
ensure natural nail and skin are free of product
ensure natural nail and skin are undamaged

🔵 Sculpting is fantastic for anyone who has a special occasion coming up and wants the perfect manicure, as broken nails can be rebuilt. 🟡

Nicole Garsin, Gerrard International



Useful words

Unit 233: Nail enhancements (clear)

Some terms that you will come across in this unit are explained below.



Apex

The highest or thickest point of a nail enhancement. It may be created using acrylic or gel and is best viewed from the side. Adds to

the strength and beauty of the finished look.



Bonders

These can be primers, base coats for UV light activated products, solvent-based solutions to remove natural oils from the natural nail or

products that raise the pH on the natural nail. Most bonders are formulated to bond with the natural keratin on the nail plate to increase adhesion and to prevent lifting.

Infill

A short service, usually performed every two weeks to fill the forward growth at the cuticle area.

Nail separation

Medically known as onycholysis. A condition that results in a white appearance on the affected part of the nail.

Overlay

Products applied on top of fingernails or toenails to make the nails stronger and less prone to breaking.

Sculpting

Artificial nails created by fashioning acrylic over the underlying natural nail or on a nail form, without an artificial tip.

Solvent

A liquid used for dissolving other substances, such as acetone.

When doing acrylic enhancements with clear, be sure to 'burp' your brush to avoid tiny air bubbles in your cured product.

Joanne Brittles, *Just Nails and a Little Beauty*



Scope record

Unit 233: Nail enhancements (clear)

Use this section to track your coverage of the scope of content for this unit. Tick, date and sign each time you practise the skills listed below.

Environmental conditions **Record the conditions that were checked prior to the treatment.**

Lighting	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Ventilation	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Dust extraction	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Climate control	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Music and noise levels	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Tidy workspace	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Hygienic – sterilisation, sanitisation	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Methods of waste disposal	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Seating and nail desk	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Use of PPE – face masks	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

Equipment **Record the equipment that was positioned correctly for the treatment.**

Trolley	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Nail station	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Client chair	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Therapist stool	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

Continues on next page

Hints and tips

You shouldn't work on nails with severe separation but you can work on nails with minor separation. Any separation means that the nail is weaker than it should be so you must take care not to place any unnecessary pressure on the nail.

Unit 233: Nail enhancements (clear)

Nail enhancement products

Record the products that were selected prior to the service.

Sanitiser	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Nail tips	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Liquid and powder system	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Gel system	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Wrap system	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cleansers	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Dehydrators	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Primer	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Bonder	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Adhesives	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Nail oil	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Acetone	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page

Wraps are the unsung hero of the nail industry. Great for creating thin natural-looking nails for brides. They are fantastic for overlaying natural nails, repairing splits in the natural nail and so easy to remove. Probably the easiest system to master and one every nail technician should have in their kit. 🍷

Jacqui Jefford, **International judge**



Unit 233: Nail enhancements (clear)

Nail enhancement tools	Record the tools that were prepared prior to the service.		
Nail files	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Nail clippers	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Buffers	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cuticle tools	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Application brushes	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Nail enhancement equipment	Record the equipment that was prepared prior to the service.		
Pump dispenser	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
LED/UV lamp	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Dappen dish	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Treatment consumables	Record the consumables that were prepared prior to the service.		
Orangewood sticks	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Paper towels	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Lint-free wipes	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cotton wool	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Tissues	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Removal wraps	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Towels	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page

Immediately after applying the builder gel, turn the hand upside down for three to five seconds. This will give the nail a naturally curved apex.]

Nicole Garsin, **Gerrard International**



Unit 233: Nail enhancements (clear)

Preparation for service

Record the preparation that was carried out prior to service.

Remove jewellery	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Check position of client and therapist	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Ensure client comfort	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Sanitise client's hands	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Preparation of natural nail plate

Record the preparation that was carried out prior to service.

Sanitise	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cuticle work	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Prepare free edge	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Reduce surface shine	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Dehydrate nail plate	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Apply natural nail overlay enhancement

Record the application steps that were carried out as part of the service.

Application of system	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Product control	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Consistent structure throughout – thin, even, balanced	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Clarity of product	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Avoid contamination of products – dust exposure, UV light	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page

Unit 233: Nail enhancements (clear)

Apply tip and overlay enhancement

Record the application steps that were carried out as part of the service.

Adhesive application	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Angle of application	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Reduce tips to a consistent length	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Blend and shape tips uniformly	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Application of system	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Product control	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Consistent structure throughout – thin, even, balanced	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Clarity of product	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Avoid contamination of products – dust exposure, UV light	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page

🔍 Research different brands of gel and acrylic, and look at the features and benefits of each brand. Get samples where possible to try and work out what you like to work with best. 🗨

Brenda Griffin, **Beauty Concepts International**



beauty concepts international



Unit 233: Nail enhancements (clear)

Nail finishes

Record the finishes that were applied as part of the service.

Ensure consistent shape and length throughout	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Check hands and nails are free from dust and debris	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cuticles and soft tissue free from excess products	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Smooth and shiny surface	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Apply cuticle product	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Confirm client satisfaction with service	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Maintenance

Record the maintenance techniques that were used as part of the service.

Review previous treatment plan	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Identify client concerns or issues	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Prepare client's hands and nails	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Reduce length, buff and dehydrate	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Infill, rebalance, repair or replace nail enhancement	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Finish nail enhancement to meet client's needs	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Removal

Record the techniques that were used as part of the removal service.

Chemical removal	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Manual removal	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Ensure natural nail and skin are free of product	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Ensure natural nail and skin are undamaged	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Supplementary comments

Unit 233: Nail enhancements (clear)

Use this space to record any workplace, employer or client comments.

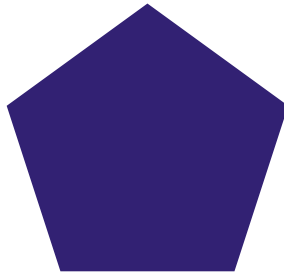
Comments	Date
<hr/>	<hr/>
<hr/>	<hr/>
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Has all topic content been covered?

This section must be signed when all the topic content has been covered. Remember to fill in the 'What I have learnt' section on page 62.

We confirm that this evidence is authentic and the assessments were conducted under specified conditions and that all the performance criteria, range and essential knowledge requirements have been met for this unit.

Candidate signature:	Date:
Assessor signature:	Date:
IQA signature (if sampled):	Date:

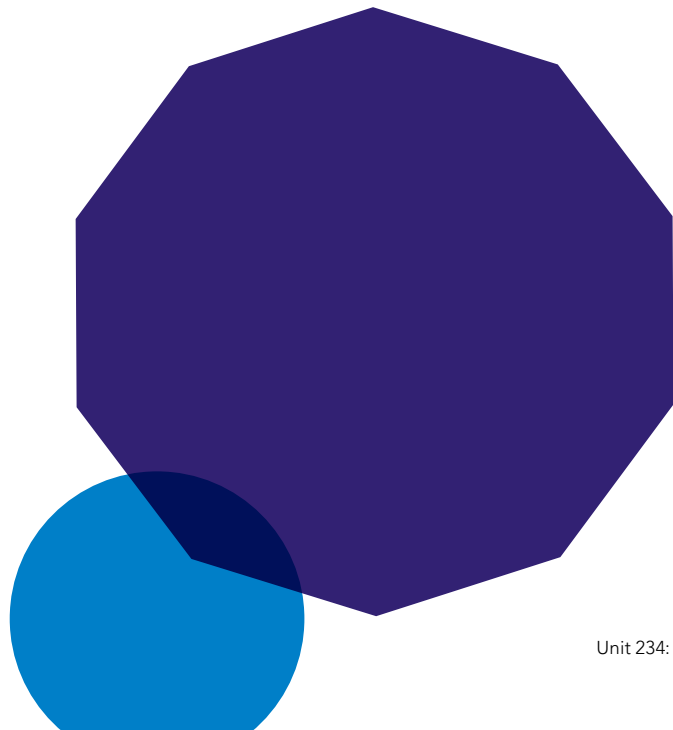


Unit 234: Nail art services

The purpose of this unit is for you to research, plan and select nail art designs and carry out a range of nail art services for your clients.

You will understand different nail art styles and trends. You will understand which designs are achievable for individual clients and how to achieve a range of looks for differing clients and occasions.

You are encouraged to research the different designs, products and techniques that are available. You will need to understand ways of presenting your own designs to potential clients and how to carry out a consultation. This will encourage the development of wider skills such as research and communication skills.



What is this unit about?

Unit 234: Nail art services

Mandatory

This unit has **three** outcomes.

Outcome 1

Prepare self, client and work area for nail art services

Outcome 2

Apply and remove nail art designs

Outcome 3

Understand nail art trends and styles

Keep an eye on social media like Pinterest and Snapchat for creative ideas and try to replicate them. »

Brenda Griffin, **Beauty Concepts International**



beauty concepts international

Getting started

Introduce yourself to the unit by asking yourself:

- Can I keep myself and others safe whilst at work?
- How does my personal appearance affect the reputation of the business?
- What does the term professionalism mean within the nail industry?
- What can I do to ensure I am displaying a professional attitude at all times?
- How can I ensure the salon environment meets with the client's expectations?
- What do I have to consider in order to make my client's experience a positive one?

Following your journey through this unit you will have the opportunity to reflect on your performance, action plan for further development and explore linking this treatment to many others, in order to:

- maximise client satisfaction
- meet client objectives
- understand and apply link selling techniques in preparation for your role within the spa or salon
- explore the concept of trade testing
- prepare yourself for running a busy column within the beauty sector.



Hints and tips

Gather resources for your nail art from a variety of sources, including craft shops, haberdashery stores and art suppliers.

What is this unit about? Continued

Unit 234: Nail art services

Topics

Outcome 1

Prepare self, client and work area for nail art services

- 1.1 Prepare self and working area
- 1.2 Prepare tools, equipment and products
- 1.3 Consult with client
- 1.4 Prepare client for treatment

Outcome 2

Apply and remove nail art designs

- 2.1 Apply nail art
- 2.2 Remove nail art
- 2.3 Contra-actions
- 2.4 Provide advice and recommendations

Outcome 3

Understand nail art trends and styles

- 3.1 Sources of information
- 3.2 Nail art trends and styles
- 3.3 Create nail art designs

Hints and tips

Fashion is a great influencer when choosing a theme. Have a look at the latest collections and how you can incorporate this into nail designs.



Nail Delights

Values and behaviours

When choosing colours look at your client's hand condition and age. Some colours will help to disguise lines and blemishes while others will accentuate them.



Nail Delights



What do you need to know?

Unit 234: Nail art services

This section gives details of what you need to know to ensure all the learning outcomes for this unit can be achieved. Tick the sentences below when you are confident you fully understand these areas.

You need to:

Prepare self and treatment area

understand the importance of preparing the treatment area, taking into account: health, safety, hygienic practices, suitable environmental conditions for clients and treatment

understand the importance of preparing products, consumables, tools and equipment for nail art services

understand the importance of correctly preparing yourself and the client for treatment

Client consultation

understand the process of consulting with the client, using various techniques to determine treatment objectives, including: questioning, listening, updating client records, agreeing service objectives and required finish

carry out visual skin and nail analysis, taking into account: skin type – normal, dry, dehydrated, skin condition – mature, pigmentation, moles, scar tissue, nail condition – brittle, damaged, bitten, weak, oily, hang nails, ridges, split, nail shape – oval, tapered, square, squoval, claw, fan, pointed

confirm treatment plan with client, taking into consideration client characteristics and preferences and complete records

The external assessment will come from the mandatory content of this qualification to confirm your breadth of knowledge and understanding.

Continues on next page



What do you need to know? Continued

Unit 234: Nail art services

You need to:

Contra-indications

understand the importance of inspecting the client's hands and nails to identify any contra-indications which prevent treatment, including:

- bacterial infection, ○ fungal infection, ○ viral infection, ○ severe eczema,
- severe psoriasis, ○ severe nail separation

understand the importance of identifying contra-indications which restrict treatment, including: ○ broken bones and sprains, ○ recent scar tissue, ○ skin allergies, ○ open wounds, ○ diabetes, ○ skin disorders, ○ undiagnosed lumps and swellings

Nail art

○ be able to use a range of techniques to apply designs to a prepared nail surface, which may be natural or artificial

○ be able to safely remove designs, ensuring the natural nail and skin are free of product and undamaged

Contra-actions

be able to recognise contra-actions to the treatment and contra-actions which are the result of poor practice, including: ○ sensitising skin or nail bed, ○ erythema, ○ allergic reaction/overexposure, ○ damage to nail plate, ○ damage to surrounding skin

understand the importance of taking remedial action to alleviate symptoms that can occur during or after nail art services, including: ○ stop treatment, ○ refer to GP/pharmacist if necessary, ○ record on client record card

Continues on next page



■ Nail art completely depends on each individual client – for less daring clients introduce them to the trend by suggesting a statement nail. ■

Nicole Garsin, **Gerrard International**



Unit 234: Nail art services

You need to:

Advice and recommendations

understand the importance of providing advice and recommendations relating to nail art services, including: time intervals between services relating to maintenance, removal, repair, course of services, homecare advice – care of nail art to maintain longevity of design, retail and service recommendations

Research

understand and recognise the different sources of information on nail art trends, including: trade publications, internet – specialist websites, fashion pages, YouTube, Pinterest, social media, magazines/journals, trade shows and events, suppliers/product houses

be able to undertake thorough research into nail art trends and styles, taking into account: special events, colours, the impact of fashion and media

KOBRIN PHOTO/Shutterstock.com



Hints and tips

A small artist's palette is an essential item in your kit for a convenient way of mixing items, paints and glitters together.

What do you need to cover?

Unit 234: Nail art services

The synoptic assignment for this qualification will require you to use your skills and knowledge of a range of treatments from across the mandatory units in this qualification.

Scope of content

This section gives details of the scope of content you need to cover to ensure that all the learning outcomes can be achieved before your trade test. You need to:

Ensure suitable environmental conditions, to include:

- lighting
- ventilation
- climate control
- music and noise levels
- tidy workspace
- hygienic – sterilisation, sanitisation
- methods of waste disposal
- seating and nail desk
- use of PPE – face masks

Position equipment appropriately, to include:

- trolley
- nail station
- client chair
- therapist stool

Prepare and select products, to include:

- speciality paints
- acrylic paints
- water-based paints
- transfers – sticky and water-release
- rhinestone decals
- flat-stone decals
- glitters
- glitter mixers
- foils
- adhesives
- cleansers
- polishes
- base coats
- top coats
- solvents – polish remover, acetone
- cuticle oil

Prepare and select tools, to include:

- brushes – fan, detail, striping
- tweezers
- scissors
- nail files
- buffers
- dotting/swirling tools
- cuticle tools

Prepare and select equipment, to include:

- bowls
- towels
- paint palette

Prepare and select treatment consumables, to include:

- orangewood sticks
- lint-free pads
- cotton wool discs
- tissues

[Continues on next page](#)

Hints and tips

Have an orange stick ready in case you touch the skin with the nail polish, and use this to remove it before it dries.

What do you need to cover? Continued

Unit 234: Nail art services

Prepare the client for the service, to include:

- remove jewellery
- check position of client and therapist
- sanitise client's hands
- ensure client comfort

Use techniques to apply designs to a prepared nail surface, to include:

- blending
- swirling
- marbling
- dotting
- hand painting

Apply designs to a prepared nail surface, to include:

- flowers
- stripes
- animal prints
- theme – seasonal, flags, events
- bespoke/personalised

Remove nail art designs:

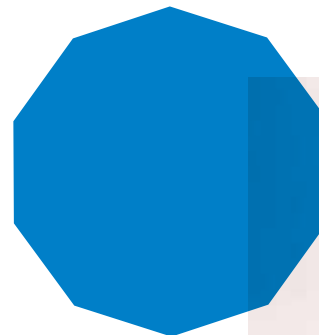
- chemical removal
- manual removal – files, buffers, tweezers
- ensure natural nail and skin are free of product
- ensure natural nail and skin are undamaged

Research nail art trends and styles, to include:

- products
- colour collections
- technologies
- nail shapes
- fashion
- media

Create and present own designs using a range of media:

- mood boards
- photo albums
- look books
- colour wheel/swatch
- popsticks



❏ To remove stubborn glitter polish, soak nails in a saturated cotton pad of remover and wrap each finger in foil. ❏

Kruti Gandhi, **Essie Professional**



Useful words

Unit 234: Nail art services

Some terms that you will come across in this unit are explained below.

Derby College



Blending

Mixing two or more colours or products together to create a multi-coloured design.



Lipstick

Nails filed to have a diagonal slant at the tip.

White78/Shutterstock.com

Design plan

This is a written outline of how you plan to achieve the desired effect. You present this to the person who has set you the task for their approval.

Mood board

Used by designers, this is a board that displays images and examples to communicate their ideas.

Palette

A board on which the artist dispenses and mixes colours.

“Being one of the first nail techs to work at London Fashion Week made me realise that a great portfolio brings you high profile jobs and how important it is to create informative and imaginative mood boards and look books for potential clients. It is our chance to show our creativity to a whole new audience.”

Jacqui Jefford, International judge



NSI (UK) Ltd

Scope record

Unit 234: Nail art services

Use this section to track your coverage of the scope of content for this unit. Tick, date and sign each time you practise the skills listed below.

Environmental conditions Record the conditions that were checked prior to the service.

Lighting	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Ventilation	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Climate control	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Music and noise levels	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Tidy workspace	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Hygienic – sterilisation, sanitisation	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Methods of waste disposal	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Seating and nail desk	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Use of PPE – face masks	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Equipment Record the equipment that was positioned correctly for the service.

Trolley	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Nail station	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Client chair	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Therapist stool	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page



Nail art products	Record the products that were selected prior to the service.		
Specialty paints	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Acrylic paints	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Water-based paints	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Transfers – sticky and water-release	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Rhinestone decals	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Flat-stone decals	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Glitters	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Glitter mixers	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Foils	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Adhesives	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cleansers	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Polishes	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Base coats	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Top coats	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Solvents – polish remover, acetone	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cuticle oil	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page

Hints and tips

It is much easier to start with simple designs and refine them than trying to do difficult ones that will look messy.



Unit 234: Nail art services

Nail art tools

Record the tools that were prepared prior to the service.

Brushes – fan, detail, striping	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Tweezers	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Scissors	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Nail files	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Buffers	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Dotting/swirling tools	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cuticle tools	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Nail art equipment

Record the equipment that was prepared prior to the service.

Bowls	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Towels	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Paint palette	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page

Hints and tips

Using a white base under a design will help solid and opaque colours to stand out and enhance the design.



Treatment consumables	Record the consumables that were prepared prior to the service.		
Orangewood sticks	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Lint-free pads	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cotton wool discs	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Tissues	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Preparation for service	Record the preparation that was carried out prior to service.		
Remove jewellery	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Check position of client and therapist	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Ensure client comfort	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Sanitise client's hands	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Techniques for applying nail art designs	Record the techniques that were used as part of the service.		
Blending	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Swirling	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Marbling	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Dotting	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Hand painting	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page

Hints and tips

Proudly wear your own designs yourself! It is the best and cheapest way to advertise your own work.

Apply designs to a prepared nail surface

Record the designs that were applied as part of the service.

Flowers	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Stripes	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Animal prints	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Theme – seasonal, flags, events	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Bespoke/personalised	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Remove nail art designs

Record the techniques that were used as part of the removal service.

Chemical removal	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Manual removal – files, buffers, tweezers	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Ensure natural nail and skin are free of product	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Ensure natural nail and skin are undamaged	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Research nail art trends and styles

Record the types of trends and styles that were identified as part of your research.

Products	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Colour collections	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Technologies	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Nail shapes	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Fashion	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Media	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page

Create and present own designs

Record the types of media that were used when creating and presenting your own designs.

Mood boards	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Photo albums	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Look books	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Colour wheel/swatch	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Popsticks	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:



Plan ahead when doing art on nails: draw your designs out first on paper.
 Joanne Brittles, **Just Nails and a Little Beauty**



Supplementary comments

Unit 234: Nail art services

Use this space to record any workplace, employer or client comments.

Comments	Date
<hr/>	<hr/>
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<hr/>	<hr/>
<hr/>	<hr/>

Has all topic content been covered?

This section must be signed when all the topic content has been covered. Remember to fill in the 'What I have learnt' section on page 82.

We confirm that this evidence is authentic and the assessments were conducted under specified conditions and that all the performance criteria, range and essential knowledge requirements have been met for this unit.

Candidate signature: _____

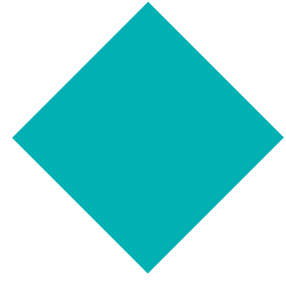
Date: _____

Assessor signature: _____

Date: _____

IQA signature (if sampled): _____

Date: _____



Unit 205:

Manicure services

The purpose of this unit is for you to understand the processes and techniques involved in preparing clients and the work area for manicure. You will be able to carry out manicure techniques to improve the appearance of hands and nails; in addition to this you will be able to consult with clients and provide them with relevant advice and recommendations.

You will carry out a variety of manicure services to suit different client's needs and expectations.

You will follow safe hygienic working practices. They will be able to recognise the different types of contra-indications and take the necessary action to deal with them.

You will know how to deal with various contra-actions if they occur and be aware of the importance of maintaining up to date client records. This unit is based on developing the skills and techniques needed to carry out different manicure services to industry standards.

What is this unit about?

Unit 205: Manicure services

Mandatory

This unit has **three** outcomes.

Outcome 1

Prepare self, client and work area

Outcome 2

Provide manicure treatments

Outcome 3

Provide advice and recommendations to clients

Getting started

Introduce yourself to the unit by asking yourself:

- How can I improve my technique when applying nail polish?
- How can I improve the condition of my own nails?
- Why have my nails got ridges?
- Why do my nails split?

Following your journey through this unit you will have the opportunity to reflect on your performance, action plan for further development and explore linking this treatment to many others, in order to:

- maximise client satisfaction
- meet client objectives
- understand and apply link selling techniques in preparation for your role within the spa or salon
- explore the concept of trade testing
- prepare yourself for running a busy column within the beauty sector.



Hints and tips

Be gentle; hold your client's hand carefully and with respect.

What is this unit about? Continued

Unit 205: Manicure services

Topics

Outcome 1

Prepare self, client and work area

- 1.1 Prepare self and working area
- 1.2 Prepare tools, equipment and products
- 1.3 Consult with client
- 1.4 Prepare client for treatment

Outcome 2

Provide manicure treatments

- 2.1 Provide manicure treatments
- 2.2 Apply nail finish

Outcome 3

Provide advice and recommendations to clients

- 3.1 Contra-actions
- 3.2 Provide advice and recommendations



svetara/shutterstock.com

Hints and tips

Keep an eye on the catwalk, fashion magazines and social media for latest trends. Keep a look book of your own and add to it weekly if you can.

Values and behaviours

It is critical that every nail technician understands the structure and workings of the skin and nails, in order to work effectively and safely for themselves and their clients.



What do you need to know?

Unit 205: Manicure services

This section gives details of what you need to know to ensure all the learning outcomes for this unit can be achieved. Tick the sentences below when you are confident you fully understand these areas.

You need to:

Prepare self and treatment area

understand the importance of preparing the treatment areas, taking into account: health, safety, hygienic practices, suitable environmental conditions for clients and treatment

understand the importance of preparing products, consumables, tools and equipment for carrying out manicure services

Client consultation

understand the process of consulting with the client, using various techniques to determine treatment objectives, including: questioning, listening, updating client records

carry out visual skin and nail analysis, taking into account: skin type – normal, dry, dehydrated, skin condition – mature, pigmentation, moles, scar tissue, nail condition – brittle, damaged, bitten, weak, oily, hang nails, ridges, split, nail shape – oval, tapered, square, squoval, claw, fan, pointed

discuss treatment objectives and required finish prior to treatment, including: reduce nail length, smooth irregularities, improve cuticles, improve skin condition, basic manicure, luxury manicure, finish – French, dark, light

confirm treatment plan with client, taking into consideration client characteristics and preferences and complete records

Continues on next page

The external assessment will come from the mandatory content of this qualification to confirm your breadth of knowledge and understanding.



Hints and tips

Concentrate on your client when they are with you; don't be distracted by others in the salon.

What do you need to know? Continued

Unit 205: Manicure services

You need to:

Contra-indications

understand the types of contra-indications that would prevent manicure treatments, including: bacterial infection, fungal infection, viral infection, severe eczema, severe psoriasis, severe nail separation

understand the types of contra-indications that would restrict manicure treatments, including: broken bones and sprains, recent scar tissue, skin allergies, open wounds, diabetes, skin disorders, undiagnosed lumps and swellings

Preparing for the treatment

understand the importance of correctly preparing yourself and the client for the manicure treatment

Manicure treatments

be able to offer a range of manicure treatments to clients, including: basic services, luxury services, nail finishes

Continues on next page



Hints and tips

Ensure you understand the anatomy of the nail – some clients may ask you questions and you should always know the answer.

Unit 205: Manicure services

You need to:

Contra-actions

be able to recognise contra-actions to the treatment and contra-actions which are the result of poor practice, including: swelling, allergic reaction, itchiness/irritation, severe erythema, tissue damage

understand the importance of taking remedial action to alleviate symptoms that can occur during or after treatments, including: stop treatment, remove product, refer to GP/pharmacist if necessary, record on client record card

Advice and recommendations

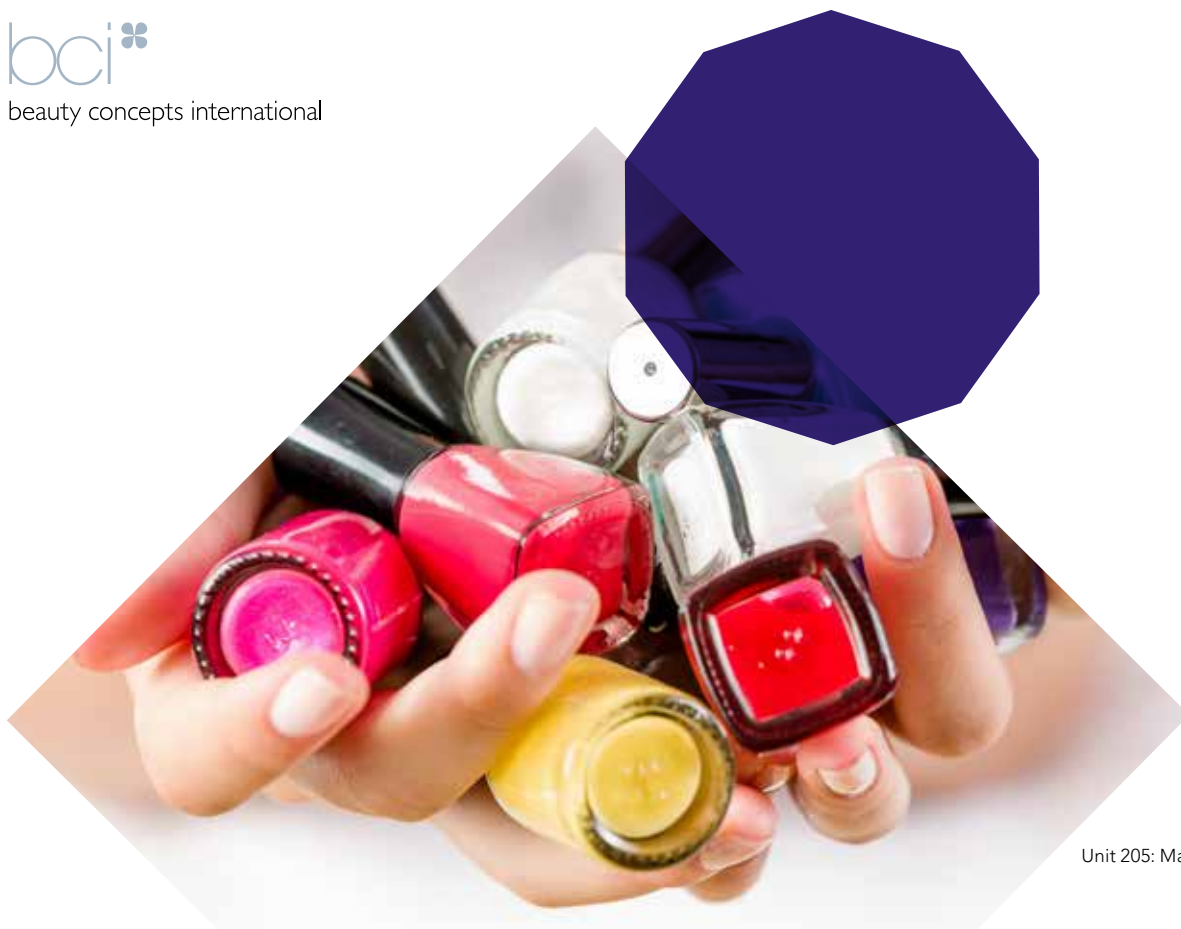
understand the importance of providing advice and recommendations following treatment, including: time intervals between services, course of services, advanced or upgraded services, homecare advice, retail recommendations

👉 Practise painting from day one and do it every day until you are perfect, then practise some more. If a friend drops by for coffee, paint their nails! 🍷

Brenda Griffin, **Beauty Concepts International**



beauty concepts international



What do you need to cover?

Unit 205: Manicure services

The synoptic assignment for this qualification will require you to use your skills and knowledge of a range of treatments from across the mandatory units in this qualification.

Scope of content

This section gives details of the scope of content you need to cover to ensure that all the learning outcomes can be achieved before your trade test. You need to:

Ensure suitable environmental conditions, to include:

- lighting
- ventilation
- atmosphere (music)
- climate control
- tidy workspace
- hygienic – sterilisation, sanitisation
- methods of waste disposal
- seating and work station
- use of PPE – face masks

Position equipment appropriately, to include:

- trolley
- nail station
- client chair
- therapist stool

Prepare and select manicure products, to include:

- sanitiser
- polish remover
- exfoliator
- cuticle cream/oil
- hand soak
- cuticle remover
- massage medium – cream, lotion, oil
- hand mask
- paraffin wax
- base coat – ridge fillers, conditioning treatments
- top coat – quick dry, high shine
- nail polish
- specialist products – anti-ageing products, AHA peels

Prepare and select manicure tools and equipment, to include:

- nail file
- nail clippers
- buffer
- hoof stick
- cuticle knife
- cuticle nippers
- orangewood stick
- spatula
- bowl
- paraffin wax heater
- thermal mitts

Prepare and select treatment consumables, to include:

- lint-free wipes
- cotton wool
- tissues
- couch roll
- towels

Continues on next page



Update your display stand regularly to suit the season's trends and colour changes. »

Kruti Gandhi, **Essie Professional**

essie
USA's nail salon expert. Since 1981.
PROFESSIONAL APPLICATION

nikitabudiar/Shutterstock.com

What do you need to cover? Continued

Unit 205: Manicure services

Prepare the client for treatment, to include:

remove appropriate clothing

check position of client and therapist

sanitise client hands

ensure client comfort

Provide basic manicure services, including:

filing and shaping

cuticle work

effleurage

petrissage

rotation massage

friction massage

Provide luxury manicure services, including:

exfoliating – chemical, mechanical

heat treatments

– thermal mitts,

paraffin wax

masks – nourishing,

moisturising, warming, anti-ageing

Apply a range of nail finishes, to include:

base coat – ridge filler, conditioning treatments

French

light

dark

top coat – quick-dry, high-gloss

Hints and tips

Hold the cuticle knife at an angle when nipping the nails to make sure you remove all the cuticle and ensure a nice finish when painting.



Phil Jones

Useful words

Unit 205: Manicure services

Some terms that you will come across in this unit are explained below.

Brittle

The description of something that is hard but able to break easily.

Consumables

Materials and items that need to be used in the course of a treatment, such as: cotton wool, tissues, couch roll and spatulas for decanting products.



Effleurage

A stroking technique used to begin the massage and complete an area. It is also useful to link movements to provide flow and rhythm in the massage.



Nail bed

The skin beneath the nail plate made of two types of tissues: the deeper dermis and the epidermis.

Viral infection

An infection caused by a virus, eg cold sore.

📌 Clients today are savvy and interested in improving the health of their nails. It is important that clients know as much as their therapist, so that they know why they should look after their nails post-treatment. 📌

Susan Gerrard, **Gerrard International**



Scope record

Unit 205: Manicure services

Use this section to track your coverage of the scope of content for this unit.

Tick, date and sign each time you practise the skills listed below.

Environmental conditions **Record the conditions that were checked prior to the treatment.**

Lighting	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Ventilation	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Atmosphere (music)	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Climate control	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Tidy workspace	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Hygienic – sterilisation, sanitisation	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Methods of waste disposal	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Seating and work station	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Use of PPE – face masks	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

Equipment **Record the equipment that was positioned correctly for the treatment.**

Trolley	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Nail station	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Client chair	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Therapist stool	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

Continues on next page

When filing the nail plate, keep the nail file loose in your hands. The more rigid you are, the harder it will be to file.]

Sasha Fillaudeau, Hale Country Club & Spa



Unit 205: Manicure services

Manicure products	Record the products that were selected prior to the treatment.		
Sanitiser	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Polish remover	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Exfoliator	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cuticle cream/oil	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Hand soak	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cuticle remover	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Massage medium – cream, lotion, oil	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Hand mask	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Paraffin wax	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Base coat – ridge fillers, conditioning treatments	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Top coat – quick dry, high shine	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Nail polish	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Specialist products – anti-ageing products, AHA peels	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page



“Attitude, confidence, image, knowledge and great practical skills are all of the criteria I look for. It’s not always the best nail technician who gets the job but the one who has all-round people skills.”
Jacqui Jefford, International judge

Unit 205: Manicure services

Manicure tools and equipment

Record the tools that were prepared prior to the treatment.

Nail file	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Nail clippers	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Buffer	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Hoof stick	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cuticle knife	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cuticle nippers	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Orangewood stick	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Spatula	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Bowl	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Paraffin wax heater	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Thermal mitts	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Treatment consumables

Record the consumables that were prepared prior to the treatment.

Lint-free wipes	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cotton wool	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Tissues	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Couch roll	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Towels	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Preparation for treatment

Record the preparation that was carried out prior to treatment.

Remove appropriate clothing	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Check position of client and therapist	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Ensure client comfort	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Sanitise client hands	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page

Unit 205: Manicure services

Basic manicure

Record the basic services that were carried out as part of the treatment.

Filing and shaping	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cuticle work	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Effleurage	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Petrissage	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Rotation massage	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Friction massage	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Luxury manicure

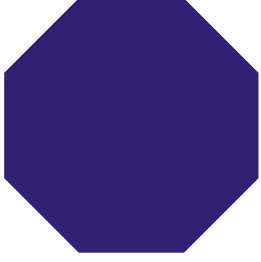
Record the luxury services that were carried out as part of the treatment.

Chemical exfoliation	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Mechanical exfoliation	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Thermal mitts	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Paraffin wax	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Nourishing mask	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Moisturising mask	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Warming mask	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Anti-ageing mask	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Nail finishes

Record the finishes that were applied as part of the treatment.

Base coat – ridge filler, conditioning treatments	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
French	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Light	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Dark	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Top coat – quick-dry, high-gloss	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:



Unit 206: Pedicure services

The purpose of this unit is for you to understand the processes and techniques involved in preparing clients and the work area for pedicure. A pedicure is a superficial cosmetic treatment to the feet so you will be aware of the limitations of treatment in terms of understanding what you can and cannot treat, and refer to an appropriate professional where necessary. You should be able to analyse the feet and nails.

You will be able to carry out pedicure services to improve the appearance and condition of the foot and lower leg. In addition to this, you will

also be able to consult with clients and provide them with relevant advice and recommendations on general foot and nail care.

You will carry out a range of pedicure services to suit the needs and expectations of different clients. You will follow safe, hygienic working practices. You will be able to recognise different types of contra-indications and take the necessary action to deal with them. You will also know how to deal with contra-actions if they occur and be aware of the importance of maintaining up-to-date client records.

What is this unit about?

Unit 206: Pedicure services

Mandatory

This unit has **three** outcomes.

Outcome 1

Prepare self, client and working area

Outcome 2

Provide a range of pedicure services

Outcome 3

Provide advice and recommendations to clients

Hints and tips

Keep your work area clean and free of unnecessary clutter.

Ask your client how they like their feet to be held and how strong they would like their massage.

Brenda Griffin, Beauty Concepts International



beauty concepts international

Getting started

Introduce yourself to the unit by asking yourself:

- Why are my toenails discoloured?
- How can I prevent ingrowing toenails?
- How can I manage hard skin?
- What is a fungal infection?

Following your journey through this unit you will have the opportunity to reflect on your performance, action plan for further development and explore linking this treatment to many others, in order to:

- maximise client satisfaction
- meet client objectives
- understand and apply link selling techniques in preparation for your role within the spa or salon
- explore the concept of trade testing
- prepare yourself for running a busy column within the beauty sector.



What is this unit about? Continued

Unit 206: Pedicure services

Topics

Outcome 1

Prepare self, client and working area

- 1.1 Prepare self and working area
- 1.2 Prepare tools, equipment and products
- 1.3 Consult with client
- 1.4 Prepare client for treatment

Outcome 2

Provide a range of pedicure services

- 2.1 Provide pedicure services
- 2.2 Apply nail finish

Outcome 3

Provide advice and recommendations to clients

- 3.1 Contra-actions
- 3.2 Provide advice and recommendations



Values and behaviours

For pedicures, if the client is sitting on a couch, protect it with a couch cover and a towel, and place a piece of couch roll across the foot of the couch. If the client is sitting in a chair, protect the floor area with a towel or bath mat covered with a piece of couch roll.



Hints and tips

The maximum commercially viable service time for pedicure treatments is 50 minutes.

What do you need to know?

Unit 206: Pedicure services

This section gives details of what you need to know to ensure all the learning outcomes for this unit can be achieved. Tick the sentences below when you are confident you fully understand these areas.

You need to:

Prepare self and treatment area

understand the importance of preparing the treatment areas, taking into account: health, safety, hygienic practices, suitable environmental conditions for clients and treatment

understand the importance of preparing products, consumables, tools and equipment for carrying out pedicure services

Client consultation

understand the process of consulting with the client, using various techniques to determine treatment objectives, including: questioning, listening, updating client records

carry out visual skin and nail analysis, taking into account: skin type – normal, dry, dehydrated, skin condition – mature, pigmentation, moles, scar tissue, nail condition – brittle, damaged, bitten, weak, ridges, split, nail shape – oval, square, claw, fan, involuted, ingrown

discuss treatment objectives and required finish prior to treatment, including: reduce nail length, smooth irregularities, improve cuticles, improve skin condition, basic pedicure, luxury pedicure, finish – French, dark, light

Continues on next page

The external assessment will come from the mandatory content of this qualification to confirm your breadth of knowledge and understanding.



Hints and tips

Be aware of your client's mobility and modesty; ensure they are comfortably seated before you commence your service.

What do you need to know? Continued

Unit 206: Pedicure services

You need to:

○ confirm treatment plan with client, taking into consideration client characteristics and preferences and complete records

Contra-indications

understand the types of contra-indications that would prevent pedicure treatments, including: ○ bacterial infection, ○ fungal infection, ○ viral infection, ○ severe eczema, ○ severe psoriasis, ○ severe nail separation

understand the types of contra-indications that would restrict pedicure treatments, including: ○ broken bones and sprains, ○ recent scar tissue, ○ skin allergies, ○ open wounds, ○ diabetes, ○ skin disorders, ○ undiagnosed lumps and swellings

Preparing for the treatment

○ understand the importance of correctly preparing yourself and the client for the pedicure treatment

Pedicure treatments

be able to offer a range of pedicure treatments to clients, including: ○ basic services, ○ luxury services, ○ hard skin removal, ○ massage – effleurage, petrissage, rotation, friction, ○ nail finishes

Continues on next page

Hints and tips

Always recommend that the client applies a base coat underneath coloured toenail polish to prevent the nail bed from staining.



Unit 206: Pedicure services

You need to:

Contra-actions

be able to recognise contra-actions to the treatment and contra-actions which are the result of poor practice, including: swelling, allergic reaction, itchiness/irritation, severe erythema, tissue damage, ingrown toenails

understand the importance of taking remedial action to alleviate symptoms that can occur during or after treatments, including: stop treatment, remove product, refer to GP/pharmacist if necessary, record on client record card

Advice and recommendations

understand the importance of providing advice and recommendations following treatment, including: time intervals between services, course of services, advanced or upgraded services, homecare advice, retail recommendations

■ When carrying out the service, talk about the products and their benefits. It will help with retailing. ■

Kruti Gandhi, **Essie Professional**

essie
USA's nail salon expert. Since 1981.
PROFESSIONAL APPLICATION



What do you need to cover?

Unit 206: Pedicure services

The synoptic assignment for this qualification will require you to use your skills and knowledge of a range of treatments from across the mandatory units in this qualification.

Scope of content

This section gives details of the scope of content you need to cover to ensure that all the learning outcomes can be achieved before your trade test. You need to:

Ensure suitable environmental conditions, to include:

- lighting
- ventilation
- atmosphere (music)
- climate control
- tidy workspace
- hygienic – sterilisation, sanitisation
- methods of waste disposal
- seating and work station
- use of PPE – face masks

Position equipment appropriately, to include:

- trolley
- nail station
- client chair
- therapist stool
- foot spa

Prepare and select pedicure products, to include:

- sanitiser
- polish remover
- exfoliator
- cuticle cream/oil
- cuticle remover
- massage medium – cream, lotion, oil
- foot mask – warming, cooling
- base coat – ridge fillers, conditioning treatments
- top coat – quick dry, high shine
- varnish
- specialist products – anti-fungal spray products, callous remover

Prepare and select pedicure tools and equipment, to include:

- nail file
- nail clippers
- buffer
- hoof stick
- cuticle knife
- cuticle nippers
- orangewood stick
- spatula
- rasp
- paraffin wax heater
- thermal booties

Prepare and select treatment consumables, to include:

- lint-free wipes
- cotton wool
- tissues
- couch roll
- towels

Continues on next page

What do you need to cover? Continued

Unit 206: Pedicure services

Prepare the client for treatment, to include:

remove appropriate clothing

protect remaining clothing

check position of client and therapist

ensure client comfort and modesty

prepare skin – sanitise feet

clean and dry feet

Provide basic pedicure services, including:

soak feet

filing and shaping

cuticle work

effleurage

petrissage

rotation

friction

Provide luxury pedicure services, including:

exfoliating – chemical, mechanical

heat treatments – thermal booties, paraffin wax

masks – nourishing, moisturising, warming, cooling

Apply a range of nail finishes, to include:

base coat – ridge filler, conditioning treatments

French

light

dark

top coat – quick-dry, high-gloss, matt

Be discreet when recognising any contra-indications to service and discussing them with your client in an open salon environment. **■**

Brenda Griffin, **Beauty Concepts International**



beauty concepts international

Hints and tips

When using a foot file or rasp, keep feeling to check that you are removing only the hard skin and not the soft, living skin underneath.



Useful words

Unit 206: Pedicure services

Some terms that you will come across in this unit are explained below.



Discoloured

The visible, undesired lack of colour compared to the tissue's natural state.

Ingrown toenail

Discomfort or pain around the side of the nail as well as redness and swelling. It is caused by poorly fitting shoes and incorrect nail care, in particular incorrect filing or cutting of the nail. It is often seen on the big toe.



Petrissage

Kneading movements that apply pressure by rolling or lifting the tissues. Petrissage movements can use the whole of the palm

of the hand, the pads of the thumb, the fingers or the knuckles. These movements are deeper and more stimulating.

Hoof stick

A manicure or pedicure tool used to remove dead skin and cuticle from the surface of the nail to form a neat nail contour.



Scope record

Unit 206: Pedicure services

Use this section to track your coverage of the scope of content for this unit.
Tick, date and sign each time you practise the skills listed below.

Environmental conditions **Record the conditions that were checked prior to the treatment.**

Lighting	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Ventilation	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Atmosphere (music)	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Climate control	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Tidy workspace	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Hygienic – sterilisation, sanitisation	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Methods of waste disposal	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Seating and work station	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Use of PPE – face masks	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Equipment **Record the equipment that was positioned correctly for the treatment.**

Trolley	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Nail station	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Client chair	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Therapist stool	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Foot spa	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page



Pedicure products	Record the products that were selected prior to the treatment.		
Sanitiser	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Polish remover	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Exfoliator	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cuticle cream/oil	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cuticle remover	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Massage medium – cream	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Massage medium – lotion	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Massage medium – oil	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Warming foot mask	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cooling foot mask	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Base coat – ridge fillers, conditioning treatments	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Top coat – quick dry, high shine	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Varnish	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Specialist products – anti-fungal spray products, callous remover	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page

“All the employers that recruit from us request therapists that are good at recommending other treatments or services.”

Rochelle Saneria, London College of Beauty Therapy

L C B T

World Class Providers of Beauty, Make-up, Hair & Fitness Training to the Industry

Pedicure tools and equipment

Record the tools that were prepared prior to the treatment.

Nail file	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Nail clippers	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Buffer	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Hoof stick	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cuticle knife	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cuticle nippers	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Orangewood stick	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Spatula	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Rasp	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Paraffin wax heater	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Thermal booties	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page



Unit 206: Pedicure services

Treatment consumables Record the consumables that were prepared prior to the treatment.

Lint-free wipes	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cotton wool	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Tissues	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Couch roll	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Towels	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Preparation for treatment Record the preparation that was carried out prior to treatment.

Remove appropriate clothing	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Protect remaining clothing	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Check position of client and therapist	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Ensure client comfort and modesty	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Sanitise client feet	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Clean and dry feet	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page

Unit 206: Pedicure services

Basic pedicure

Record the basic services that were carried out as part of the treatment.

Soak feet	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Filing and shaping	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cuticle work	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Hard skin removal	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Effleurage	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Petrissage	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Rotation	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Friction	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Luxury pedicure

Record the luxury services that were carried out as part of the treatment.

Chemical exfoliation	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Mechanical exfoliation	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Thermal booties	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Paraffin wax	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Nourishing mask	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Moisturising mask	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Warming mask	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cooling mask	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page

Nail finishes

Record the finishes that were applied as part of the treatment.

Base coat – ridge filler, conditioning treatments	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
French	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Light	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Dark	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Top coat – quick-dry, high-gloss, matt	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:



“When painting a client’s toenails, keep a steady hand by using your little finger to balance.”

Sasha Fillaudeau, Hale Country Club & Spa



Supplementary comments

Unit 206: Pedicure services

Use this space to record any workplace, employer or client comments.

Comments	Date
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<hr/>	<hr/>
<hr/>	<hr/>

Has all topic content been covered?

This section must be signed when all the topic content has been covered. Remember to fill in the 'What I have learnt' section on page 120.

We confirm that this evidence is authentic and the assessments were conducted under specified conditions and that all the performance criteria, range and essential knowledge requirements have been met for this unit.

Candidate signature: _____

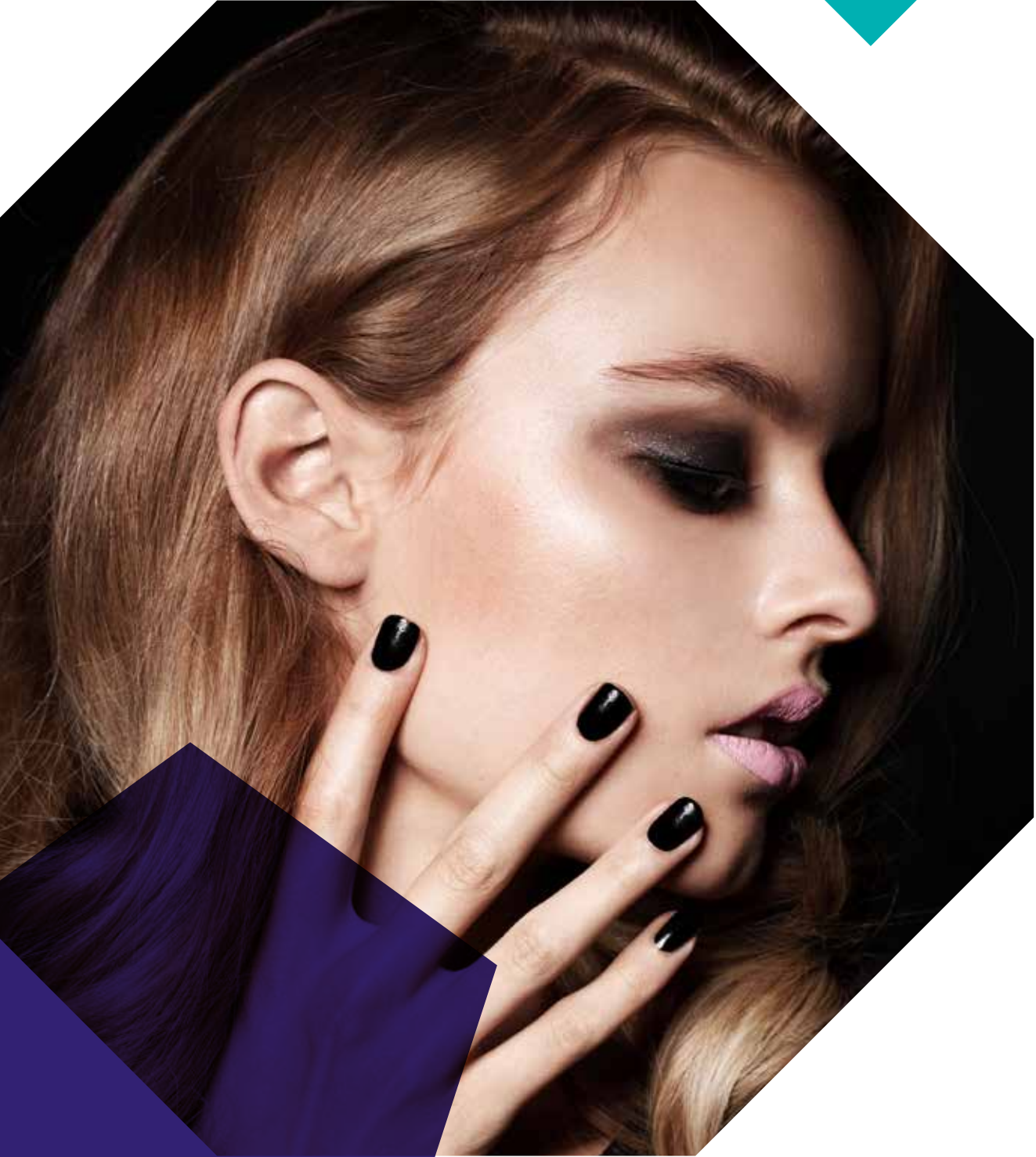
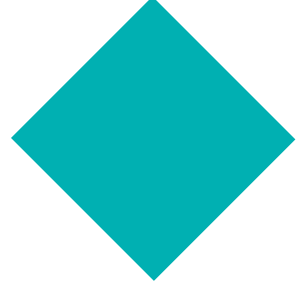
Date: _____

Assessor signature: _____

Date: _____

IQA signature (if sampled): _____

Date: _____



Unit 207:

Light cured gel polish

The purpose of this unit is for you to confidently apply light cured gel polish and understand the technology that underpins the process. You will understand the difference in different lamps and curing times, and how this might affect the outcome of the treatment.

The nail industry is a fast-paced, trend-led industry and light cured gel polish has revolutionised manicure and pedicure treatments. Many nail salons rely extensively on light cured gel polish. This unit will allow you to develop transferable

skills which will be valuable to the nail and beauty industry. You will work directly with clients. This will allow you to demonstrate your communication skills and design a treatment plan suitable for your individual clients. You will be able to apply and remove light cured gel polishes to clients' hands and feet.

You will take responsibility for health and safety, personal presentation, hygiene and safe working practices which are transferable to other industries.

What is this unit about?

Unit 207: Light cured gel polish

Mandatory

This unit has **four** outcomes.

Outcome 1

Understand chemicals and light curing technology

Outcome 2

Prepare self, client and work area for treatment

Outcome 3

Apply and remove light cured gel polish treatments

Outcome 4

Provide advice and recommendations to clients

Getting started

Introduce yourself to the unit by asking yourself:

- What is the difference between polish and light cured gel polish?
- How does light cured gel polish work?
- Why has light cured gel polish become so popular in the nail industry?

Following your journey through this unit you will have the opportunity to reflect on your performance, action plan for further development and explore linking this treatment to many others, in order to:

- maximise client satisfaction
- meet client objectives
- understand and apply link selling techniques in preparation for your role within the spa or salon
- explore the concept of trade testing
- prepare yourself for running a busy column within the beauty sector.

Always make sure the nail plate is well hydrated to ensure long-lasting gel polish. »

Sasha Fillaudeau, Hale Country Club & Spa



Hints and tips

Paint your gel polish thinly and in even layers, capping each free edge as you go.



What is this unit about? Continued

Unit 207: Light cured gel polish

Topics

Outcome 1

Understand chemicals and light curing technology

- 1.1 Chemicals in gel polish products
- 1.2 Light curing technology

Outcome 2

Prepare self, client and work area for treatment

- 2.1 Prepare self and the work area
- 2.2 Prepare tools, equipment and products
- 2.3 Consult with clients
- 2.4 Prepare client for treatment

Outcome 3

Apply and remove light cured gel polish treatments

- 3.1 Prepare nails
- 3.2 Apply light cured gel polish
- 3.3 Remove light cured gel polish

Outcome 4

Provide advice and recommendations to clients

- 4.1 Contra-actions
- 4.2 Provide advice and recommendations

Hints and tips

Flash cure your nail art designs as you work to ensure success.



Claire Morgan-Jones

Values and behaviours

Be sure to use the correct form of UV light source according to the manufacturer's instructions: an LED or UV lamp.



What do you need to know?

Unit 207: Light cured gel polish

This section gives details of what you need to know to ensure all the learning outcomes for this unit can be achieved. Tick the sentences below when you are confident you fully understand these areas.

You need to:

Chemical in gel polish products

be able to identify types of chemicals used in UV/LED gel polish, including:
 oligomers, photo initiators, bonders/dehydrators, solvents – acetone, isopropyl alcohol (IPA)

be able to define chemical terms, including: polymerisation, exothermic reaction

Light curing technology

understand the technologies relating to the light curing process, including:
 selection of lamps, following manufacturers' instructions

recognise the differences between UV and LED lamps used for light curing gel polish, including: different light sources, lamp wattage, curing times – flash curing, over curing, light spectrum, lamp maintenance – cleaning, replacing bulbs, lamp adaptation for hands and feet

Prepare self and treatment area

understand the importance of preparing the treatment areas, taking into account: health, safety, hygienic practices, suitable environmental conditions for clients and treatment

understand the importance of preparing products, consumables, tools and equipment for carrying out gel polish services

The external assessment will come from the mandatory content of this qualification to confirm your breadth of knowledge and understanding.

Continues on next page

Hints and tips

Keep up with the colour trends, as they change very quickly.



What do you need to know? Continued

Unit 207: Light cured gel polish

You need to:

Client consultation

understand the process of consulting with the client, using various techniques to determine treatment objectives, including: questioning, listening, updating client records

carry out visual skin and nail analysis, taking into account: skin type – normal, dry, dehydrated, skin condition – mature, pigmentation, moles, scar tissue, nail condition – brittle, damaged, bitten, weak, oily, hang nails, ridges, split, nail shape – oval, tapered, square, squoval, claw, fan, pointed

confirm treatment plan with client: taking into consideration client characteristics and preferences, discussing treatment objectives and required finish prior to treatment

Contra-indications

understand the types of contra-indications that would prevent treatment, including: bacterial infection, fungal infection, viral infection, severe eczema, severe psoriasis, severe nail separation

understand the types of contra-indications that would restrict treatment, including: broken bones and sprains, recent scar tissue, skin allergies, open wounds, diabetes, skin disorders, undiagnosed lumps and swellings, excessive perspiration

Continues on next page

■ Gel polishes are at the forefront of the industry at the moment; there are so many brands to choose from and the looks that you can achieve with it are limitless. ■

Joanne Brittles, **Just Nails and a Little Beauty**



Unit 207: Light cured gel polish

You need to:

Preparing for the treatment

understand the importance of correctly preparing yourself and the client for the gel polish treatment

Apply and remove light cured gel polish

understand the importance of following manufacturers' instructions when carrying out light cured gel polish treatments, including: preparing the natural nail plate, preparing the lamp for treatment, applying light cured gel polish, removing light cured gel polish

understand the consequences of incorrect removal of light cured gel polish

Contra-actions

be able to recognise contra-actions to the treatment and contra-actions which are the result of poor practice, including: lifting/chipping or premature loss of colour, damage to the nail plate, ie splitting and thinning of natural nail, sensitising skin or nail bed, allergic reaction/over exposure, bacterial infection, fungal infection

understand the importance of taking remedial action to alleviate symptoms that can occur during or after treatments, including: removal of nail enhancement, advise client to abstain from further treatments, refer to GP/pharmacist if necessary, record on client record card

Advice and recommendations

understand the importance of providing advice and recommendations following treatment, including: frequency of return, care of gel polish for longevity, retail and treatment recommendations – cuticle oil, nail treatment, hand/foot cream

👉 Use an orange stick to cleanse around the nail walls, cuticle area and free edge – this will prevent the gels from lifting and chipping. 🗨️

Kruti Gandhi, **Essie Professional**



Hints and tips

Take your time with removal and don't force products off the nail plate.

What do you need to cover?

Unit 207: Light cured gel polish

The synoptic assignment for this qualification will require you to use your skills and knowledge of a range of treatments from across the mandatory units in this qualification.

Scope of content

This section gives details of the scope of content you need to cover to ensure that all the learning outcomes can be achieved before your trade test. You need to:

Ensure suitable environmental conditions, to include:

lighting

ventilation

atmosphere (music)

climate control

client's comfort and privacy

personal and workspace hygiene

methods of waste disposal

use of PPE – face masks

Position equipment appropriately, to include:

trolley

nail station

client chair

therapist stool

Prepare and select gel polish products, to include:

nail prep products – natural nail cleanser, dehydrator

light cured gel polish colours

base gel/bonder

gel top coat

gel cleanser

hand sanitisers

cuticle oil

product remover

nail enamel remover

Prepare and select gel polish tools and equipment, to include:

UV/LED lamp

nail clippers/ nail scissors

selection of nail files and buffers

cuticle tools

Prepare and select treatment consumables, to include:

orangewood sticks

disposable paper towels

towels

tissues

lint-free pads/cotton wool

removal wraps

toe separators

Prepare the client for treatment, to include:

remove jewellery

check position of client and therapist

ensure client comfort and modesty

sanitise client hands and feet

[Continues on next page](#)

Hints and tips

Offering a mini-manicure after carrying out a removal is a great example of client care.

What do you need to cover? Continued

Unit 207: Light cured gel polish

Prepare the natural nail plate, to include:

sanitise

file and shape

cuticle work

reduce surface shine

dehydrate nail plate

Apply light cured gel polish following manufacturers' instructions, to include:

apply base gel/bonder

ensure thin consistent colour application – dark colour, French

apply top coat to cover colour evenly

remove inhibition (sticky) layer

apply cuticle oil

Remove light cured gel polish from the natural nail:

buff topcoat prior to soaking

chemical – individual nail wraps on natural nail

remove gel ensuring nails and skin are free of product and undamaged



Useful words

Unit 207: Light cured gel polish

Some terms that you will come across in this unit are explained below.

Exothermic

Chemical reaction that releases energy either by light or heat.

LED lamp

A light-emitting diode lamp.



Light curing

Preserving or hardening of gel nail polish using an LED or UV lamp to dry the gel quickly onto the nail.

Oligomers

A type of polymer or synthetic plastic/resin.



Orangewood sticks

Disposable sticks used during a treatment to push back the cuticle.



Scope record

Unit 207: Light cured gel polish

Use this section to track your coverage of the scope of content for this unit. Tick, date and sign each time you practise the skills listed below.


Environmental conditions Record the conditions that were checked prior to the treatment.

Lighting	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Ventilation	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Atmosphere (music)	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Climate control	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Client's comfort and privacy	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Personal and workspace hygiene	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Methods of waste disposal	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Use of PPE – face masks	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

Equipment Record the equipment that was positioned correctly for the treatment.

Trolley	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Nail station	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Client chair	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Therapist stool	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

Continues on next page

Be aware of the condition of your client's nails after removal before you recommend reapplication. Sometimes, the nails just need a rest and nourishment. 

Brenda Griffin, **Beauty Concepts International**



beauty concepts international



Unit 207: Light cured gel polish

Gel polish products

Record the products that were selected prior to the treatment.

Nail prep products – natural nail cleanser, dehydrator	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Light cured gel polish colours	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Base gel/bonder	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Gel top coat	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Gel cleanser	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Hand sanitisers	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cuticle oil	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Product remover	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Nail enamel remover	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Gel polish tools and equipment

Record the tools that were prepared prior to the treatment.

UV/LED lamp	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Nail clippers/nail scissors	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Selection of nail files and buffers	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cuticle tools	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Treatment consumables

Record the consumables that were prepared prior to the treatment.

Orangewood sticks	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Disposable paper towels	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Towels	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Tissues	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Lint-free pads/cotton wool	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Removal wraps	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Toe separators	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page

Unit 207: Light cured gel polish

Preparation for treatment Record the preparation that was carried out prior to treatment.

Remove jewellery	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Check position of client and therapist	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Ensure client comfort and modesty	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Sanitise client hands and feet	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Preparation of the nail plate

Record the preparations that were carried out as part of the treatment.

Sanitise	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
File and shape	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cuticle work	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Reduce surface shine	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Dehydrate nail plate	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page

Hints and tips

Over-curing can occur when using UV gels, causing a burning sensation on the nail bed. Be sure to use the correct form of UV light source according to the manufacturer's instructions.



Unit 207: Light cured gel polish

Applying light cured gel polish

Record the gel polish application services that were carried out as part of the treatment.

Apply base gel/bonder	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Ensure thin, consistent colour application	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Dark colours	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
French	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Apply top coat to cover colour evenly	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Remove inhibition (sticky) layer	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Apply cuticle oil	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Removing light cured gel polish

Record the gel polish removal services that were carried out as part of the treatment.

Buff topcoat prior to soaking	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Chemical – individual nail wraps on natural nail	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Remove gel ensuring nails and skin are free of product and undamaged	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Offer homecare advice together with the retail products needed to achieve the ultimate results. Never assume the client does not want to buy; homecare advice is just an extension of the service they are receiving. »

Susan Gerrard, **Gerrard International**



Supplementary comments

Unit 207: Light cured gel polish

Use this space to record any workplace, employer or client comments.

Comments	Date
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Has all topic content been covered?

This section must be signed when all the topic content has been covered. Remember to fill in the 'What I have learnt' section on page 140.

We confirm that this evidence is authentic and the assessments were conducted under specified conditions and that all the performance criteria, range and essential knowledge requirements have been met for this unit.

Candidate signature: _____ Date: _____

Assessor signature: _____ Date: _____

IQA signature (if sampled): _____ Date: _____



More information



Health and safety and other legislation

It is essential to know your responsibilities for health and safety as defined by any specific legislation covering your job role. The following are the principal items of legislation which apply to general nail bar operations and, therefore, to employers and employees/trainees alike.

- Health and Safety at Work Act.
- The Reporting of Injuries, Diseases and Dangerous Occurrence Regulations (RIDDOR).
- The Health and Safety (First Aid) Regulations.
- The Regulatory Reform (Fire Safety) Order.
- The Manual Handling Operations Regulations.
- The Control of Substances Hazardous to Health (COSHH) Regulations.
- The Electricity at Work Regulations.
- The Environmental Protection Act.
- The Management of Health and Safety at Work Regulations.
- The Health and Safety (Information for Employees) Regulations.
- Data Protection Act.
- Working Time Directives.
- Cosmetic Products Regulations.
- Sale of Goods Act.
- Distance Selling Regulations (note: replaced June 2014 by Consumer Contracts Regulations).
- Trade Descriptions Act.
- Consumer Protection legislation.
- Disability Discrimination Act.



Environmental and sustainable working practices

You must know the different types of working methods that promote environmental and sustainable working practices. These form part of the knowledge range required for your qualification.

- 1 Reducing waste and managing waste (recycle, reuse, safe disposal).
- 2 Reducing energy usage (energy efficient appliances, low energy lighting, utilising solar panels).
- 3 Reducing water usage and other resources.
- 4 Preventing pollution.
- 5 Using disposable items.
- 6 Using recycled, eco-friendly furniture.
- 7 Using low-chemical paint.
- 8 Using organic and allergy-free nail products.
- 9 Using environmentally friendly product packaging.
- 10 Choosing responsible domestic products (Fairtrade tea and coffee).
- 11 Encouraging carbon-reducing journeys to work.



Glossary of terms

Absorption

The process whereby chemicals or nutrients enter the bloodstream via the stomach or intestines.

Apex

The highest or thickest point of a nail enhancement. It may be created using acrylic or gel and is best viewed from the side. Adds to the strength and beauty of the finished look.

Blending

Mixing two or more colours or products together to create a multi-coloured design.

Body language

Non-verbal communication, for example gestures, facial expressions, eye contact and postures. This is useful to use when selling to inspire trust in the client. Also be aware of the client's body language to gauge what they are thinking.

Bonders

These can be primers, base coats for UV light activated products, solvent-based solutions to remove natural oils from the natural nail or products that raise the pH on the natural nail. Most bonders are formulated to bond with the natural keratin on the nail plate to increase adhesion and to prevent lifting.

Brittle

The description of something that is hard but able to break easily.

Clientele

A group or body of clients/customers that is strategically targeted by the business.

Consumables

Materials and items that need to be used in the course of a treatment, such as: cotton wool, tissues, couch roll and spatulas for decanting products.

Dermis

The lower or inner layer of the two main layers of cells which make up the skin.

Design plan

This is a written outline of how you plan to achieve the desired effect. You present this to the person who has set you the task for their approval.

Discoloured

The visible, undesired lack of colour compared to the tissue's natural state.

Effleurage

A stroking technique used to begin the massage and complete an area. It is also useful to link movements to provide flow and rhythm in the massage.

Epidermis

The upper or outer layer of the two main layers of cells that make up the skin.

Eponychium

The thickened layer of epidermal tissue over the base of the nail.

Excretion

The process our bodies use to get rid of unwanted substances. The skin is a minor excretory organ that excretes sweat (containing water), salts, urea and uric acids.

Exothermic

Chemical reaction that releases energy either by light or heat.

Hazard

Anything with the potential to cause harm, eg electricity and chemicals.

Hoof stick

A manicure or pedicure tool used to remove dead skin and cuticle from the surface of the nail to form a neat nail contour.

Infill

A short service, usually performed every two weeks to fill the forward growth at the cuticle area.

Ingrown toenail

Discomfort or pain around the side of the nail as well as redness and swelling. It is caused by poorly fitting shoes and incorrect nail care, in particular incorrect filing or cutting of the nail. It is often seen on the big toe.

LED lamp

A light emitting diode lamp.

Light curing

Preserving or hardening of gel nail polish using an LED or UV lamp to dry the gel quickly onto the nail.

Lipstick

Nails filed to have a diagonal slant at the tip.

Lymphatic system

The network of vessels and organs that stretches throughout the body, providing transport of nutrients to tissues and draining excess fluid from spaces between cells into the bloodstream.

Marketing

The action or business of promoting and selling products or services, including advertising.

Mood board

Used by designers, this is a board that displays images and examples to communicate their ideas.

Nail bed

The skin beneath the nail plate made of two types of tissues: the deeper dermis and the epidermis.

Nail separation

Medically known as onycholysis. A condition that results in a white appearance on the affected part of the nail.

Oligomers

A type of polymer or synthetic plastic/resin.

Orangewood sticks

Disposable sticks used during a treatment to push back the cuticle.

Overheads

The cost or expense incurred in the running of a premises or business, such as lighting and equipment.

Overlay

Products applied on top of fingernails or toenails to make the nails stronger and less prone to breaking.

Palette

A thin board used to lay and mix colours.

Petrissage

Kneading movements that apply pressure by rolling or lifting the tissues. Petrissage movements can use the whole of the palm of the hand, the pads of the thumb, the fingers or the knuckles. These movements are deeper and more stimulating.

Physiology

The biology of a living organism and the way bodily parts function.

Risk

The likelihood or chance that a hazard will actually cause harm.

Sales presentation

The process of explaining the product or service to the client, ideally including the product's features, advantages and benefits.

Sanitisation

Making an item, tool or workspace clean and hygienic.

Sculpting

Artificial nails created by fashioning acrylic over the underlying natural nail or on a nail form, without an artificial tip.

Solvent

A liquid used for dissolving other substances, such as acetone.

Viral infection

An infection caused by a virus, eg cold sore.

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