



Basic Mani/Pedicuring - WORKBOOK

Hairstyling & Aesthetics - TXJ3E - Ms. Navas

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Terminology

- **Manicure (MAN-i-kyoor)** —The artful treatment and care of the hands and nails
- **Pedicure (PED-i-kyoor)** — The care of the feet and toenails

Tools of the Trade – Nail Care

Equipment

- Manicure table with adjustable lamp
- Technician and client chairs
- Client cushion
- Supply tray
- Finger bowl
- Container
- Electric heater
- Disinfectant container with lid



Implements

- Cuticle nipper
- Cuticle pusher
- Emery board
- Nail brush
- Nail buffer
- Nail clippers
- Orangewood stick
- Tweezers



Nail Cosmetics



- Antiseptic
- Base coat
- Cuticle creams
- Cuticle oil
- Cuticle remover or solvent
- Dry nail polish
- Hand creams / lotion
- Liquid nail polish / lacquer
- Nail hardener / strengthener
- Polish remover
- Polish thinner
- Top coat or sealer

Materials

- Absorbent cotton balls
- Approved solution and jar sanitizer
- Chamois
- Cleanser
- Cleansing tissue
- Plastic cups
- Plastic spatula
- Powdered alum or alum solution
- Terry cloth towel
- Trash container



The Manicure Table

Setup

Preparing the Table

- Sanitize table and drawer.
- Place towel over cushion.
- Place finger bowl.
- Arrange metal implements and orangewood stick.
- Arrange cosmetics.
- Place disinfected abrasive and fresh emery boards.
- Attach bag for waste.
- Prepare fresh disinfectant solution



MSDS

(Material Safety Data Sheet)

- Should be available on all the products you use
- Should be kept for easy reference in a file or a notebook
- Can be obtained from the company that supplies the product


Pedicure/Manicure Safety

- 1. All equipment must be new or sanitized. Do not use items such as emery boards orangewood sticks on more than one client.**
- 2. Ensure the client does not have an infection of the nail or nail bed.**
- 3. Do not perform manicures or pedicures if you have a contagious disease or an infected hand.**
- 4. All containers on the manicure table must be covered and labelled.**
- 5. Use clean dry towels ONLY.**
- 6. Do not push the cuticle past a few millimeters; if the cuticle is overgrown, it may take more than one treatment to correct it.**
- 7. Do not file a nail too far into the nail corner; you may accidentally cut the skin.**
- 8. If using cuticle nippers, be careful not to cut the skin. If the skin is cut, apply an antiseptic solution immediately.**

AT ALL TIMES – IF IN DOUBT, SEE YOUR INSTRUCTOR

Sanitation

When sanitizing tools and equipment you are reducing the amount of pathogens found on the surface. Remember: Sanitation is not sterilization.

1. Remove all hair from brushes and combs.
 2. Rinse tools and equipment in hot soapy water.
 3. Rinse with clear water to remove all traces of soap.
 4. Following manufacturer's directions, immerse equipment in the chemical sanitizer to remove pathogens.
 5. Rinse in hot water to remove traces of chemical (which may be an irritant to clients).
- 
6. Store sanitized equipment in a dry cabinet until ready to be used.
 7. Do not use water based or chemical sanitizers on electrical equipment.
 8. Tools and equipment must be sanitized after each use.
 9. If tools and equipment are dropped on the floor, ensure that they are sanitized before being used again.

AT ALL TIMES – IF IN DOUBT, SEE YOUR INSTRUCTOR

Sanitation for Implements

- Wash with soap and warm water.
- Completely immerse metal implements.
- Store implements properly.



The History of Manicures

Origin of the word manicure, (MAN-i-kyoor) Latin word meaning hand (manus) care (cura)

In ancient times tinted or polished fingernails as a mark of distinction between aristocrats and laborers.

The laborers and their hands were usually very dry and brittle because of the elements working in the cold, farming, cleaning for the aristocrats. This gap widened with the introduction of artificial nails they were too expensive ranging from \$60 -\$80 a set, only a small number could afford the time and money. The care of hands and feet, once considered to be a luxury for the few, are now services used by many. Manicures and pedicures make up one of the biggest growth areas in salon services today.

With the introduction of the “Chop shop” a manicure or set of artificial nails cost as low as \$20.

Nail Shapes

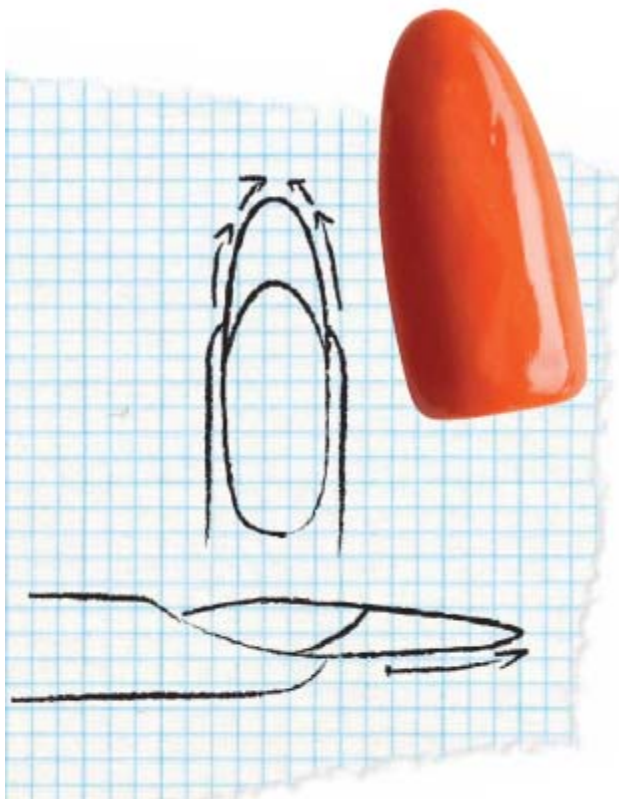
Getting Nails Into Shape

Square, round, squoval — you probably have a specialty and a preference to how you think a nail should look. But you can't just do cookie-cutter nails on every client who walks through your door. Some individual attention and customization will wow your clients and make them loyal for life.

BY TIM CROWLEY

Nails naturally come in a variety of shapes and sizes, and each person has nail features that are unique. There are long fingers with wide nail beds, short fingers with short nail beds, and every combination in between. But good nail technicians know how to complement a client's natural features, and the foundation of this is the nail shape.

Most clients lean toward one of the five basic shapes: square, round, oval, squoval, or pointed. Though other blended combinations of these shapes exist, these five are definitely the most common. So how do you know which shape to use on your next client? Here are some subtle clues and hints that will help you decide on the proper shape, and also some techniques on how to file it just right.



The Oval

The oval shape is an attractive nail shape for most women's hands. It can accentuate femininity and gracefulness. Orly educator Elsbeth Schuetz says the oval shape is an interesting shape because it can work on long nail beds and short ones as well. Ovals can be longer to accentuate a long nail bed, or they can be shorter to complement a shorter nail bed. The oval can add length to a nail while retaining the softer curves of the round shape.

How to File:

Schuetz warns that filing an oval shape can be rather difficult because slight imperfections can make the nail look unbalanced. To achieve the oval shape, first begin by straightening your sidewalls and making sure they are even. Then begin filing from the side of the nail toward the top, using smooth, arching motions with the file. From there, work your angles on both sides and around the free edge to smooth into the oval shape you're looking for. The finished oval should have a nice balance between the cuticle shape and the free edge.

The Square

The square nail is the classic acrylic shape — the tips, and a balanced C-curve. It is the staple and is used frequently for detailed nail art designs. The square shape is difficult to pull off when the nail is in such a case, a sharp square nail could make for longer nail beds, the square can complement

How to File:

To file into the classic square shape, a file should be used to shape the free edge and side around to straighten the free edge, noting that perpendicular to the nail to achieve the hard: then change the angle to blend. Repeat this on the use angles to lightly feather and bevel the nail a



The Squoval

The squoval is one of the most common shapes, yet it is absent from many nail technician textbooks. The squoval nail is essentially a conservative square with the length of a square nail but the softer edges of an oval — hence the name squoval. Kupa's Vicki Peters says the squoval came out of clients' demand for the square shape but without the harsh edges. Squoval nails add versatility, enabling short, wide nail beds to carry the length without appearing oversized. According to Peters, the term squoval was first coined in 1984 by Paula Gilmore, a prominent educator at the time.

How to File:

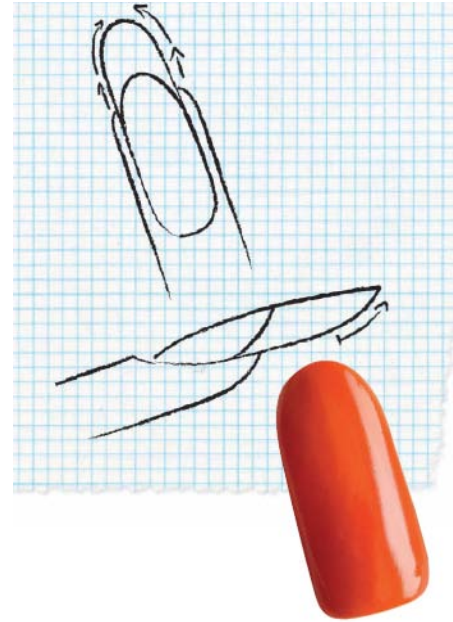
To file the squoval, Peters instructs to first begin with the square. This is a practice that she employs for every shape. She first builds it square so that she can make sure the sidewalls are straight. Once the side walls are straight, tilt the file underneath the corners and file back and forth from the underneath up. This will gradually take the corners off. Keep in mind that you only want to round the part of the tip that is past the free edge, this way you do not take anything away from the side walls at the stress area.

The Round

The round shape is more conservative. It is frequently used to create a softer, less noticeable look, and it's also a common choice for male clients because the shape mirrors the natural contours of the nail. According to LCN educator Somer Downes, hand size can play a big factor for the round shape. If a client has wide nail beds and large hands, then the rounded shape can make the hands look a bit thinner. Round nails can also soften hand features by providing a well-kempt and subtle nail outline.

How to File:

To get the round shape, Downes says it is best to file the side walls straight out, and then just round out the edges into a nice curved shape. Be careful not to take too much off on each side or else it will look unbalanced. A good tip to remember is to visualize making a square, filing the side walls straight out, then simply round the corners with moderate angles to complete the shape. The finished round nail should be slightly tapered and extend just past the tip of the finger.



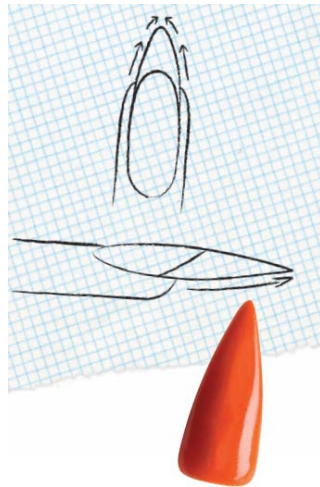
**excerpt from Nails Magazine, 2007

The Pointed

The pointed nail is not seen as often as other shapes in the U.S. According to Greg Salo of Young Nails, the shape first gained popularity in Russia and has become quite common in Eastern Europe, but it has yet to gain widespread appeal in the West. A pointed shape is a little more adventurous than shapes like the oval, squoval, or even square, but given the right circumstances a pointed nail can create length and have a slendering effect on the hand. Smaller hands with smaller nail beds can use a pointed nail to create a subtle appearance of length, while long, slender nail beds take pointed nails to a more noticeable and extreme level.

How to File:

Greg Salo uses an "I" technique for filing a pointed tip. The technique is based on the letter "I" where the center of the "I" shape is the upper arch that forms a line running down the nail bed. The top of the "I" is bending the cuticle flush with the natural nail, and the bottom of the "I" is looking down the barrel of the nail to make sure the C-curve is even. The pointed tip requires taking the top of the "I" to a point that meets at the center of the apex. Once the "I" is in formation, it is just a matter of blending everything in so you have perfect harmony in the nail shape.



Manicure Procedure

1. Have towels and implements sanitized and ready for manicure table
2. Collect towels, creams polish and dish of hot soapy water.
3. Set up manicure table.
4. Inspect patrons hand and nails for disorders and cuts.
5. Start with left little finger.
6. Remove polish with small amount of cotton and polish remover on each finger and thumb.
7. File nails from corner to center and to the clients wishes or nail contour.
8. Smooth rough edges with emery board.
9. Soak left hand in water then do steps 7 and 8 for the right hand. (While right hand is soaking.)
10. Apply cuticle cream and work cuticles back well with cotton and end of orange wood stick. (cotton candy)
11. Remove any broken cuticle with cuticle nippers.
12. *****Do Hand Massage *****
13. Remove any hand cream with nail polish remover.
14. Apply base coat using the three stroke method.
15. Apply two coats of nail polish colour.
16. Apply top coat.
17. Remove any excess polish if necessary.
18. Sanitize and put all equipment away.
19. Clean up station.

Procedure for a Manicure With Paraffin

1. Remove old polish
2. File nail to desired shape
3. Soak in warm soapy water
4. File 2nd hand
5. Soak in warm soapy water
6. Dry hand
7. Clean under free edge
8. Check and re-file nail if needed
9. Apply cuticle lotion
10. Gently push back cuticles
11. Apply massage lotion or cream
12. Massage hand and arm up to elbow for five minutes
13. Dip in paraffin wax, wrap, sit for 5 minutes
14. Remove lotion and wax from nail using polish remover
15. Polish or buff nails as desired.

Client Consultation

- Conduct prior to service.
- Complete client record.
 - Health record
 - Service and product record
- Discuss the
 - client's general health.
 - skin and nail health.
 - lifestyle and needs.
 - services available.

Refer any applicable disorders to a physician

Two Parts of Consultation

- Analysis
- Recommendations

Consultation Hints

- Focus on client.
- Look directly at client when speaking.

- Support your recommendations with facts and information.
- Be friendly and helpful.

Client Consultation Card (Manicuring)

Salon Name _____ Nail Technician _____

Name (First) _____ Name (Last) _____

Address _____

Age _____

Medical History

Allergies _____

Your Health (Have you been under the care of a physician within the last year) Yes _____ No _____

If Yes, Why?

If the client has experienced any of the following health problems in the past of present, the treatment should be modified in the following manner

Cancer- skin cancer must check with doctor prior to any treatment

Epilepsy- Do not use any form of electrical equipment on the client (ie. Electric file, UV light)

Diabetes- Poor healing, do not use any cutting tools (ie., metal cuticle pusher, electric file, cuticle nippers, rough grit files). Avoid pressure while massaging diabetics bruise easily.

Heart Problems- Avoid and form of body massage and high heat (ie., paraffin treatment, hot oil manicure)

Hysterectomy- Be aware, skin may be extremely dry, client may not like any use of heath

Thyroid Condition- Skin may be excessively dry or oily


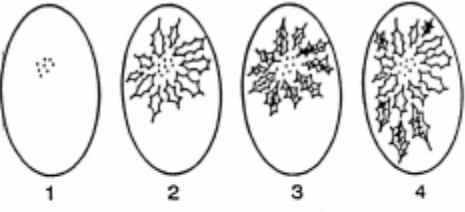
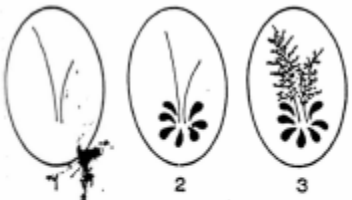
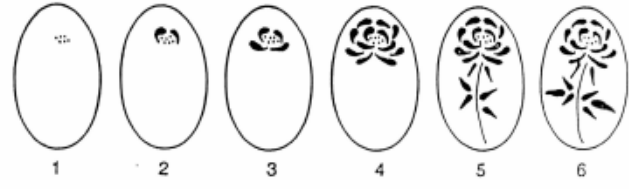
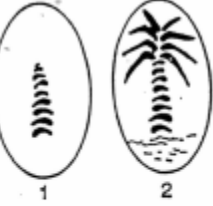
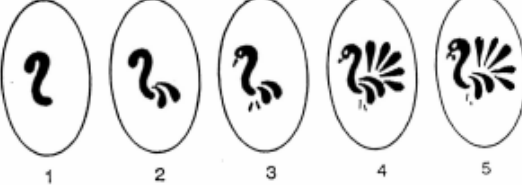
Varicose Veins-Do not massage over the area to reduce risk of dislodging a blood clot

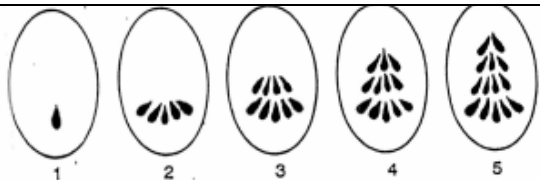
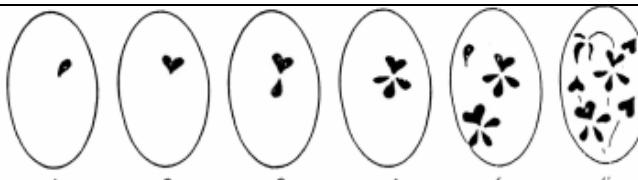
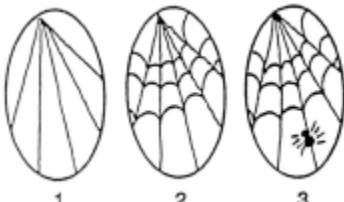


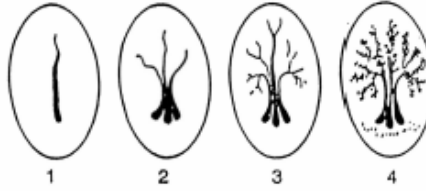
Systemic Disease- May make the client more prone to bruising and increase healing time. You should wear gloves during the treatment, if the disease is communicable

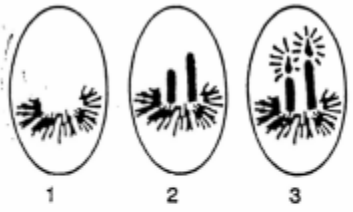
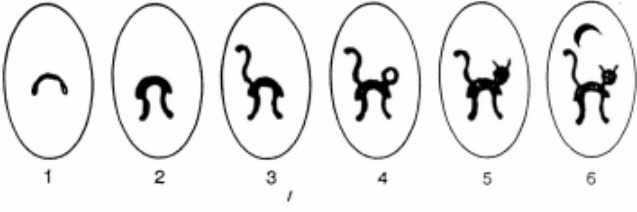
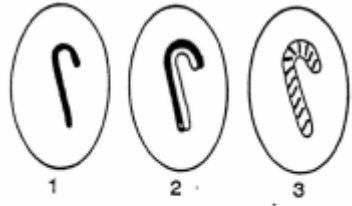
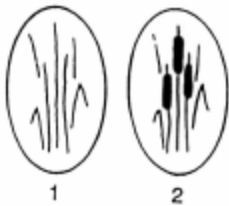
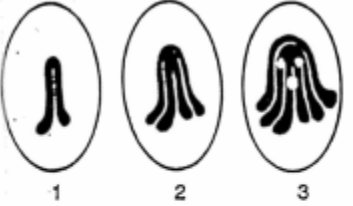
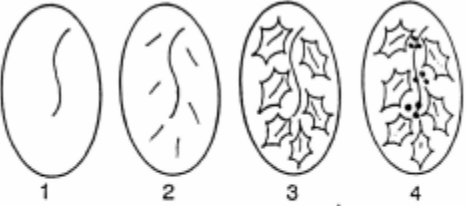
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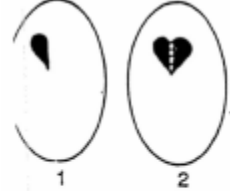
Client Signature: _____

Nail Designs - Step by Step

 <p style="text-align: center;">LILY OF THE VALLEY</p> <ol style="list-style-type: none"> 1. Form a heavy curved line as shown for stem. 2. Begin building leaf with one long comma stroke. 3. To form center of leaf place a short line near first stroke of leaf. 4. Complete leaf by forming another curved comma stroke in the opposite direction. 5. Make a second leaf following instructions above. 6. Using white, make diagonal line near top of nail. Flowers are four dots. 	 <p style="text-align: center;">POINSETTIA</p> <ol style="list-style-type: none"> 1. Form approximately eight to ten dots for flower center. 2. With fine line technique, outline petals in red. 3. Partially fill in each of the petals with a zig-zag effect. 4. Using green, form leaves following same method as flower petals.
 <p style="text-align: center;">LUPINE</p> <ol style="list-style-type: none"> 1. Form fine lines in green for stems. 2. Green comma strokes create leaves. 3. Many tiny dots make up stocks of flowers. 	 <p style="text-align: center;">ROSE</p> <ol style="list-style-type: none"> 1. Form an oval configuration of tiny dots to form center of rose. 2. Beginning at middle top of rose center, wrap two comma strokes in opposite directions staying close to dots. 3. Beginning beneath tail of previous comma stroke form another comma stroke with slight contour. Repeat in opposite direction on other side. 4. Randomly place comma strokes around each side of rose. Note how they are placed in opposite directions on each side of rose. 5. Form stem and sepals with fine lines. Leaves are systematically built by first placing two straight-tailed comma strokes in opposite angles near but not touching stem. 6. To complete leaf place straight-tail comma stroke between previous two comma strokes.
 <p style="text-align: center;">PALM TREE</p> <ol style="list-style-type: none"> 1. Trunk is made with comma strokes which alternate in direction and reduce in size while working from bottom up. 2. Fronds or leaves are long bent comma strokes. Water is fine line work. 	 <p style="text-align: center;">TURKEY</p> <ol style="list-style-type: none"> 1. Begin near edge of nail and form an 'S' shape. 2. At end of 'S' shape form two comma strokes for wing, keeping all strokes slightly separated. 3. Using black, form beak and foot with comma strokes. Eye is tiny dot. 4. The tail is formed with fat, straight comma strokes beginning at top and ending at body. Use yellow, orange, red, blue and green. 5. Using red form turkey's waddle laying a comma stroke over the beak.

 <p style="text-align: center;">PINE TREE</p> <ol style="list-style-type: none"> 1. Center a comma stroke near tip of nail. 2. Position one comma stroke on each side of center comma stroke; position one more on each side of these. 3. Place another row of four comma strokes, centering this row above the first row. 4. A third row of three comma strokes is centered above the second row. 5. Two comma strokes coming to a point form tree top. 	 <p style="text-align: center;">VIOLETS</p> <ol style="list-style-type: none"> 1. Upper petals are formed with hearts as follows: form one side of heart with a straight-tailed comma stroke angling it slightly inward, finishing with a sharp point. 2. Form another comma stroke in same manner in opposite direction. Points of tails will meet. 3. Lower center petal is a straight-tailed comma stroke pulled upward. 4. Side petals are slightly curved comma strokes in opposite directions. 5. Position a second flower. Comma strokes form bud. 6. Leaves are formed by making upside down hearts; place comma stroke on each side of bud; fine lines form stems. With wet on wet technique position tiny comma strokes on each side petal.
 <p style="text-align: center;">SPIDER AND WEB</p> <ol style="list-style-type: none"> 1. Using white, begin in upper corner of nail and form fine lines bringing them to the edges of the nails as shown. 2. Beginning at top and working down, form upside down "U" shapes between each line formed in the first step to create the web. 3. Using black, form spider legs with fine lines; two dots form body. 	 <p style="text-align: center;">SWAN</p> <ol style="list-style-type: none"> 1. Using black, make double curved line as shown. Note that line begins heavy to form head. 2. Position two double curved comma strokes to form wing. 3. A swooped up comma stroke forms tail. 4. A flattened "M" shape forms distant birds. 5. Eye is tiny white dot. Beak is straight-tail comma stroke. Water is fine line work.
 <p style="text-align: center;">STORK</p> <ol style="list-style-type: none"> 1. Using white, form a line resembling an "S" shape as shown. Note that line begins heavy to form head. 2. Body and wing are built with two comma strokes. 3. Form beak, legs and feet with line work. 4. Bundle is made with fine lines. Using pink form raised dot for head of baby; tiny dot for feet. Eye is tiny black dot. 	 <p style="text-align: center;">OAK TREE</p> <ol style="list-style-type: none"> 1. Using brown begin at base of trunk and pull a long comma stroke all the way to the top of branch. 2. On each side of first line form 2 more lines in same fashion forming outer branches of tree. 3. Fine line work in various places forms smaller branches of tree. 4. Foliage is made with many tiny dots. More tiny dots form fallen leaves and grass at base of trunk.

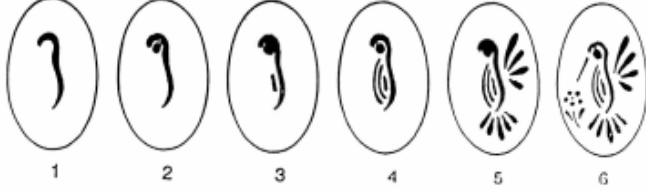
 <p style="text-align: center;">CANDLES</p> <ol style="list-style-type: none"> 1. Fine line, closely set, zig-zags form garland. 2. Heavy line work forms candles. 3. Straight tailed comma strokes form flames; embellish flames with fine lines. Make dots for berries. 	 <p style="text-align: center;">CAT</p> <ol style="list-style-type: none"> 1. Form a wide "C" shape for cat's back. 2. Near bottom of nail, begin by forming a raised dot; with continuous flow of paint form legs and belly of cat ending with another raised dot for paw. 3. Tail is "S" shaped line. 4. With fine line work, form a circle for head. 5. Fill in head with raised dot. Ears are small comma strokes. 6. Form moon over cat with heavy comma strokes.
 <p style="text-align: center;">CANDY CANE</p> <ol style="list-style-type: none"> 1. Form a heavy line for main shape. 2. Place a second line parallel to first line. 3. Refer to wet-on-wet technique for fine line stripes of candy cane. 	 <p style="text-align: center;">CAT TAIL</p> <ol style="list-style-type: none"> 1. Form stems and leaves using very fine line work. 2. Tops are very heavy line work applied on top of each stem.
 <p style="text-align: center;">GHOST</p> <ol style="list-style-type: none"> 1. Using white, begin near bottom of nail forming a raised dot; with a continuous flow of paint form a line in a closed "A" shape ending in a dot. 2. Lay a second line very close to the first line following directions in step 1. 3. Form a third line as shown above. Using black, tiny dots form eyes and mouth. 	 <p style="text-align: center;">HOLLY</p> <ol style="list-style-type: none"> 1. Emboss an "S" shaped line for stem. 2. Form fine line for center of each leaf. 3. Outline each leaf as shown. 4. Dots form berries.



HEART

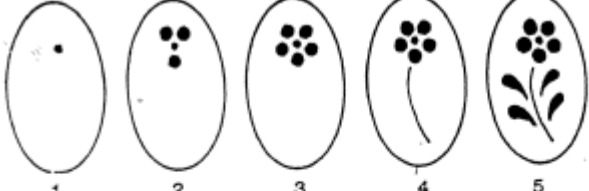
There is no need to "draw" hearts. Two strokes "build" a perfect heart.

1. For one side of heart form a straight-tailed comma stroke angling is slightly inward, finishing with a sharp point.
2. Form another comma stroke in same manner in opposite direction. Points of tails will meet.



HUMMING BIRD

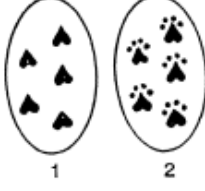
1. Make curved line as shown.
2. Form lower portion of head with dot.
3. Begin building breast by placing a short line next to first line as shown.
4. Build remaining breast with curved lines.
5. Form wings and tail with straight-tailed comma strokes bringing them to a pivot point.
6. A small line forms beak. Make dots for flower center and petals.



DOT FLOWER

This is a wonderful pattern to get started with. It's simple to do and can be varied in so many ways to fit the different sizes of nails, and the varying tastes of your clients.

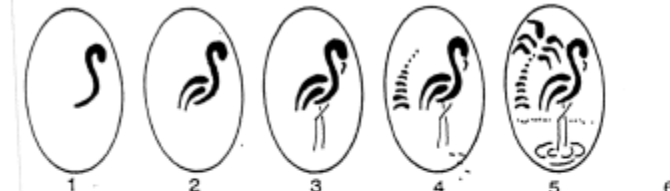
1. For flower center form a dot at desired location.
2. Place two dots above center and one dot below center, forming an imaginary "Y" shape.
3. Fill in each space with one more dot forming a total of five petals.
4. Beginning at top of stem, form a lightly curved line, tapering bottom of stem to a fine point.
5. For leaves form comma strokes with curved tails in opposite directions on each side of stem.



FOOTPRINTS

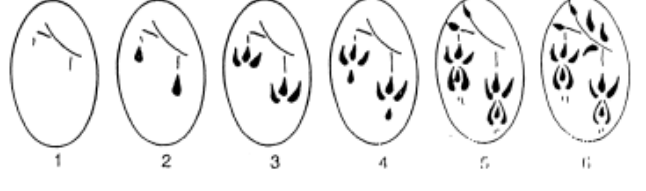
Pads of footprints are made with an upside down heart as follows: form one side of heart with a straight-tailed comma stroke angling it slightly inward finishing with a sharp point. Form another comma stroke in same manner in opposite direction. Points of tails will meet.

1. Staggering position, form two lines of upside down hearts.
2. Make four little dots for toes to complete each footprint.



FLAMINGO

1. With line work form line resembling "S" shape as shown. Note that line begins with a heavy dot to form head.
2. Body and wing are built with two comma strokes.
3. Legs are line work, beak is a bent comma stroke, eye is a tiny dot.
4. Form tree trunk with comma strokes. Begin at bottom alternating comma strokes left to right gradually reducing their size.
5. Form leaves with bent comma strokes. Grass is formed with fine line work. Water is also fine lines.



FUCHSIA

1. Make a forked branch with line work. Form two stems extending from branch.
2. Form first petal with a straight-tail comma stroke.
3. Place two more comma strokes one on each side of first petal curving them slightly in opposite directions.
4. For lower portion of flower, center a straight-tail comma stroke pulling it upward.
5. Place two more curved comma strokes wrapping them around each of the previous strokes. Dots form buds at ends of branches. Make flower stamens with comma strokes.
6. Comma strokes form leaves.

BELL

1. Form outline of bell.
2. Form rim of bell with curved lines.
3. Clapper is a line with dot on bottom.
4. For knot of bow, place dot at top of bell. Fine lines form loops and tails of bow.

BOW

Note how each of the strokes is slightly spaced.

1. Make a raised dot for knot or center of bow.
2. With heavy lines, make loops of bow. Wiggly lines form tails.
3. Optional - Position a heart at the end of each tail.

BLUE BIRD

1. Form body with raised dot.
2. Form head with slightly smaller dot.
3. Wing is two comma strokes. Place two straight-tailed comma strokes in opposite directions as shown to begin forming tail.
4. In the center of these two comma strokes, place a longer straight-tail comma stroke to form center of tail.
5. Position tiny dot for eye, and two more for feet. Beak is also a tiny dot. Branch is line work. Form flowers as desired.

BUTTERFLY

1. Form straight-tailed comma stroke for body; dot for head; fine lines form antenna.
2. Make a comma stroke on each side of body, angling each one in the opposite direction.
3. Wrap two more comma strokes around each of these forming upper wings.
4. Repeat process for lower wings.
5. Position flowers below butterfly.

COCKATOO

1. Using white, make double curved line as shown. Note that line begins heavy to form head.
2. Complete lower portion of head with dot. Begin building body with line work as shown.
3. In opposite direction build breast with two curved lines. Form tail with straight-tailed comma strokes.
4. Using black, form beak with bent comma stroke, eye with tiny dot, feet with fine lines.
5. Branch is in brown. Top notch is yellow comma strokes.

DAISY

1. Form a raised dot for daisy center.
2. For petals form four equally spaced, straight tailed comma strokes forming an imaginary "+" plus sign.
3. Position four more petals in between each of the previous petals. Do not allow petals to touch flower center.
4. Stem is formed with fine line, leaves are comma strokes. Grass is tiny dots.

CORNUCOPIA

1. With fine line work, out-line the horn as shown.
2. With a heavy 'C' shape form the rim of the horn.
3. Begin near the edge of the horn to form the grapes with tiny dots. Create the leaves and tendrils.
4. Using different colors and varied size dots, form more fruit to fill the cornucopia.

DESCENDING DOTS

1. Descending dot lines can be used in a variety of configurations. Begin with largest dot and work down. To form varying sizes of dots palm pressure on plunger remains consistent for each dot. It is the amount of time taken to make each dot which varies.

SANTA

1. Using white and beginning at center of nail, form two comma strokes for Santa's mustache.
2. Using red make curved line for mouth. Eyes are tiny black dots.
3. Using white with fine line work make continuous loops for beard. Outline face and hat band with several tiny dots. Comma strokes form eyebrows.
4. Hat is made with long bent comma strokes in red. Begin comma strokes at one side (left side for the right hand person; right side for the left hand person) and work across.
5. Form hat tassel and fill in hat band with tiny dots using white.

SNOWFLAKES

Snowflakes are a perfect design to adjust to varying nail sizes. An extra long nail may accommodate several of the flakes. Remember - no two snowflakes are ever alike. Try these in different colors for an elegant year-round geometric design.

1. Begin by forming a raised dot; while continuing pressure on plunger, form a heavy line; pause movement of Embosser, with continuous paint flow form another raised dot; release pressure; lift tip.
2. Space second dot-line-dot as shown. While forming this line lift tip of Embosser up and over previous line.
3. Repeat step 2. Refer to picture for placement of third dot-line-dot.
4. For each additional snowflake repeat steps 1, 2, 3.
5. Detail each snowflake differently by using tiny dots.


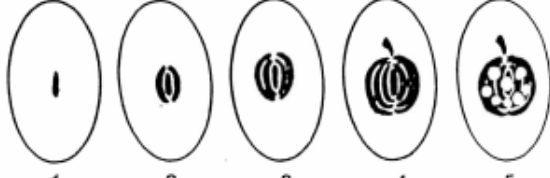
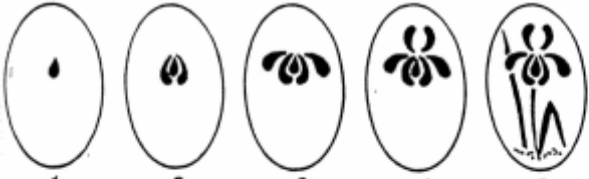
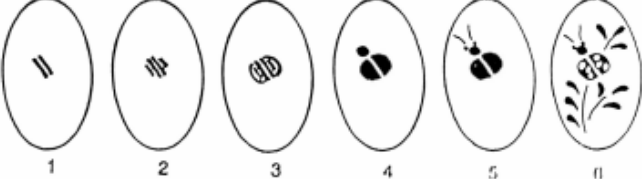

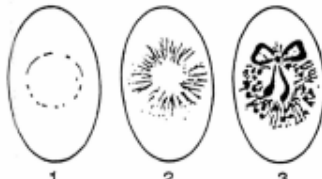
SHAMROCKS

Shamrocks are built by simply combining three hearts.

- Using green begin by forming one side of heart with a straight-tailed comma stroke angling it slightly inward, finishing with a sharp point.
- Form another comma stroke in same manner in opposite direction. Points of tails will meet.
- Position two more hearts at 90 degree angle to first heart.
- A long slim line forms stem.

SNOWMAN

1. Using white form VERY light guide-lines to outline shape of snowman.
2. Tiny dots are used over outline and completely fill in body.
3. Using black make raised dots for chunks of coal; lines form brim and top of hat.
4. For carrot nose, taper a line to a fine point using orange. Fine lines in brown form stick arms. Scarf is line work in green.
5. Tiny dots in white are used for ground snow.

 <p>1</p> <p style="text-align: center;">INITIALS</p> <p>1. Using heavy line technique form desired initial. (Note that individual strokes of letters do not connect.)</p>	 <p>1 2 3 4 5</p> <p style="text-align: center;">JACK-O-LANTERN</p> <p>1. Form a short line. 2. On each side of line form curved lines close to first line. 3. Repeat step 2. 4. Form 2 more lines to finish pumpkin. With a comma stroke, form the stem. 5. Using black, form eyes, nose and mouth of Jack-O-Lantern with dots.</p>
 <p>1 2 3 4 5 6</p> <p style="text-align: center;">IRIS</p> <p>1. Begin iris by pulling a straight-tailed comma stroke upward as shown. 2. Place two comma strokes one on each side of first one pulling them in opposite directions. 3. For remaining two lower petals form comma strokes as shown. 4. For upper petals position two comma strokes in opposite direction as shown. Note the slight space between the two comma strokes at top of flower. 5. Using yellow, with wet on wet technique, position tiny comma strokes on lower petals as shown. 6. Form leaves and stems with fine line work.</p>	 <p>1 2 3 4 5 6</p> <p style="text-align: center;">LADY BUG</p> <p>1. Using red, form two parallel lines leaving a narrow space between them. 2. Form two shorter lines next to each of the previous parallel lines. 3. Form half circle lines around short lines to build each wing of lady bug. 4. Using black with line work, form circle for head. 5. Form dots for eyes. Fine lines make antennae. 6. With wet on wet technique make dots on wings. Using brown, form branches. Comma strokes form leaves.</p>
 <p>1 2 3 4 5 6</p> <p style="text-align: center;">WITCH</p> <p>1. For witch's cape use black. Form four heavy lines beginning with a dot and pulling the line toward the shoulder. 2. Witch's arm is a comma stroke. 3. Using green form a face with a curved comma stroke. 4. Form top of hat with a heavy "V" shape. Brim is curved line. 5. Using brown form a straight line starting at witch's arm. Form another short line at bottom of cape. These create the broom stick. 6. Using yellow with fine line work form broom straws.</p>	 <p>1 2 3</p> <p style="text-align: center;">WREATH</p> <p>1. Using green, form a VERY light line to indicate shape of wreath. 2. With a close-set zig-zag pattern form wreath. 3. Using red, form bow at top of wreath using fine line work; berries are made with small dots.</p>

NAIL DESIGN ASSIGNMENT

In the blank space below, create 5-10 unique nail design ideas.

Circle your favorite, show your instructor and obtain a nail to create your design. You may use a theme such as Easter or just use random ideas. Last years 1st place went to a tuxedo design.

The finished masterpieces will be judged and places will be given for 1st, 2nd and 3rd.

NAIL DESIGN ASSIGNMENT

Name: _____ Due Date: _____

Teacher's Approval of Nail Design: _____

On a separate piece of paper you are to create five different nail designs. Each design must:

- a) Be creative
- b) Be original
- c) Include colour choices

Once you choose your favorite design, you must get it approved by your teacher and then write a plan of action. This should include:

What colours you are going to use

- a) In which order you need to apply them
- b) How you are going to apply them
- c) How long this creation is going to take you to re-produce onto a nail.

Marking Scheme for Nail Design

Smooth base colour	1	2	3	4
Creativity of your design	1	2	3	4
Degree of difficulty of your design	1	2	3	4
How well you have recreated your design	1	2	3	4
Overall appearance	1	2	3	4

Once this assignment is complete, hand in all three parts.

1. Five creative nail designs
2. Written "plan of action"
3. Completed nail

Activity: Manicure Unit Package

Assignment: Answer the questions in the space provided

1. What does a healthy nail look like?

2. Why do we have nails?

3. What is the technical term for the nail?

4. What is the nail made out of?

5. What part of the nail contains the nerve and blood supply?

6. Where are new nails made and hardened?

7. Describe the nail body?

8. What would happen if the matrix were injured?

9. In a manicure service when are the nails shaped, before or after soaking? Why?

10. What is an orangewood stick used for?

11. Describe base coat? Why is it important?

12. What do you use to sanitize metal implements with after a manicure?

13. List the five nail shapes?

14. Describe the five nail shapes?

15. What determines the shape of our client’s nails?

Criteria	Level 1	Level 2	Level 3	Level 4
Implements, tools, station set up, sanitation	Student requires guidance in setting up their manicuring station student needs guidance in following the appropriate sanitation procedures	Student requires some guidance in the set up of their station and the proper sanitation procedures	Student demonstrates considerable knowledge in the set up of their station and is knowledgeable in the proper sanitation procedures	Student demonstrates and promotes accuracy in the set of their station and demonstrates thorough knowledge in the sanitation procedures
Client consultation	Student needs guidance in providing an accurate client consultation. Student needs guidance in filling out the client consultation card and choosing the appropriate manicuring procedure for the client	Student provides a consultation of the hands and nails accurately and fills out the client consultation card with some guidance and student can communicate to the client the manicuring procedure that will best suit the clients needs	Student provides a consultation of the hands and nails and fills out the client consultation card correctly , student is able to choose the appropriate manicuring procedure the suits the client's needs	Student provides a thorough consultation of the hands and nails, is knowledgeable and accurate in the client consultation card and communicates effectively with their client about the manicuring method that best suits the client's needs
Procedure-Manicuring	Student provides the manicure procedure with guidance and needs assistance including the hand massage and application of nail polish and application of the nail art design	Student performs the manicure procedure with some guidance , includes the hand massage and application of nail polish and art design	Student performs the manicure procedure correctly includes the hands massage, nail polish application and nail art design	Student demonstrates and promotes a safe and correct manicure procedure includes a thorough hand massage and an accurate polish application and with a creative well thought out nail art design

Rubric for Manicuring

Student Name: _____

This is just a fun activity for you to try when you have completed all the module activities.

Find the following words in the puzzle below:

Air Brush, Alum, Art, Base, Buff, Clear, Coat, Corn, Cuticle, Dipped, Emery Board,

Fill in, French, Glue, Lunula, Nippers, Orangewood Stick, Oval, Overlay, Polish, Pointed, Pumice, Round, Scrub, Sculptured Nails, Shape, Sick, Soften, Square, Wrap

S	Q	U	A	R	E	N	P	C	U	T	I	C	L	E	R	S	E
C	N	D	R	E	P	U	U	O	Z	N	D	D	F	T	O	R	M
U	B	C	T	A	I	K	M	A	A	L	F	O	S	F	U	M	E
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T	I	Z	Z	R	I	P	E	L	B	U	N	D	K	I	U	Y	B
U	P	P	O	I	N	T	E	D	R	L	N	C	L	E	A	R	O
R	P	A	R	W	D	N	C	C	U	A	A	L	U	M	E	Z	A
E	E	M	E	T	I	C	U	L	S	E	B	E	A	T	I	T	R
D	D	P	L	S	H	A	P	E	H	N	Y	E	W	G	O	N	D
N	I	P	P	E	R	S	U	M	E	N	S	X	X	O	V	A	L
A	L	L	I	J	H	P	I	L	L	B	U	F	F	I	P	L	B
I	N	D	I	G	S	O	U	J	K	L	A	I	R	E	W	M	A
L	T	I	N	E	I	D	B	V	W	E	E	R	E	Z	U	P	S
S	C	R	U	B	L	Y	T	O	O	P	G	E	N	L	L	O	E
P	R	O	W	E	O	H	R	E	V	I	L	M	C	S	I	L	K
E	J	U	S	T	P	M	S	G	L	U	E	B	H	O	N	I	T
K	C	I	T	S	D	O	O	W	E	G	N	A	R	O	P	L	S
F	I	L	L	I	N	I	Y	X	C	O	V	E	R	L	A	Y	B

Spa Manicure - Aromatherapy

Spa manicures are fast becoming a much-requested and desired salon service, but they are more advanced than basic manicure. Professionals who advance their education and knowledge necessary for implementing this service may find this area to be very lucrative, as well as more beneficial to your clients. Spa manicures encompass not only extensive knowledge of nail care but skin care as well. They are known for their pampering, distinctive results, and skin-care-based methods. All spa manicures should include a relaxing massage and some form of exfoliation for not only polishing and smoothing but also for enhancing penetration of your professional products.

Spa manicures usually come with unique and distinctive names that describe the treatment with imagination and flair. For example, "The Rose Garden Rejuvenation Manicure" incorporates the use of rose oils and rose petals for ambience. The "Alpha Hydroxy Acid Manicure" incorporates the use of an alpha hydroxy acid-based product for exfoliation and skin rejuvenation.

Additional techniques that may be incorporated into a spa manicure consist of aromatic paraffin dips; aromatherapy; aromatic hand and arm massages with specifically recommended oils and lotion; hand masks; and warm, moist towel applications. When performing any advanced procedures which include any oils or cosmetics, always check with your client regarding preferences and allergies.

Aromatherapy

The practice of aromatherapy involves the use of essential oils that are extracted via various forms of distillation from seeds, bark, roots, leaves, wood, and/or resin. Each part produces a different aroma. For instance, Scotch pine needles, resin, and wood each yield a different aroma. The time of day that the plant was harvested also changes the aroma. The use of essential oils is limitless.

DESIRED RESULT	CHOOSING AN AROMA
	<i>Useful Oils</i>
Calming	Lavender, rosemary, sandalwood, ylang ylang, vetiver
Ambience	Vanilla, cinnamon, orange, pine, jasmine, lavender, bayberry, rose cherry, lemon
Energy	Eucalyptus, orange, peppermint, geranium, spearmint, jasmine, lemon, fennel
Invigorating	Spearmint, peppermint, lemon, rosemary
Stress Relief	Lavender, chamomile, vetiver
Clear Minds	Rosemary, cypress
Romance	Ylang, ylang, sandalwood, jasmine
Foot Odor	Sage, baking powder
Bactericide	Cinnamon, clove, lemon, eucalyptus, lavender, pine, grapefruit, lime
Cuts and scrapes	Tea tree, lavender, eucalyptus
Barber's rash	Lemongrass, peppermint, geranium
Nail infection	Tea tree
Oily skin	Bergamot, geranium, clary sage, petigrain, cedarwood

DESIRED RESULT	Recipes for Manicures
Nail Strengthening	20 drops lemon, 15 drops carrot oil, 13 drops grapeseed oil, 13 drops rosemary, 13 drops avocado oil. Blend together and keep in light-sensitive bottle. Use on client after nails have been polished by adding one drop around cuticle and allowing it to absorb into the matrix.
Cuticle Softener	15 drops carrot oil, 12 drops peppermint, 12 drops eucalyptus, 2 oz jojoba oil. Blend together and keep in light-sensitive bottle. Use one drop on each nail and massage well into the cuticle.

