

# CLASSIC MANICURE WITH TRADITIONAL AND PERMANENT NAIL POLISH



Prepared by Kristina Bagrova, 2020

## Preparation of your client and work space

To start working you will need: a working space, tools and materials, payment system, manicure table, chair for client and technician, lamp, tool sanitisation and sterilisation appliances, towels, disposable paper and napkins, disinfection and cleaning products for floors and surfaces.

Before the treatment, yours and your client's hands have to be washed and disinfected. Normally, your client will be sitting at the manicure table just in front of you. In case there are multiple treatments done at the same time, such as pedicure or face treatment for example, the client might be sitting or laying in the SPA chair and pose her hands on the sides of the chair, so that you can perform manicure comfortably.

All the materials needed for the treatment are prepared and placed on the table. Client's hands will be placed on top of a towel which will be changed for each client. Otherwise, a disposable towel or napkin can be placed on top of the towel.

## Products and materials needed for classic manicure without any nail polish

1. Skin disinfection solution (liquid or gel)



In this photo it is spray type

## 2. Nail polish remover



## 3. Bowl with water and soap (or special skin softener)



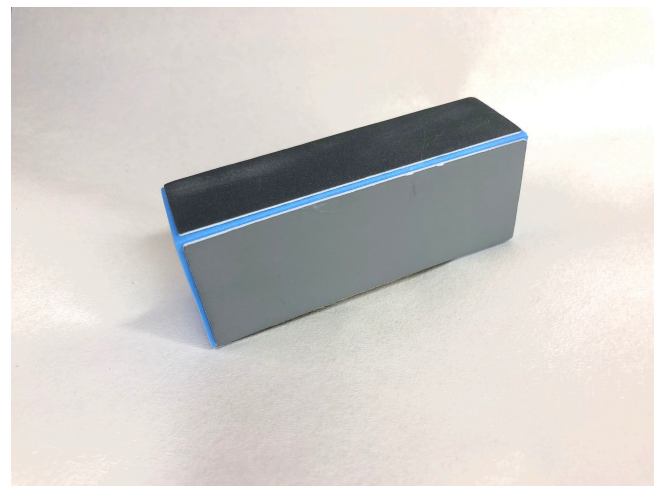
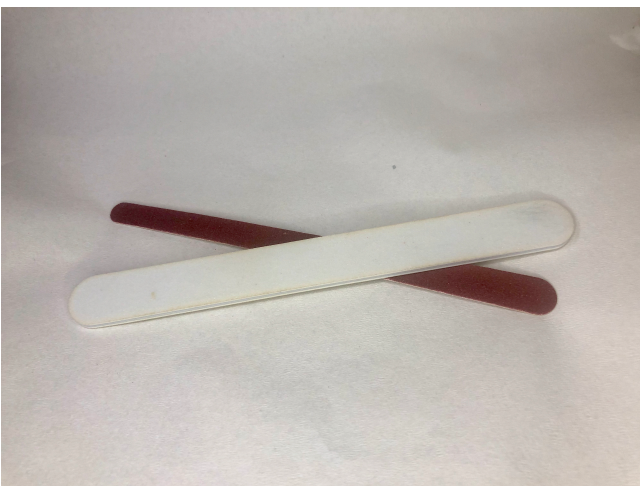
This bowl has special holes for fingers but a regular basis bowl can be used as well.

#### 4. Nail clipper



Another type of nail clipper is of similar shape as cuticle nippers. You can also use nail scissors instead.

#### 5. Nail files.



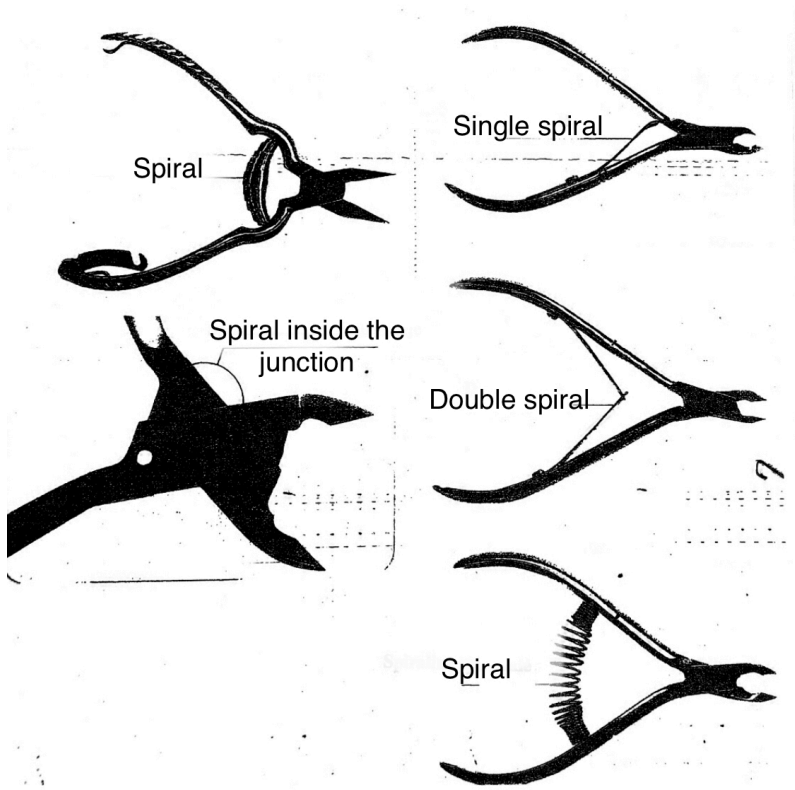
In the first photo the red file is disposable (thrown out after each client) and the white one is reusable which has to be washed and disinfected. In the second photo the file cube has four surfaces of different roughness and one of the sides is the “silk” file which makes nails shiny.

6. Q-tips, cotton pads



7. Cuticle nipper



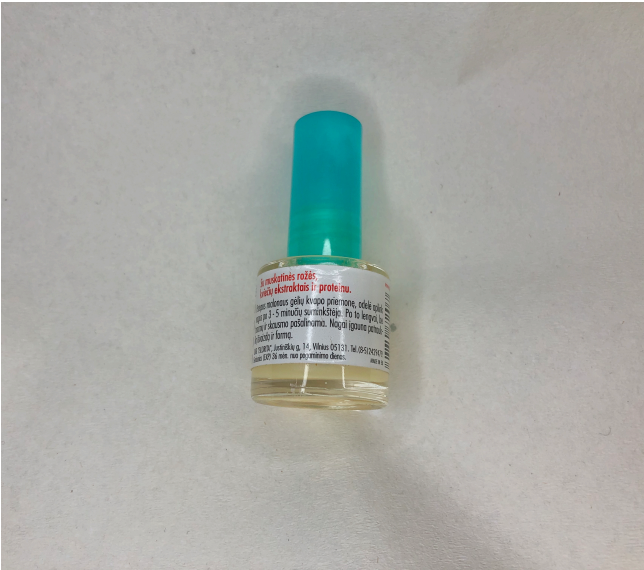


## 8. Cuticle pusher



The metal one is reusable, the wooden stick is disposed off after each client and the blue one has one tip destined to cuticle removal and the other tip has a rubber end used for cuticle work.

## 9. Cuticle softener



Can be in a liquid, creamy or gel form.

## 10. Cuticle oil and hand cream



## 11. Towels



Used towels are changed after each client.

## 12. Sterilisation, disinfection tools



Hot temperature sterilisation appliance where the microorganisms are killed in a high temperature

Picture source: [https://www.amazon.com/Sterilizer-Pinkiou-Temperature-Disinfect-Sterilizing/dp/B072BG8T93/ref=sr\\_1\\_15?dchild=1&keywords=manicure+ultrasound&qid=1601212744&sr=8-15](https://www.amazon.com/Sterilizer-Pinkiou-Temperature-Disinfect-Sterilizing/dp/B072BG8T93/ref=sr_1_15?dchild=1&keywords=manicure+ultrasound&qid=1601212744&sr=8-15)





UV tool sanitiser

Photo source: [https://www.amazon.com/Temperature-Capacity-Stainless-Applicable-clinic/dp/B087CNWDF6/ref=sr\\_1\\_10?dchild=1&keywords=tool+sanitizer+uv&qid=1601213090&sr=8-10](https://www.amazon.com/Temperature-Capacity-Stainless-Applicable-clinic/dp/B087CNWDF6/ref=sr_1_10?dchild=1&keywords=tool+sanitizer+uv&qid=1601213090&sr=8-10)



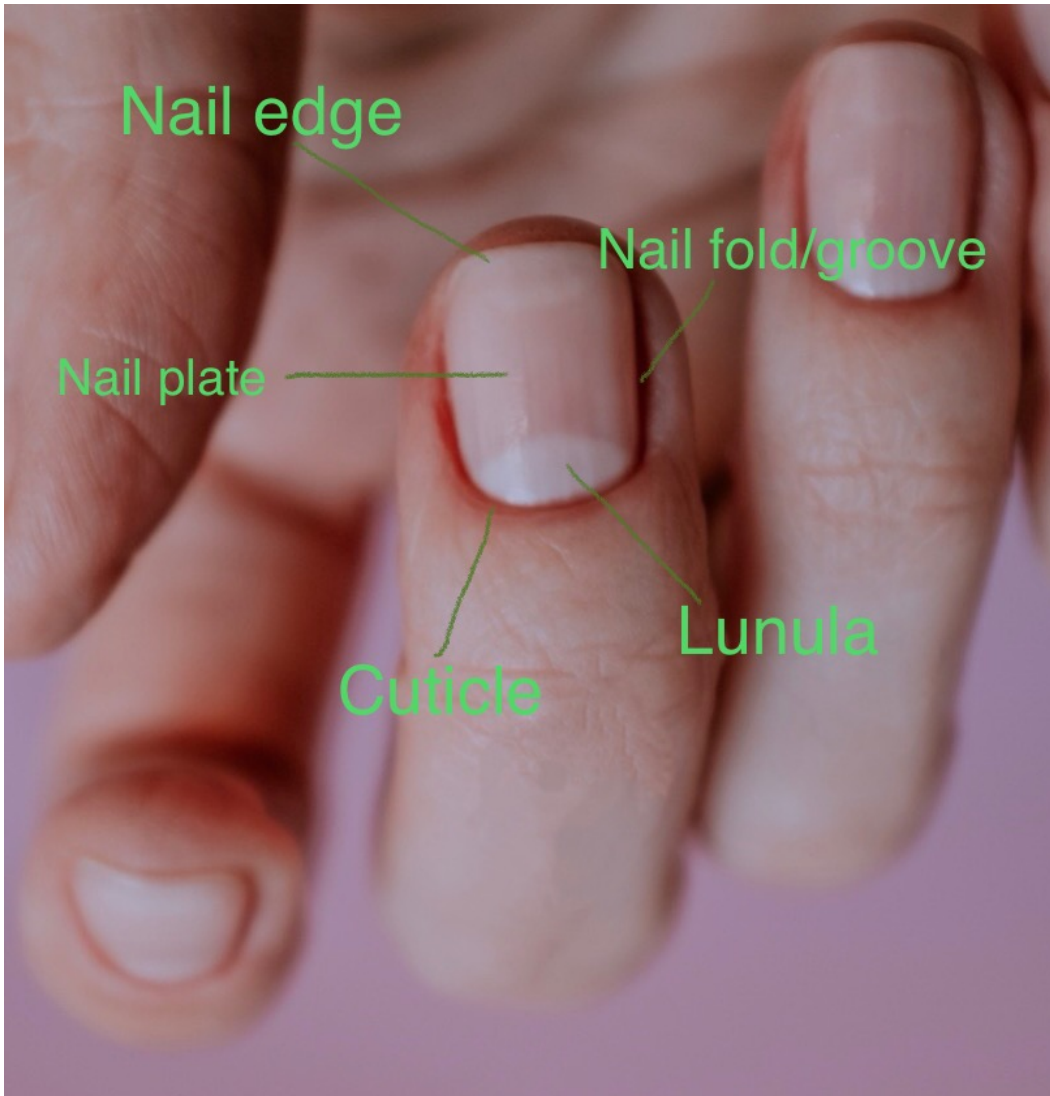
Ultrasonic tool cleaning machine

Photo source: [https://www.amazon.com/Digital-Ultrasonic-Cleaner-Equipment-Hospital/dp/B009L8VYMK/ref=sr\\_1\\_27?dchild=1&keywords=manicure+ultrasound+sterilization&qid=1601327867&sr=8-27](https://www.amazon.com/Digital-Ultrasonic-Cleaner-Equipment-Hospital/dp/B009L8VYMK/ref=sr_1_27?dchild=1&keywords=manicure+ultrasound+sterilization&qid=1601327867&sr=8-27)

## **Steps of performing the classic manicure**

1. Disinfection of your and client's hands. Wash your hands and ask your client to do the same. Then, disinfect them with antiseptic gel or spray, let your client do the same. From this point you can wear latex/nitrile gloves.
2. Use nail polish remover (can be with or without acetone) to remove any previous polish left if necessary. Use a pointy q-tip soaked in nail polish remover to reach any difficult places, for example, under the nail or on the sides of the nail.
3. Cutting nails. To cut nails, you can use special scissors or different types of nippers and clippers. Ask your client what form and length she wishes to have and cut accordingly.
4. Shaping nails with a file. Decide on which form you are going to create. Filing has to be done in one direction, not back and forth. Verify the symmetry. Normally a file will have two sides, one harsher and the other softer. We start with the more harsh side and finish the softer one to eliminate any imperfections and nail residue. You can use a little brush to brush off nail dust.
5. Cuticle work (keeping fingers in warm water to soften the cuticles, push them away and remove them by trimming with special cuticle nippers). Before trimming the cuticles, we will place client's hands (fingers) in a bowl with warm water and soap or special skin softening product for around 10min. Remove one hand from the water and apply cuticle softener. Push down the cuticles from the nail. Trim off the cuticles.
6. Nail polishing (this is done with a special nail file which makes nails shiny. This step can be done in the end after the cream as well, however the nails must be degreased with alcohol before filing to remove any cream or oil residue). This technique is good if you don't want to apply any nail polish (even the transparent one) because it makes the nails shine.
7. Nail/cuticle oil application. Apply cuticle oil on the cuticles and massage it in in circular motions.
8. Hand cream application /massage. Apply hand cream and perform hand massage.

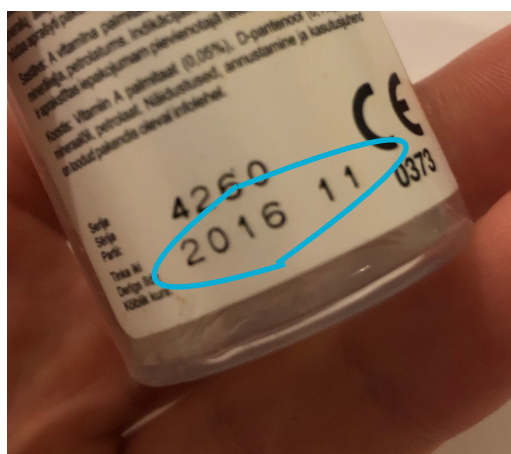
## Nail structure



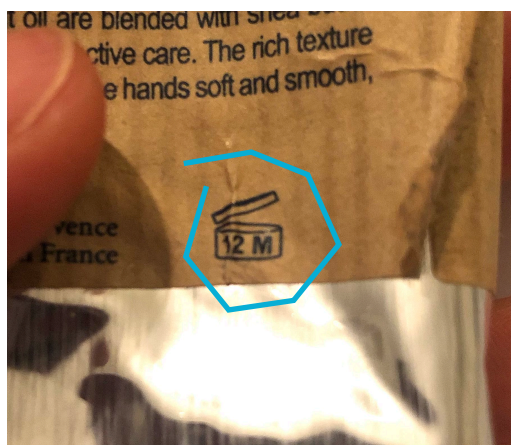
## Cosmetic products usability duration for manicure

This is the time during which the used cosmetic product is not harmful to the user. Each country has its own regulations, which are normally similar to the European Union or other health organisations' suggestions but they are not necessarily the same in every country. Product manufacturer or distributor is responsible for the expiry date regulation (has to make sure there is one marked on the package and is correct, make sure it matches the actual expiry time etc.). Product usability duration (shelf life) must be clearly marked on the package and must not easily rub off.

There can be two marks: a) expiry date



b) shelf life after opening (normally indicates 12 or 24 months)



## **Hepatitis virus**

Hepatitis B:

- Virus which is 100 times more contagious than HIV
- It is the second main cause of cancer (after tobacco in the first place)
- The condition cannot be cured
- Around 1 million people die each year from this virus
- A person can get infected almost anywhere: in the hair/beauty salon, public transport, mass gathering places etc.
- The virus is transmitted through contact with the infected fluids of an organism: blood, tears, saliva, sperm, vaginal discharge, breast milk. However, 30-40% route of infection often stays unknown.

In order to protect yourself you have to create immunity against Hepatitis B and the only way to do this is through vaccination. To create full immunity three vaccine doses are needed: 1st vaccine, the 2nd one after a month and the third in 6 months after the first vaccination. The length of the immunity is at least 5 years.

## **Hepatitis A**

It is possible to get infected with Hepatitis A through contaminated water, food, intravenous drugs, during household contact. People who eat in poorly maintained, untidy catering establishments are a higher risk to get infected. The illness can last till 6 months but sometimes a quick version of the illness strikes which ends with death.

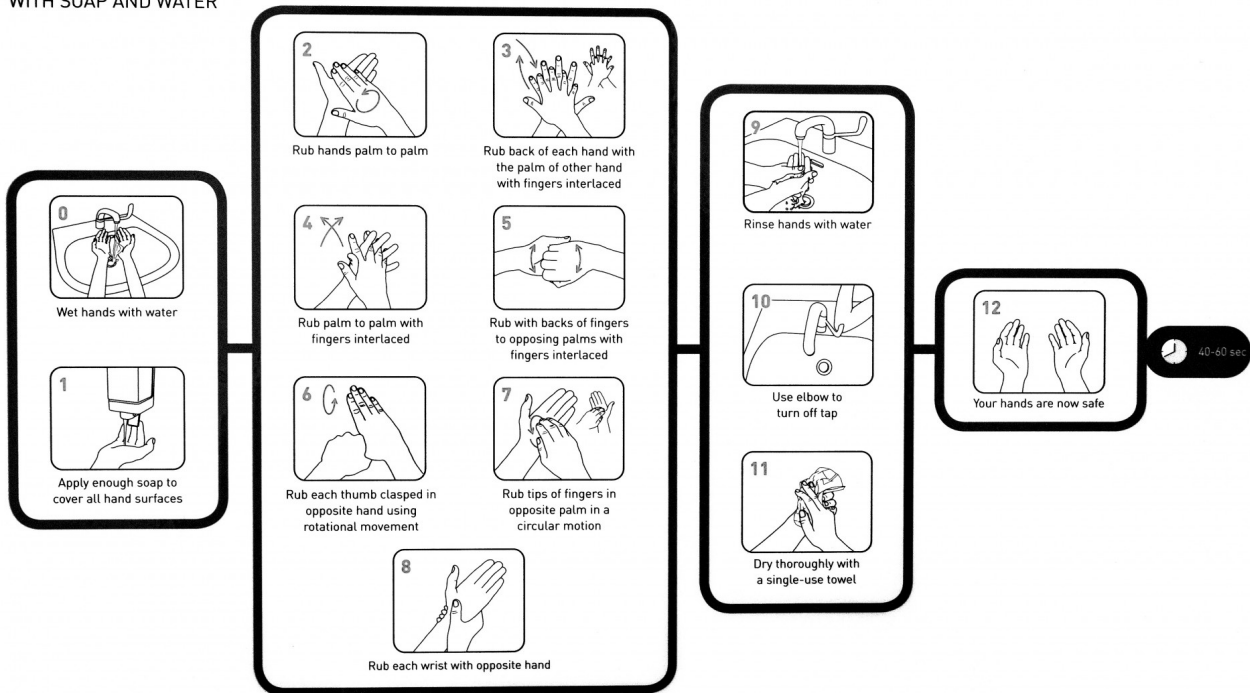
Only a vaccine can protect from this virus. For the full immunity two vaccines are needed: first one and in 6 months. Immunity lasts for not less than 10 years.

# Hand washing steps

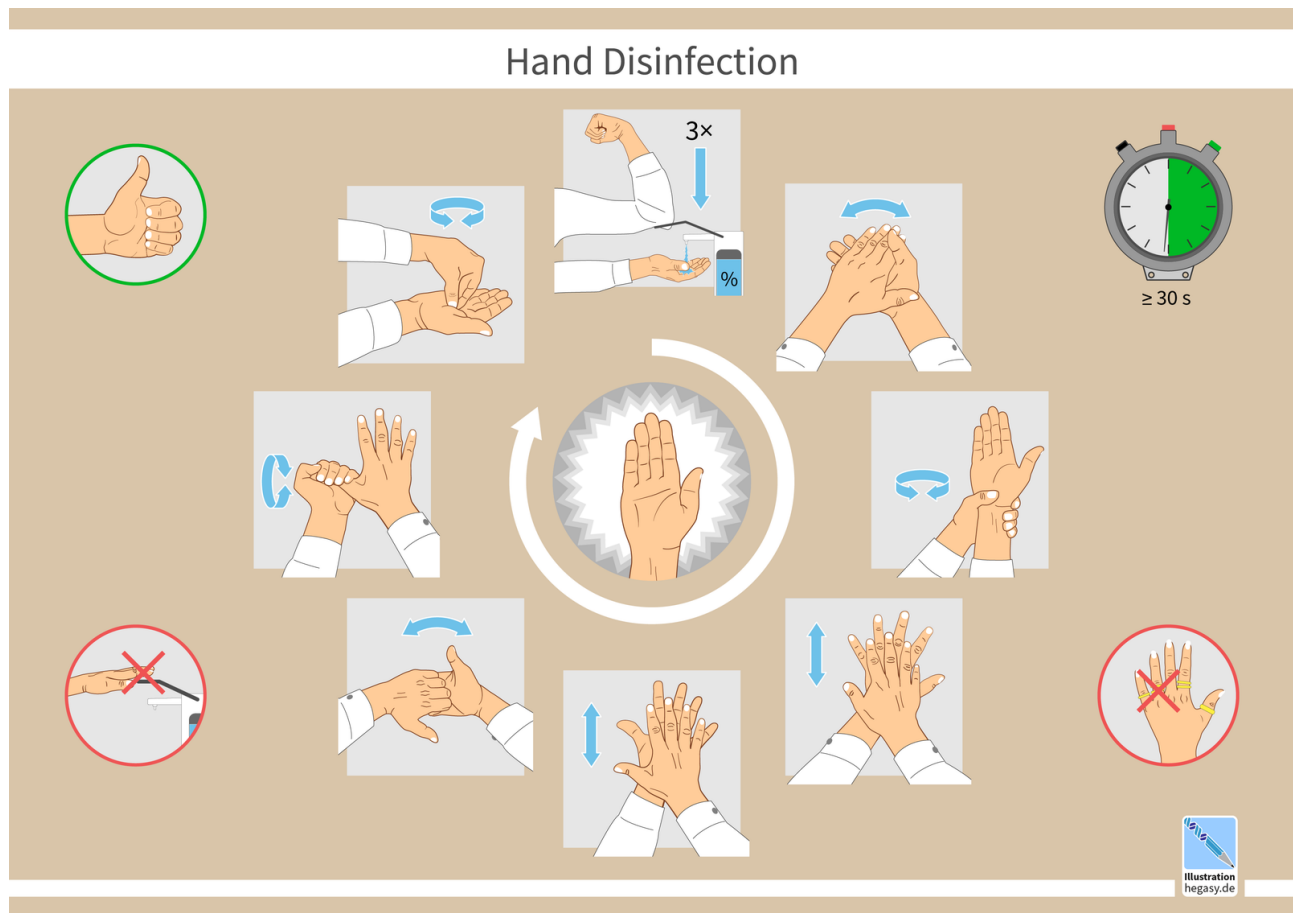
Washing hands is important after eating, using toilet and before and after each client.

## How to handwash?

WITH SOAP AND WATER



## Hand disinfection



Disinfect your hands after you have washed and dried them. Rub your hands with the disinfection solution for at least 30sec. (hands must be moist in the disinfection solution all this time).

## **Some of the important definitions in the field of beauty industry:**

- Disinfection: destruction of most or all of the microorganisms (except their spores) by using physical or chemical means.
- Sterilisation: destruction of microorganisms and their spores by using physical or chemical means.
- Gravity steam sterilisation machine: a machine which uses a gravitational air extraction method to remove air and other inert gases, thereby sterilising any tools inside it.
- Beauty service: hair, face and body care, nail care, tattoo, permanent makeup, piercing services etc.
- Tool cleaning: primary wiping of contaminants, soaking and washing of the instrument, rinsing it with water.
- Hot air sterilisation machine: an appliance in which tools inside are sterilised when the air temperature reaches 160-180 C.
- Cosmetic product: a substance or material destined for the exterior body parts (epidermis, hair, nails, lips, external genital parts) or teeth and mouth mucosa to clean, perfume, change appearance and/or correct smell, to protect and/or maintain their good state.
- Nail care service: manicure, pedicure, artificial nail extension and other services connected to nail care.
- Sanitisation machine: an appliance in which cleaned tools are being disinfected by the means of ultraviolet rays.
- Sterile tool: a tool without live microorganisms or its spores.
- Vacuum steam sterilisation machine: a steam sterilisation appliance which allows air and other inert gases to be disposed of through vacuum method.
- Infection: a condition caused by a germ or a pathogen



## **Some important industry regulations:**

- Beauticians must provide only safe treatments
- A beautician should have all proper licences in order to practice the profession
- Cosmetic products used during the treatments must comply with cosmetic product laws and regulations. They must be used according to the expiry dates and usage instructions
- Client must be informed about the risks and complications of the provided treatment and advised regarding the aftercare instructions
- It is important to have a first aid kit at your workplace.
- Waste should be disposed of after each working day.
- Single use and multiple use sterilised tools should be opened in front of a client before the usage.
- It is forbidden to utilise single use tools more than once or more than for one client.
- Single or multiple use towels and napkins should be used per one client only.
- Surfaces, which must be disinfected after each client and in the end of a work day, must be resistant to the disinfectants.
- Descriptions and manuals of appliances used during the treatment must be kept at work.
- The furniture needed for the manicure treatment: manicure table, chair for the specialist, chair for the client, a lamp with sufficient lighting power, a cabinet or a shelf for the tools and cosmetics
- The specialist should have separate work clothes and shoes
- Disposable gloves should be worn and changed after each client
- If the tools are not suitable to be disinfected in chemical liquids or are not heat resistant, they should be properly cleaned and then disinfected in the sanitisation appliance with UV rays.

## Application of a traditional nail polish

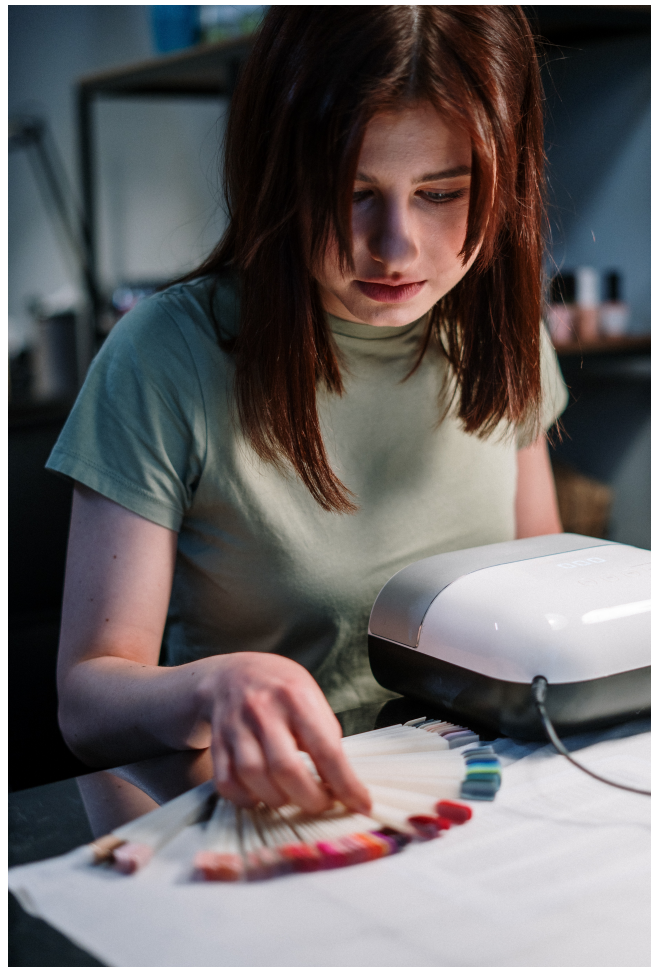
You will need three types of nail polish which are applied in this sequence: the base coat, the colour (has to be applied twice) and the finishing coat.

Before applying the base coat the nails have to be degreased with a special degreasing or disinfecting solution.

It is better to have a big variety of colours to match every taste.

### The steps:

1. Perform the classic manicure
2. Degrease nails
3. Apply the base coat
4. Apply the color one time on all nails, then reapply the second time
5. Apply the finishing transparent coat
6. Wait till the nail polish dries; there are special liquid solutions which you apply on the nails with the nail polish to make the drying process faster. In order to protect the freshly applied nail polish at least a little bit, you can drop some cuticle oil on the nails, so that in case you touch something accidentally there is less damage done.



## Application of semi-permanent nail polish

Semi-permanent nail polish can otherwise be called permanent nail polish, soak-off, Gelish, Shelak and by other marketing names. The point of this nail polish is that it stays on the nails without cracking as a traditional nail polish, until it is time to remove it. It is a good choice for natural nails which tend to break easily, this way they are strengthened. This type of nail polish looks natural and doesn't create thick fake nail effect, and it is uncomplicated to use. However, it is not so easy to remove it.

Keep the semi-permanent nail polish in a room temperature and away from the direct sun rays to avoid hardening!



From this point we will assume that the classic manicure is already done.

## **Materials needed:**

- Nail degreasing solution
- Semi-permanent nail polish (with each brand it can differ, for some you need the base and top coat and for some only color is enough)
- Semi-permanent nail polish degreasing solution
- Semi-permanent nail polish removing solution

## **Steps:**

1. Degrease the nails
2. With a soft nail file ruffle the nail surface and brush off any nail dust with a brush
3. Apply base coat and put the nails into the UV lamp (after having done this step you might need to remove any stickiness left with degreasing solution, depends on the manufacturer's instructions)
4. Apply the color coat and put the nails into the UV lamp, repeat twice
5. Apply the finishing coat and put the nails into the UV lamp
6. Remove the stickiness which normally will appear on the nail surface
7. Apply cuticle oil

## **Removal of semi-permanent nail polish:**

1. With a soft nail file ruffle the surface of the nail polish, so that the removing solution can work more effectively
2. Soak pieces of cotton in the removing solution, apply each cotton on each nail and wrap each nail with an aluminium foil, wait around 10min
3. With a cuticle removing tool scrub off the semi-permanent nail polish. If it doesn't come off easily, reapply the removing solution and try again
4. Ruffle off any nail varnish remaining with a soft nail file and polish the nails with a special polishing nail file; apply cuticle oil