Chapter 25 Nail Care

Name:

Instructions: Answer each question using information from your readings and lessons as a guide.

1. In your own words, explain why cosmetologists should study and thoroughly understand manicuring.

*(Answers will vary but may include that studying and thoroughly understanding manicuring allows cosmetologists to offer their clients varied services and easily recognize manicuring tools. In addition, cosmetologists who study and thoroughly understand manicuring know how to use manicuring tools properly and can apply their knowledge to perform manicures safely and correctly.)*

1. Name the four types of nail technology tools that cosmetologists incorporate into their services.
   1. *(Equipment)*
   2. *(Implements)*
   3. *(Materials)*
   4. *(Professional cosmetic nail products)*
2. List the equipment needed to perform nail services.
3. *(Manicure table)*
4. *(Adjustable lamp)*
5. *(Cosmetologist’s chair and client chair)*
6. *(Gloves)*
7. *(Finger bowl)*
8. *(Disinfection container)*
9. *(Client’s arm cushion)*
10. *(Service cushion [optional])*
11. *(Gauze and cotton wipe container)*
12. *(Trash containers)*
13. *(Supply tray [optional])*
14. *(Ultraviolet or electric nail polish dryer [optional])*
15. *(Electric hand/foot mitts [optional])*
16. *Terry cloth mitts [optional])*
17. *Paraffin bath [optional])*
18. The cosmetologist’s chair should be selected for what features? *(The cosmetologist’s chair should be selected for ergonomics, comfort, durability, stain resistance, and cleaning ease.)*
19. Define the term “bloodborne pathogen” (BBP)*. (Bloodborne pathogens [BBPs] are pathogenic microorganisms in human blood and other body fluids that can cause disease in humans.)*
20. Explain how to remove the gloves worn during nail services. *(With one gloved hand, remove the glove from the other hand by inverting the glove’s cuff and pulling the glove inside out. To remove the second glove, use the now ungloved hand to pull the second glove over the first one. Remember to invert the glove’s cuff and pull it inside out. Dispose of both gloves together.)*
21. Name the steps for handling an exposure incident during a manicure.
    1. *(If you are not wearing gloves, immediately put them on, and inform your client of what has occurred. Apologize and proceed.)*
    2. *(Apply slight pressure to the area with cotton to stop the bleeding, and then clean with an antiseptic.)*
    3. *(Apply an adhesive bandage to completely cover the wound.)*
    4. *(Clean and disinfect the workstation, as necessary.)*
    5. *(Discard all disposable contaminated objects. Use a biohazard sticker or a container for contaminated waste. Deposit sharp disposables in a sharps box.)*
    6. *(Before removing your gloves, thoroughly clean all tools and implements that have come into contact with blood or body fluids, and immerse them in an EPA-registered hospital disinfectant solution or a 10 percent bleach solution for 10 minutes. Never touch an open sore or wound.)*
    7. *(Wash your hands with soap and warm water before returning to the service.)*
22. How is the finger bowl used in nail service? *(A finger bowl is used to soak a client’s fingers in warm water and thereby soften the skin and cuticle.)*
23. In electric hand/foot mitts, what is the purpose of the warmth they provide?

*(Aid in the penetration of conditioning ingredients, add comfort to the service, and* *provide the client with ultimate relaxation)*.

1. Why are liquid soaps preferred for use in salon settings?  *(Liquid soaps are recommended and preferred because bar soaps harbor bacteria and can become a breeding ground for pathogenic [disease-causing] bacteria.)*
2. What are nail creams, lotions, and oils designed to do? *(Products like nail creams, lotions, and oils are designed to soften dry skin around the nail plate and increase the flexibility of the natural nails.)*
3. How are cuticle removers used in nail care? *(Cuticle removers are designed to loosen and dissolve dead tissue on the nail plate so that the tissue can be more easily and thoroughly removed from the nail plate.)*
4. What is nail bleach? *(Nail bleach is a cosmetic product that is applied to the nail plate and under the free edges of natural nails to remove yellow surface discoloration or stains.)*
5. What are the alternative names for the colored coatings applied to the natural nail plate?
6. *(Polish)*
7. *(Enamel)*
8. *(Lacquer)*
9. *(Varnish)*
10. Why is it important to use base coats on nail enhancements? *(Base coats are important to use on nail enhancements under colored polish to prevent surface staining.)*
11. List some basic types of nail hardeners.
12. *(Protein)*
13. *(Reinforcing fiber)*
14. *(Dimethyl urea)*
15. How is a top coat used in a manicure? *(Top coats are applied over colored polish to prevent chipping and to add a shine to finished nails.)*
16. Contrast hand creams and lotions. *(Hand creams are generally designed to be barriers on the skin and to help the skin retain moisture, or they contain penetrating ingredients to soften the skin or repair damage. A hand cream’s purpose is to make the skin on hands less prone to dryness or cracking. Lotion is generally more penetrating than hand cream and may treat lower levels of the epidermis.)*
17. What are the two ways you can ensure that you have clean brushes available for cosmetology services?
    1. *(Clean and disinfect brushes after each client.)*
    2. *(Purchase nail brushes in bulk and give them to clients, or throw them away after each service.)*
18. Outline the process for cleaning and disinfecting implements as part of the pre-service procedure. *(Rinse all implements with warm, running water, and then thoroughly wash them with soap, a nail brush, and warm water. Brush grooved items, if necessary, and open hinged implements to scrub the area. Next, rinse away all traces of soap with warm, running water. Soap can inactivate most disinfectants, and soap rinses off most easily in warm water. Dry implements thoroughly with a clean or disposable towel, or allow them to air-dry on a clean towel.)*
19. List the steps in the post-service procedure.
    1. *(Advise clients and promote products. Suggest proper home care and, depending on the service provided, recommend retail products. Be sure to explain why the products are important and how to use them.)*
    2. *(Schedule the next appointment, and thank the client. Escort the client to the front desk to set up the date, time, and services of the next appointment. Write the information on an appointment card and give it to the client. Before the client leaves, offer thanks for the services.)*
    3. *(Record on the client consultation card all service information, products used, observations, and retail recommendations. File the card in the appropriate place.)*
    4. *(Remove your products and tools. Clean the work area, and properly dispose of all used materials.)*
    5. *(Follow steps for disinfecting implements in the pre-service procedure. Reset the work area with disinfected tools)*
20. Detail the procedure for proper hand washing.
    1. *(Escort the client to the wash station and, before beginning the service, explain the salon’s or spa’s hand-washing policy and why it is performed.)*
    2. *(By way of demonstration for the client, turn the water on, wet your hands, and pump soap from a pump container on the palm of one hand. Rub your hands together, all over and vigorously, until a lather forms. Continue for about 20 seconds, and rinse.)*
    3. *(Choose a clean nail brush, wet it, pump soap on it, and brush your nails horizontally back and forth under the free edges. Change the direction of the brush to vertical, and move the brush up and down along the nail folds of the fingernails. Take about 60 seconds to brush both hands. Rinse hands in running water.)*
    4. *(After your demonstration, give the client a clean nail brush, and instruct her to wash her hands as well.)*
    5. *(Follow salon policy and either hand the client a clean towel for drying her hands and inform the client what to do with the towel, or dry the client’s hands using a clean cloth or paper towel.)*
    6. *(After drying the hands, use the towel to turn off the water and then dispose of the towel.)*
    7. *(Escort the client to the table while explaining that hands should be washed before every service.)*
21. During a manicure consultation, what qualities should the cosmetologist consider?
    1. *(Hand shape)*
    2. *(Finger length)*
    3. *(Shape of the eponychium area)*
22. Explain how to shape nails as part of the basic manicure procedure. *(Using your abrasive board, shape the nails as you and the client have agreed. Start with the little finger of the left hand, holding it between your thumb and index finger. Do not use less than a medium-grit [180] abrasive file to shape the natural nail. File from one side to the center of the free edge, then from the other side to the center of the free edge. Never use a sawing, back-and-forth motion when filing the natural nail, because doing so can disrupt the nail plate layers and cause splitting and peeling. To lessen the chance of ingrown nails, do not file into the corners of the nails. File each hand from the little fingernail to the thumb.)*
23. Describe what the cosmetologist should do when performing a basic manicure on a client with yellow nails. *(If the client’s nails are yellow when performing a basic manicure, you can bleach them with a nail bleach designed specifically for this purpose. Apply the bleaching agent to the yellowed nail with a cotton-tipped wooden pusher. Be careful to apply no bleach to your client’s skin, because doing so may cause irritation. Wear gloves while bleaching nails.)*
24. Why should a cosmetologist exercise caution when buffing the nail plate during a basic manicure? *(When buffing the nail plate, applying excessive pressure or buffing too long can generate excessive and painful heat on the nail bed. This can lead to onycholysis and possible infection.)*
25. List the five basic nail shapes women most often prefer.
26. *(Square)*
27. *(Squoval)*
28. *(Round)*
29. *(Oval)*
30. *(Pointed)*
31. List the four coats of a successful nail polish application.
32. *(Base coat)*
33. *(Polish color)*
34. *(Second coat of polish color)*
35. *(Top coat)*
36. Discuss the procedure for applying colored nail polish. *(Remove the brush from the bottle, and wipe the side of the brush away from you on the inside of the lip of the bottle to remove excess polish. You should have a bead of polish on the end of the other side of the brush large enough to apply one layer to the entire nail plate without having to re-dip the brush (unless the nail plate is unusually long or large). Hold the brush at an approximately 30- to 35-degree angle. Place the tip of the brush on the nail ⅛ inch away from the cuticle area in the center of the nail. Lightly press the brush onto the nail plate, producing a slight fanning of the brush, and then push it toward the eponychium to produce a rounded posterior edge to the polish. Leave a small, rounded area of unpolished nail at the back of the nail. Pull the brush toward the free edge of the nail, down the center.)*
37. Why must a cosmetologist prepare a man’s nails for polish carefully? *(A cosmetologist must prepare a man’s nails for polish carefully because peeling or chipping gloss is very annoying to men.)*
38. Explain how a salon can effectively market nail services to men. *(Because most men are new to professional nail care, include on your service menu and your Web site a brief, written description of what is included in the service and a rundown of the benefits. To target men, you may also want to distribute flyers at local gyms and athletic stores, or other places where men gather. Gift certificates sold to your female clients for their boyfriends and husbands are great marketing tools. To make men feel more at home in your chair, have men’s magazines on hand and be careful that your decor is unisex. Staying open later or opening earlier on chosen days makes it easier for your male clients to schedule appointments. Many salons and spas also have a weekly or biweekly men’s night, with no women allowed, so male clients can come in without being among women.)*
39. Identify the massage movements that are usually combined to complete a hand massage.
40. *(Effleurage)*
41. *(Pétrissage)*
42. *(Tapotement)*
43. *(Vibration)*
44. *(Friction)*
45. What events are essential after a hand massage? *(After performing a massage, it is essential that the nail plate be thoroughly cleaned to ensure that it is free from such residues as oil, cream, wax, or lotion.)*
46. How should the cosmetologist position herself before performing a hand and arm massage? *(Before performing a hand and arm massage, make sure you are sitting in a comfortable position and not stretching or leaning forward toward the client. Your posture should be correct and relaxed, and your feet should be parallel and flat on the floor.)*
47. Discuss how to massage the forearm as part of the hand and arm massage procedure. *(Holding the client’s wrist firmly but gently, glide your hand up the client’s arm from wrist to elbow with your palm and fingers on the skin. Be certain enough lotion is on the client’s skin to allow your hand to glide smoothly. Cup your movement fingers around the arm, moving upward with slight pressure on the skin with your fingers, thumb, and palm to induce relaxation. Then, move back to the wrist area with lighter pressure on the skin. Perform this gliding movement several times. When finishing a movement each time at the top of the arm, rotate the hand to the underside of the arm while pulling the hand back toward you.)*
48. Identify the additional services that may be incorporated into a spa manicure.
49. *(Aromatic paraffin dip)*
50. *(Hand mask)*
51. *(Warm, moist-towel applications)*
52. Explain the basic intent of paraffin wax treatments. *(Paraffin wax treatments are designed to trap moisture in the skin while the heat causes skin pores to open. Besides opening the pores, heat from the warm paraffin increases blood circulation.)*
53. Name the advantages of performing a paraffin wax treatment before beginning a manicure.
    1. *(Allows clients to have their nails polished immediately at the end of the manicure service)*
    2. *(Provides a means of pre-softening rough or callused skin)*
54. Detail the procedure for performing a paraffin wax treatment during a manicure.
    1. *(Perform the basic manicure up to the completion of the massage.)*
    2. *(Apply a hydrating lotion on one hand, and briefly rub it into the hand.)*
    3. *(Apply the paraffin using your method of choice.)*
    4. *(Cover the hand with a plastic bag or wrap, then a terry cloth or heated mitt.)*
    5. *(Repeat Steps 1 through 4 on the other hand. Allow the client to relax for 5 to 10 minutes.)*
    6. *(Remove the paraffin mitt, and rub in the remaining lotion.)*
    7. *(Remove any remaining oils or lotions from the nail plate. Use alcohol or polish remover on a cotton-tipped wooden stick or a cotton ball. Do not allow the alcohol or polish remover to touch the skin or the benefits of the treatment will be lessened by the drying effects of these solvents.)*
    8. *(Polish or clear coat nails according to the client’s request.)*