why study MANICURING?

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

Adhere to State and Government Regulations

2. The list of services cosmetologists are legally allowed to perform in their specialties in their states is known as the _________________.

3. A scope of practice may or may not state the services cosmetologists cannot legally perform.

   _____ True    _____ False

Rationale:
4. If damages to a client occur while a cosmetologist is performing an illegal service, the cosmetologist is not liable.

____ True  ____ False

Rationale:

5. The Occupational Safety and Health Administration (OSHA) Hazard Communication Standard requires salon ventilation where chemical services are performed as well as proper _____________________________.

Work with Nail Technology Tools

6. Professional cosmetologists must learn to work with the tools required for nail services and know all ____________________, ____________________, and ____________________ procedures as defined in your state’s regulations.

7. Name the four types of nail technology tools cosmetologists will incorporate into their services.

1) ______________
2) ______________
3) ______________
4) ______________

8. ______________ includes all permanent tools that are not implements that are used to perform nail services.

9. List the equipment needed to perform nail services.

a) __________________

b) __________________

c) __________________

d) __________________

e) __________________

f) __________________

g) __________________

h) __________________
10. A ____________ can vary in length, but it is usually 36 inches (91.4 centimeters) to 48 inches (121.9 centimeters) long.

11. The adjustable lamp attached to a manicure table should use a 40- to 60-watt incandescent or fluorescent bulb.

   __ True  __ False

Rationale:

12. The cosmetologist's chair should be selected for what features?

   __________________________________________________________________

13. How is the finger bowl used in nail service?

   __________________________________________________________________

14. UVA and LED lamps cure or harden products that contain _____________, which are designed to be sensitive to the UVA wavelength the bulbs emit.

15. The warmth of electric hand/foot mitts is designed to __________________________________________________________________

16. _____________, a petroleum by-product, has excellent sealing properties to hold moisture in the skin.
17. Special heating units melt solid paraffin wax into a gel-like liquid and maintain it at a temperature generally between _____________ and _____________ degrees Fahrenheit.

18. Fans and open windows are excellent substitutes for proper ventilation systems.

   _____ True   _____ False

   Rationale:

19. _________________ or _________________ implements are generally stainless steel because they must be properly cleaned and disinfected after use on one client and prior to use on another.

20. _________________ or _________________ implements cannot be reused because they cannot be cleaned and disinfected; they must be thrown away after a single use.

21. Match each of the following implements or materials with its use in nail care.

   _____ Wooden pushers  a) Trim away dead skin around the nails
   _____ Metal pushers   b) Shorten the free edge quickly and efficiently
   _____ Nail brushes    c) Remove products from containers
   _____ Nail nippers   d) Remove cuticle tissue from the nail plate or clean under the free edge of the nail
   _____ Tweezers       e) Scrub the implements clean before disinfection
   _____ Nail clippers  f) Lift small bits of debris from the nail plate and remove implements from disinfectant solution
   _____ Plastic or metal spatulas  g) Apply nail oils, nail polish, or nail treatments to client's nails
   _____ Two- or three-way buffers h) Create a beautiful shine on nails
   _____ Product application brushes i) Gently scrape cuticle tissue from the natural nail plate
22. **ACTIVITY:** Label all the implements and materials depicted below and state their use.
23. Lower-grit abrasives, which are less than ____________ grit, are aggressive, while fine-grit abrasives, in the category of ____________ and higher grits, are designed for buffing, polishing, and removing very fine scratches.

24. If a single client receives both a manicure and a pedicure, the cosmetologist needs only one set of gloves.

   _____ True  _____ False

Rationale:

25. Why should a cosmetologist exercise caution when buffing the nail plate during a basic manicure?


26. Why are liquid soaps preferred professional cosmetic products?


27. ____________ are used to dissolve and remove nail polish.

28. ____________ polish remover works more quickly and is a better solvent than ____________ based removers, which are preferred when removing nail polish from nail enhancements.

29. What are nail creams, lotions, and oils designed to do?
30. Discuss the use of cuticle removers in nail care.

31. Excessive exposure of the eponychium to cuticle removers can cause __________.

32. What is nail bleach?

33. Discuss what the cosmetologist should do when performing a basic manicure on a client with yellow nails.

34. What are the alternate names for the colored coatings applied to the natural nail plate?
   a) __________
   b) __________
   c) __________
   d) __________

35. __________ is a generic term describing any type of solvent-based colored film applied to the nail plate for the purpose of adding color or special visual effects.
36. Why is it important to use base coats on nail enhancements?

37. Nail hardeners can be applied before the base coat or after as top coat.

_____ True _____ False
Rationale:

38. List some basic types of nail hardeners.
   a) 
   b) 
   c) 

39. Explain the use of top coats in cosmetology.

40. Contrast hand creams and lotions.

41. UVA is known to cause age spots, also called ________________, on the backs of the hands and damage to the DNA of skin cells.
Learn the Necessary Components to Perform the Basic Manicure

42. Before leaving school, cosmetology students should work to get the basic manicure procedure to _____________ minutes at the most, including polishing.

43. Outline the process for cleaning and disinfecting implements as part of the pre-service procedure.

44. List the steps in the post-service procedure.
   a) _____________
   b) _____________
   c) _____________

45. During the nail consultation, what should the cosmetologist evaluate the nails for?
   a) _____________
   b) _____________
   c) _____________
46. Explain the last step of the manicure consultation.

47. List the five basic nail shapes women most often prefer.
   1) 
   2) 
   3) 
   4) 
   5) 

48. List the four coats of a successful nail polish application.
   1) 
   2) 
   3) 
   4) 

49. List the steps for applying colored nail polish.
   a) 
   b)
50. Building nail polish layer by layer improves adhesion and staying power.

_______ True _______ False

Rationale:

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How to Cater to a Man’s Manicure Service

51. A man’s manicure is executed using the same basic manicure procedure you would perform on a woman, though you omit the ____________________________

__________________________

52. Square nails are the most common choice for male clients.

_______ True _______ False

Rationale:

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53. Why must the cosmetologist prepare a man’s nails for polish carefully?

__________________________

__________________________

__________________________

__________________________

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54. Explain how a salon can effectively market nail services to men.

__________________________

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__________________________

__________________________

__________________________
55. Explain how to make men feel more comfortable in the salon during nail care services.

__________________________

__________________________

__________________________

__________________________

Complete a Hand and Arm Massage

56. _______________ is the manipulation of the soft tissues of the body.

57. The cosmetologist should always have one hand on the client's arm or hand during massage movements and the transitions between them.

______ True ______ False

Rationale:

__________________________

58. Identify the massage movements that are usually combined to complete a massage.

a) ________________________

b) ________________________

c) ________________________

d) ________________________

e) ________________________

59. _______________ is a succession of strokes in which the hands glide over an area of the body with varying degrees of pressure or contact.

60. Hand and/or arm massage is contraindicated for clients with ________________________

__________________________

61. What action is essential after a massage?

__________________________

__________________________
62. Explain how to perform effleurage on the arm as part of the hand and arm massage procedure.

63. What does the accompanying figure depict?

State the Differences Between Spa Manicures and Basic Manicures

64. Spa manicures require more advanced techniques than basic manicures.

_____ True  _____ False

Rationale:
65. All spa manicures include some form of __________________ for not only polishing and smoothing the skin, but also for enhancing penetration of professional products.

66. Identify the additional techniques that may be incorporated into a spa manicure.
   a) __________________
   b) __________________
   c) __________________

Indicate Why Aromatherapy is Used During a Nail Service

67. The practice of ______________ involves the use of highly concentrated essential oils that are extracted using various forms of distillation from seeds, bark, roots, leaves, wood, and/or resin of plants.

Summarize the Benefits of Paraffin Wax Treatments

68. Explain the basic intent of paraffin wax treatments.

   __________________
   __________________
   __________________

69. Name the two advantages of performing a paraffin wax treatment before beginning a manicure.
   1) __________________
   2) __________________