



Practical 1

MANICURE

Objectives

At the end of this session, you will be able to:

- clean and shape the nails using manicure tools
- clean and massage the hands
- apply nail polish

Tools, Equipments and Materials

- Manicure table
- Towels
- Orange wood stick
- Cuticle knife
- Cuticle nipper
- Nail clipper
- Cotton wool
- Cuticle softener
- Nail polish remover
- Massage cream
- Top coat
- Base coat
- Nail paints
- Disinfectant lotion

Pre-procedure

1. Observation

Before preparing client for manicure, look for any nail disorders or infections like:

- Swollen or pus filled cuticles
- Diabetes
- Cut and wounds

If any disorders are observed, then politely suggest the client to seek medical advice and do not perform manicure.

2. Prepare the client

- (a) Make the client wear disposable gown before you start the procedure.



- (b) Remove the jewellery and keep in a safe place.
- (c) Wash and sanitize your hands.

Procedure

1. Seat the client comfortably, and place a towel on the lap.
2. Remove old nail polish carefully.
3. Wash the hands with warm, soapy water, and clean nails gently using a soft brush.
4. Trim and shape nails of the left hand as per clients requirements.
5. Place the patron's left hand in a bowl of warm, soapy water.
6. Trim and shape the nails of the patron's right hand.
7. Immerse the right hand in the warm soapy water.
8. Remove the left hand from the water. Carefully dry the fingertips and gently push the cuticle back with towel.
9. With a cuticle pusher or cotton-tipped orangewood stick, gently push back the cuticle with a lifting, circular motion from the corner to the centre of the nail.
10. Apply cuticle cream or oil to the left hand. Using a cotton-tipped orange wood stick, apply the oil or cream around the base and sides of the nail. Massage into the fingertips with your thumb. These products soften and lubricate the cuticle and are also recommended as an overnight treatment for nails that are dry and brittle.
11. Apply nail whitener under the free edge if needed for a whitening effect. Apply the product carefully with an orange wood stick. Avoid using in excess amount to prevent it from smearing the fingers.
12. Apply hand cream and gently spread it over the entire hand. Rotate your thumbs on the top of hand, palm, and wrist, then slide out to the fingertips and rotate.
13. Remove the patron's right hand from the water and repeat the procedure undertaken for left hand.
14. Brush the nails. Place the fingers of the left hand in the finger bowl. Remove the cuticle cream or oil and nail whitener from the nails by brushing with a downward motion from the base to the fingertips.
15. Thoroughly dry the nails and re-examine them.
16. Apply base coat, starting with the thumb, then the little finger, then the ring, middle, and index fingers. This will allow each finger to move out of the way for the next one and will prevent smearing the base coat.
17. Brush and clean the nails of the right hand and apply base coat.



Notes

18. Apply nail polish to the left hand then to the right hand.
19. Remove excess polish. Dip a cotton-tipped orange wood stick in remover and carefully go around each cuticle.
20. Apply top coat. For added protection, brush the top coat under the tips of the nails.

Precautions

1. After each manicure, clean the mouth of the polish bottles with remover before replacing the caps.
2. Do not push the cuticle too hard.
3. Do not cut cuticles very close to the skin.
4. Do not file the nails too deep into the skin

Post Procedure

1. Clean up your work area and properly dispose off all used material and non sanitizable implements.
2. Sanitize your table and additional equipments, tools and implements.
3. Record the service information on your client’s record card.

Learner’s Observations

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Instructor’s signature



Practical 2

FRENCH MANICURE

Objectives

At the end of this session, you will be able to:

- Prepare the client for French manicure
- Carryout the procedure of French manicure
- Undertake massage manipulations
- Apply French nail polish
- Clean the surface and sterilize the tools and equipment used in manicure

Tools, Equipments and Materials

- Nail clipper
- Nail filer/emery board
- Nail brush
- Cuticle pusher
- Spatula
- Nail polish remover
- Manicure shampoo
- Buffing paste
- Massage cream
- Base coat
- Nail paint (white & soft pink)
- Cuticle nipper
- Nail scissors
- Orange wood stick
- Buffer
- Cotton nail polish remover spatula
- Antiseptic lotion
- Cuticle softener buffing paste
- Nail whitener towels
- Towels
- Topcoat
- Manicure bowl /tubs

Pre-procedure

1. Observation

Before preparing client for manicure look for any nail disorders and diseases as:

- Swollen or pus filled cuticles



- Diabetes
- Cuts or wounds
- If there is any ask the client to seek medical advice.

2. Prepare the client

- (a) Ensure your client is warm and comfortable.
- (b) Lightening must be efficient
- (c) Ask the client to remove jewellery and keep it in safe place.
- (d) Make the client wear disposable gown
- (e) When the client is comfortably seated, wash your hands before you start.
- (f) Consult the client record card

Procedure

1. Seat the client comparably and place a touch on the lap.
2. Remove nail pain from the nails of both hands of the client, starting at the little finger following right through. Fresh piece of cotton wool are necessary for each nail to avoid staining the skin surrounding the nail.
3. Cut the nails into desired shape
4. Shape the nail s with an emery board starting from the little finger. Always file from the side towards the center of the nail start from left hand first.
5. Place the client's left hand in a bowl of warm, soapy water.
6. Trim and shape the nails of the client's right hand
7. Immerse the right hand in warm, soapy water
8. Remove left hand dry it thoroughly
9. Apply cuticle remover with a cotton wool. Take care to apply sparingly and not on the surrounding area.
10. Use cuticle pusher, gently push the cuticle back using circular motion cuticle nipper may be used to trim off the excess cuticle.
11. Apply nail whitener under the free edge if needed for whitening effect.
12. Apply suitable cream and gently spared it over the entire hand
 - (i) Rotate the top of the hand, palm and wrist, then slide out to the finger tips and rotate.
 - (ii) Do circular friction over the back of the hand



Notes

- (iii) Circular thumb function on forearms
 - (iv) Support the hand and give gently circular manipulation to each finger
 - (v) Give large sweeping movements on forearms.
13. Clean the nails with cotton wool and enamel remover again to remove any oil left on the nail plate.
 14. Remove the right hand of the client from the water and report the procedure as done on left hand.
 15. Thoroughly dry the hands and nail and re-examine them.
 16. Apply base coat and wait for it to dry.
 17. French manicure looks best for a client that has some free edge to work with. For French manicure preferred nail shape is generally square.
 18. Using the white color first, apply a stroke from the left side of the free edge to the center of the free edge on an angle going down wands.
 19. Make a similar stroke from right side of the free edge to the centre of the free edge on an angle going downward so that the first two strokes make 'V' shape.
 20. Use small brush to make the clean 'smile line' or curved edge of white polish
 21. After the white polish has been applied on both the hands. Let them dry completely.
 22. Apply soft pink polish on entire finger nails on both the hands. Apply only one coat of pink polish
 23. When the polish is completely dry apply two coats of top coat.
 24. Lastly use the orange stick and enamel remover to remove all traces of enamel left on the skin to make it a really neat job

Precautions

1. After each manicure, clean the mouth of the nail polish bottles before replacing the caps.
2. Do not push the cuticles too hard
3. When filling the nails always file the nail from outside to the centre to prevent splitting
4. Never use metal filer
5. Never cut nail too short as this will result in ingrain nails.

Post Procedure

1. Disinfect all the tools and equipment after every use.

- 2. Discard the disposable material after use
- 3. Record the service information on your client's record card.

Learner's Observations

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Instructor's signature



Notes



Practical 3

OIL MANICURE

Objectives

At the end of this session, you will be able to:

- prepare the client for oil manicure
- carryout the procedure of oil manicure
- undertake massage manipulations
- apply nail polish
- clean the surface and sterilize the tools and equipment used in manicure

Tools, Equipments and Materials

- Nail clipper
- Nail filer/emery board
- Nail brush
- Cuticle pusher
- Spatula
- Nail polish remover
- Manicure shampoo
- Buffing paste
- Oil (almond oil/olive oil/vegetable oil)
- Towels
- Topcoat
- Manicure bowl /tubs
- Cuticle nipper
- Nail scissors
- Orange wood stick
- Buffer
- Cotton nail polish remover spatula
- Antiseptic lotion
- Cuticle softener buffing paste
- Nail whitener towels
- Oil warmer or double boiler
- Base coat
- Nail paint



Pre-procedure

1. Observation

Before preparing client for manicure look for any nail disorders and diseases as :

- Swollen or pus filled cuticles
- Diabetes
- Cuts or wounds
- If there is any ask the client to seek medical advice.

2. Prepare the client

- (a) Ensure your client is warm and comfortable.
- (b) Lightening must be efficient
- (c) Ask the client to remove jewellery and keep it in safe place.
- (d) Make the client wear disposable gown
- (e) When the client is comfortably seated, wash your hands before you start.
- (f) Consult the client record card

Procedure

1. Seat the client comparably and place a touch on the lap.
2. Remove nail pain from the nails of both hands of the client, starting at the little finger following right through. Fresh piece of cotton wool are necessary for each nail to avoid staining the skin surrounding the nail.
3. Cut the nails into desired shape
4. Shape the nail s with an emery board starting from the little finger. Always file from the side towards the center of the nail start from left hand first.
5. Place the client's left hand in a bowl of warm, soapy water.
6. Trim and shape the nails of the client's right hand
7. Immerse the right hand in warm, soapy water
8. Remove left hand dry it thoroughly
9. Apply cuticle remover with a cotton wool. Take care to apply sparingly and not on the surrounding area.
10. Use cuticle pusher, gently push the cuticle back using circular motion cuticle nipper may be used to trim off the excess cuticle.



Notes

11. Oil bath : use two bowls to complete the procedure. A large bowl is filled with hot water whilst a smaller bowl container (glass if possible) large enough to immerse the finger tips is filled with oil and sit inside the large bowl. In this way hot water heats up the oil. The bowl should have flat bottom to reduce the likelihood of tipping over.
12. Check the temperature of the oil to ensure that it is comfortable for the client
13. Immerse one whole hand leaving it for 10-15 minutes in oil, upon removal dry thoroughly with tissue and then place the second hand in the warm oil.
14. Apply suitable oil and gently spared it over the entire hand
 - (a) Rotate the top of the hand, palm and wrist, then slide out to the finger tips and rotate.
 - (b) Do circular friction over the back of the hand
 - (c) Circular thumb function on forearms
 - (d) Support the hand and give gently circular manipulation to each finger
 - (e) Give large sweeping movements on forearms.
15. Clean the nails with cotton wool and enamel remover again to remove any oil left on the nail plate.
16. Remove the right hand of the client from oil and repeat the procedure as done on left hand.
17. Thoroughly dry the hands and nail and re-examine them.
18. Apply base coat and wait for it to dry. Apply nail enamel of client's choice.
19. When the polish is completely dry apply top coat.
20. Lastly use the orange stick and enamel remover to remove all traces of enamel left on the skin to make it a really neat job

Precautions

1. After each manicure, clean the mouth of the nail polish bottles before replacing the caps.
2. Do not push the cuticles too hand
3. When filling the nails always file the nail from outside to the centre to prevent splitting
4. Never use metal filer
5. Never cut nail too short as this will result ingrown nails.
6. Never heat the oil directly as it can catch fire.
7. Check the temperature of oil before dipping client's hand in to it.



Practical 4

PARAFFIN MANICURE

Objectives

At the end of this session, you will be able to:

- prepare the client for paraffin manicure
- carryout the procedure of paraffin manicure for dry and chapped hands.
- undertake massage manipulations
- apply nail polish
- clean the surface and sterilize the tools and equipment used in manicure

Tools, Equipments and Materials

- Nail clipper
- Nail filer/emery board
- Nail brush
- Cuticle pusher
- Spatula
- Nail polish remover
- Manicure shampoo
- Buffing paste
- paraffin wax mask thermostat
- Cling wrap
- Towels
- Topcoat
- Manicure bowl /tubs
- Cuticle nipper
- Nail scissors
- Orange wood stick
- Buffer
- Cotton nail polish remover spatula
- Antiseptic lotion
- Cuticle softener buffing paste
- Nail whitener towels
- paraffin warmer/ heater with
- Large brush for application
- Base coat
- Nail paint



Pre-Preparation

1. Observation

Before preparing client for manicure look for any nail disorders and diseases as :

- Swollen or pus filled cuticles
- Diabetes
- Cuts or wounds

If there is any ask the client to seek medical advice.

2. Prepare the client

- (a) Ensure your client is warm and comfortable.
- (b) Lightening must be efficient
- (c) Ask the client to remove jewellery and keep it in safe place.
- (d) Make the client wear disposable gown
- (e) When the client is comfortably seated, wash your hands before you start.
- (f) Consult the client record card

Procedure

1. Seat the client comparably and place a touch on the lap.
2. Remove nail pain from the nails of both hands of the client, starting at the little finger following right through. Fresh piece of cotton wool are necessary for each nail to avoid staining the skin surrounding the nail.
3. Cut the nails into desired shape
4. Shape the nail s with an emery board starting from the little finger. Always file from the side towards the center of the nail start from left hand first.
5. Place the client's left hand in a bowl of warm, soapy water.
6. Trim and shape the nails of the client's right hand
7. Immerse the right hand in warm, soapy water
8. Remove left hand dry it thoroughly
9. Apply cuticle remover with a cotton wool. Take care to apply sparingly and not on the surrounding area.
10. Use cuticle pusher, gently push the cuticle back using circular motion cuticle nipper may be used to trim off the excess cuticle.



Notes

11. Prepare the paraffin wax by melting it up to 49 degree Celsius using double boiler or paraffin wax heater with thermostat.
12. Protect client's clothes with paper or towel
13. Apply thin layer of nourishing cream on hands and arms
14. Apply melted paraffin mask using brush or you can pour melted wax on the client's right arm and hand covering it completely.
15. Wrap a cling sheet or foil paper to the hand and the forearm
16. Wrap towel around it to hold the heat.
17. Repeat the procedure on the left hand also.
18. Let the client rest for some time to permit maximum heat build up to produce a satisfactory result
19. After around 15-20 minutes unwrap the right hand first, remove cling and clean the wax mask.
20. As the tissue is in relaxed condition, give 10 minutes massage.
21. Apply cream and gently spread it over the entire hand
 - (a) Rotate the top of the hand, palm and wrist, then slide out to the finger tips and rotate.
 - (b) Do circular friction over the back of the hand
 - (c) Circular thumb function on forearms
 - (d) Support the hand and give gently circular manipulation to each finger
 - (e) Give large sweeping movements on forearms.
22. Unwrap the left hand and repeat the same procedure for it.
23. Clean the arms and hands with wet warm towel.
24. Clean the nails with cotton wool and enamel remover again to remove any oil left on the nail plate.
25. Thoroughly dry the hands and nail and re-examine them.
26. Apply base coat and wait for it to dry. Apply nail enamel of client's choice.
27. When the polish is completely dry apply top coat.
28. Lastly use the orange stick and enamel remover to remove all traces of enamel left on the skin to make it a really neat job



Notes

Precautions

1. After each manicure, clean the mouth of the nail polish bottles before replacing the caps.
2. Do not push the cuticles too hand
3. When filling the nails always file the nail from outside to the centre to prevent splitting
4. Never use metal filer
5. Never cut nail too short as this will result ingrown nails.
6. Never heat the paraffin directly as it can catch fire.
7. Check the temperature of paraffin before applying it on client's hand.

Post Procedure

1. Disinfect all the tools and equipment after every use.
2. Discard the disposable material after use
3. Record the service information on your client's record card.

Learner's Observations

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Instructor's signature



Practical 5

PEDICURE

Objectives

At the end of this session, you will be able to:

- clean and shape the nails using pedicure tools
- clean and massage the hands
- apply nail polish

Tools, Equipments and Materials

- Foot/Pedicure Bowl
- Pedicure shampoo
- Emery board filer
- Nail polish remover
- Pumic stone
- Base coat
- Cotton
- Cuticle cutter
- Antiseptic lotion
- Orange wood stick
- Hydrogen per oxide
- Nail clipper
- Massage cream
- Toe separators
- Top coat
- Toe separators (Pedicure)
- Towels - 2 no large
- Liquid ammonia
- Cuticle nipper
- Cuticle cream
- Foot scrapper
- Nail enamel
- Pumic stone

Pre-procedure

1. Observation

Before preparing client for pedicure look for any disorders or infections like :

- cut and wounds
- athlete foot
- swollen or pus filled cuticles

If any of these are observed then politely suggest the client to seek medical advice.



2. Prepare the client

- (a) Make the client wear disposable gown before you start the procedure.
- (b) Ask her to remove her jewellery and keep in a safe place.
- (c) Soak the client's foot in disinfectant solution for 3-4 minutes to wash and sanitize the feet before procedure
- (d) Wash and sanitize your hands.

3. Prepare the foot bath

- Fill the pedicure bowl with enough warm water to cover up to the ankles.
- Add liquid soap (Pedicure shampoo) and 6-8 drops of hydrogen peroxide and 3-4 drops of liquid ammonia.

Procedure

1. Remove nail polish if any, using a fresh cotton wool soaked with nail polish remover.
2. If toe nails need shortening, they can be cut and filed.
3. Place both the feet in the foot bath for 5-10 minutes.
4. Now remove the left leg from the pedicure bowl and dry well.
5. In case of dead skin, use foot scrapper/pumic stone to remove it from the heel and toe area.
6. Apply cuticle remover to all the toe nails.
7. Work gently to remove excess cuticle, using a cotton tipped orange wood stick.
8. Trim the cuticle using a cuticle nipper, if necessary.
9. Wipe the nail with cotton wool to remove cuticle remover.
10. Apply cuticle massage cream around the cuticles and massage with your thumbs.
11. Repeat the above steps for the other foot.
12. Apply foot cream all over the feet and legs till above the ankle area.
13. Foot massage is done to improve circulation and relax the client.
14. Clean both the feet with towel soaked in warm water.
15. Space the toes by placing toe separators or folded cotton between them.
16. Use alcohol to clean the surface of the toe nails.
17. Apply base coat on all the toe, nails and let it dry completely.



Notes

- 18. Apply nail polish with three brush strokes down the length of the nail from cuticle to the free edge.
- 19. Apply top coat only after nail polish dries completely.
- 20. Allow polish to dry thoroughly. Wait for 15 to 20 minutes before allowing the client to put on their shoes.

Precautions

- 1. Remove all cosmetics from jar and bottles with a sanitized spatula.
- 2. Never work on an area that shows signs of infection.
- 3. Do not cut cuticle unless absolutely necessary.
- 4. Keep bottles capped when not in use to avoid spills.

Post Procedure

- 1. Sterilize all the tools and implements before and after use.
- 2. Discard all disposable material after use.
- 3. Always maintain clean hands and short nails.

Learner's Observations

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Instructor's signature



Practical 6

FRENCH PEDICURE

Objectives

At the end of this session, you will be able to:

- use tools, equipments and materials for french pedicure
- massage of legs, feet and toe nails
- use of nail paint and various cosmetics for french pedicure

Tools, Equipments and Materials

- Client's chair
- Foot bowl/pedicure tubs for warm water
- Foot scraper
- Pumice stone
- Cuticle Knife:
- Toe divider/Separator
- Nail Polish remover
- Cuticle Softener
- Lotion
- Base coat
- Top coat
- Alum solution
- Liquid ammonia
- Cotton
- Hydrogen peroxide
- Soft pink nail polish
- Pedicure stool
- Tray for preparation
- Nail brush
- Hoof Stick
- Nail Buffer
- Alcohol
- Warm soap water
- Cuticle cream/oil
- Hot oil
- Nail polish
- Nail whitener
- Nail strengtheners
- Tissue paper
- Buffing paste
- White nail polish



Notes

Pre-Procedure

1. Observation

Before preparing client for pedicure look for any disorders or infections like :

- cut and wounds
- athlete foot
- swollen or pus filled cuticles

If any of these are observed then politely suggest the client to seek medical advice.

2. Prepare the client

- (a) Make the client wear disposable gown before you start the procedure.
- (b) Ask her to remove her jewellery and keep in a safe place.
- (c) Soak the client's foot in disinfectant solution for 3-4 minutes to wash and sterilize the feet before procedure
- (d) Wash and sanitize your hands.

Procedure

French Pedicure looks best for client's that has some free edge to work with. For French manicure, file nails in square shape and apply base coat.

1. Use white colour nail paint, apply a stroke from the left side of the free edge to the centre of the free edge on an angle going down words.
2. Make a similar stroke from right side of the free edge to the centre of the free edge an angle going downward so that the first two strokes make 'V' shape.
3. Use small brush to make the clean 'smile line' or curved edge of white polish
4. After the white polish has been applied on both the toe nails. Let them dry completely.
5. Apply soft pink polish on entire fingernails on both the toe nails. Apply only one coat of pink polish.
6. When the polish is completely dry apply one coats of top coat.

Precautions

1. Remove all cosmetics from jar and bottles with a sanitized spatula.
2. Never work on an area that shows signs of infection.
3. Do not cut cuticle unless absolutely necessary.
4. Keep bottle capped when not in use to avoid spills.
5. Do not use liquids directly from the bottle, pour it in to a secondary dispenser to avoid contaminating the product.



Practical 7

PARAFFIN PEDICURE

Objectives

At the end of this session, you will be able to:

- use tools, equipments and materials for paraffin pedicure
- massage of legs, feet and toe nails
- able to use paraffin mask for dry and cracked heels

Tools, Equipments and Materials

Same as plain Pedicure and add,

- Pedicure tubs for warm water
- Paraffin wax heater
- Disposable sheet
- Paraffin wax
- Tray for preparation
- Tissue paper

Pre-Procedure

1. Observation

Before preparing client for pedicure look for any disorders or infections like :

- cut and wounds
- athlete foot
- swollen or pus filled cuticles

If any of these are observed then politely suggest the client to seek medical advice.

2. Preparing the client

- (a) Make the client wear disposable gown before you start the procedure.
- (b) Ask her to remove her jewellery and keep in a safe place.
- (c) Soak the client's foot in disinfectant solution for 3-4 minutes to wash and sterilize the feet before procedure
- (d) Wash and sanitize your hands.



Procedure

1. Complete upto cuticle work on both feet and toes:
2. Prepare the paraffin wax by melting it up to 49°C using double boiler or paraffin wax heater with thermostat.
3. Protect client's clothes with disposable tissue paper or towel.
4. Apply thin layer of nourishing cream on legs and feet.
5. Apply melted paraffin mask using brush or you can pour melted wax on the client's right leg and feet and cover it completely with wax.
6. Wrap a disposable sheet or foil paper on right leg and feet.
7. Wrap towel around the area, where wax is being used to hold the heat.
8. Repeat the procedure on the left leg and feet in the similar manner.
9. Let the client rest for some time to allow maximum heat to get satisfactory results.
10. Unwrap the right leg and feet and clean the wax mask after 15-20 minutes.
11. Give full 10 minutes massage to improve blood circulation in that area.
12. Repeat same method on the left leg and feet
13. Clean the legs and feet with wet warm towel
14. Clean the nails and cuticle.
15. Apply base coat, nail polish and top coat

Precautions

1. Must check the temperature of paraffin wax before using on the client.
2. Never work on an area that shows signs of infection.
3. Never melt the wax directly
4. Keep bottle capped when not in use to avoid spills.
5. Do not use liquids directly from the bottle, pour in to a secondary dispenser to avoid contaminating the product

Post Procedure

1. Sterilize all the tools and implements before and after use.
2. Discard all disposable material after use.
3. Always maintain clean hands and short nails.



Notes

Learner's Observations

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Instructor's signature



Practical 8

OIL PEDICURE

Objectives

At the end of this session, you will be able to:

- use tools, equipments and materials for oil pedicure
- massage legs, feet and toe nails
- use nail paint and various cosmetics

Tools, Equipments and Materials

- Client's chair
- Foot bowl/pedicure tubs for warm water
- Foot scraper
- Pumice stone
- Cuticle Knife:
- Toe divider/Separator
- Nail Polish remover
- Cuticle Softener
- Lotion
- Base coat
- Top coat
- Alum solution
- Liquid ammonia
- Cotton
- Hydrogen peroxide
- Hot oil – (Almond or olive)
- Feet Mask
- Pedicure stool
- Tray for preparation
- Nail brush
- Hoof Stick
- Nail Buffer
- Alcohol
- Warm soap water
- Cuticle cream/oil
- Hot oil
- Nail polish
- Nail whitener
- Nail strengtheners
- Tissue paper
- Buffing paste
- Oil Heater with thermostat
- Tissue Paper
- Applicator



Notes

Pre-Procedure**1. Observation**

Before preparing client for pedicure look for any disorders or infections like :

- cut and wounds
- athlete foot
- swollen or pus filled cuticles

If any of these are observed then politely suggest the client to seek medical advice.

2. Prepare the client

- (a) Help the client wear disposable gown before you start the procedure.
- (b) Ask her to remove her jewellery and keep in a safe place.
- (c) Soak the client's foot in disinfectant solution for 3-4 minutes to wash and sterilize the feet before procedure
- (d) Wash and sanitize your hands.

Procedure

1. Remove nail polish
2. File and shape the toe nails
3. Soak feet in warm soapy water to clean the feet and toe nails.
4. Apply cuticle remover, use cuticle pusher and gently push the cuticles back. You may use cuticle nipper to remove dead cuticles
5. Take electrically heated oil container, large enough to immerse the feet and toe nails. Fill the container with warm oil at comfortable temperature. Dip feet for 10-15 minutes.
6. Upon removal clean the feet thoroughly with tissue paper.
7. Massage feet and toe nails
8. Apply a generous amount of feet masks to cover low legs feet and toe for 10 – 15 minutes with the help of applicator
9. Rinse and clean the nails
10. Apply nail polish

Precautions

1. Remove all cosmetics from jar and bottles with a sanitized spatula.



Notes

2. Never heat the oil directly as it can ignite.
3. Check the temperature of oil before dipping feet.
3. Do not cut cuticle unless absolutely necessary.
4. Keep bottle capped when not in use to avoid spills.
5. Do not use liquids directly from the bottle, pour in to a secondary dispenser to avoid contaminating the product.

Post Procedure

1. Sterilize all the tools and implements before and after use.
2. Discard all disposable material after use.
3. Always maintain clean hands and short nails.

Learner’s Observations

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Instructor’s signature



Notes

Practical 9

MARBLE NAIL ART

Objectives

At the end of this session, you will be able to:

- prepare the client for the nail art
- clean the surface of nails and free edge area
- file the nails as per clients choice
- choose the nail art as per client's choice
- apply nail art

Tools, Equipments and Materials

- Nail clipper
- Nail scissors
- Cotton
- Antiseptic lotion
- Towels
- Topcoat
- White nail polish
- Cello tape
- bowl
- Nail filer/emery board
- Orange wood stick
- Nail polish remover
- Nail whitener
- Base coat
- Nail paint of different colour
- Tooth pick
- Water (Room tempture)

Pre-Preparation

1. Observation

Before preparing client for Nail Art look for any nail disorders and diseases as like:

- Swollen or pus filled cuticles



- Diabetes
- Cuts or wounds

If there is any ask the client to seek medical advice.

2. Prepare the client

- (a) File the Nails as per clients choice
- (b) Clear the dead cuticles
- (c) Clean the fee edge area
- (d) Wipe the nail bed with non acetone polish remover to prepare the nail for Nail art
- (e) Confirm the client's choice for nail art.

3. Prepare the work area

- Ensure that area is well ventilated.
- Area should be free of dust, as this can settle on the wet nail art.
- Lighting should be good, use table lamp if required.
- Ensure all products are stably placed to avoid spilling of products.

Procedure

1. Fill a cup of water at room temperature (Remember this does not work with cold water)
2. Apply a coat of white or a light colour enamel on the nail. Let it dry. After the nail paint is dry tape the sides of the fingers
3. Mix drop by drop of different nail paint colours in the cup of water.
4. Add drop by drop as many colours as you want
5. Stir these drops of nail enamel in the cup of water gently using a tooth pick.
6. Now immerse one finger into this and gently swirl and remove.
7. Repeat the procedure for all other fingers.
8. Then apply top coat and let dry for protection

Precautions

1. Avoid harsh soaps when washing hands.
2. Apply good quality hand cream after every wash.



Notes

3. Wear protective gloves while doing house hold activities.
4. Do not use the fingernails as tools.
5. Recommend to the client to apply top coat every 3-4 days to protect the polish and nail art.

Post Procedure

1. Disinfect all the tools and equipment after every use.
2. Dispose off the disposable material after use
3. Record the service information on your client’s record card.

Learner’s Observations

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Instructor’s signature



Practical 10

BULLION BEAD NAIL ART

Objectives

At the end of this session, you will be able to:

- Prepare the client for the nail art
- Clean the surface of nails and free edge area
- File the nails as per client's choice
- Choose the nail art as per client's choice
- Apply nail art

Tools, Equipments and Materials

- Nail clipper
- Nail scissors
- Cotton
- Antiseptic lotion
- Towels
- Topcoat
- Bullion Beads of different colour
- Glass Dish
- Nail filer/emery board
- Orange wood stick
- Nail polish remover
- Nail whitener towels
- Base coat
- Nail paint of different colour
- Tweezers

Pre-Preparation

1. Observation

Before preparing client for nail art look for any nail disorders and diseases as like –

- Swollen or pus filled cuticles
- Diabetes



Notes

- Cuts or wounds
- If there is any ask the client to seek medical advice.

2. Preparing the client

- (a) File the Nails as per clients choice
- (b) Clear the dead cuticles
- (c) Clean the free edge area
- (d) Wipe the nail bed with non acetone polish remover to prepare the nail for nail art
- (e) Confirm the client's choice for nail art.

3. Preparing the work area

- Ensure that area is well ventilated.
- Area should be free of dust, as this can settle on the wet nail art.
- Lighting should be good, use table lamp if required.
- Ensure all products are stably placed to avoid spilling of products.

Procedure

1. Prepare the nail by sanitizing the nail bed.
2. File the nail as per desired shape.
3. Apply base coat. Let it dry completely.
4. Apply nail enamel of chosen colour and allow it to dry.
5. Apply clear nail polish on the area where bullion beads are to be applied.
6. Bullion beads can be applied on the wet clear polish with the help of tweezers, orange wood stick or by simply dipping the wet nail surface into the beads.
7. If using two different colors, repeat the process with other color after the first application has dried.
8. Apply top coat and seal the beads and design.

Precautions

1. Avoid harsh soaps when washing hands.
2. Apply good quality hand cream after every wash.
3. Wear protective gloves while doing house hold activities.
4. Do not use the fingernails as tools.
5. Recommend to the client to apply top coat every 3-4 days to protect the polish and nail art.



Practical 11

FOIL NAIL ART

Objectives

At the end of this session, you will be able to:

- Prepare the client for the nail art
- Clean the surface of nails and free edge area
- File the nails as per client's choice
- Choose the nail art as per client's choice
- Apply nail art

Tools, Equipments and Materials

- Nail clipper
- Nail scissors
- Cotton
- Antiseptic lotion
- Towels
- Topcoat
- Foils strips
- Tweezers
- Nail filer/emery board
- Orange wood stick
- Nail polish remover
- Nail whitener
- Base coat
- Nail paint of different colour
- Emulsion glue
- Glass Dish

Pre-Preparation

1. Observation

Before preparing client for nail art look for any nail disorders and diseases as :

- Swollen or pus filled cuticles
- Diabetes



- Cuts or wounds
- If there is any, ask the client to seek medical advice.

2. Prepare the client

- (a) File the nails as per client's choice
- (b) Clear the dead cuticles
- (c) Clean the free edge area
- (d) Wipe the nail bed with non acetone polish remover to prepare the nail for nail art
- (e) Confirm the client's choice for nail art.

3. Prepare the work area

- Ensure that area is well ventilated.
- Area should be free of dust, as this can settle on the wet nail art.
- Lighting should be good, use table lamp if required.
- Ensure all products are stably placed to avoid spilling of products.

Procedure

1. Prepare the nail by sanitizing nail bed.
2. File the nail as per desired shape.
3. Apply base coat. Let it dry completely.
4. Apply nail enamel of chosen colour and allow it to dry.
5. Apply emulsion glue on the nail where the foil is to be applied.
6. Let the glue dry and then gently press a piece of foil onto the glue.
7. Gently remove the cellophane so that the colour of the foil is transferred on to the nail.
8. Repeat the process with different colors of foil, till the design is complete.
9. Apply topcoat to seal and protect the design.

Precautions

1. Avoid harsh soaps when washing hands.
2. Apply good quality hand cream after every wash.
3. Wear protective gloves while doing house hold activities.



Notes

4. Do not use the fingernails as tools.
5. Recommend to the client to apply top coat every 3-4 days to protect the polish and nail art.

Post Procedure

1. Disinfect all the tools and equipment after every use.
2. Discard the disposable material after use
3. Record the service information on your client's record card.

Learner's Observations

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Practical 12

FREE HAND (2D) NAIL ART

Objectives

At the end of this session, you will be able to:

- Prepare the client for the nail art
- Clean the surface of nails and free edge area
- File the nails as per client's choice
- Choose the nail art as per client's choice
- Apply nail art

Tools, Equipments and Materials

- Nail clipper
- Nail scissors
- Cotton
- Antiseptic lotion
- Towels
- Topcoat
- Different colour of acrylic paints
- Dotter
- Nail filer/emery board
- Orange wood stick
- Nail polish remover
- Nail whitener
- Base coat
- Nail paint
- Nail art brushes
- Glass Dish

Pre-Preparation

1. Observation

Before preparing client for nail art look for any nail disorders and diseases as:

- Swollen or pus filled cuticles
- Diabetes



Notes

- Cuts or wounds

If there is any ask the client to seek medical advice.

2. Prepare the client

- File the Nails as per client's choice
- Clear the dead cuticles
- Clean the free edge area
- Wipe the nail bed with non acetone polish remover to prepare the nail for nail art
- Confirm the client's choice for nail art.

3. Preparing the work area

- Ensure that area is well ventilated.
- Area should be free of dust, as this can settle on the wet nail art.
- Lighting should be good, use table lamp if required.
- Ensure all products are stably placed to avoid spilling of products.

Procedure

1. Prepare the nail by sanitizing the nail bed.
2. File the nail as per desired shape.
3. Apply base coat. Let it dry completely.
4. Apply nail enamel of chosen colour and allow it to dry.
5. Paint the desired motif/design nail art with acrylic colors using fine art brushes.
6. Use contrasting and complementary colours for best results.
7. Let the art dry completely and then apply topcoat.

Precautions

1. Avoid harsh soaps when washing hands.
2. Apply good quality hand cream after every wash.
3. Wear protective gloves while doing house hold activities.
4. Do not use the fingernails as tools.
5. Recommend the client to apply top coat every 3-4 days to protect the polish and nail art.

