

EXTRA VIDEOS

1 ▶ Watch the video and fill in the missing words in the videoscript.

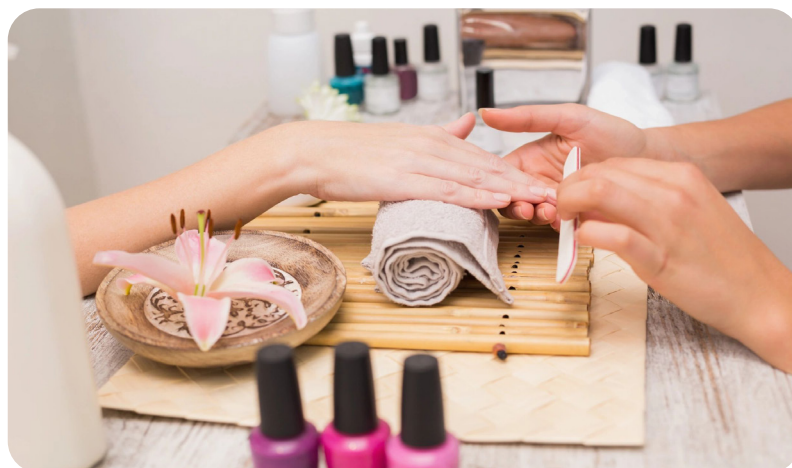
What does a Manicurist and a Pedicurist do?

posted by Your Free Career test - Rethink Old School, Inc.

Manicurists and pedicurists work on the hands and feet, grooming fingernails and

1. They explain services and options available to customers, then offer a 2., usually starting by soaking the client's hands or feet, reducing 3., and applying lotion to moisturize the 4. The final step is to trim and 5. nails and apply 6. or artificial fingernails. Repeat business is critical in this field, so 7. satisfaction is key. Good 8. and interpersonal skills are helpful, along with creativity and 9. to create well-finished nails that appeal to each customer. Using sharp 10. requires care and a steady hand. Some manicurists and pedicurists operate their own nail salon

11. They manage employees, keep inventory, and order 12. A small but growing number of workers make 13. calls. Manicurists and pedicurists usually work in a nail 14., spa, or hair salon. The job involves a lot of sitting. Because of fumes and toxic exposure from nail polish and other 15., they often wear gloves and 16. Although most manicurists and pedicurists work full-time including 17. and evenings, many have variable schedules and work 18. Longer 19. are typical for those who are self-employed. Manicurists and pedicurists must complete a state-approved cosmetology or nail technician program and then pass a state 20. for licensure.



2

PAIR WORK. Watch the video and pay attention to these tips. Then, use these notes to ask and answer questions about Hannah's tips.

NAIL BASICS: How TO Do Three Nail Shapes | posted by HannhRoxNails

1. Why use a seven-way file? / Has different handy grits.
Why does Hannah use a seven-way file? / Because it has different handy grits.
2. Where find the file? / Walmart.
3. How much cost? / Two dollars.
4. Why use toenail clipper? / Larger and easier to use.
5. Why not clip nails straight across? / Too much pressure on nail bed and possible damage to nail.
6. Why not file nails back and forth? / Too harsh for nails.
7. First step for oval shape? / Clip nail sides at an angle.
8. Second step? / File sides using medium grit.
9. Third step? / Smooth out edges with fine grit.
10. First step for square shape? / Clip nails straight across with slight angle.
11. Second step? / File straight across using medium grit.
12. Third step? / Smooth nail edges with fine grit.
13. Why 'squoval' shape? / Partly square and partly oval.
14. How squoval? / File nails straight across then sides at an angle with fine grit.
15. Which *your* favourite shape? / ...

GAMES AND INTERACTIVE ACTIVITIES

1 **A B C** **Hidden words.** What words related to hands and feet are hidden in the spiral?

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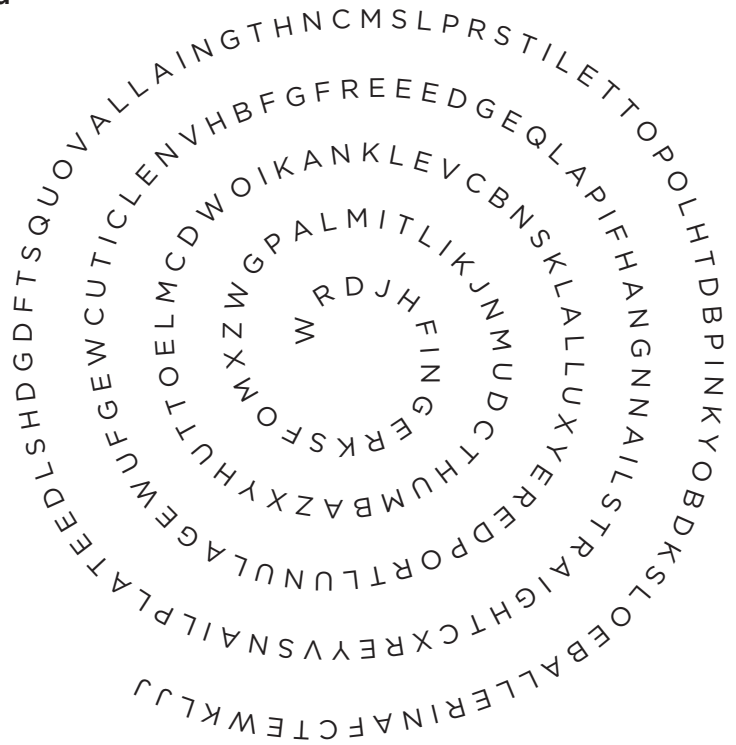
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2 **PAIR WORK.** The teacher will give you each part of a crossword. One of you will have the 'down' solutions, the other has the 'across' solutions. Ask each other questions to complete the crossword with the missing words. The winner will be the first to complete the crossword.

- **A:** What is 1 down?
- B:** It's hardened keratin that sits on and covers the nail bed.
- A:** Is it the nail plate?
- B:** Yes, it is.



REAL-LIFE ACTIVITIES



GROUP WORK. Take turns in asking and giving advice about these common nail problems. Match clients' questions and nail technician's answers on how to fix them. Role play the dialogues.

Clients' questions	Nail technician's answers
1. How do I know if my nails are healthy or weak?	a. Horizontal or vertical ridges are troublesome and can be linked to a variety of factors including diet or health disorders. You should eat protein rich foods such as meat, poultry, eggs and milk or, if you are a vegan, through whole cereals, garlic, onions, cabbage, cucumbers, brussel sprouts, turnips, and nuts.
2. My nails have become dry, brittle and weak. Is there anything I can take to make them more resistant?	b. If your nails are healthy, they will feel hard to the touch and can usually survive an accidental knock without too much damage. Weak nails are soft and will break at the slightest bump. Moreover, they bend when applying a slight pressure to their tips.
3. My nails have had white spots on them recently. Why does that happen and how can I get rid of them?	c. If your nails are no longer strong, it could mean you have a poor diet. Dietary deficiencies not only prevent nails from growing normally but can cause weakness and brittleness., so ensure your diet covers the full spectrum of food groups. Make sure you're getting vitamins A,B,C,D and E and enough minerals. Always apply a nutritive nail solution to restore hydration and elasticity and don't forget to keep nails short to minimize trauma and damage.
4. My nails show deep lines starting at the tip of the nail and heading down towards the cuticle. Moreover, once they reach a certain length, they begin to split. What can I do?	d. It's for real. Fingernails grow faster on the hand you use the most. That's not all: your pedicure lasts longer than your manicure because fingernails in general grow faster than toenails.
5. I've got to take care of all the housework and my hands are often immersed in water and cleaning products. Can that damage my nails? What can I do to protect my nails while doing the housework?	e. It's not so much the passage from summer to winter and vice versa that affects our nail health, it's the things we do because of the weather which can compromise our nail health, such as warming our hands too close to the heater or swimming without the proper post-care. To minimise these effects, you should drink lots of water, use lots of hand cream and nail oil.
6. The skin around my nails appears cracked and rough. What can I do?	f. This condition affects the nail plate and is most commonly caused by injury to the nail bed. It's a myth that these spots on nails occur as a result of a deficiency in zinc or calcium. In fact, this is extremely rare. They are usually hereditary, but sometimes can be caused by other factors, among them a bad manicure. It's important to improve your diet with foods that promote healthy nail growth like carrots, green vegetables, eggs and fish.
7. Do seasonal changes affect the state of my nails?	g. Washing the dishes, washing clothes, scrubbing the bathroom, gardening, and many other tasks will cause nails some problems, particularly when detergents are involved since these can strip the hands and nails of natural oil and moisture. To minimise nail contact with water or heavy-duty cleaning products, I recommend wearing rubber gloves for washing up and doing the housecleaning, and to avoid soaking nails in hot water.
8. Am I imagining it, or do the nails on one hand grow faster than the other?	h. Your nails are lacking moisture and they must be treated straight away to prevent further damage. I recommend moisturising your hands daily. If you take care of your cuticles, your hands will look great.

2 **PAIR WORK.** Ask and answer each other these questions.

1. What are your nails like?
2. Have you had experienced dry, brittle and weak nails? If so, what have you done to strengthen them?
3. Have your nails ever had white spots on them? If so, how have you got rid of them?
4. Have your nails ever showed horizontal or vertical ridges. If so, what have you done to get rid of them?
5. Do you do some housework? If so, what do you do to protect your nails?
6. Have you ever experienced cracked and rough skin around your nails? If so, what have you done?
7. How do you keep your nails healthy?

