

EXTRA VIDEOS

1 Watch the video and choose the correct alternative.

Manicure and pedicure safety

posted by American Academy of Dermatology

1. To have beautiful nails, *you only need a lot of luck / you need to take care of them / you must avoid all manual work.*
2. Nail polish removers *dehydrate / moisturise / nourish* nails.
3. *Cutting cuticles / Pushing cuticles gently back / Pushing cuticles vigorously back* is the way to avoid nail infection.
4. Nail salons *cannot / must / shouldn't* follow precise hygiene procedures.
5. Which of these situations discourages a nail treatment: *having an inexperienced nail technician who does not wash her/his hands between clients / seeing a dirty nail station with filthy tools / noting both of the previous?*
6. The salon bon ton suggests *enquiring about / not enquiring about / ignoring how* the tools are cleaned.
7. If you need to shave your legs, do so *24 four hours before / after / at the same time* as getting a pedicure.
8. Unsterilised pedicure basins can hide *bacteria and fungi / bacteria and mushrooms / hangnails.*
9. To prevent yellowing of nails by tinted nail polish you need to apply *one / two / three* layer(s) of base coat.
10. Nail strengtheners contained in polishes may *make nails break easily / make nails elastic and resistant / cause white spots.*
11. People with healthy nails can wear artificial nails *all the time / continuously / occasionally.*
12. Fungal infections *can / may / must* not be hidden by applying artificial nails.



2 Watch the video and complete the table with the missing information.

9 Manicure Mistakes You Didn't Know You Were Making posted by BRIGHT SIDE

Manicure mistakes	Why is it a mistake?	What to do instead?
Not washing your tools and storing them in sealed bags.	The area around and under our fingernails stores a lot of harmful bacteria. Bacteria thrive in sealed bags.
.....	Unprotected cuts in your fingers could get infected. When cuticles grow again, they are flaky and look messy.
.....	Apply a base coat to keep the oils out and to make the manicure last longer.
.....	Thick coats of nail polish take a long time to dry.
.....	Q-tips often stick to nail polish and ruin the whole look.
.....	This actually damages nails because it causes micro-cracks and weakens nails.
Not applying polish under the edges.	During certain activities, water gets trapped between the nail and the nail polish causing it to lift and chip around the top edges.
.....	Nails must be left to dry naturally or using a fan.
.....	Shaking the nail polish bottle mixes the air in the bottle with the nail polish. That causes tiny bubbles which are then transferred on nails.

GAMES AND INTERACTIVE ACTIVITIES

1 **PAIR WORK.** You will receive pictures of mani-pedi tools and their corresponding names in random order. Try to match the appropriate picture to the correct name in the shortest possible time.

2 **GROUP WORK.** Divide the class into two or more teams. All team players take turns acting as illustrator. The teacher picks up a word card and shows it to the picturists. Each illustrator has one minute to draw the action illustrated in the card. Their teammates will try to guess the word that the illustrator draws. The first team to guess the word gets one point. The team which gets more points wins.



REAL-LIFE ACTIVITIES



The Salon owner has asked you to give the new manicure and pedicure trainees a lesson about the essential tools for your job. Use this table to help you prepare the lesson after completing it with the correct uses and advice chosen from the hints below.

Start like this:

Today we're going to talk about the essential tools and techniques to provide hand, feet and nail services to our clients. I'm going to show you the necessary utensils and I'll explain what they are for. If you need some more information about how to use them, feel free to ask.

Tool	What it is used for	Advice to trainees
Nail cutter/clipper / Scissors		
Manicure bath		
Cuticle nipper		
Cuticle pusher, trimmer and remover		
Orangewood sticks		
Nail file		
Nail buffer		
Nail brush		
Paraffin bath		
Scrub		
Pedicure bath		
Pumice stone/Foot file		
Callus remover / Foot scraper		
Toe separator		

What it is used for:

- To clean nails thoroughly and remove stains from nails.
- To gently grind down the edges of nails to shape them.
- To get rid of dead, dry, and rough skin from heels.
- To help push back cuticles.
- To prevent smudging of polish on toes.
- To provide nails with natural shine.
- To push back cuticles, clean out any dirt or even fix nail polish errors.
- To push skin back and away from nails.
- To remove cracked skin and calluses off feet.
- To remove dead skin cells and to help promote circulation.
- To remove tiny pieces of skin or cuticle around nail bed.
- To soften skin and toenails and relax.
- To sooth, protect, rejuvenate and help moisturise dry and cracked skin on hands and feet.
- To trim nails.



Advice to trainees:

- a. After cuticles are pushed back, gently trim hang nails, tough cuticles and the dry skin around nails.
- b. Before exfoliating, soak feet in warm, soapy water. Once dry skin softens, wet the stone and gently rub it over the area.
- c. Dip hands or feet quickly and repeatedly into heated paraffin wax. Then cover hands in plastic and wrap in hot towels. Once the wax is cool, pull it away.
- d. Ensure nails are dry and always buff in one direction. Excessive buffing is harmful.
- e. If you cut too much, you can expose the sensitive part of nail-bed and lead to infections.
- f. Massage scrub on hands and feet to exfoliate dead skin cells.
- g. Move brush from side to side over nails, creating lather. Then, rinse and dab moisturiser on.
- h. Place this between toes before applying nail polish.
- i. Soak feet in warm (scented) water for about 10 minutes.
- j. Start by soaking feet in warm water. Then dry feet and scrape the skin using a downward motion.
- k. They must be disposed of immediately after service, since they can't be disinfected.
- l. Use emery boards, which are gentler than metal files. File nails in only one direction from the corner to the center of the nail.
- m. Use spoon end to push skin back. Use sharper end to push against cuticles around the corners.
- n. Soaking must be brief and nails must have time to dry before nail polish is applied.



Look at the following manicure/pedicure consultation card and fill it in with the missing information. Choose from the list below.

- a. Nadia Hoffmann
- b. 16/11/20
- c. Removed excess cuticles, buffed nails. Advised client to return monthly.
- d. Manicure
- e. Westbrook, St. Giles Road, Tonmouth GRT 4EI
- f. Simply Men manicure range
- g. (01121) 818120
- h. Hands – dry and chapped/nails – cuticles dry and overgrown. Nails thick and strong.
- i. None
- j. 23/06/89
- k. Carry out a salt and oil rub to help remove dry skin but avoid any chapped areas. Use moisturiser daily.

MANICURE/PEDICURE CONSULTATION CARD		
Date: 16/11/2019		
Name: John Bomero		
Address: 1.		
Date of birth: 2.		
Telephone number: (Home) (01121) 556600 (Office) 3.		
Condition of hands/feet/nails on inspection: 4.		
Contra-Indications/conditions: 5.		
Products used: 6.		
Homecare advice: 7.		
Comments: 8.		
Record of treatments		
Date: 13/01/20	Treatment: manicure	Therapist: S. Jones
Date: 9.	Treatment: 10.	Therapist: 11.