

**PIVOT
POINT®**

FUNDAMENTALS: NAILS



**FUNDAMENTALS:
NAILS**



101N // LIFE SKILLS



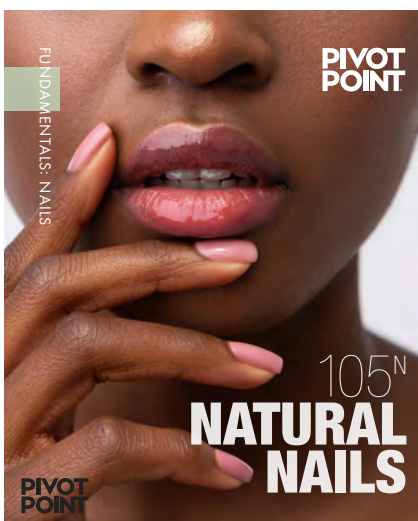
102N // SCIENCE



104N // CLIENT-CENTERED EXPERIENCE



103N // BUSINESS



105N // NATURAL NAILS



106N // NAIL ENHANCEMENTS



107N // NAIL ART

FUNDAMENTALS: NAILS

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101N
LIFE
SKILLS



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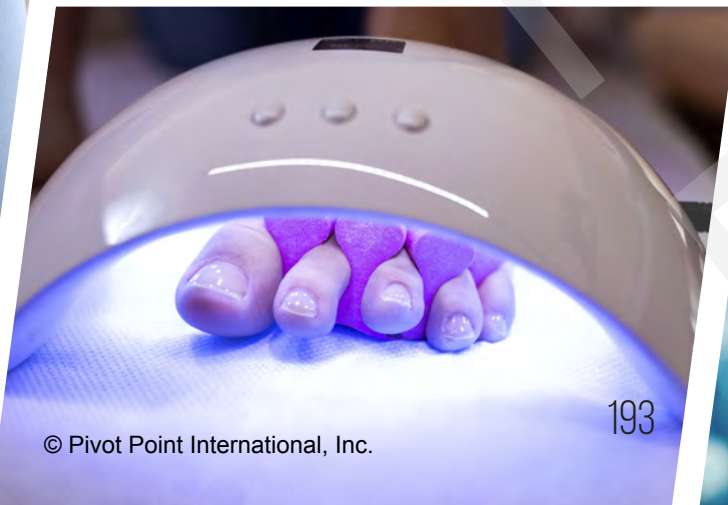
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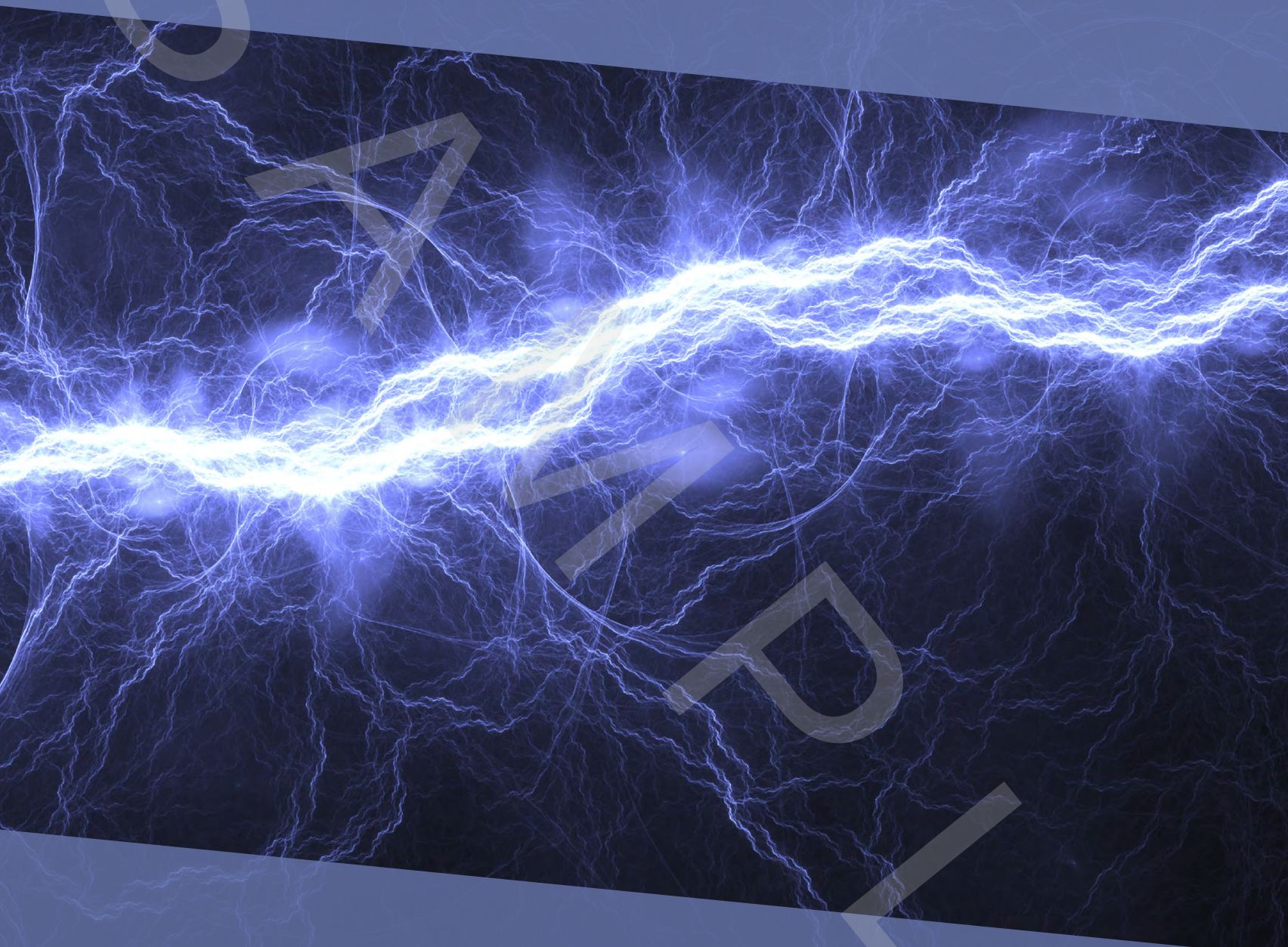
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102^N.14 ELECTRICITY IN NAILS



EXPLORE //

*Have you ever had to go
about your daily routine
without electricity?*

INSPIRE //

Understanding the basics of electricity will enable you to serve your clients more efficiently and safely, especially when working with electrical equipment.

ACHIEVE //

Following this lesson on *Electricity in Nails*, you'll be able to:

- » List major terms related to principles of electricity
- » Describe the electrical equipment used in a nail salon/spa

FOCUS //

ELECTRICITY IN NAILS

Principles of Electricity

Electrical Equipment in Nails

The power of electrical energy is essential in modern life; no nail salon/spa could function without it. Nail professionals should have a basic understanding of electricity and its important use in nail services.





PRINCIPLES OF ELECTRICITY

Electricity is a form of energy that produces light, heat, and magnetic and chemical changes. Most of the everyday electricity you use consists of a flow of tiny, negatively charged particles called **electrons**.

- » The flow of electrons is called an **electric current**, which moves along a path called a conductor.
- » Electrons must always be flowing to have current.

HOW ELECTRICITY WORKS

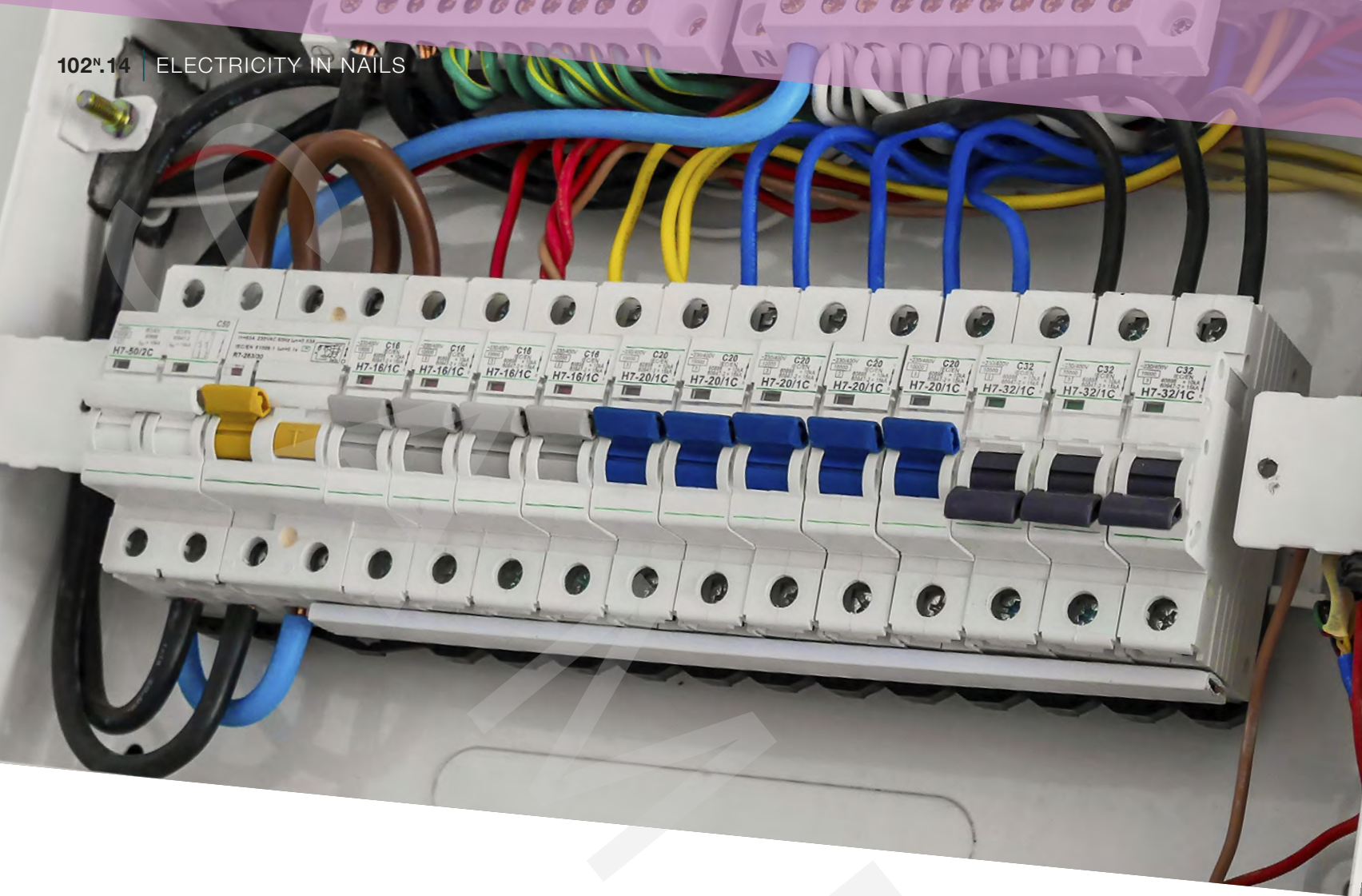
Think about all the curing lamps, pedicure basins and other nail salon/spa equipment that needs electricity to work.

Materials that transport electricity easily are called **conductors**. They transport current in a circuit to operate the equipment. Conductors are usually safely contained in an **insulator**, which is a material that doesn't allow a current to pass through it.

A **source** provides the force necessary to move the electrons in the conductor. Two familiar sources of electric current are batteries and generators.

Buildings are wired with a certain number of circuits. When too many appliances are put on one circuit and are operated at the same time, problems occur.

- » **Overload** – Occurs when more current flows than the line is designed to carry
- » **Short circuit** – Occurs when a foreign conductor (such as liquids spilled on electrical wiring) comes in contact with a current, interrupting its path



Safety devices such as fuses and circuit breakers are installed in appliances and buildings to protect against overloads and short circuits. These devices connect directly to the circuits in the power box—which is the carefully insulated location where the electric current enters a building from a generator or power plant.

- » A **fuse** contains a fine metal wire that allows current to flow through it. If an overload occurs, the fuse will heat up and the wire will melt, breaking the circuit and cutting the flow of electricity. The fuse then has to be replaced.
- » A **circuit breaker** is a reusable device that breaks the flow of current when an overload occurs. A heat-sensing device causes two metal contacts in the switch to separate, stopping the flow of electricity. To reset a breaker:
 - » Turn off or unplug all appliances connected to the switch.
 - » Find the correctly labeled switch and turn it completely to the “off” position first, and then immediately to the “on” position.

A **ground fault circuit interrupter (GFCI)** outlet is a building code requirement for installation in any area where water and electricity could come into contact, such as near a sink or pedicure basin. A GFCI can sense current leakage in an electric circuit and will interrupt power if there is contact with water, preventing electric shock. Always make sure appliances used near water are unplugged when not in use.



For more safety guidelines for electrical equipment, see the *Safety and First Aid* lesson.

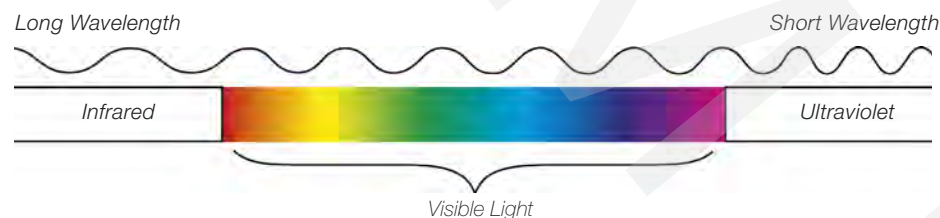
ELECTRICAL EQUIPMENT IN NAILS

Equipment refers to the permanent furniture or appliances used in the nail salon or spa. As a nail professional, you're likely to use electrical equipment such as the curing lamp, e-file, pedicure basin and airbrush daily. Training is required for proper use and maintenance of this equipment, as well as for ensuring client safety and comfort.

CURING LAMP

Whether you're creating light-cured gel nail enhancements or performing a gel manicure, you need a lamp with **ultraviolet (UV) light** to cure gel products. UV light energy cures gel products with the help of photo initiators. The UV light triggers the photo initiator contained in the gel system. The photo initiator then uses the absorbed UV light energy to link the molecules into long chains, creating polymerization.

Electromagnetic Spectrum



We can only see certain energy wavelengths. The portion of the electromagnetic energy (spread out over a spectrum) that humans can see is called **visible light**, which produces visible color. When these waves hit an object, they are either absorbed or reflected. Our eyes pick up the reflected waves of energy and interpret them as color.

Nail professionals focus on UV light, which is invisible to the eye.

- » UV light has a shorter wavelength than violet and sits next to it on the spectrum.
- » The shorter wavelength creates the energy that helps cure the gel product on the nail plate.
- » The blueish light appears in a curing lamp because the UV wavelengths sit right next to the visible blue and purple spectrum.

There are three types of UV light: UVA, UVB and UVC. UVA is the only type appropriate for use in curing lamps. This differs from tanning beds in that there isn't enough UV light to tan the hands or cause cancer. The FDA views curing lamps as "low-risk when used as directed by the label." However, you don't want to stare at the UV light, as it can cause eye damage.

TYPES OF CURING LAMPS

Currently there are two types of curing lamps used to cure gel product: fluorescent lamps and LED (light-emitting diode) lamps. The terms “fluorescent” and “LED” indicate the type of bulb that the lamp uses, not the type of light being emitted, as both lamp types emit UVA light.

TYPE	DESCRIPTION	BULBS
Fluorescent Lamp	» First nail lamp used with light-curing gel products » Cures more slowly, usually in 2-3 minutes	» Uses compact fluorescent light (CFL) bulbs » CFL bulbs last 1,000 hours » Must be replaced on average every 4-6 months, depending on usage
LED Lamp	» Most popular lamp used with light-curing gel products » Faster curing time than fluorescent » Cures in 1/3 of the time, consuming 1/3 of the energy	» Uses light-emitting diodes (bulbs) » Diodes last 50,000 hours » Not replaceable » New lamp must be purchased typically every 3-5 years

Wattage has no effect on how much UV light is emitted. Wattage only describes how much energy is being used. Two curing lamps with the same wattage can produce different wavelengths and different amounts of UV energy.

The electrical components inside the lamp also determine how efficiently the bulbs produce UV light energy. Inexpensive lamps often have inexpensive electronics and may be less efficient or break down quicker.





FACTORS FOR A PROPER CURE

Product manufacturers test and determine the specific factors needed to properly cure their product line. Many types of photo initiators can be used in a light-curing gel product. Each react to specific wavelengths at specific intensities of energy to properly cure the gel. The wavelength and intensity of energy, as well as the exposure time and distance of the bulbs all work together to create the proper cure.

Wavelengths	» Wavelengths are measured in nanometers (nm). » Some gels cure at 405 nm while others cure at 380 nm. » LEDs produce narrow ranges or bands of wavelengths, which makes them more effective than fluorescents. » For example, a 405 nm LED lamp peaks at this wavelength, but will emit a range of wavelengths between 495 nm and 395 nm. Therefore, this LED can't cure gel that requires wavelengths in the 380 nm range.
Intensity	» Intensity describes how much energy is delivered each second onto the UV gel (sometimes referred to as "irradiance" by manufacturers)
Time	» The longer the exposure time, the more energy delivered to the UV gel product. » Too little exposure time results in too little energy and will lead to under-curing, which can lead to allergic reactions. » Too much exposure time will over-cure the nails and can make a gel brittle, or a soft gel unable to be soaked off. » The proper amount of time ensures just enough energy is absorbed by the UV gel. » Follow manufacturer's instructions for curing time.
Distance	» How close the bulbs are to the nail also determines the amount of energy delivered to the UV gel. » If coated nails are too far from the bulb, less UV energy can be absorbed, resulting in under-curing. » If coated nails are too close to the bulb, too much UV energy can be absorbed, resulting in over-curing.



EFFECTS OF AN IMPROPER CURE

Light-cured gel product will never cure 100%. Just because it has hardened, does NOT mean it's properly cured. Hardening means the surface has cured enough to resist indentation or scratching, but that doesn't mean the lower layers are properly cured. Hardening often occurs without full polymerization.

- » Curing around 90% is strong and durable and will not cause allergic reactions.
- » Curing below 70% can cause adverse skin conditions and weaken the enhancements.
- » Most light-cured gel is hardened to the touch at 50%-55% cured. While it appears cured, it is in fact under-cured.

Allergic Reactions

Improperly cured UV gel is a common cause of allergic reactions. These products must be used carefully and properly to avoid skin contact and uncured or under-cured product.

- » Unreacted ingredients that have not polymerized due to under-curing can get trapped in the nail coating.
- » Filing and/or removing the nail coating can release these unreacted ingredients into the dust or product remover.
- » The concentration and duration of exposure increases the risk of allergic reactions. Nail professionals are more likely than clients to develop allergic skin reactions caused by gel products.



INDUSTRY CONNECTION

Some manufacturers market "universal" curing lamps. They claim their curing lamps work with any product line. But it is impossible that these universal lamps could have the specific factors necessary for all product lines. They may "harden" the gel product, but it may not always be properly cured. Always use the curing lamp recommended by the gel system manufacturer and follow the product manufacturer's instructions on how to use it.

ELECTRIC FILE

An **electric file**, often referred to as an e-file, is a machine consisting of a handpiece that has a motor and a control box. E-files are more ergonomic than using a regular file. They prevent the nail professional from straining their hands, arms and wrists, which could lead to issues like carpal tunnel syndrome. E-files can be used to shape, rebalance and remove nail enhancements. Using them can shorten overall filing time but it takes training and practice to master proper techniques. There are numerous brands and types of e-files available, but it's important that only e-files created for the nail industry are used on the nails.

Basic parts of an electric file include:



Handpiece

Holds bits that rotate to file the nail

- » Bit is held in place by the chuck
- » Contains the motor

Control Box

Controls speed and direction of the bit

- » Contains battery or wiring for wall-socket plug
- » Can be tabletop or portable
- » May have optional foot pedal to control speed

Electric File Bits

Removable abrasive tips

- » Numerous specialty bits serve a variety of purposes
- » Made of varying materials like carbide, diamond and sanding band
- » Different shapes, sizes and grits are referred to as extra-fine, fine, medium, coarse and extra-coarse
- » **Shank**, or shaft, is inserted into the end of the handpiece
 - » Industry standard size for the shank is $\frac{3}{32}$ " (2.38 mm).
- » Should be concentric, or perfectly balanced
 - » Bits rotate on the nail unevenly with each rotation if unbalanced.
 - » Never use a bit with a bent shank.



Chuck



DISCOVER MORE

Buffing Bits

Buffing bits are sometimes called natural nail bits and are made from a synthetic rubberized material or from natural materials like chamois. These porous bits can't be properly disinfected and must be discarded after each use. Research other bits trending in the nail industry to learn more about their uses.

To learn more on the use of e-files and bits, refer to the lesson on *Nail Enhancement Products, Tools, Supplies and Equipment*.

FEATURES OF AN ELECTRIC FILE

Most electric files have a variety of operating features, such as a forward and reverse switch, a foot pedal speed control, small size, digital display and light-weight handpieces, many of which depend on your personal preference. Other features to keep in mind when purchasing an e-file are speed and torque; both directly affect the performance of this tool.

FEATURES	DESCRIPTION
Speed	The speed of an electric file refers to how fast the bit rotates. It's important to have a variable speed control to provide maximum control of the file. » Measured by revolutions per minute (RPM), which is the number of times the bit completes a rotation each minute. » Lower RPM = Slower rotation » Higher RPM = Faster rotation » Most electric files range in speed from 2,000 RPM to 35,000 RPM. » Slowest speed setting around 2,000-4,000 RPM (for natural nails) » Faster speeds around 8,000-15,000 RPM (for nail enhancements) » Fastest speed of 35,000 RPM (used to shorten tip nail enhancements)
Torque	Torque is the amount of resistance on the e-file while the bit is in motion and in contact with the nail or nail enhancement product. It is measured by pound per square inch. » Low torque will cause the file speed to vary when pressure is applied; it may even stall or stop. » High torque will keep the bit spinning evenly when pressure is put on it, like when shortening a long nail. » Files should work at a consistent speed and file away liquid and powder, gels, wraps and dips without slowing down or stalling.

▼ Lower Speed = ▲ Higher Torque = ▲ More Power

▲ Higher Speed = ▼ Lower Torque = ▼ Less Power

If the e-file torque is too low, it will rely on high speed to do the work.



When looking for an electric file, consider the torque and vibration level of the handpiece. High vibration can cause hand, wrist and arm problems. A good e-file will have high torque and low vibration.

MAINTENANCE GUIDELINES FOR ELECTRIC FILES

Handle the e-file with care. Dropping the handpiece with a bit attached can damage the motor and the chuck and bend the shank of the bit.

Change bits by first removing all dust from the end of the handpiece. Then remove the bit and put in a blank or disinfected bit. If not done properly, dust may get inside and cause the motor to burn out.

Secure a blank bit in the chuck when the e-file is not in use. This will ensure the e-file has not accidentally been left on, as the bit would be turning. Without this safeguard, the motor can quietly turn and potentially start an electrical fire or melt the handpiece.

Service the e-file over time. Dust can build up inside the handpiece and dry out the bearings, which leads to the motor seizing up. Send your e-file to a qualified professional for servicing.

Recharge the e-file with the manufacturer-supplied cord. Using anything but the e-file's cord damages the battery. Over time, the battery won't hold a charge and you'll have to replace it.

Dry all bits completely after cleaning and disinfecting them. This can take up to 24 hours. Microscopic beads of water left in the bit can attract dust, and excess dust can cause improper filing.



PEDICURE BASIN OR BOWL

A **pedicure basin** or bowl is used to soak the client's feet during a pedicure service. It should be large enough to completely immerse the feet in warm water and foot-soaking solution.

The basins or bowls used in the nail salon/spa can be portable or attached to a pedicure station with running water in them.

Two general categories include:

Non-Circulating



- » Does not circulate water
- » Can be portable or connected to running water
- » Does not have jets but some may vibrate

Circulating



- » Circulates water
- » Connected to running water with a drain
- » Has jets or propellers in the basin to create a whirlpool effect

Many nail salon/spas have a “pedicure throne” or “spa chair,” which is a stationary or fixed station that includes a client chair, basin and a footrest all together.

Pedicure thrones typically are:

- » Connected to running water with a drain and electrical power
- » Adjustable to accommodate all clients
- » Equipped with massage features in the client chair
- » Available in non-circulating and circulating models

Proper disinfection procedures are critical to prevent the growth of bacteria and fungus in the screens and filters or other areas of pedicure basins or bowls. Record disinfection information in log book if required by your area's regulatory guidelines. Always follow manufacturer's instructions and all regulatory guidelines.



To learn more about the Pedicure Basin Disinfection Procedure, refer to the lesson on *Infection Control*.



AIRBRUSH

An **airbrush** is a piece of equipment used to apply paint or polish to the nail without using a brush. It's a long, thin metal implement, sometimes referred to as a gun, that is held similar to holding a pen.

- » Paint is stored in the gun or attached to it.
- » An electrically powered air compressor pushes air through the gun, forcing the paint out the nozzle and onto the nail in a fine, consistent mist.

There are typically two types of airbrushes:

1 Single-Action Airbrush	Releases the air and paint at the same time » Features constant airflow » Valve controls the flow of the paint » Adjust the knob usually located on the back of the handle to change the paint flow
2 Dual-Action Airbrush	Ability to control air and paint separately » Airflow is varied by pressing down on lever » Paint flow is varied by pulling back on lever » Can be more difficult to learn but allows faster paint application



Gravity-Fed Airbrush	Paint is poured into a small cup on top of the handle and gravity pulls the paint into the nozzle » Available in both single- or dual-action airbrush systems » Most ideal system for nail art
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Airbrushes are used to create many art forms. Always use an airbrush created specifically for the nail industry when creating nail art.

AIRBRUSH EQUIPMENT

Using an airbrush requires more than just the airbrush implement itself. When purchasing airbrushing equipment, it should come with a compressor, moisture trap and hose.



Compressor

Source of air pressure needed to push paint out of the gun in a fine mist

- » Available in several options to fit nail salon/spa needs

Moisture Trap (not depicted)

Reservoir to catch or collect moisture produced by compressed air traveling through the gun

- » Prevents water from combining with the paint and air and ruining the nail design

Hose

Attaches airbrush to the compressor

- » Flexible, long rubber or plastic tube through which the air travels from compressor to gun

AIRBRUSH PRODUCTS AND SUPPLIES

Airbrush manufacturers require different products to provide the best service with their equipment. Follow manufacturer’s instructions on products used to remove paint from the skin and to prep the nail.

Stencil



Paper or plastic cut-outs used with an airbrush to create more elaborate or detailed designs on the nail

- » Placed over the nail as airbrush sprays over entire nail surface
- » When removed, only the design cut into the stencil appears on the nail
- » Paper products don't last long; plastic products can be cleaned and reused

Masking



Thin adhesive tape applied to the nail plate to create sharper designs

- » Similar to stencils; stick to nail plate to prevent spray from getting underneath
- » Not reusable

Nail Paint



Categorized as translucent, opaque, metallic and pearlescent; those used with an airbrush are water-based

- » Translucent paints are the thinnest
- » Opaque paints can be sprayed on thin to give a transparent look or sprayed to build up a solid color
- » Metallic and pearlescent paints contain small flecks that can clog the airbrush

MAINTENANCE GUIDELINES FOR AIRBRUSH EQUIPMENT

Follow manufacturer's instructions on the maintenance and cleaning of the machine to keep your airbrush in perfect working order.

Clean paint out completely before switching to another color.

Prevent paint from drying and clogging the airbrush by completely disassembling and cleaning the handpiece at the end of every day.

Nail Dryers

Nail dryers are commonly found in nail salon/spas. They are electrically powered devices that use air to dry polish or water-based art products. Some also contain lights that use heat to speed up the evaporation of the polish. There is often a designated drying station/area where clients sit after their service and place their hands and feet under the dryers. Disinfect the nail dryer after every client by wiping it down with an EPA-registered disinfectant.



Becoming familiar with the latest equipment and seeking additional training on how to properly use it will increase your skills and make you a well-rounded professional.

LESSONS LEARNED

Key terms related to the principles of electricity include electrical current, conductor, insulator, source, overload, short circuit, fuse, circuit breaker and ground fault circuit interrupter (GFCI).

Electrical equipment found in a nail salon/spa includes curing lamps, electric files, pedicure basins and airbrush machines.

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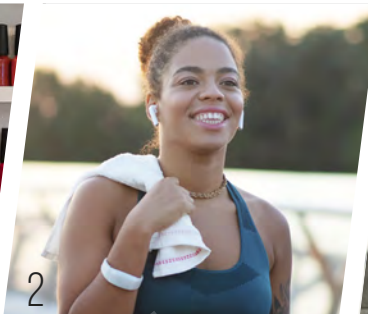
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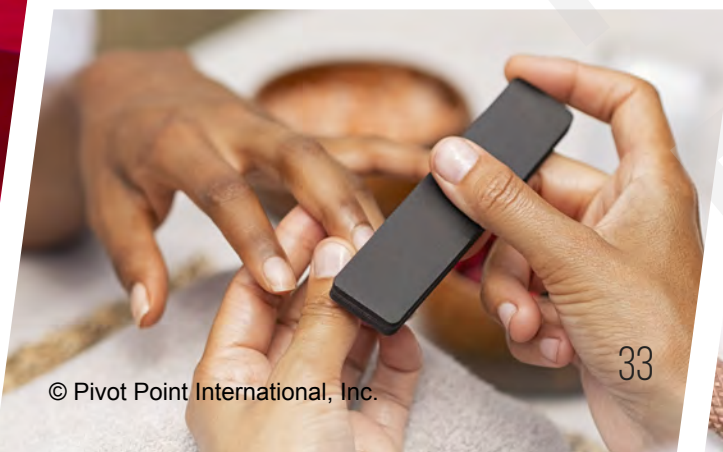
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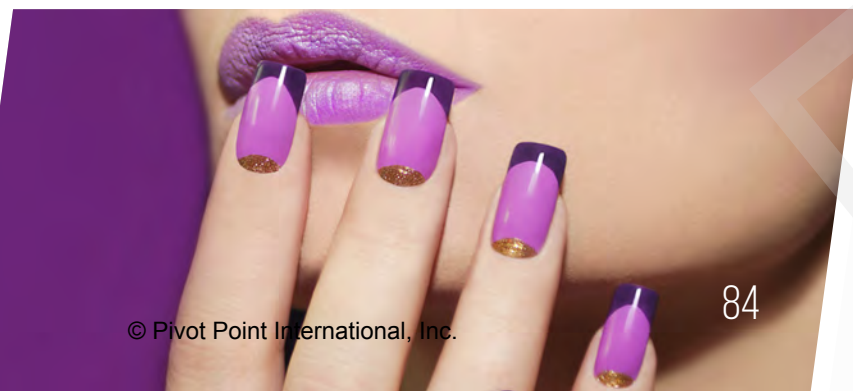
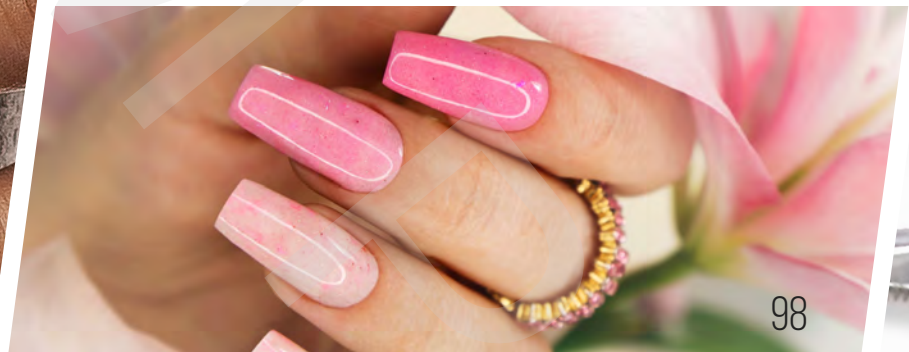
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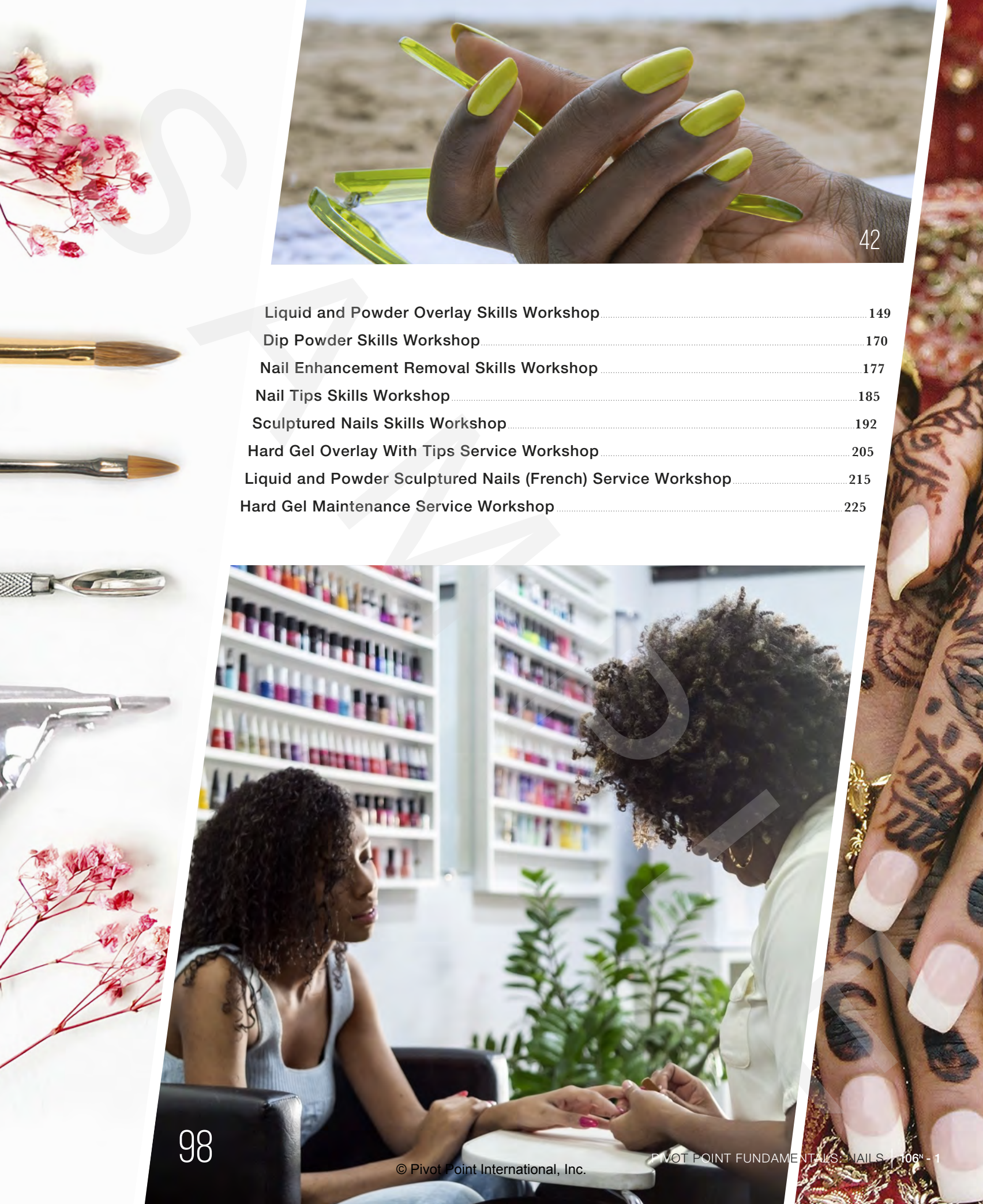
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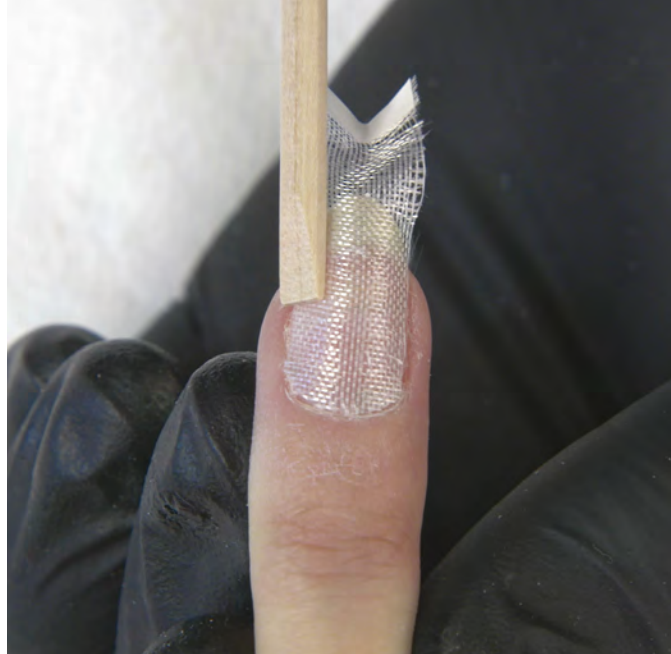
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WRAP OVERLAY SKILLS WORKSHOP

EXPLORE

What do you think are some advantages to providing wrap overlay services?

INSPIRE

If clients prefer a thin, natural nail appearance, nail wraps allow you to offer an option for strengthening and repairing their nails.

ACHIEVE

Following this *Wrap Overlay Skills Workshop*, you'll be able to:

- » Demonstrate the proper skills to apply nail wrap products to the natural nail
- » Demonstrate the proper skills to balance and finish a nail enhancement using a hand file

PRODUCTS, TOOLS AND SUPPLIES:



PERFORMANCE GUIDE

WRAP OVERLAY

View the video, then practice the Wrap Overlay procedure.
Complete the self-check as you progress.

45 min
Pro Speed

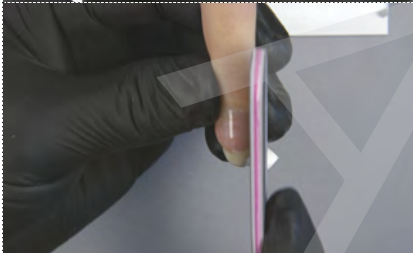
PREPARATION		✓
	» Set up workstation, supplies, products hygienically. » Wash hands and apply single-use gloves and personal protective equipment (PPE).	☐
	Before applying nail wrap: » Examine hands and nails » Prepare natural nail plate Note: Discontinue service and refer client to a medical professional if you suspect contraindications.	☐
APPLY NAIL WRAP PRODUCTS		
	1. Select and trim fabric to fit each nail as needed: » Select strip that fits sidewall to sidewall, allowing small margin of natural nail by skin » Keep fabric organized while you work Note: If the nail is between sizes, select the larger size and trim for a proper fit.	☐
	2. Remove moisture and debris from nail plate: » Saturate lint-free wipe with nail preparation product » Wipe nail plate from cuticle area to free edge	☐

		✓
 	3. Apply and smooth fabric over nail: » Pinch corners of straight end of fabric upward » Peel fabric off backing » Guide fabric onto nail without touching it » Press fabric into place using orangewood stick » Smooth piece of plastic over nail and free edge with your thumb Note: Some manufacturers require the application of a thin coat of resin before applying the wrap fabric to encapsulate it and ensure better adhesion.	☐
	4. Apply resin from cuticle to free edge: » Remove excess product from applicator brush » Apply thin coat; leave small free margin around PNF and sidewalls » Cap free edge to seal fabric » Clean skin using cotton-tipped orangewood stick with acetone, if needed Note: If you apply resin too thick, it may take the product longer to fully cure and cause heat spike. Apply resin from one side to the other to avoid overlapping the product.	☐
 	5. Cure resin with activator: » Spray fine mist over entire nail	☐
	6. Repeat applying fabric, resin and activator on remaining nails.	☐
	7. Apply final coat of resin and activator using same techniques.	☐

BALANCE AND FINISH

**8. Prepare to file:**

- » Score files to be used
- » Lightly touch or tap nail with orangewood stick to ensure product has hardened
- » Put on mask
- » Turn on dust collector

**9. Shape perimeter using 180-grit file:**

- » Straighten top view and sidewalls using vertical-sides hand position
 - » Pull skin away from sidewalls
 - » Place file vertically at sidewalls
 - » File back and forth in a straight motion
 - » Check top and side views regularly
- » Shape free edge using multidirectional strokes and free-edge hand position
 - » File off excess fabric
 - » Avoid tilting file into lower arches
 - » Ensure points at lower arches are even
- » Repeat on all fingers

**10. Balance surface using 180-grit file, light pressure and long strokes:**

- » Follow curve of nail
- » Check progress often and periodically check structure
- » Use overhand position on dominant side and underhand position on remainder of nail
- » Blend left side of cuticle area (half of Area 5 into 4)
- » Blend right side of cuticle area (half of Area 5 into 6)
- » Blend cuticle area into left side of nail (half of Area 5 and 4 into 7)
- » Blend cuticle area into right side of nail (half of Area 5 into 6 and 8)
- » Position file flat to blend across Area 9 in one direction
- » Position file vertically at 45° angle to taper surface of Area 3

**11. Check structure from all views:**

- » Remove dust and debris with nail brush
- » Check C-curve in barrel view
- » Check how nail tapers in side view
- » Run finger along free edge and surface of nail to check smoothness
- » Refine as needed



		✓
	12. Clean nails with alcohol.	☐

45 min
Pro Speed

**My
Speed**

INSTRUCTIONS:

Record your time in comparison with the Pro Speed. Then list here how you could improve your performance.

WHATS NEXT		
	You are now ready to move on to the next step in a manicure with nail enhancement service.	

**PIVOT
POINT®**

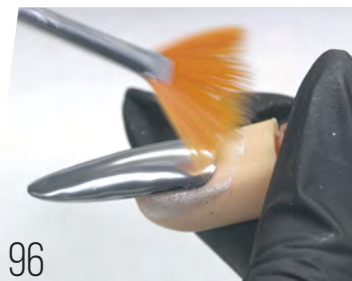
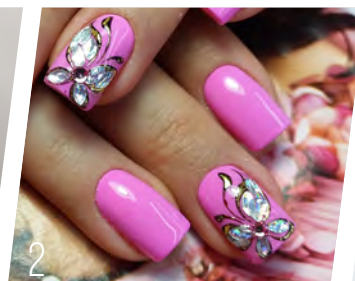
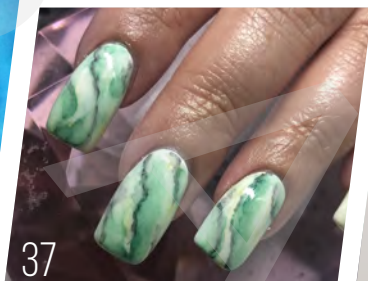
FUNDAMENTALS: NAILS



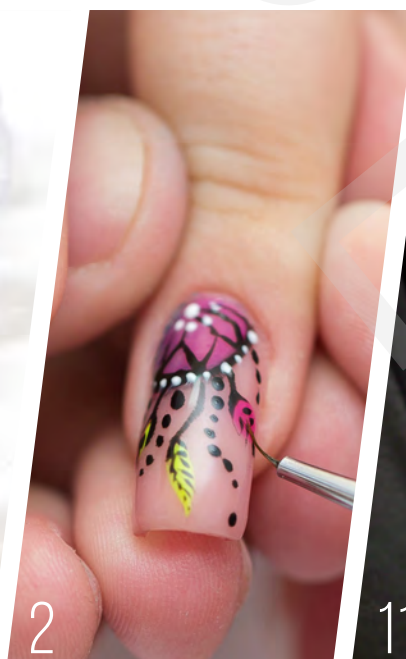
107^N
NAIL ART

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107^N // NAIL ART



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NAIL ART

EXPLORE

Do you prefer nail art as an accent nail, or as a statement that includes all 10 fingers?

INSPIRE

A nail art service encompassing all 10 fingers can vary in intricacy based on the design choices made. Clients will appreciate your skill and artistry if the completed look is cohesive, with all nails complementing the overall design.

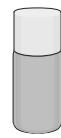
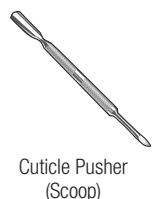
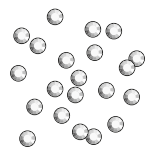
ACHIEVE

Following this *Nail Art Service Workshop*, you'll be able to:

- » Demonstrate the proper procedures to perform a nail art service using freehand and embellishment nail art techniques
- » Adapt the nail art service based on the hand and nail analysis and individual client needs



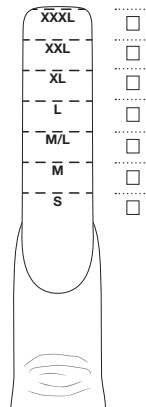
NAIL ART PROCEDURES

	TOOLS/SUPPLIES	PRODUCTS
1. PREPARATION:	 Curing Lamp See appropriate enhancement workshop for tools/supplies and products if enhancements are to be applied	 Gel Base Coat  Gel Colored Polish  Gel Topcoat
2. APPLY 2-D FREEHAND NAIL ART:	 Palette  Medium Striper Brush  Dotting Tool  Cleanup Brush  Curing Lamp  Lint-Free Wipes	 White Gel Polish  Gel Topcoat  Gel Surface Cleanser
3. APPLY 3-D FREEHAND NAIL ART:	 Palette  Cuticle Pusher (Scoop)  3-D Mini Brush  Silicone Shaper Tool  Curing Lamp	 3-D Sculpting Gel  Alcohol
4. APPLY EMBELLISHMENTS:	 Rhinestone Picker Tool  Rhinestones (2 Sizes)  Curing Lamp	 Gel Adhesive

DESIGN DECISIONS CHART

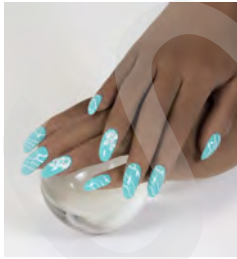
NAIL ART

Draw or fill in the boxes with the appropriate answers.

OVERALL DESIGN		DESIGN PRINCIPLE	
☐ Symmetrical ☐ Asymmetrical		☐ Repetition ☐ Alternation ☐ Progression ☐ Contrast	
NAIL DESIGN Indicate length, shape and design(s) of nails. 		NAIL SHAPE ☐ Square ☐ Squoval ☐ Oval ☐ Round ☐ Pointed ☐ Almond ☐ Lipstick ☐ Coffin ☐ Ballerina ☐ Stiletto ☐ Arrowhead ☐ Other	NAIL LENGTH Indicate nail length 
RIGHT HAND	DESIGN PRINCIPLE	COLOR(S)	TECHNIQUES/EMBELLISHMENTS
Pinky			
Ring			
Middle			
Index			
Thumb			
LEFT HAND	DESIGN PRINCIPLE	COLOR(S)	TECHNIQUES/EMBELLISHMENTS
Pinky			
Ring			
Middle			
Index			
Thumb			

Instructor Signature _____

Date _____



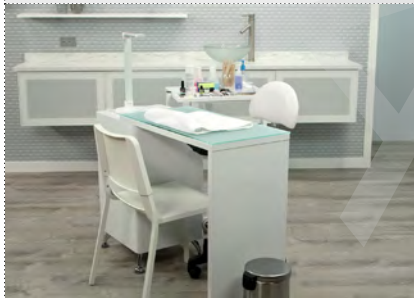
PERFORMANCE GUIDE

NAIL ART

View the video, then practice the techniques for this Nail Art design. Complete the self-check as you progress.

25-30*
min
Pro Speed

PREPARATION



- » Set up workstation hygienically, including tools, supplies and products following regulatory guidelines.
- » Perform client consultation to determine client needs.
- » Wash hands, apply single-use gloves and required personal protective equipment (PPE).

☐

Prior to applying nail art, complete the following steps of the manicure, pedicure and/or nail enhancements:

- » Shaping
- » Cuticle care
- » Tip application (if needed)
- » Enhancement application and balancing (if needed)

***Note:** If tips and enhancements are included, service time would increase accordingly.

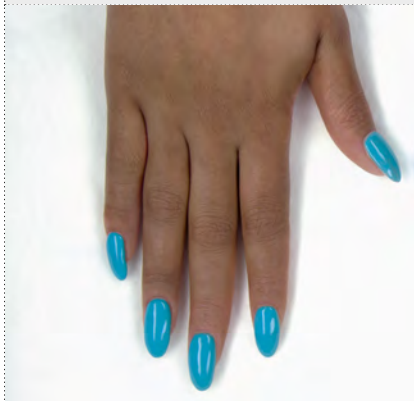
☐

Prepare client for nail service:

- » Ask client to wash hands and remove appropriate jewelry
- » Position client for good hand support
- » Apply hand sanitizer to your client's hands

☐

APPLY FREEHAND NAIL ART – 2-D



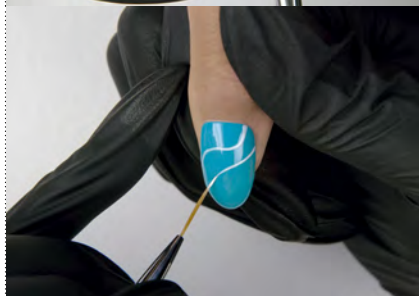
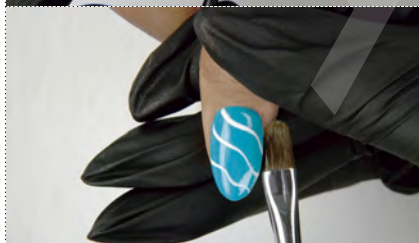
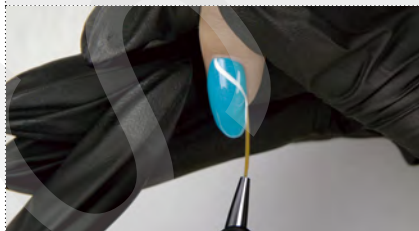
1. Gel base coat and two coats of teal gel polish have been applied to all 10 nails and cured, following manufacturer's instructions.



The background color can set the look of the overall design.

How might you create a more subtle overall look for this design?

☐



2. On first hand, freehand paint three curved lines:

- » Use a medium striper brush and white gel polish
- » Start near PNF at outside of nail; work across nail to opposite side in subtle, curved movement
- » Work across hand painting similar lines on all nails except ring finger
- » Work with a steady hand to keep lines delicate
- » Clean up each finger as needed
- » Flash-cure each finger



3. Freehand paint curved lines on other hand:

- » Apply from outside of nail near PNF across to opposite side
- » Work across hand, excluding ring finger
- » Create relative symmetry with lines on first hand
- » Clean up each finger as needed
- » Flash-cure each finger

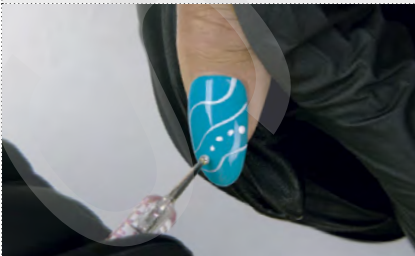
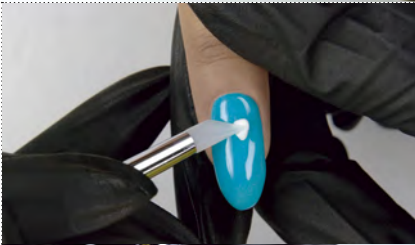


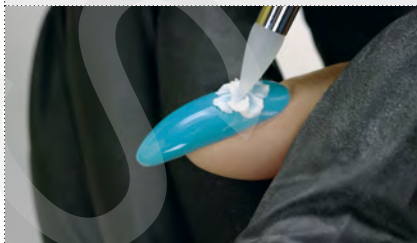
4. Apply a progression of dots between two lines near the free edge:

- » Start on first hand
- » Use medium-diameter dotting tool and same polish
- » Load tool and apply dots in a diagonal line without reloading
- » Do not apply to ring finger
- » Reload for each nail and apply dots in same manner
- » After applying to all nails except ring finger, cure full hand



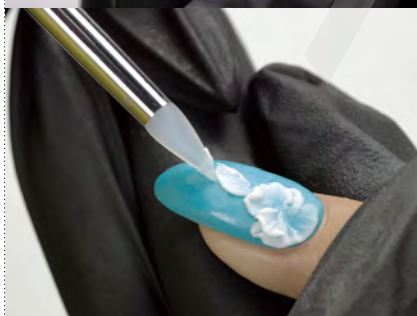
How could you adapt the dotting application for a client who wants this element of the nail art design to stand out more?

	5. Repeat dotting application on other hand: » Apply while first hand cures » Place dots to correspond with lines painted earlier » Cure second hand	☒
	6. Apply gel topcoat to both hands; cure and remove inhibition layer following manufacturer's instructions.	☐
APPLY FREEHAND NAIL ART – 3-D		
 	7. Form a ball with hybrid sculpting gel: » Use a spatula to obtain sculpting gel; dispense to palette » Take a small amount of gel and form a small ball, using gloved fingers » Form a new ball for each new petal or leaf as you work	☐
  	8. Form first flower petal on ring finger of first hand near PNF: » Place individual ball on nail using silicone shaper tool » Add alcohol to tool and press gently to form petal, pointing tip of tool toward center of flower » If desired, work with 3-D mini brush » Use belly or side of brush to spread and flatten; press outward from center » Switch tools as needed » Position tip of brush or tool under outside edges to lift for added dimension » Flash-cure first petal <i>If you are not yet proficient in this skill or if your client prefers to keep the nail art flatter, what other techniques could you suggest?</i>	☐



9. Create subsequent petals and leaves on same nail:

- » Use same techniques
- » Use smaller balls of sculpting gel for inner petals and leaves
- » Flash-cure each petal or leaf
- » Do full cure when flower is complete

☐


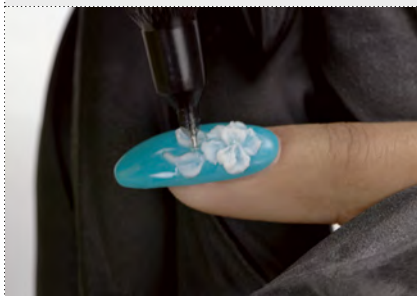
10. Create 3-D flower on ring finger of other hand:

- » Use same techniques
- » Roughly mirror flower on first hand, comparing the flowers as you work
- » Flash-cure each petal or leaf; fully cure when flower is complete

How might you adapt these 3-D floral designs to be more subtle or extravagant for your client?

☐

APPLY EMBELLISHMENTS – RHINESTONES



11. Apply gel adhesive to the center of the flower and to the base of the leaves on the first hand.

☐


12. Apply rhinestones:

- » Use rhinestone picker tool
- » Apply larger rhinestone to center of flower
- » Apply smaller rhinestones near base of leaves
- » Clean up any excess adhesive
- » Cure following manufacturer's instructions
- » Apply rhinestones to flower on other hand; cure to complete nail art design

☐

	13. The finish shows nail art symmetrically balanced across both hands.	✓ ☐
COMPLETION		
	» Give aftercare advice, book next appointment » Apply proper infection control procedures » Disinfect workstation and arrange in proper order » Place used towels in closed container or washing machine	☐

**25-30
min**
Pro Speed

My Speed

INSTRUCTIONS:

Record your time in comparison with the Pro Speed. Then, list here how you could improve your performance.
