Manicure – 45 minutes

- Consultation
- Remove jewellery
- Wipe over hands and arm with steritane, Visually check for contra indications
- Remove all traces of nail polish
- Discuss nail shape
- Cut/file nails Hand 1 (Buff to remove imperfections/ridges if required)(Grey,White,Grey)
- Apply cuticle cream with a cotton bud and massage in
- Fill manicure bowl with warm water place hand 1 in to soak (Exfoliate if doing a mask)
- Repeat steps 6 & 7 on hand 2
- Hand 1 – Apply cuticle remover with tipped orangewood stick. Push back cuticles with orangewood stick, if cuticle is resistant use dual tool to push back and lift cuticle.
- Cut cuticle with nippers if necessary
- Clean under free edge with tipped orangewood stick
- Wipe over nails with damp cotton wool to remove cuticle remover
- Repeat step 10-13 on hand 2
- Specialized treatment if required
- Protect clients clothing with tissues
- Hand and arm massage
- Wipe over the nail plates with nail varnish remover
- Apply polish

Hand and arm massage

- effleurage x6
- Kneading to lateral border of forearm x6 (outer)
- Kneading to medial border of forearm x6 (inner)
- Thumb kneading to forearm x6 (Middle)
- Frictions to wrist joints x3
- Zig-Zag to metacarpal
- Thumb stroking to metacarpal (wipers)
- Frictions to finger joints
- Finger pulling
- Turn hand over
- Thumb kneading to forearm x6
- Frictions to wrist joint
- Zig-Zag to palm
- Thumb stroking to palm (wipers)

- Turn hand over
- Effleurage x6

Specialised Treatments AFTER CUTICLE WORK!!!!

Paraffin wax

Benefits

- Moisturises dry hands/feet and nails
- softens skin
- Opens pores and deep cleanses
- Improves skin colour
- Soothing effect on aching joints

Ex-foliation & mask

- Desquamation
- Has skin cleansing action
- Improves the moisture content of the skin
- Stimulates blood and lymph circulation

Hot oil

- Soothes dry skin condition
- Nourishes and moisturises dry cuticles
- Moisturises dry, brittle, dehydrated nails
- Softens the cuticles