

**School of Hairdressing and Applied Therapies**

 **Level 1 Hairdressing and Beauty Therapy**

**Unit UV10416 – Providing Basic Manicure Treatment**

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**Workbook**

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| **Name:** **Group:****Tutor Comments:****Date of completion:****Tutor signature:** |

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| **Question** | **√ or X** |
| **1.** |  |
| **2.** |  |
| **3.** |  |
| **4.** |  |
| **5.** |  |
| **6.** |  |
| **7.** |  |
| **8.** |  |
| **9.** |  |
| **10.** |  |
| Literacy alert: |

1. Label the diagram of the nail.



2. What are the factors that affect nail growth?

**Factors affecting the growth of the nail**

3. State the salons requirement for preparing yourself, the client and work area for treatment.

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| Preparing yourself – |
| Preparing the work area – |
| Preparing the client – |

4.List the contra indications that prevent and restrict a manicure treatment.

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| **Prevent** | **Restrict** |
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5. State the importance of carrying out a visual study of the hands and nails to identify factors that will influence the treatment.

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| Importance - Nail assessment – Hand assessment –  |

6. State the reason for the use of the following products.

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| **Product** | **Reason for Use** |
| Nail enamel remover |  |
| Sanitiser/surgical spirit |  |
| Cuticle massage cream |  |
| Hand soak |  |
| Hand cream |  |
| Buffing paste |  |
| Base coat |  |
| Top coat |  |
| Coloured nail polish |  |
| Nail strengthener |  |

7. State the correct use of the following tools.

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| **Tools** | **Correct Use Of Tool** |
| Emery board |  |
| Spatulas |  |
| Hoof stick |  |
| Buffer |  |

8. Identify the correct nail shape. Put the correct nail shape in the box.



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| **Nail Shape** | **Description** |
|  | Not usually recommended, as this is a weak shape, prone to breakage. It is most suitable for special occasions. |
|  | This is one of the most popular manicured shapes. The nail is slightly rounded at the edges and then filed straight across the top. |
|  | This shape is usually most suitable for manual workers or clients who do a lot of work with their fingertips, for example pianists or typists. |
|  | This shape is good for clients who work in positions where nails should be short and neat, for example nurses and beauty therapists. |
|  | This shape can appear to lengthen the fingers for a more elegant appearance. It is usually suitable for small hands. |

9. State possible contra-actions to treatment and how should you respond.

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10. List the recommended homecare advice.

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