



## Nail Art

## Nail Art



This is about creating designs on your client's hands and feet with freehand nail art. It requires consulting with your client to establish their treatment needs, preparing the nails and identifying any contraindications that may restrict treatment.

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## Health and Safety

### **Beauty Therapy and Accidents**

There are many chemicals that are used in beauty therapy treatments. These chemicals can be harmless or hazardous. While there are different practices to promote health and safety in salons and other beauty therapy facilities (such as ventilations systems, procedures to welcome fresh air into the area, and proper procedures to dispose of chemicals and supplies) professionals and businesses will need to have procedures in place to respond and prevent accidents.

Most accidents occur because of neglect or failure to follow policies and procedures that help to ensure safety in the workplace. Most policies and procedures that prevent accidents are created based on the experience of past accidents, or with proper planning based on potential accidents. Legislation requires that accidents are recorded and tracked.

Most accidents are recorded on report forms and assembled into accident books. The accident book is used to review and establish new policies and procedures to prevent accidents, or to

improve current policies and procedures based on accidents that have occurred.

Most accident forms include details about:

- The date that the accident occurred
- The time the accident occurred
- The name of the person (or people) that were involved in the accident
- The factors that contributed to the accident
- The events that “are” the accident
- The injuries, disabilities, or even deaths that occurred because of the accident
- What management (or the organisation) did in reaction to the accident
- What actions were taken to correct the events of the accident
- Identification and signatures of the person that has completed the report form

The following is an example of a report form:

**ACCIDENT/INCIDENT REPORT FORM**

Date of incident: \_\_\_\_\_ Time: \_\_\_\_\_ AM/PM

Name of injured person: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number(s): \_\_\_\_\_

Date of birth: \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Who was injured person?(circle one) Passenger System Employee

Type of injury: \_\_\_\_\_

Details of incident: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Injury requires physician/hospital visit? Yes \_\_\_ No \_\_\_\_\_

Name of physician/hospital: \_\_\_\_\_

Address: \_\_\_\_\_

Physician/hospital phone number: \_\_\_\_\_

Signature of injured party \_\_\_\_\_

Date

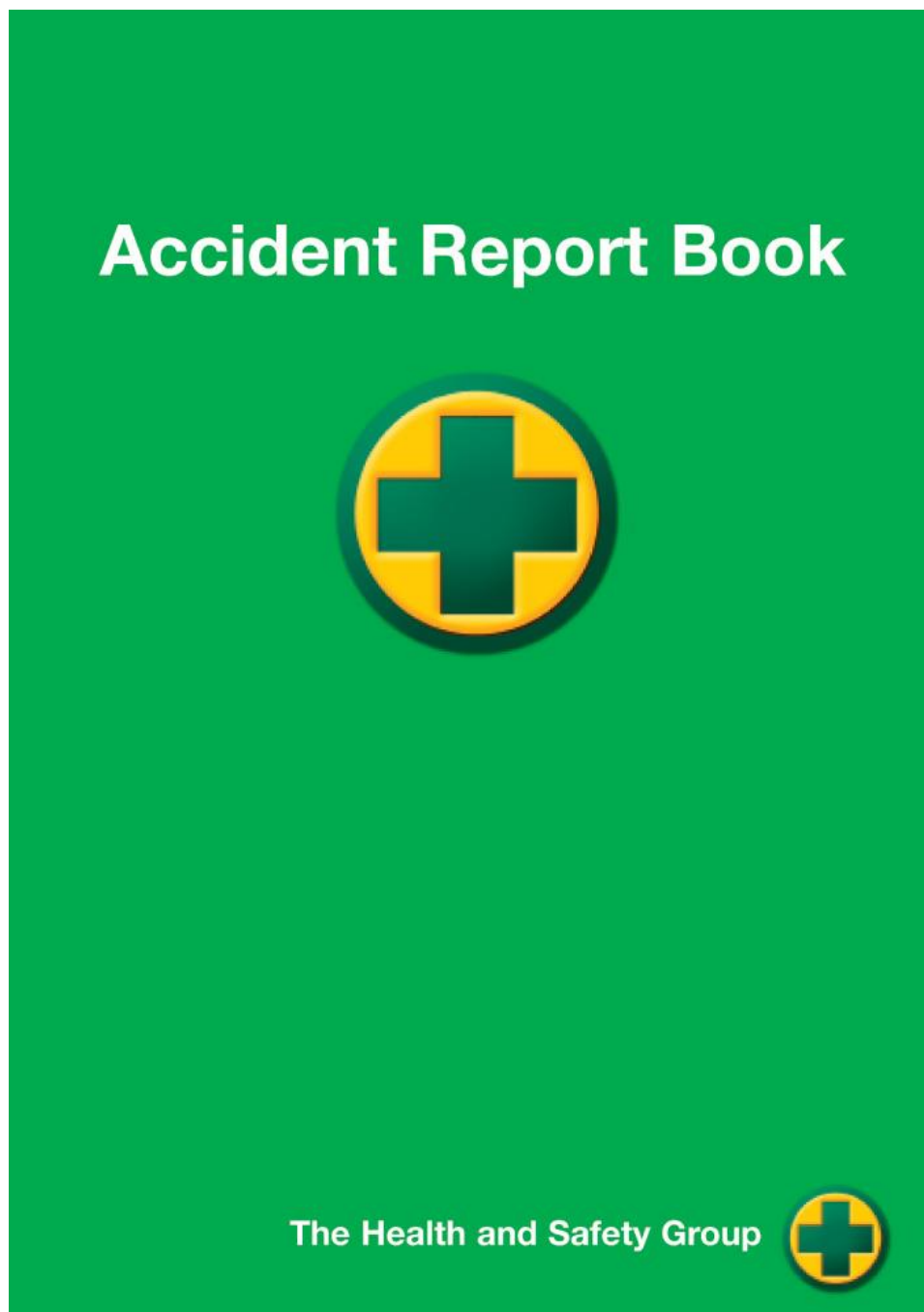
\*No medical attention was desired and/or required.

\_\_\_\_\_  
Signature of injured party

Date

Return this form to Safety Coordinator within 24 hours of incident.

Accident report books (like the one below) can be obtained through services and organisations that offer accident report books prefilled with blank accident report forms that can be maintained in the book.



## Contraindications and Contra-actions

Contra-indications are things that the client has that may prevent or restrict the treatment as if treatment goes ahead, it may make the client's condition worse. Contra-actions are things that can occur during or after a treatment.

### **Contra-Indications that may Prevent a Manicure or Pedicure**

#### **Treatment**

Skin and nail disorders, (fungal, bacterial, viral and parasitic infections)

Severe nail separation

Severe eczema

Severe psoriasis and dermatitis

Severe bruising

### **Contra-Indications that may Restrict a Manicure or Pedicure**

#### **Treatment**

Minor eczema, psoriasis, dermatitis

Bitten or damaged nails



Minor cuts and abrasions

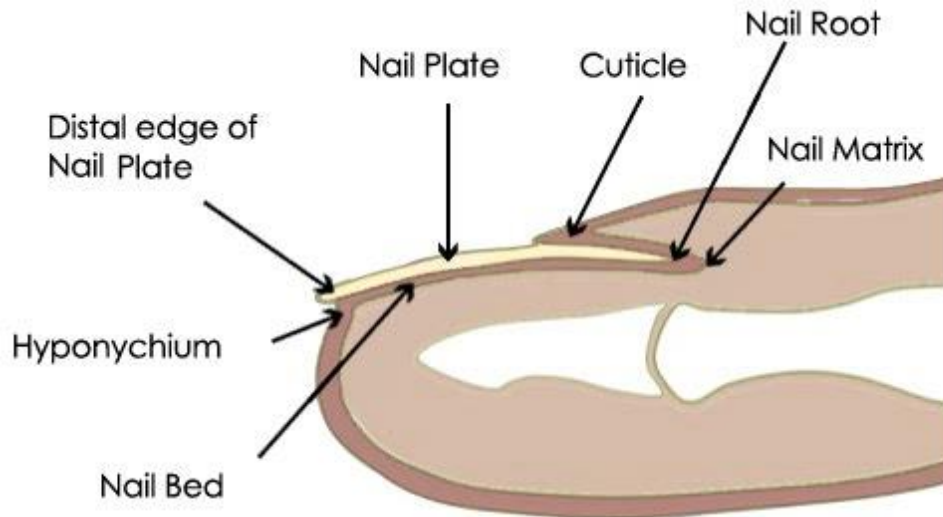
### **Possible Contra-Actions that may Occur During or After a Treatment**

Erythema-redness due to allergy or infection

Any redness, itching, inflammation, swelling, excessive perspiration. These reactions may occur if there is an allergic reaction to the nail enamel or other products used in the treatment.

Action: you must stop the treatment immediately and apply a cold compress to the area, seek medical attention or if minor, advise the client to seek medical attention. Update the client's record card with what has occurred and fill out an incident report form for the company records.

### **[Brief Nail Anatomy](#)**



- The nail bed is the part of the nail made of skin that the nail plate rests on. It has a large supply of blood vessels which gives the nail plate its flesh coloured appearance. The nail bed also has nerves that attach to the nail plate. There is also the bed epithelium which is a layer of tissue that helps the nail to grow in the correct direction and manner.
- The matrix is the location where the nail is. It stretches from under the nail fold to the lunula. The lunula is the part of the matrix that can be seen because it stretches from underneath the skin. The matrix is a combination of cells that duplicate to create the nail

plate. Like the nail bed, the matrix also contains nerves. In addition to nerves, it also contains lymph and blood vessels that nourish the cells of the matrix; as long as the matrix stays nourished and healthy the matrix will continue to duplicate cells.

- The nail plate is the part of the nail that is seen at the surface of the nail anatomy. The “nail” of the nail plate is made of keratin that has hardened to create the plate. It is the matrix's cells that create the nail plate cells. It appears as if these nail plate cells are growing as one large nail, but the nail is actually hundreds of layers of nail plate cells. The part of the nail that is unattached to the skin is called the free edge.

1. The nail plate also includes the cuticle, eponychium, and the hyponychium. The cuticle is dead tissue that prevents harmful materials and microorganisms from entering the body. It is comprised of dead tissue from the skin above the nail plate. The eponychium is the skin that covers the matrix at the base of the nail plate. It appears to be just like the cuticle. The difference between the cuticle and the eponychium is the cuticle is dead

tissue and the eponychium is living tissue. The hyponychium is the layer of skin at the free edge of the nail plate. It functions much like the cuticle, except it prevents harmful materials and microorganisms from entering the body from the space between the matrix and the nail plate.

- Ligaments are fibrous tissue that attach bones and hold organs in place. They are also located at the bottom of the matrix and around the nail bed.

The fingernail, or nail plate, serves to protect the end of the fingertip and to enhance the sensitivity of the nerves in the fingertip. The nail is a plate of translucent keratin and is part of a system that continues to replenish the nail plate, and protect and seal the system from infection and the environment. There are many factors that may affect nail growth which include:

- Health-condition of nails can be affected by diseases of the lungs, heart, kidneys, liver or thyroid.
- Age-growth of nails slows as we get older, and tend to suffer from dryness and ridges.

- Diet-in cases of severe malnutrition
- Medication-can affect the rate of fast growing cells in the body.
- Climate-because blood increases in hotter climates, this increases nail growth.
- Damage-if the matrix is damaged, this will affect nail growth.
- Lifestyle- for example, environmental factors such as having hands in water, or handling chemical solutions regularly.

## Nail Diseases & Disorders

### *Bruised Nails*

Bruised nails occur when there is a blood clot under the nail plate. A dark spot will appear on the nail plate at the location where the blood clot is formed.



With a bruised nail, eventually the blood of the blood clot will soak into the epithelium under the nail plate.

## *Ridges*

Ridges occur when “ridges” appear vertically down the nail plate because the nail plate is not growing evenly distributed. Ridges normally occur with age. Treating ridges should be taken with care. Too many attempts to even the nail may cause the nail plate to become weak and broken causing more harm to the nail.



## *Beau's Lines*

Beau's lines are dents along the width of the nail plate. They normally occur when an individual becomes sick or if they have a major injury. This disorder appears when the matrix is not creating enough cells or because the matrix is creating cells in sporadic amounts. The dents occur, for example, because the matrix created many cells for any given period of time, and then the matrix's cell



production decreased significantly for another period of time creating the dents.

### *Hangnail (Agnail)*



The hangnail or agnail occurs when the skin around the nail splits. The skin may split because the skin is dry or because the skin has been inadvertently

damaged. As a beauty therapy professional, it is important to understand that the skin around the nails should not be cut. If it is cut the skin should be treated because cut skin around the nail can cause hangnail disorder. Infection can also occur with hangnail disorder when the damaged skin is not treated. An infected hangnail may be painful and can appear red, swollen, or excrete pus.

## Nail Art Methods

### Rhinestones and Flat stones



[favnails.com](http://favnails.com)





[flatbrokeandfabulous.com](http://flatbrokeandfabulous.com)

After cleansing the nail, applying base coat and varnish, the rhinestones must be placed onto the wet nail varnish, you can pick up the individual rhinestones with a wooden stick (pointed end) that has been slightly dampened and position the stone on

the nail, apply a blob of top coat directly on top of the stone and allow to dry. Apply top coat.

## **Glitters**



[www.pinterest.com](http://www.pinterest.com)

Glitter dust is tiny particles of metallic glitter that are mixed with a top coat to form a thick glittery substance. Ready mixed glitters can be used to make this application quick and easy and can be purchased with a striping brush. Glitter can be used on its own or nicely combined with striping tape. Ensure you have cleansed the nails, applied base coat and two coats of your chosen colour. After your nail art application, allow to dry and apply top coat.

# Assignment Questions

## Assignment 1

- 1) Explain how you could use the following consultation techniques to gain as much information as possible to help with the client's needs and expectations; think about how you would use them in conjunction with each other:

Questioning

Visual

Manual

- 2) State and discuss the factors that may affect nail growth.
- 3) Discuss all the nail techniques outlined in the course.
- 4) State the aftercare advice and recommendations you would provide for your client after a nail art service.