

NAILS

ACTIVITIES FOR NAIL SECTION

1. Invite a nail specialist to explain or demonstrate a manicure for both men and women.
2. Invite a sculptor to class to show how acrylic nails are put on and filled in. Also to tell pros and cons and answer questions about acrylic nails.
3. Have students bring manicure supplies to class, pass out 10 Steps for a Manicure (provided) and have a manicure day.
4. Invite a nail specialist that decorates nails with jewels, stripes or decals, to demonstrate for students.

The 4 types of nails discussed in this unit are: natural nails, acrylic nails, false nails, and gel reinforced nails.

1. Natural Nails - While everyone envies the person who has long, strong nails, not everyone can grow them. To keep your nails looking their best, you should manicure them at least once a week, and twice if at all possible. If you have trouble growing your nails, look for the following trouble points: biting your nails, poor diet, picking or splitting nails.

To help your nails look their best, use the following SEVENTEEN beauty guide for a home manicure.

2. Acrylic Nails are formed out of an acrylic material and allowed to harden. Nails as long as you choose them to be.

The positive side of these nails are:

- a. long, even, beautiful nails
- b. you get a professional to shape and contour them while you relax and are pampered.
- c. polish stays on a long time and does not chip off easily (as it does on natural nails due to nail oils)
- d. must be done every two weeks.
- e. if properly applied and cared for, no permanent damage is done to nails.

The negative side of these nails are:

- a. The cost can be high. Currently, the average first set of nails can range from \$25-\$45. Fill-ins are done every two weeks on the average and usually cost about \$1-\$1.50 per nail. If nails have been broken off during the two weeks, new ones can be formed to match the length of the others for a \$1-\$2 charge.
- b. If not properly taken care of, moisture can collect under "lifted" portions of the nail and mold can form.

- c. If nails are popped off or peeled off, a portion of the natural nail that has been bonded to the acrylic nail will come off, leaving nails thin and weaker than normal.
- d. Making appointments to have your nails done can be time consuming and inconvenient.

3. False Nails (i.e. Lee Press on Nails etc.) are formed nails that are glued or stuck to natural nails with adhesive.

The positive side of these nails are:

- a. If properly sized for nails and applied with good adhesive material, these look long and natural.
- b. Inexpensive to buy and relatively easy to apply.
- c. Natural nails are not harmed when these come off.

The negative side of false nails could be:

- a. Nails do not always adhere properly, and may come off while wearing them for only a short time.
- b. Unless properly trimmed and fitted to nails, a natural look is hard to achieve.

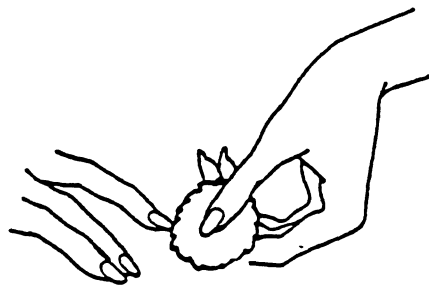
4. Gel reinforced nails are becoming more and more popular. These are mainly sold in kits to be done in your own home. The kit contains a gel material (made from acrylics) that is painted onto your natural nails and hardened under a "black light" (fluorescent tube light). This stops your own nails from breaking or splitting, and allows your own nails to grow long. Longer nails can also be formed if desired with a forming attachment.

Positive side of gel reinforced nails:

- a. Allows your own nails to grow out as long as you like.
- b. Can be done at home, avoiding appointments etc.
- c. Less expensive than salon acrylic nails with about the same results. (A nail kit sells for around \$100 and lasts for about one year, after that, each component of the kit can be purchased as necessary. The main cost of the kit is the light, it retails at \$60, but will last several years.)
- d. Nail polish adheres well and does not chip as easily as natural nails do.

The negative side of this type of nail:

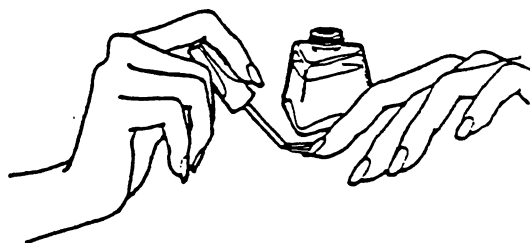
- a. Expensive start up costs.
- b. Requires some skill and practice to achieve a professional looking nail.
- c. Must be done every 10-14 days to fill in and replace lifting.
- d. If "peeled or popped" off, the top layer of natural nails will lift off and leave it weaker. (No permanent damage.)



GOOD GROOMING HABITS

for a perfect manicure

Give yourself a complete manicure every week. Here are the step-by-step directions:



1 First remove all the old polish. To do this the neatest, quickest way, use a separate bit of cotton for each nail; moisten it with remover, hold it on the nail a few seconds, then wipe off the polish.

2 File nails to a nice oval. Insert the emery board or nail file under the nail a bit so that you're holding the file on a slant. Holding it straight against the tip of the nail can encourage the tips to peel into layers. File from sides to center, using short one-way strokes, not back and forth movements.

6 To be sure the polish has a clean, soap-free surface, wipe your nails once more with remover.

7 Brush on a base coat for smoothness and nail protection.

3 Soak each hand in warm soapy water to clean the nails and soften the cuticle.

4 Gently push back the cuticle with the blunt end of an orangewood stick wrapped in cotton and dipped in cuticle remover.

5 Scrub nails with a nail brush dipped in soapy water.

8 Brush on two thin coats of polish. (Use three strokes; down the center of your nail first, then down each side.) Wipe off a hairline of polish from each nail tip. Let nails dry five minutes between each coat.

9 Brush a colorless sealing coat over the nail and under the tip.

10 Whisk off excess polish with remover-moistened cotton.

