

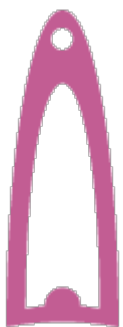
## Module 13 : Nail Maintenance

- How to maintain manicures
- How to use cuticle oil to fix nicks
- How to make a pedicure last longer
- When it is time to add another top coat

**By the end of this chapter, you will know:**

- How to maintain manicures
- How to make a pedicure last longer
- How to use cuticle oil to fix nicks
- When it is time to add another top coat

### 13.1: Introduction



**After your clients have undergone a manicure or pedicure, they will want to know how they can maintain the work you have performed.**

As a nail technician, your job is not just about what you can sell clients on the spot. Being able to bestow them with a little insider's knowledge is a great way to ensure they keep coming back for more.

If you do not already know how clients can maintain their nails, now is your chance to find out.

## **13.2: Maintaining Manicures**



### **Always dehydrate the nail**

One of the key barriers that stand between your clients and a manicure that lasts is an oily nail. While you are going to do your best to use nail polish remover to eliminate grease, you also need to apply a dehydrator.

### **Applying another top coat to the free edge**

Freshly painted nails are likely to chip under the pressure of moisture, which can enter under the free edge of the nail itself. Advise your clients to add a little more top coat to the free edge every couple of days, so they can avoid moisture ruining your work.

### **Use cuticle oil to fix nicks**

As has already been mentioned, some clients may accidentally nick their manicure in the first 30-minutes of having it. When this happens, brushing on a little cuticle oil and working it in can smooth it out. As not all clients have cuticle oil, some may also want to try nail polish remover. However, this approach is harder to work than cuticle oil, so should be used carefully.

### **Advise clients to avoid heat for 12 hours after the manicure**

Whether it is dipping their hands into hot water to do the washing up or blow drying, heat can prevent a manicure from setting in properly. In the 12 hours that follows a good manicure, the nail polish is curing. Heat can prevent this from happening, causing it to break down sooner than it needs to.

### **Nail oil use on a daily basis**

Nails and cuticles need constant nourishing. When they do not receive this nourishment, the toughening process can cause a manicure to chip too early. To avoid this happening, clients should use a specialist nail oil. Usually, these oils contain a blend of Vitamin E and jojoba.

### **Not using nails too vigorously**

When it comes to acrylics, gels, and similar nail work, it is necessary to not use the nails too vigorously. Gentle nail usage prolongs their lifespan, keeping clients happy.

## **13.3: How to Make a Pedicure Last longer**



**Manicures and pedicures are very similar in nature, which means many of the tips are the same.**

### **Moisturising**

Returning to the whole nail oil thing, it can come in handy when it comes to pedicures too. Rubbing it into the nails and cuticles on a daily basis is a simple way to keep a pedicure going.

### **Use cuticle oil more in warm weather**

Whether it is at the office or just walking around, summertime can play havoc with the toes' cuticles. They grow thicker and faster than those on the fingers, which means they need more attention. When the feet get particularly dry a quick rub with cuticle oil can make them okay again.

### **Add on another top coat every couple of days**

Realistically, top coats (no matter how good they are) will wear down after a couple of days. As such, clients need to top them up every so often themselves. Every two to three days should be sufficient.

### **Use unfragranced foot creams only**

Ladies who want to make the most of the effects pedicures have on their skin are likely to moisturise between each one. While this is a noble approach, it is also one that can ruin the effects of the nail polish. Fragrances are rich in chemicals, meaning they can cause pedicure polish to break down rapidly. Instead, use one that is fragrance-free, like a simple baby oil.

## **Give them time to dry before slipping tight shoes on**

If anything is going to scuff the beauty of a pedicure, it is squeezing those toes into tight shoes before the work has had a chance to breathe. Wearing sandals can go a long way here, as toes have the chance to dry. Otherwise, clients need to stick to loose fitting shoes.

## **What you can do as a nail technician**

As a nail technician, the best thing you can do is stick closely to your craft. Make sure you use high quality products and don't be tempted to water them down using nail polish remover. While this is an industry-renowned way to make nail polish last longer, it also cheats your clients and gives you a bad reputation when the effects of a manicure or pedicure do not last long.

## **13.4: Acrylic Maintenance**

**To maintain your client's acrylic nails, maintenance will be required every two to three weeks.**

How often they need to be done varies person to person, depending on how well they look after their nails. Advise your clients to take care of their nails by moisturising their cuticles daily, wearing gloves when doing the washing up, and being careful when handling things.

To do an infill, you should use an electric file to tidy up the nail and thin down the acrylic slightly. If your client's acrylic nails have lifted, then you can also file them manually, near the point where they have started to lift. Any pieces of the acrylic nail which have lifted should come off easily.

Once you are happy with the shape of the nail, remove any dust. Push back the cuticles as you would for a new acrylic application. Next, apply nail dehydrator and then primer on the new growth.

Now you are ready to apply a single bead of acrylic to the nail, over the new growth. Once the acrylic is dry you can file, buff and paint the nail as required.

Sometimes it is necessary to completely remove an acrylic nail, for example, if it is lifting off the natural nail too much or is otherwise damaged. To fully remove acrylic nails, soak in 100% acetone. This can take 30 minutes or more. A really effective way to do it is to soak a cotton ball in 100% acetone and then place it on the nail. Wrap the nail and cotton ball in tin foil and then leave it until the nail is ready to come off.

## **Go and Practice**

*Estimated time: 40 minutes*

Using the people who you earlier performed the manicure and pedicure parts of the course on - run through the steps outlined above.

## Module Summary

In this module, you learned how to help your clients maintain their manicures and pedicures.

While manicures require very little maintenance, pedicures need a little extra attention. You also learned why heat and fragranced products can damage your work, as well as the steps you can take personally to ensure your clients' manicures and pedicures last.

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