

Apply and maintain nail enhancements to create a natural finish

Overview

This standard is about providing services to enhance, maintain, repair and remove nail enhancements to create a natural finish. It covers client consultation, treatment planning and application of natural tips and clear overlays in either light-cured gel, liquid and powder or wrap systems.

To carry out this standard you will need to maintain effective health, safety and hygiene throughout your work. You will also need to maintain your personal appearance and demonstrate effective communication and consultation skills.

The main outcomes of this standard are:

1. maintain safe and effective methods of working when enhancing, maintaining and removing nail enhancements
2. consult, plan and prepare for nail enhancement services
3. apply natural overlays
4. apply tip and overlays
5. maintain and remove nail enhancements

Apply and maintain nail enhancements to create a natural finish

Performance criteria

You must be able to:

Maintain safe and effective methods of working when enhancing, maintaining and removing nail enhancements

1. maintain your responsibilities for health and safety throughout the service
2. prepare your client and yourself to meet legal and organisational requirements
3. position your client to meet the needs of the service
4. ensure your own posture and working methods minimise fatigue and the risk of injury to yourself and others
5. ensure environmental conditions are suitable for the client and the service
6. keep your work area clean and tidy throughout the service
7. use working methods that minimise the risk of cross-infection
8. ensure the use of clean equipment and materials
9. promote environmental and sustainable working practices
10. follow workplace and suppliers' or manufacturers' instructions for the safe use of equipment, materials and products
11. dispose of waste materials to meet legal requirements
12. complete the service within a commercially viable time

Consult, plan and prepare for nail enhancement services

13. use **consultation techniques** to determine the client's service plan
14. ensure that informed and signed parent or guardian consent is obtained for minors prior to any service
15. ensure that a parent or guardian is present throughout the service for minors under the age of 16
16. recognise any contra-indications and take the **necessary action**
17. agree the **nail enhancements** and outcomes that meet the client's needs
18. obtain signed, informed consent from the client prior to carrying out **nail enhancements**
19. cleanse the area to be treated and remove any existing nail finish
20. select and agree with the client **nail enhancements** to suit their nail shape and condition
21. confirm the desired nail length and shape with the client
22. use cuticle tools and products to remove excess cuticle, without damaging the surrounding skin
23. prepare the natural nail to ensure maximum adhesion of **nail enhancements**
24. give your client **advice and recommendations** on the service provided

Apply and maintain nail enhancements to create a natural finish

25. ensure the client's records are completed and signed by you and the client

Apply natural overlays

26. apply nail overlay to suit the client's nail shape and condition

27. leave a free margin around the cuticle and side wall area of the nail

28. use filing techniques to create the required balance, shape and length

29. create a smooth even surface and shine using buffing techniques

Apply tip and overlays

30. select and size the tip and customise to suit the client's natural nail

31. adhere the tip to the natural nail

32. cut, shape and blend the tips ensuring no damage is caused to the natural nail, and the tip is undetectable

33. apply overlay to the nails to suit the client's nail shape and condition

34. leave a free margin around the cuticle and side wall area of the nail

35. use filing techniques to create the required balance, shape and length

36. create a high shine finish using buffing techniques

Maintain and remove nail enhancements

37. use **nail maintenance techniques** to restore the nail enhancement to its original condition

38. use removal techniques and ensure the natural nail plate and surrounding skin is free from product and undamaged

Apply and maintain nail enhancements to create a natural finish

Knowledge and understanding

You need to know and understand:

Maintain safe and effective methods of working when enhancing, maintaining and removing nail enhancements

1. your responsibilities for **health and safety** as defined by any specific legislation covering your job role
2. the legal and organisational requirements for client protection and preparation
3. the legal and organisational requirements for your own personal hygiene, protection and appearance
4. safe positioning techniques for yourself and your client and why using these are important
5. the necessary environmental conditions for services such as heating and ventilation and why these are important
6. why it is important to keep your work area clean and tidy
7. methods of cleaning, disinfection and sterilisation
8. methods of working safely and hygienically and which minimise the risk of cross-infection
9. the hazards and risks which exist in your workplace and the safe working practices which you must follow
10. the different types of working methods that promote **environmental and sustainable working practices**
11. suppliers' and manufacturers' instructions for the safe use of equipment, materials and products which you must follow
12. the legal requirements for waste disposal
13. the reasons for completing the service in a commercially viable time

Consult, plan and prepare for nail enhancement services

14. the importance of communicating with clients in a professional manner
15. how to complete a consultation taking into account client's **diverse needs**
16. the legal requirements for providing treatment to minors under 16 years of age
17. the age at which an individual is classed as a minor and how this differs nationally
18. the reasons for agreeing a service that meets the client's needs
19. the legal significance of gaining signed, informed client consent to carry out the service

Apply and maintain nail enhancements to create a natural finish

- 20. the legislative requirements for storing and protecting client data
- 21. how to recognise **contra-indications** that would prevent or restrict the service
- 22. the contra-indications requiring medical referral and why
- 23. the necessary action to take in relation to specific contra-indications when referring clients
- 24. the reasons for not naming specific contra-indications when referring clients
- 25. how to identify treatable nail and skin conditions
- 26. how to conduct a nail and skin analysis
- 27. the different methods used to prepare the natural nail for nail enhancements
- 28. the **advice and recommendations** on products and services

Apply, maintain and remove nail enhancements

- 29. the different **natural nail shapes** you are likely to come across during nail enhancement services
- 30. how to select and use different types of products, tools and equipment for nail enhancement services
- 31. the nail tip selection, application and blending techniques
- 32. the techniques used to ensure maximum strength and longevity of nail tips
- 33. how to adapt nail enhancement application techniques to suit different nail shapes and conditions
- 34. the reasons for leaving a free margin around the cuticle and side wall area
- 35. the different types of bonding agents available and their use
- 36. methods and techniques used to avoid overexposure to chemicals
- 37. the key differences in application and chemical composition for gel, liquid and powders and wrap enhancements
- 38. how the incorrect application and removal of nail enhancements can damage the natural nails and surrounding soft tissue
- 39. the techniques for repairing natural nails including splits, cracks, flaking and breakages
- 40. the techniques for repairing nail enhancements including lifting, cracking and premature loss
- 41. the **contra-actions** that could occur, how to deal with them and what advice to give to clients
- 42. the techniques used for maintaining and removing different nail enhancements
- 43. the **structure of the nail**
- 44. the process of **nail growth**

45. the function and **structure of the skin**

Apply and maintain nail enhancements to create a natural finish

Scope/range related to performance criteria

Consultation techniques

1. questioning
2. listening
3. visual
4. manual
5. written

Necessary action

1. encouraging the client to seek medical advice
2. explaining why the service cannot be carried out
3. modifying the service

Nail enhancements

1. full set of natural nail overlays
2. full set of natural tips and overlays

Advice and recommendations

1. suitable aftercare products and their uses
2. avoidance of activities which may cause contra-actions
3. recommended time intervals between services
4. present and future products and services

Nail maintenance techniques

1. infill
2. rebalance

Apply and maintain nail enhancements to create a natural finish

Scope/range related to knowledge and understanding

Health and safety

1. Health and Safety at Work Act
2. The Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR)
3. The Health and Safety (First Aid) Regulations
4. The Regulatory Reform (Fire Safety) Order
5. The Manual Handling Operations Regulations
6. The Control of Substances Hazardous to Health Regulations (COSHH)
7. The Electricity at Work Regulations
8. The Environmental Protection Act
9. The Management of Health and Safety at Work Regulations
10. The Health and Safety (Information for Employees) Regulations

Environmental and sustainable working practices

1. reducing waste and managing waste (recycle, reuse, safe disposal)
2. reducing energy usage (energy efficient equipment, low energy lighting, utilising solar panels)
3. reducing water usage and other resources
4. preventing pollution
5. using disposable items
6. using recycled eco-friendly furniture
7. using low chemical paint
8. using environmentally friendly product packaging
9. choosing responsible domestic products (Fairtrade tea and coffee)
10. encouraging carbon reducing journeys to work

Diverse needs

1. cultural
2. religious
3. age
4. disability
5. gender

Contra-indications which prevent

1. fungal infections
2. viral infections

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3. bacterial infections
4. parasitic infections
5. severe skin conditions

Contra-indications which restrict

1. psoriasis
2. dermatitis
3. severe nail separation
4. broken bones
5. unknown redness or swelling
6. damaged nails
7. thinning nails

Advice and recommendations

1. additional services
2. additional products
3. aftercare and maintenance requirements for nail enhancements
4. recommended intervals between nail enhancement services

Natural nail shapes

1. fan
2. hook
3. spoon
4. oval
5. square

Contra-actions

1. allergic reactions
2. overexposure and exothermic reaction
3. bacterial infections
4. nail separation
5. lifting of product
6. premature loss of enhancement

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Structure of the nail

1. nail plate
2. nail bed
3. matrix
4. cuticle
5. lunula
6. hyponychium
7. eponychium
8. perionychium
9. free edge
10. lateral nail fold

Nail growth

1. nail formation
2. growth rate
3. factors affecting growth
4. the effects of damage on growth
5. nail thickness

Structure of the skin

1. dermis
2. epidermis
3. subcutaneous layer
4. appendages

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Values

The following key values underpin the delivery of services in the beauty, nails and spa sectors

1. a willingness to learn
2. a flexible working attitude
3. a team worker
4. a positive attitude
5. personal and professional ethics

Behaviours

The following behaviours underpin the delivery of services in the beauty, nails and spa sectors. These behaviours ensure that clients receive a positive impression of both the organisation and the individual

1. meeting the organisation's standards of behaviour
2. greeting the client respectfully and in a friendly manner
3. communicating with the client in a way that makes them feel valued and respected
4. treating the client courteously and helpfully at all times
5. adapting behaviour to respond effectively to different client behaviour
6. checking with the client that you have fully understood their expectations
7. responding promptly and positively to the client's questions and comments
8. recognising information that the client might find complicated and checking whether they fully understood
9. explaining clearly to the client any reasons why their needs or expectations cannot be met
10. maintaining effective, hygienic and safe working methods
11. adhering to workplace, suppliers' and manufacturers' instructions for the safe use of equipment, materials and products
12. meeting both organisational and industry standards of appearance.

Skills

The following key skills underpin the delivery of services in the beauty, nails and spa sectors

1. the ability to self-manage
2. excellent verbal and non-verbal communication
3. using the most appropriate ways of communicating with a client
4. responding promptly to a client seeking assistance
5. quickly locating information that will help the client
6. providing the client with information they need about services and products offered by the organisation

Glossary**In-fill**

The application of new product in the small gap that occurs between the cuticle and the end of the enhancement, as the natural nail grows. This is carried out approximately every 2-3 weeks.

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Overlay

A thin coating applied to the natural nail or an application over the natural nail and tip.

Rebalance

This is maintenance of the entire nail structure, including the stress area, free edge and cuticle. This is carried out approximately every 4-6 weeks.

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