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## Overview

This standard is about providing services to enhance, maintain, repair and remove nail enhancements using liquid and powder. It covers client consultation, treatment planning and application of nail enhancements to cosmetically improve or camouflage nails using sculpting techniques, tip application and coloured powders. The ability to customise the service and provide aftercare advice to suit individual client needs is also required.

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 liquid and powder nail enhancements
2. consult, plan and prepare for liquid and powder nail enhancement services
3. sculpt using liquid and powder
4. apply tips and liquid and powder overlays
5. maintain and remove liquid and powder enhancements

## Enhance and maintain nails using liquid and powder

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### Performance criteria

You must be able to:

#### **Maintain safe and effective methods of working when enhancing, maintaining and removing liquid and powder 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 liquid and powder nail enhancements 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 enhancement service and outcomes that meet the client's needs
18. obtain signed, informed consent from the client prior to carrying out the service
19. cleanse the area to be treated and remove any existing nail finish
20. identify the client's natural **nail shape and condition** and any **enhancement problems**
21. select and agree with the client nail enhancements to suit their **nail shape and condition**
22. confirm the desired nail length and shape with the client
23. use cuticle tools and products to remove excess cuticle, without damaging

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the surrounding skin

24. prepare the natural nail to ensure maximum adhesion of nail enhancement
25. give your client **advice and recommendations** on the service provided
26. ensure the client's records are completed and signed by you and the client

### **Sculpt using liquid and powder**

27. customise and fit the sculpting form to ensure the correct product placement and shape
28. mix the required liquid and powder ratio
29. adapt and combine **liquid and powder finish** and techniques to cosmetically enhance the client's **nail shape and condition**
30. apply the product leaving a free margin around the cuticle and side wall area of the nail
31. use filing techniques to create the required balance, shape and length
32. use buffing techniques to create a smooth even surface and shine

### **Apply tips and liquid and powder overlays**

33. select and size the tip and customise it to suit the client's natural nail
34. adhere the tip to the natural nail
35. cut, shape and blend tips ensuring they are undetectable and there is no damage to the natural nail
36. prepare the natural nail surface and apply the product leaving a free margin around the cuticle and side wall area
37. adapt and combine **liquid and powder finish** and techniques to cosmetically enhance the **nail shape and condition**
38. create the required balance, shape and length using filing techniques
39. create a smooth even surface and high shine finish using buffing techniques

### **Maintain and remove liquid and powder enhancements**

40. identify any nail **enhancement problems**
41. use **nail maintenance techniques** to restore the nail enhancement to its original condition
42. use removal techniques and ensure the natural nail plate and surrounding skin are free from product and undamaged

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## Knowledge and understanding

You need to know and understand:

### **Maintain safe and effective methods of working when enhancing, maintaining and removing liquid and powder 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 liquid and powder 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 the service that meets the client's needs
19. the legal significance of gaining signed, informed client consent to carry out

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the service

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 service

### **Apply liquid and powder enhancements**

29. the different **natural nail shapes** you are likely to come across during nail enhancement services
30. how to select and use various types of files and buffers for nail enhancement services
31. the nail tip selection, application and blending techniques
32. the advantages and disadvantages of using blended and unblended tips
33. the techniques used to ensure maximum strength and longevity of nail tips
34. how to adapt application techniques to suit different nail shapes and conditions
35. the different types of sculpting forms available and their uses
36. how to match coloured powder products to the client's natural skin tone
37. the reasons for leaving a free margin around the cuticle and side wall area
38. the different types bonding agents and their uses
39. the features and benefits of liquid and powder enhancements
40. the chemical composition of liquid and powder and the chemical reaction that takes place during the curing process
41. methods and techniques to avoid overexposure to chemicals
42. the key differences in application and process for gel, liquid and powders and wraps
43. how the incorrect application and removal of nail enhancements can damage the natural nails and surrounding soft tissue
44. the **contra-actions** which may occur, how to deal with them and the advice to give to clients
45. the **structure of the nail**

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- 46. the process of **nail growth**
- 47. the function and **structure of the skin**

**Maintain and remove liquid and powder enhancements**

- 48. the techniques for repairing natural nails including splits, cracks, flaking and breakages
- 49. the techniques for repairing nail enhancements including lifting, cracking and premature loss
- 50. the factors that influence maintenance requirements for the liquid and powder system
- 51. methods of removing liquid and powder enhancements

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**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 shape and condition**

1. bitten
2. hook
3. ski jump
4. discoloured
5. fan
6. misshapen
7. split

**Enhancement problems**

1. lifting of product
2. cracking and splitting of product
3. loss of artificial nail structure
4. damage of natural nails

**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

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**Liquid and powder finish**

1. camouflage
2. French
3. colour

**Nail maintenance techniques**

1. infill
2. rebalance
3. reposition of white tip product
4. replacement of overlay
5. repair of overlay



**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, maintenance and removal requirements for liquid and powder nail enhancements
4. recommended intervals between liquid and powder 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

### **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**
**Camouflage**

To cover or disguise any imperfections.

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**Custom blend**

This refers to mixing a variation of products to suit individual clients' requirements.

**French finish**

A technique in nail services which creates a defined smile line on the nail free edge.

**Infill**

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.

**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.

**Overlay**

A thin coating of product applied over the entire natural or artificial nail surface.

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**Developed by** SkillsActive

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**Version Number** 2

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**Date Approved** January 2015

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**Indicative Review Date** April 2020

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**Validity** Current

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**Status** Original

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**Originating Organisation** SkillsActive

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**Original URN** N8

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**Relevant Occupations** Nail technician; Beauty Therapist

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**Suite** Nail Services; Beauty Therapy

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**Keywords** nail enhancement; liquid; powder;

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