

Enhance and maintain nails using light cured gel

Overview

This standard is about providing services to enhance, maintain, repair and remove nail enhancements using light cured gel. It covers client consultation, treatment planning and application of nail enhancements to cosmetically improve or camouflage nails using sculpting techniques, tip application and coloured light cured gels. 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 the standard are:

1. maintain safe and effective methods of working when enhancing, maintaining and removing light cured gel nail enhancements
2. consult, plan and prepare for light cured gel nail enhancement services
3. sculpt using light cured gel
4. apply tips and light cured gel overlays
5. maintain and remove light cured gel nail enhancements

Enhance and maintain nails using light cured gel

Performance criteria

You must be able to:

Maintain safe and effective methods of working when enhancing, maintaining and removing light cured gel 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 light cured gel nail enhancement services

13. use **consultation techniques** to determine the client's service plan
14. ensure that informed and signed parental 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

Enhance and maintain nails using light cured gel

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 light cured gel

27. customise and fit the sculpting form to ensure correct product placement and shape
28. adapt and combine **light cured gel finish** and techniques to cosmetically enhance the client's **nail shape and condition**
29. apply light cured gel leaving a free margin around the cuticle and side wall area of the nail
30. cure the nails and remove any surface residue
31. use filing techniques to create the required balance, shape and length
32. apply light cured gel finishing product

Apply tips and light cured gel overlays

33. select and size the tip and customise 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 gel, leaving a free margin around the cuticle and side wall area
37. adapt and combine **light cured gel finish** and techniques to cosmetically enhance the **nail shape and condition**
38. cure the nails and remove surface residue at the correct stage in the process
39. create the required balance, shape and length using filing techniques
40. apply light cured gel finishing product

Maintain and remove light cured gel nail enhancements

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

Enhance and maintain nails using light cured gel

Knowledge and understanding

You need to know and understand:

Maintain safe and effective methods of working when enhancing, maintaining and removing lightcured gel 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 light cured gel 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

Enhance and maintain nails using light cured gel

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

Sculpt and apply overlays using light cured gel

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

Enhance and maintain nails using light cured gel

to give to clients

48. the **structure of the nail**

49. the process of **nail growth**

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

Maintain and remove light cured gel nail enhancements

51. the techniques for repairing natural nails including splits, cracks, flaking and breakages

52. the techniques for repairing nail enhancements including lifting, cracking and premature loss

53. the factors that influence maintenance requirements for the light cured gel system

54. methods of removing light cured gel nail enhancements

Enhance and maintain nails using light cured gel

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. time intervals between services
4. present and future products and services

Light cured gel finish

Enhance and maintain nails using light cured gel

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

Enhance and maintain nails using light cured gel

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

Enhance and maintain nails using light cured gel

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 light cured gel nail enhancements
4. recommended intervals between Light cured gel nail enhancement services

Natural nail shapes

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

Gel products

1. soak off
2. non soak off

Contra-actions

1. allergic reactions
2. overexposure and exothermic reaction
3. bacterial infections

Enhance and maintain nails using light cured gel

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.

Custom blend

Enhance and maintain nails using light cured gel

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

Exothermic

An exothermic reaction is a chemical reaction that releases energy by light or heat.

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.

Overlay

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

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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