Through this unit you will learn how to carry out basic nail art on clients. You will learn about the structure and function of nails. You will learn how to carry out a consultation and find out what the client wants. You will learn how to plan different nail art techniques to help you develop your ideas based on a theme. You will learn how to prepare yourself, the client and your work area for the nail art application. You will learn about the different products and skills used to apply nail art as well as how to apply them in order to create your planned designs.
What you must know & do

How to achieve this unit

On completion of this unit you will:

**Learning outcome 1**

**Know how to design and apply nail art designs**

a. Create and design 2D nail art
b. Identify conditions that may prevent or restrict a nail art treatment and state why it is important to be able to recognise them
c. State the possible reactions that may occur during or after the treatment and the actions you should take
d. Describe the structure and functions of the nail

**Learning outcome 2**

**Be able to design and apply nail art designs**

a. Prepare yourself, the client and your work area for nail art application
b. Carry out a consultation for applying nail art designs
c. Use hygienic and safe methods of working
d. Select the products and materials for nail art application
e. Apply basic nail art techniques to your client
f. Give your client after-treatment advice
What you must learn

This section provides you with guidance on the recommended knowledge and skills required to achieve this unit.

Learning outcome 1

Know how to design and apply nail art designs

Create and design 2D nail art

Suitable design for: Short, bitten, brittle, ridged, pitted, long, square, oval, round and pointed nails.

Covering 2D designs: Flowers (rose, daisy, Chinese garden), animal prints (zebra, leopard, cow, paw, tiger), themed designs (Christmas, Easter, Valentine’s, Halloween), transfers water or self-adhesive, nail wraps, foils (full cover or French) rhinestones, jewellery (press-on and post charm), glitter dust, marbling using opalescent paints and striping tape.

In the form of: Nail wheel or board.

Identify conditions that may prevent or restrict a nail art treatment and state why it is important to be able to recognise them

Conditions that may prevent treatment: Fungal nail/skin infections, bacterial nail/skin infections, viral nail/skin infections, severe eczema, psoriasis or dermatitis, open wounds/cuts/abrasions local to treatment area, nail plate separation (know when to seek medical advice).

Conditions that may restrict treatment: Minor eczema, psoriasis or dermatitis, damaged nails, dry overgrown cuticles, cuts and abrasions, corns, hard skin, bruising.

Importance of identifying conditions: To avoid cross-infection and making the condition worse.
## Possible reaction:

**Possible reaction:** Allergic reaction.  
Action – remove the product immediately, wash hands, seek medical advice and identify offending product, if possible.

**Possible reaction:** Discolouration of the nail plate.  
Action – use a base coat before application of a dark nail polish and check it is not a fungal infection.

**Possible reaction:** Splitting, scratching or streaking of nail art paint when applying sealant top coat.  
Action – nail art not thoroughly dry, not enough sealant on the brush or bonder not applied correctly, re-apply the design.

**Possible reaction:** Uneven application or stencil design not visible.  
Action – background colour is too dark, remove and re-apply the design.

## Structure of the nail:

Nail plate – protects the ends of the fingers and toes and is made of hardened keratin, it is dead tissue.

Cuticle – found at the base of the nail and protects the matrix from infection.

Lunula – a light half moon shape found at the base of the nail plate where the keratin has not yet hardened.

Nail wall – found at the sides of the nail plate and helps to guide the nail’s growth.

Nail bed – found under the nail plate and has a rich blood supply, gives the nails their pink colour.

Free edge – the part of the nail plate that grows over the ends of the fingers and toes, used to scratch itches and helps to pick things up.

Matrix – the living part of the nail found at the root of the nail.

**Functions of the nail:** Protects the ends of the fingers and toes, allows you to scratch the skin, helps you to pick things up.
What you must learn

Learning outcome 2

Be able to design and apply nail art designs

Prepare yourself, the client and your work area for nail art application

**Prepare yourself:** Clean ironed uniform, flat, closed-in shoes, no jewellery, no piercings, hair (neatly tied back and fringe secured), light day make-up, oral hygiene (fresh breath and clean teeth), personal hygiene and cleanliness (shower/bath, use deodorant or antiperspirant), cover cuts and abrasions, clean, short, natural nails with no nail enhancements.

**Prepare your client:** Position the client correctly and comfortably, complete a consultation form (client name, address, contact number, medical history, allergies, contra-indications and obtain signatures), prepare a treatment plan (outfit colour, occasion, time available for the treatment, length, strength and shape of nail, condition of nails and surrounding skin, fashion trends and cultural factors).

**Prepare your work area:** Clean and hygienic, good lighting, good ventilation, covering for table or trolley, tools and equipment in a safe working position.

**Prepare products, tools and equipment:**

Products – nail varnish remover or wipes, base coats, nail art paints, opalescent nail paints, transfers (water or self adhesive), glitter dust with mixer, foils and foil adhesive, nail jewellery (press-on or post charm), gemstones, adhesive, striping tape, cream nail varnish, pearlised nail varnishes, sealant top coat and hand sanitiser.

Tools – emery board, striping brush, dotter, fan brush, fine detail brush, shading brush, liner brush, glitter brush, marbling tool, orange stick, scissors, cotton wool, cotton buds and tissues.

Equipment – trolley or work surface, towel, stool and chair, ventilation system, lined bin, bowl for water, couch roll and artist’s palette.
Consultation techniques: Client’s needs, client satisfaction, client expectations and aftercare, signatures, visual, manual, questioning, listening, client card reference, cleanse treatment area to identify condition of skin and nails, remove nail varnish, explain treatment, and agree colour selection for nails.

Communication:
Verbal – clear speaking manner and tone, professional, supportive, respectful, sensitive to client, open questioning related to the treatment.
Non-verbal – eye contact, body language, listening.

Professional ethical conduct: Polite, cheerful and friendly manner (friendly facial expressions, positive attitude, eye contact, open body language), client relations, confidentiality, respect for colleagues and competitors, avoid gossip, take pride in work, punctuality, employer and client loyalty.

Check for contra-indications.

Prevent treatment: Fungal infections (ringworm), bacterial infections (onychia, impetigo and paronychia), viral infections (verruca vulgaris), onychocryptosis, scabies, skin and nail disorders (severe eczema, psoriasis and dermatitis), open wounds, cuts and abrasions local to treatment area, bruising and swelling.

Restrict treatment: Minor eczema, psoriasis or dermatitis, damaged nails, dry overgrown cuticles, cuts and abrasions, corns, hard skin, bruising.

Record keeping: Signatures, refer to existing records, information clear, accurate and in a logical order (name, address, contact numbers, medical history, allergies, contra-actions, contra-indications, treatment plan, update record at the end of the treatment).

Factors to be considered: Skin colour (base colour on nail plate), outfit colour and style (animal print, flicks, themed, marble, flower print), specific occasion, time allocation, pricing of treatments, length, strength and shape of nail plate, adverse nail and skin conditions, fashion trends and cultural factors.
What you must learn

Use hygienic and safe methods of working

**Health and safety at work:** Wear protective clothing, ensure work surfaces are wiped before and after treatment using anti-bacterial wipes or spray, clean up spillages, report slippery surfaces, remove/report obstacles, no trailing wires, ensure good all round access to trolleys and equipment, sterilise metal implements and all tools using an autoclave, glass bead unit, ultra violet steriliser, use of bactericides, fungicides, prevention of cross-infection.

**Towels:** Clean towels for each client, place dirty towels in lined bin.

**Hygiene (general):** Sterilise and sanitise tools, sanitise hands before and after treatments, remove products from pots with a spatula, use disposable equipment wherever possible, replace lids after use.

Select the products and materials for nail art application

**Products:** Nail varnish remover or wipes, base coat, nail art paints, opalescent nail paints, transfers (water or adhesive), nail wraps, glitter dust and mixer, flat shapes, rhinestones, nail jewellery (press-on and post charm), foil and adhesive, stripping tape, cream nail varnishes, pearlised nail varnishes, sealant top coat and hand sanitiser.

**Materials:** Emery board, striping brush, fine detail brush, glitter brush, shading brush, liner brush, dotter, fan brush, marbling tool, artiste’s palette, orangewood stick, scissors, cotton wool, cotton buds, tissues, bowl of water and nail board or wheel.

Choose the correct colour and design for the length, shape of the nail, skin tone and occasion.

Apply basic nail art techniques to your client

**Clean:** Wipe over with a hand sanitiser checking for any contra-indications that would prevent treatment, remove old or chipped nail varnish, clean under the nail and remove dirt and grease.

**Filing and shaping the nail:** Identify the shape and length of the nails, file them to the correct length and shape and bevel the edges before you paint to prevent rough edges.

**Paint:** Identify the skin-tone, then choose a colour to enhance the nail and design. Take into account the occasion and length of nails before choosing nail varnish colour and nail art design, apply a base coat using three or four strokes (down the centre, then down each side) making sure you do not flood the cuticle, start with the left thumb first, moving towards the little finger, repeat for the right hand, apply two coats of coloured nail varnish.

**Nail art:** Choose the correct design or product to suit the client’s wishes, nail shape, length, occasion and base colour of the nail, apply nail art or design accurately, produce a clear, identifiable image, allow each application of art to dry thoroughly, apply sealant topcoat when finished.
General aftercare advice: Keep hands clean and moisturised, use gloves for housework and gardening, do not use nails as tools.

How to look after the nail art design: Apply a sealant top coat, wear rubber gloves when washing up and gardening, don’t pick edges of the nail if wearing nail wraps or transfers, reapply rhinestones, gemstones, nail jewellery with nail adhesive and reseal with sealant top coat; if wearing nail wraps or transfers avoid applying hand creams to the nails.

Removal of nail art design: Use non-acetone nail varnish remover to remove nail paints, rhinestones, transfers, nail wraps, striping tape and nail polish; nail wraps and striping tape may peel off leaving a sticky residue, remove with non-acetone nail varnish remover, allow nails to rest for a few days before further applying nail wrap or transfer products.

Contra-actions: State what to do if any problems should occur after the treatment and when they should return for another treatment.
Achieving your grade

**To achieve a Pass:**
You must achieve all criteria in the *What you must know & do* sections of this unit.

**To achieve a Merit:**
You must achieve all criteria in the *What you must know & do* sections of this unit AND achieve 2 of the 3 additional performance standards.

**To achieve a Distinction:**
You must achieve all criteria in the *What you must know & do* sections of this unit AND achieve all 3 additional performance standards.

### Additional Performance Standards:

**Work skills**

- Achieved ● Not achieved ●

**Possible examples:**
- You arrived ahead of time to prepare yourself and your work area for the treatment.
- You arrived for the service dressed appropriately and well groomed.
- You prepared and maintained the work area so it is clean/well-ordered and safe.
- You ensured all tools are clean and sterile before and after treatment.
- You laid out the products and tools in order of use.
- You ensured sufficient product availability prior to the treatment.
- You ensured the mood board/nail wheel was clearly illustrated and effectively covered the range.

**Communication**

- Achieved ● Not achieved ●

**Possible examples:**
- You welcomed your client professionally.
- You communicated clearly and confidently.
- You held a professional conversation with your client after nail and skin analysis to explain your findings.
- You used verbal communication skills in a polite, friendly and respectful manner throughout the service.
- You listened carefully and followed any instructions accurately.
- You checked regularly with your client to ensure that they are comfortable.
- You used a wide variety of positive non-verbal communication skills.
- You ensured your client is happy with their finished service.

**Attention to detail**

- Achieved ● Not achieved ●

**Possible examples:**
- You completed a detailed nail and skin analysis.
- You identified the required shape of the nails and filed appropriately.
- You chose the most appropriate paint and design choice.
- You used flowing, confident techniques for all application purposes.
- You achieved a precise and clearly identifiable image thorough paint application.
- You securely attached any additional adornment.
- You used appropriate products following manufacturer’s instructions.
- You ensured appropriate advice was provided for aftercare.
Learning outcome 1
Know how to design and apply nail art designs

- Create and design 2D nail art
- Identify conditions that may prevent or restrict a nail art treatment and state why it is important to be able to recognise them
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- Describe the structure and functions of the nail

Learning outcome 2
Be able to design and apply nail art designs

- Prepare yourself, the client and your work area for nail art application
- Carry out a consultation for applying nail art designs
- Use hygienic and safe methods of working
- Select the products and materials for nail art application
- Apply basic nail art techniques to your client
- Give your client after-treatment advice

Unit Sign off

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Date
Assessor initials
Learner signature
IQA signature (if sampled)