Nail Tips and Wraps

Course Outline:

1. The Importance of Nail Tips and Wraps Continuing Education
2. Why Study Nail Tips and Wraps?
3. Nail Tips
   a. Supplies Needed for Nail Tip Application
   b. Nail Tips That Are Well-Less, Partial Well, And Full Well
4. Applying Polish
5. Nail Tip Application
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7. Nail Wraps
   a. Nail Wrap Application Procedure
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9. Post-Service Procedure
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10. Cleaning and Disinfecting Manicuring and Enhancement Equipment
    a. Proper Cleaning and Disinfection
    b. Methods of Proper Cleaning
    c. Additional Information about Disinfectants and Cleaners
11. Important Summary Note

Learning Objectives:

After completing this chapter, you will be able to:

- Identify the supplies, in addition to your basic manicuring table, that you need for nail tip application.
- Name and describe the types of nail tips available and why it is important to properly fit them for your client.
List the types of fabrics used in nail wraps and explain the benefits of using each.
Demonstrate the stop, rock, and hold method of applying nail tips.
Demonstrate the Nail Tip Application Procedure.
Demonstrate the Nail Tip Removal Procedure.
Demonstrate the Nail Wrap Application Procedure.
Describe the main difference between performing the Two-Week Fabric Wrap Maintenance and the Four-Week Fabric Wrap Maintenance.
Demonstrate how to remove fabric wraps and what to avoid.

Nail Tips and Wraps

One of the most popular services that a cosmetologist can offer clients is the opportunity to wear beautiful nails in an almost endless variety of lengths and strengths.

Regardless of whether a client is interested in wearing long, medium, or short nails, she may decide to have nail tips applied over her natural nails for strength and durability. Once a tip is applied, she will have an opportunity to choose from a variety of products that can be layered over the natural nail and the tip to further secure the strength of the nail and its beauty.
Why Study Nail Tips and Wraps?
Cosmetologists should study and have a thorough understanding of nail tips and wraps because:

- Offering nail extension and wrap services expand your service offerings and enables clients to have a “one stop shop” experience in your salon.
- Learning the proper technique for applying and removing nail tips will aid in helping your client keep her natural nails in the best possible health and condition.
- Understanding the types and uses of nail wraps will enable you to determine the appropriate wrap for your client’s specific needs.
- Learning how to safely and correctly apply, maintains, and removes nail tips and wraps will ensure your clients’ happiness and loyalty.

Nail Tips
Nail tips are plastic, pre-molded nails shaped from a tough polymer made from acrylonitrile butadiene styrene, also known as ABS plastic. They are adhered to the natural nail to add extra length and to serve as a support for nail enhancement products. Tips are combined with an overlay, a layer of any kind of nail enhancement product that is applied over the natural nail and tip application for added strength. Nail tips that do not have the reinforcement provided by the overlay are not long-wearing and can break easily.

In addition to the basic materials on your manicuring table, you will need an abrasive board; buffer block; tip adhesive; tip cutter, an implement similar to a nail clipper, designed for use on nail tips; nail dehydrator, a substance used to remove surface moisture and tiny amounts of oil left on the natural nail plate; and a variety of nail tips for the nail tip application.

Supplies Needed For Nail Tip Application
Many nail tips have a shallow depression called a “well” that serves as the point of contact with the nail plate. The position stop, the point where the free edge of the natural nail meets the tip, is where the tip is adhered to the nail. There are various types of nail tips including: partial well, full well, and well-less (no well at all).

**Nail Tips That Are Well-Less, Partial Well, And Full Well**

Nail tips are available in many sizes, colors, and shapes, making it easy to fit each client with precisely the right size and shape tip. Tips can be purchased in large containers of 100 to 500 pieces, as well as in various individual refill sizes. With such a wide assortment, it is easy to fit each client correctly. Make sure when fitting tips to your client that the tips you choose exactly cover the nail plate from sidewall to sidewall. Do not make the mistake of using a tip that is narrower than the nail plate. This can cause the tip to crack at the sides or split down the middle.

Rather than attempting to force a too-small tip onto the nail, it is better to use a slightly larger tip and use an abrasive board to tailor the tip before you apply it. You can also trim and bevel the well area before applying the tip to the nail, which can save you blending time. Nail tips that are pre-beveled require much less filing on the natural nail after application. This also lessens the potential for damage to the natural nail.

The bonding agent used to secure the nail tip to the natural nail is called nail tip adhesive. Adhesives can be purchased in either tubes or brush-on containers and are available in several different forms, depending on the thicknesses of the adhesive. For instance, gel adhesives, sometimes referred to as resin, are the thickest adhesives and require more time to dry than fast-setting, thinner adhesives that dry in about five seconds.

Nail adhesives usually come in either a tube with a pointed applicator tip, a one-drop applicator, or as a brush-on. Use care when opening adhesive containers—always point the opening away from your face and away from your client. Nail service professionals and their clients should always wear eye protection when using and handling nail tip adhesives. Even the smallest amount of adhesive in the eyes can be very dangerous and may cause serious injury.

Once the nail tips are applied, the contact area will need to be reduced with an abrasive, so that the tip blends in with the natural nail. With a perfect tip application, there should be no visible line where the natural nail stops and the tip begins.
Note: Do not use fingernail or toenail clippers to cut tips. Cutting the tip with these clippers will weaken the tip and cause it to crack. Instead use a tip cutter.

Choosing a Nail Color
polishing is very important for the satisfaction of your clients and for the success of the service, and it may help determine whether clients return to you. Polishing is the last step in a perfect manicure, and it gives your clients a constant visual reminder between visits of the quality of your work. When your clients look at nails that are polished perfectly, they will admire your work and will likely return. If the polish is not applied perfectly, they will have a constant reminder for a week or more of a less-than-perfect manicure and may not return.

Many clients will ask for help in choosing a polish color, or they will ask, “Do you like this color?” When asked for help, suggest a shade that complements the client’s skin tone by placing the hand on a white towel under your true-color light, then holding the potential polish colors over the skin on the top of the hand. It is best to allow the client to make the choices to ensure their satisfaction. If the manicure is for a special occasion, you might suggest the client pick a color that matches or coordinates with the clothing they will be wearing, or that represents the holiday, the event, or the season. Some clients will request nail art or other nail fashion enhancements that are popular at the time. Generally, darker shades are appropriate for fall and winter and lighter shades are better for spring and summer; however, this is no longer a hard-and-fast fashion rule. Always have a wide variety of nail polish colors available and the appropriate colors for the French manicure polish techniques.

Applying Polish
The most successful nail polish application is achieved by using four coats. The first, the base coat, is followed by two coats of polish color and one application of top coat to give a protective seal. Applying multiple layers of polish improves the longevity and durability of the overall application. By building layer upon layer, you will improve adhesion and staying power.

The application techniques are the same for all polishes, base coats, and top coats. Apply thin, even coats to create maximum smoothness and minimum drying time. When you have completed the polish application, the nail should look smooth, evenly polished, and shiny.

Nail Tip Application

Implement and Materials
In addition to the basic materials on your manicuring table, you will need the following supplies for the Nail Tip Application procedure:

- Abrasive boards
- Buffer block
- Nail dehydrator
Nail tip adhesive
Nail tips
Tip cutter

**Pre-Service Procedure**

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<tr>
<th>Step</th>
<th>Description</th>
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<tbody>
<tr>
<td>1.</td>
<td>It is important to wear gloves while performing this pre-service to prevent possible contamination of the implements by your hands and to protect your hands from the powerful chemicals in the disinfectant solution.</td>
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<tr>
<td>2.</td>
<td>Rinse all implements with warm running water, and then thoroughly wash them with soap, a nail brush, and warm water. Brush grooved items, if necessary, and open hinged implements to scrub the area.</td>
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<tr>
<td>3.</td>
<td>Rinse away all traces of soap with warm running water. The presence of soap in most disinfectants can cause them to become inactive. Soap is most easily rinsed off in warm water. Hotter water will not work any better. Dry implements thoroughly with a clean or disposable towel, or allow them to air-dry on a clean towel. Your implements are now properly cleaned and ready to be disinfected.</td>
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<tr>
<td>4.</td>
<td>It is extremely important that your implements be completely clean before</td>
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you place them in the disinfectant solution. If they are not, your disinfectant may become contaminated and rendered ineffective. Immerse cleansed implements in an appropriate disinfection container holding an EPA-registered disinfectant for the required time (usually ten minutes). Remember to open hinged implements before immersing them in the disinfectant solution. If the disinfectant solution is visibly dirty, the solution has been contaminated and must be replaced immediately. Make sure to avoid skin contact with all disinfectants by using tongs or by wearing disposable gloves.

5. Remove implements, avoiding skin contact, and rinse and dry tools thoroughly.

6. Store disinfected implements in a clean, dry container until needed.

7. Remove gloves and thoroughly wash your hands with liquid soap, rinse, and dry with a clean fabric or disposable towel.

8. Clean and then disinfect manicure table and drawer with an appropriate EPA-approved disinfectant.

9. Wrap your client’s arm cushion, if used,
with a clean terry cloth or disposable towel. Place the cushion in the middle of the table so that one end of the towel extends toward the client and the other end extends toward you.

10. Ensure that your disinfection container is filled with clean disinfectant solution at least twenty minutes before your first service of the day. Use any disinfectant solution approved by your state board regulations, but make sure that you use it exactly as directed by the manufacturer. Also make sure that you change the disinfectant every day or according to the manufacturer’s instructions. Completely immerse cleaned, reusable implements into the disinfection container for the required time.

11. Place the abrasives and buffers of your choice on the table to your right (if left-handed, place on the left).

12. Place the finger bowl filled with warm water and the manicure brush in the middle of the table, toward the client. The finger bowl should not be moved from one side to the other side of the manicure table. It should stay where you place it for the duration of the manicure.
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<tr>
<td><strong>13.</strong> If a metal trash receptacle with a self-closing lid is not available, tape or clip a plastic bag that can be closed securely to the right side of the table (if left-handed, tape to the left side). This is used for depositing used materials during your manicure. These bags must be emptied after each client departs to prevent product vapors from escaping into the salon air.</td>
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<tr>
<td><strong>14.</strong> Place polishes to the left (if left-handed, place on the right).</td>
<td><strong>14</strong></td>
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<tr>
<td><strong>15.</strong> The drawer can be used to store the following items for immediate use: extra cotton or cotton balls in their original container or in a fresh plastic bag, abrasives, buffers, nail polish dryer, and other supplies. Never place used materials in your drawer. Only completely cleaned and disinfected implements stored in a sealed container (to protect them from dust and recontamination) and extra materials or professional products should be placed in the drawer. Your drawer should always be organized and clean.</td>
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<td><strong>16.</strong> Greet your client with a smile, introduce yourself if you’ve never met, and shake hands. If the client is new, ask her for the consultation card she filled out in the reception area.</td>
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<td>17.</td>
<td>Escort your client to the hand washing area and demonstrate the hand washing procedure for them on your own hands. Once you have completed the demonstration, hand your client a fresh nail brush and ask her to wash her hands.</td>
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<tr>
<td>18.</td>
<td>Be sure that your towels look clean and are not worn. A towel with stains or holes will affect how your client feels about her service. A dirty towel can cause a client either to not come back or to report your salon to the state board.</td>
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<td>19.</td>
<td>Show your client to your work table, and make sure they are comfortable before beginning the service.</td>
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<td>20.</td>
<td>Discuss the information on the</td>
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consultation card, and determine a course of action for the service.

Nail Wraps
Any method of securing a layer of fabric or paper on and around the nail tip to ensure its strength and durability is called a nail wrap. Nail wraps are one type of overlay that can be used over nail tips. Nail wraps are also used to repair or strengthen natural nails or to create nail extensions.

Nail wrap resin is used to coat and secure fabric wraps to the natural nail and nail tip. Wrap resins are made from cyanoacrylate, a specialized acrylic monomer that has excellent adhesion to the natural nail plate and polymerizes in seconds.

Fabric wrap is a nail wrap made of silk, linen, or fiberglass. Fabric wraps are the most popular type of nail wrap because of their durability. Fabric wraps are cut to cover the surface of the natural nail and the nail tip and are laid onto a layer of wrap resin to build and strengthen the enhancement. Fabric wraps may be purchased in swatches, rolls, or in packages of pre-cut pieces, some with and some without adhesive backing.

The wrap material is the heart of a nail wrap system and gives this system its unique properties. Nail wraps can be used as an overlay to strengthen natural nails or to strengthen a nail tip application.

Silk wraps are made from a thin natural material with a tight weave that becomes transparent when wrap resin is applied. A silk wrap is lightweight and has a smooth appearance when applied to the nail.

Linen wraps are made from a closely woven, heavy material. It is much thicker and bulkier than other types of wrap fabrics. Nail adhesives do not penetrate linen as easily as silk or fiberglass. Because it is opaque, even after wrap resin is applied, a colored polish must be used to cover it completely. Linen is used because it is considered to be the strongest wrap fabric.
**Fiberglass wraps** are made from a very thin synthetic mesh with a loose weave. The loose weave makes it easy to use and allows the wrap resin to penetrate, which improves adhesion. Even though fiberglass is not as strong as linen or silk, it can create a durable nail enhancement.

**Paper wraps** are temporary nail wraps made of very thin paper. Some clients and cosmetologists prefer to use a paper wrap. Paper was one of the very first materials used to create wraps. They are quite simple to use, but they do not have the strength and durability of fabric wraps. For this reason, paper wraps are considered a temporary service and need to be completely replaced each time your client comes in for maintenance.

A **wrap resin accelerator**, also known as activator, acts as the dryer that speeds up the hardening process of the wrap resin or adhesive overlay. Activators come in several different forms: brush-on bottle, pump spray-on, and aerosol. Activator will dissipate in about two minutes after being applied; during this time, do not apply additional wrap resin or you may find that the activator on the nail causes the wrap resin to harden on the brush, tip of the bottle, or extender. Activator also does not need to be applied after every layer of adhesive; this is an optional step; activator can be used as needed.

In addition to your chosen wrap material, wrap resin and resin accelerator, nail buffer and file, small scissors, plastic, and tweezers to perform a nail wrap overlay will be needed.

**Note:** To further strengthen a fabric wrap, some clients will enjoy a method cosmetologists like to use called Dip Powder and Adhesive Enhancements. For this technique, a fine polymer powder is sprinkled or spooned onto the nail over a completed fabric wrap. Several layers of the dip powder can be applied. Any style of adhesive or resin can be used for this procedure. Usually, an activator is used to ensure drying. Many clients who normally cannot wear monomer liquid and polymer powder nail enhancements on their nails because of skin sensitivity or allergy enjoy this service for the additional strength and wearability it provides.
Supplies Needed For Nail Wrap Application

Nail Wrap Application Procedure

1. Remove existing polish.
2. Push back the eponychium and remove the cuticle.

3. Lightly buff the nail plate with a medium-fine abrasive (240 grit) to remove shine caused by the oil found on the natural nail plate. Do not use a coarse file, and be careful not to apply pressure. Remove only the oily shine and avoid removing layers from the natural nail plate. Nail wraps can be performed over natural nails or over a set of nail tips. If you are using nail tips, you should use your abrasive to shape the free edges of the natural nails to match the shape of the nail tip to the stop point. Remove the dust with a clean, dry, disinfected nail brush.

4. Spray or wipe a nail dehydrator onto the nail plate. The dehydrator will remove moisture from the surface and will help improve adhesion. Wiping the dehydrator with a plastic-backed cotton pad on the nail plate has the added benefit of removing any remaining natural oil and helps ensure superior adhesion, even on clients
with oily skin.

5. Apply nail tips, if desired.

6. Before removing the backing on the fabric, cut it to the approximate width and shape of the nail plate or nail tip.

7. Apply a layer of wrap resin over the entire surface of the nail and tip. Remember to keep the nail adhesive off the skin. Besides potentially damaging your client’s skin, this could cause the wrap to lift or separate from the nail plate. Begin with the pinky finger of the left hand and apply the wrap resin to all 10 fingers. Once completed return to the first finger and apply fabric wrap.

8. Remove the backing from the fabric, being careful to keep the dust and oils on your fingers from contaminating the adhesive side of the fabric, as this could prevent the fabric from adhering to the nail. Gently fit fabric over the nail plate covering the entire nail (you may also use a pair of tweezers to apply the fabric if desired), keeping it -inch away from the sidewall and eponychium. Use a small piece of thick plastic to press the fabric onto the nail and to smooth it out.

9. Once the fabric is secure on the nail, use small scissors to trim fabric -inch away from sidewalls and the free edge. Trimming fabric slightly
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<td>9</td>
<td>smaller than the nail plate prevents fabric from lifting and separating from the nail plate.</td>
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<td>10</td>
<td>Draw a thin coat of wrap resin down the center of the nail using the extender tip or brush. Do not touch the skin. The wrap resin will penetrate the fabric and adhere to the nail surface. Use the plastic again to make sure that the wrap resin is evenly distributed and that there are no bubbles or areas of bare fabric. Once saturated with wrap resin, the wrap fabric or paper will be almost invisible. (Linen wrap fabric will remain visible because it is quite thick.)</td>
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<td>11</td>
<td>Wrap resin accelerator is a product specially designed to help any cyanoacrylate glue or wrap resin dry more quickly. Spray, brush, or drop on a wrap resin accelerator that is specifically designed to work with the product you are using. Use accelerator according to manufacturer’s instructions. Keep the wrap resin accelerator off skin to prevent overexposure to the product.</td>
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<td>12</td>
<td>Apply and spread a second coat of wrap resin and seal free edge to prevent lifting and tip separation.</td>
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<tr>
<td>13</td>
<td>Apply a second coat of wrap resin accelerator.</td>
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<tr>
<td>14</td>
<td>Use medium-fine abrasive (240 grit) to shape and refine the wrap nail.</td>
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</table>
15. Apply nail oil and buff to a high shine with a fine (350 grit or higher) buffer. Use the buffer to smooth out rough areas in the fabric. Do not buff excessively or for too long. Overbuffing can wear through the wrap and weaken it.

16. Apply hand lotion and massage the hand and arm.

17. Remove traces of oil. Use a small piece of cotton ball or plastic-backed pad and non-acetone polish remover to eliminate traces of oil from the nail so that the polish will adhere.

18. Polish the nails.

19. Finished look.

**Note:** You may have heard about, or even tried using, a method of nail enhancement called No Light Gels. These were once used professionally but now are popular as do-it-yourself kits. They are available for purchase in grocery and drug stores. If you should encounter a client who has used No Light Gels, you should know that the product consistency is thicker than a wrap resin and made from the same
cyanoacrylate. No Light Gels employ a thick adhesive that many companies and marketers mistakenly call a gel.

No Light Gels actually have the same chemical composition as wrap systems with wrap resin and can be used with a spray-on activator to harden or cure the adhesive.

**Nail Wrap Maintenance, Repair, and Removal**

Fabric wraps need regular maintenance to keep them looking fresh. In this section, you will learn how to maintain fabric wraps after two weeks and after four weeks. You also will learn how to repair cracks and to remove nail wraps when necessary.

**Nail Wrap Maintenance**

Nail wraps must have consistent maintenance after the initial application.

**Maintenance** is the term used for when a nail enhancement needs to be serviced after two or more weeks from the initial application of the nail enhancement product. The maintenance service actually accomplishes two goals: it allows the nail service professional to apply the enhancement product onto the new growth of nail, commonly referred to as a fill or a backfill. Maintenance also allows the nail service professional to structurally correct the nail to ensure its strength, shape and durability; this is commonly referred to as a rebalance.

Wrap maintenance can be done with either additional wrap resin, as in the Two-Week Fabric Maintenance or with fabric and resin, as in the Four-Week Fabric Maintenance. The maintenance is necessary for the nail’s beauty and durability.

**Two-Week Fabric Wrap Maintenance**

**Fabric Wrap Repair**

There are circumstances when nail wraps will need to be repaired. In those cases, small pieces of fabric can be used to strengthen a weak point in the nail or to repair a break in the nail.

A **stress strip** is a strip of fabric cut to \( \frac{1}{8} \)-inch in length and applied to the weak point of the nail during the Four-Week Fabric Wrap Maintenance in order to repair or strengthen a weak point in a nail enhancement.

A **repair patch** is a piece of fabric cut to completely cover a crack or break in the nail. Use the Four-Week Fabric Wrap Maintenance Procedure to apply the repair patch.

**PROCEDURE**

**Implements and Materials**

In addition to the basic materials on your manicuring table, you will need the following supplies for the Two-Week Fabric Wrap Maintenance procedure:

- Abrasive buffer or file
Be sure to perform the Pre-Service Procedure demonstrated earlier in the course.

### Two-Week Fabric Wrap Maintenance Procedure

1. Use a non-acetone polish remover to remove existing nail polish and to avoid damaging nail wraps. Acetone will break down the wrap resin too quickly.

2. Clean the natural nails.

3. Push back the eponychium.

4. Lightly buff the surface of the exposed nail plate to remove oily shine.

5. Remove the dust with a clean, dry nylon nail brush and apply nail J dehydrator to nails with a cotton-tipped wooden pusher, cotton pad with a plastic backing, brush, or spray. Begin with the little finger on the left hand and work toward the thumb. Repeat on the right hand.

6. Apply a small amount of nail wrap resin to the area of new nail growth. Spread the wrap resin,
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<td>taking care to avoid touching the skin.</td>
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<tr>
<td>7. Spray, brush, or drop on a wrap resin accelerator that is specifically designed to work with the product you are using. Follow the manufacturer’s instructions. Keep the wrap resin accelerator off skin to prevent overexposure to the product.</td>
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<tr>
<td>8. Apply a second coat of wrap resin to the entire nail plate to strengthen and reseal the nail wrap.</td>
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<tr>
<td>9. Apply a second coat of wrap resin accelerator.</td>
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</table>
10. Use a medium-fine abrasive over the surface of the nail wrap to remove any high spots and/or other imperfections.

11. Apply nail oil and buff to a high shine with the fine buffer (350 grit or higher).

12. Apply hand lotion and massage the hand and arm.

13. Remove traces of oil. Use a small piece of cotton ball or plastic-backed pad and non-acetone polish remover to eliminate traces of oil from the nail so that the polish will adhere.
14. Polish the nails.

15. Finished look.

Fabric Wrap Removal
There may be times when a client would like to have their nail wraps removed. When this occurs it is important to remove the wraps as carefully as possible so as not to damage the nail plate. Nail wraps are removed by immersing the entire enhancement into a small glass bowl filled with acetone. Wait for the nail wrap to melt away and then gently and carefully slide the softened wrap material away from the nail with a wooden pusher. Always suggest a manicure after removal of an enhancement to re-hydrate the natural nail and cuticle.

Implements and Materials
In addition to the basic materials on your manicuring table, you will need the following supplies for the Fabric Wrap Removal procedure:

- Acetone
- Small glass bowl
Be sure to perform the Pre-Service Procedure demonstrated earlier in the course.

**Fabric Wrap Removal**

1. Put enough acetone in a small glass bowl to cover the nail wrap. Immerse the client’s fingertips in the bowl, making sure that the wraps are covered. Soak for a few minutes. The acetone should be approximately ½-inch above the nail wraps.

2. Use a pusher to slide softened wraps away from the nail plate.

3. Gently buff natural nails with a fine buffer (240 grit) to remove the wrap resin.

4. Condition the skin surrounding the nail plate with nail oils or lotions designed for this purpose.
5. Proceed to the desired service.

6. Finished look.

**Service Tip**

Using a 6” × 4” piece of flexible plastic sheet—a sandwich baggie works great—to press fabric onto the nail plate will prevent the transfer of oil and debris from your fingers. Wrap resin will not easily penetrate fibers that are contaminated with oil, and those strands become visible in the clear coating. Thus, it is best not to touch them more than you must. Changing to an unused portion of the plastic for each finger is necessary.

**Glossary of Terms**

- **Acrylonitrile Butadiene Styrene**: Also known as ABS; a common thermoplastic used to make light, rigid, molded nail tips.
- **Cyanoacrylate**: A specialized acrylic monomer that has excellent adhesion to the natural nail plate and polymerizes in seconds.
- **Fabric Wrap**: Nail wrap made of silk, linen, or fiberglass.
- **Fiberglass Wraps**: Made from a very thin synthetic mesh with a loose weave.
- **Linen Wraps**: Made from a closely woven, heavy material.
- **Maintenance**: Term used for when a nail enhancement needs to be serviced after two or more weeks from the initial application of the nail enhancement product.
- **Nail Dehydrator**: A substance used to remove surface moisture and tiny amounts of oil left on the natural nail plate.
- **Nail Tip Adhesive**: The bonding agent used to secure the nail tip to the natural nail.
- **Nail Tips**: Plastic, pre-molded nails shaped from a tough polymer made from ABS plastic.
- **Nail Wrap**: A method of securing a layer of fabric or paper on and around the nail tip to ensure its strength and durability.
- **Nail Wrap Resin**: Used to coat and secure fabric wraps to the natural nail and nail tip.
- **Overlay**: A layer of any kind of nail enhancement product that is applied over the natural nail or nail and tip application for added strength.
- **Paper Wraps**: Temporary nail wraps made of very thin paper.
- **Position Stop**: The point where the free edge of the natural nail meets the tip.
- **Repair Patch**: Piece of fabric cut to completely cover a crack or break in the nail.
- **Silk Wraps**: Made from a thin natural material with a tight weave that becomes transparent when wrap resin is applied.
- **Stress Strip**: Strip of fabric cut to ¼-inch in length and applied to the weak point of the nail during the Four-Week Fabric Wrap Maintenance to repair or strengthen a weak point in a nail enhancement.
- **Tip Cutter**: Implement similar to a nail clipper, designed especially for use on nail tips.
- **Wrap Resin Accelerator**: Also known as activator; acts as the dryer that speeds up the hardening process of the wrap resin or adhesive overlay.

### Post-Service Procedure

#### Advise Clients and Promote Products

1. **Proper home care will ensure that the client’s nails look beautiful until he or she returns for another service (in seven to ten days).**

2. **Depending on the service provided, there may be a number of retail products that you should**
recommend for the client to take home. This is the time to do so. Explain why they are important and how to use them.

<table>
<thead>
<tr>
<th>Schedule Next Appointment and Thank Client</th>
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<tr>
<td>3. Escort the client to the front desk to schedule the next appointment and to collect payment for the service. Set up the date, time, and services. Then write the information on an appointment card and give it to the client.</td>
</tr>
<tr>
<td>4. Before the client leaves the salon and you return to your station, be sure to thank her for her business.</td>
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<tr>
<td>5. Record on the client consultation card all service information, products used, observations, and retail recommendations. Then, file the form in the appropriate place.</td>
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</tbody>
</table>
Prepare Work Area and Implements for Next Client

6. Remove your products and tools. Then clean and disinfect your work area and properly dispose of all used materials.

7. Follow steps for disinfecting implements in the pre-service procedure. Reset work area with disinfected tools.

Guideline for Cleaning and Disinfecting Manicuring and Enhancement Equipment
These guidelines outline procedures cleaning (sanitizing) and disinfecting all types of equipment used during manicuring and enhancement services including items such as manicuring bowls, pushers, nippers, clippers, abrasive files and buffers.

In the salon, all tools, implements, devices or other pieces of equipment must be properly *cleaned and disinfected* before it comes into direct contact with a client, as required by the licensing rules and regulations of your region, state or country.

**Proper Cleaning and Disinfection**

Just about everything in the salon has a hard or soft surface of some type. Some examples are manicuring tabletops and arm cushions, finger bowls, towels, files/buffers, implements, etc. Any of these surfaces coming into direct contact with a client’s skin is considered “contaminated”. All contaminated surfaces must be thoroughly and properly: 1) cleaned and then 2) disinfected.

To be considered properly clean, a surface must first be thoroughly scrubbed free of all visible signs of debris or residue (contamination). Proper cleaning is the total removal of all visible residue from every surface of tables, tools and equipment, followed by a complete and thorough rinsing with clean water. (See below, Methods of Proper Cleaning)

Proper cleaning (also called sanitizing) must be performed before continuing with the disinfection step. Proper disinfection is the destruction of potentially harmful or infection-causing microorganisms (pathogens) on a pre-cleaned surface.

**Disposable (Single Use) items**

Items that the manufacturer designs to be disposed of after one use are called “disposable” or “single-use”. These items cannot be cleaned. Reusing these items is considered an unsanitary, improper and unprofessional practice. Some examples of disposable items are: cotton balls, gauze pads, wooden implements, disposable towels, toe separators, tissues, and wooden sticks, arbor bands/sleeves for electric files and abrasive files and buffers.

**Proper Product Application**

Some types of products can become contaminated if improperly used. Some examples are: creams, lotions, scrubs, paraffin wax, masks, and oils. These products must always be used in a sanitary manner that prevents contamination. For example, paraffin and nail oils should not be applied with a brush (or spatula) that has touched the skin. These practices may introduce bacteria into the product and cause contamination that can render products unsafe for use.

To avoid product contamination always:

(a) Dispose of used or remaining product between clients.

(b) Use single-use disposable implements to remove products from containers for application or remove product with a clean and disinfected spatula and put product to be used into a disposable or disinfectable service cup.

(c) Use an applicator bottle or dropper to apply the product.
Proper Disinfection of Multi-Use Tools and Equipment

Some items are designed to be used more than once and are considered to be “multi-use”. Multi-use items are sometimes referred to as “disinfectable”, meaning that the implement can be properly cleaned and disinfected while retaining its usefulness and quality. Multi-use items are designed for use on more than one client, but require proper cleaning and disinfection between each use. Examples of multi-use items include cloth towels, manicure bowls, nippers, and pushers.

Multi-use items come in three varieties;

1) **Hard** and **non-absorbent** items constructed of hard materials that do not absorb liquid, i.e. metal, glass, fiberglass or plastic. These should be **cleaned** and **disinfected** as described below.

2) **Porous** and/or **absorbent** items constructed of materials such as cloth or wood with surfaces that may absorb or are penetrated by liquids, i.e. scrub brushes for nails, cushioned abrasive buffers, cloth towels and chamois. They should be **disposed of immediately** after one use as described below.

Individual Client Packs

Tools/instruments kept in individual packs must be properly cleaned and disinfected after each use. If a client provides their own implements/tools, they must be properly cleaned and disinfected before use. State rules require all tools and equipment to be disinfected before being reused, even if used by the same client!

Improperly cleaned and disinfected implements may grow infection/disease-causing organisms before the client returns for their next visit, thereby increasing the risk of infection. Never use air-tight bags or containers for storage as these can promote bacterial growth.

Methods of Proper Cleaning

Proper cleaning requires liquid soap/detergent, water and the use of a clean and disinfected scrub brush to **remove all visible debris and residue**. All items should be scrubbed with a clean and disinfected scrub brush under running water. **Cleaning is not disinfection**; disinfection is an entirely separate step. Different items are cleaned in different ways. This often depends on what the item is made of and how it was used.

**NOTE:** the cleaning step must be properly performed before an item can be disinfected. All items must be thoroughly rinsed and dried with clean cloth or paper towels prior to putting them into a disinfectant.

Methods of Proper Disinfecting

After proper cleaning, all reusable implements/tools must be **disinfected** by complete immersion in an appropriate disinfecting solution (see below, Appropriate Disinfectants). The item must be completely
immersed so that all surfaces, including handles, are soaked for the time required on the disinfectant manufacturer’s label. In general, U.S. Environmental Protection Agency (EPA) registered disinfectants require 10 minute immersion. Remove items after the required time, using clean and disinfected tongs or gloves to avoid skin contact with the disinfectant solution. If required by the instruction label, rinse thoroughly in running water. Allow items to air dry completely by placing them on top of a clean towel and covering them with another clean towel.

Methods for Proper Storage of Tools and Equipment
All properly cleaned and disinfected implements/ tools must be stored in a sanitary manner. A lined drawer is usually adequate, provided it is clean, contains only clean items and is properly labeled. Store soiled or used items in a properly labeled, covered container separate from clean items. Never use airtight containers or zipper bags – these may promote bacterial growth!

Electric File Bits
Once electric bits have been thoroughly cleaned, they must be disinfected by complete immersion in an appropriate EPA registered disinfectant, as described in the next section.

Any porous (absorbent) abrasive file, buffer, block, band, etc. must be properly disposed of immediately. These are single use items.

Appropriate Disinfectants
How do you know if a disinfectant product is suitable for professional salon use? Standards and requirements vary from country to country, but in the United States, the EPA registered Hospital disinfectants with bactericidal, fungicidal and virucidal claims on the label are best for use in salons. Some disinfectants are designed for use on hard-surfaces while others are best used on porous or absorbent items. EPA-registered Hospital disinfectants are good examples of a type that is suitable for hard surfaces.

Disinfectant products are designed to destroy disease-causing microorganisms (pathogens) on non-living surfaces, such as those described in this course. They are not appropriate for use on living skin and contact with skin should be avoided.

Contact with Blood, Body Fluid or Unhealthy Conditions
If blood or body fluid comes in contact with any salon surface, the nail professional should put on a pair of clean protective, disposable gloves and use an EPA-registered Hospital liquid disinfectant to clean up all visible blood or body fluid.

In case of an accidental cut, clean with an antiseptic and bandage the cut. Disposable items, such as a cotton-tipped wood stick must be immediately double-bagged and discarded after use, as described at the end of this section.

Any non-porous (multi-use) instrument or implement that comes in contact with an unhealthy condition of the nail or skin, blood or body fluid, must be immediately and properly cleaned, then disinfected using an EPA- registered Hospital disinfectant.
Some EPA disinfectants are registered for hospital use, but may not say “Hospital” on their label. In these cases, the product label MUST claim effectiveness against Salmonella choleraesuis, Staphylococcus aureus, and Pseudomonas aeruginosa.

When in doubt, be guided by your local rules and regulations.

Additional Information about Disinfectants and Cleaners

1) Disinfectants must be mixed, used, stored and disposed of according to manufacturer’s label instructions (proper mixing ratio is of the utmost importance to be an effective disinfectant). Some are ready to use and do not require mixing.

2) U.S. Federal Law prohibits the use of EPA-registered disinfectants in a manner that is contrary to its label.

3) Disinfectants must be prepared fresh every day (including spray bottles). Further, they must be replaced immediately if the solution becomes visibly contaminated. Disinfectant solutions will lose their strength upon standing and become ineffective within 24 hours. Use a logbook to record when fresh disinfectant is made.

4) Disinfectants are ineffective if implement/tools are not properly cleaned prior to use.

5) Just spraying disinfectants on tools and equipment is inadequate. Pre-cleaning is required before spraying the disinfectant and most types require ten minute contact to be effective.

6) Disinfectants can damage or rust some metal tools if improperly used.

7) All disinfectant containers must be properly labeled. Disinfectant solutions prepared in the salon must list on the container: the contents and percentage solution (concentration), and use a logbook to record the date and time of mixing. Check the label for the product’s expiration date.

8) All brushes used for cleaning purposes, i.e., nail brushes and electric-file bit cleaning brushes, must be properly cleaned and disinfected between each use.

9) Ultra-violet light cabinets are not suitable replacements for liquid disinfectant solutions. These can be used for storage after properly cleaning and disinfecting implements/tools with a liquid solution.

10) Read all warning labels and precisely follow manufacturer’s instructions.

These guidelines are believed to be highly effective and are designed to help avoid unforeseen pitfalls, problems and complications. These guidelines are not a replacement for local government standards, rules or regulations. Always consult federal, state and local laws and regulations, which may vary somewhat from these recommendations.

Legal Notice

All persons involved in providing manicuring and enhancement services have the responsibility to determine that the procedures they practice comply with any current federal, state and local laws and regulations that may be applicable.
Important Summary Note
Although the CDC states that hand sanitizers are appropriate for use, they also note that hand sanitizers are only for use when water is not available for hand washing. It is very important to remember that these products cannot, and do not, replace proper hand washing. Proper hand washing is a vital part of the service, and it cannot be skipped or ignored. Clients must also properly wash their hands before and after the service, and you must properly wash your hands after each customer. Resort to using a hand sanitizer only when it is absolutely necessary!