

PREPARATION SHEET FOR NAIL TECHNICIAN EXAM
2008-2009

	Elements		Criteria	Candidate's checklist
1	<p>MANICURE –ONE HAND ONLY</p> <p>Objective: To complete in 42 minutes a manicure that follows the published criteria</p> <p>Candidates must have dark red nail polish on both hands prior to the exam.</p> <p>Clients must have dark red nail polish on one hand only prior to the exam</p>	<p>10 min</p> <p>2 min</p> <p>3 -4 min</p> <p>5 min</p> <p>10 min</p> <p>6-9; 15 min</p>	<p>1. Remove polish; Shape nails appropriately</p> <p>2. Soak; Dry hand completely</p> <p>3. Apply cuticle cream</p> <p>4. Nip or push cuticles; clean under free edge.</p> <p>5. Cream and massage hand using basic massage techniques</p> <p>6. Apply polish – base coat, two polish coats, 1 top coat,</p> <p>7. Clean up around nails following instructions of examiner.</p> <p>8. Discard orange wood sticks after use</p> <p>9. Clean up work area</p>	<p>1.Nail polish remover</p> <p>2.Cuticle pusher (orange wood stick)</p> <p>3. Nail files</p> <p>4. Sanitizer</p> <p>5. Cotton</p> <p>6. Cuticle nipper</p> <p>7. Hand soap</p> <p>8. Manicure bowl</p> <p>9. Towels</p> <p>10. Cream for massage</p> <p>11. Red nail polish, base & top coats</p> <p>12. Gibson towels</p>
	Elements		Criteria	Candidate's checklist
2	<p>ACRYLIC NAILS – ONE HAND ONLY</p> <p>Objective: To complete within 60 minutes ...</p> <p>* No French, Natural Only.</p>	<p>30 min</p> <p>For part one & Two 30 min.</p> <p>For part three , four & five</p>	<p>Part One: Preparation of Nails</p> <p>1. Prepare the client's nail, implements, etc.</p> <p>2. Sanitize client's and technician's hands</p> <p>3. Gently push back cuticles removing eponychiums</p> <p>4. File to remove shine</p> <p>5. Remove dust from nail surface</p> <p>Part Two: Application of nail tips.</p> <p>6. Apply correct size nail tips to 5 nails</p> <p>7. Cut tips or natural nails to desired lengths and shapes</p> <p>8. Dust all filings from the nail plate</p> <p>9. Blend where tip meets natural nail</p> <p>10. Apply primer if required</p> <p>Part Three: Sculpting Nails</p> <p>1. Trim natural nails to correct length</p> <p>2. Apply nail forms</p> <p>Part Four: Application of Nail Bed Color</p> <p>1. Pat or stroke product into place</p> <p>2. Buff nail to smooth finish</p> <p>3. Apply top coat or buff to high gloss</p>	<p>1. UV lamp (if needed)</p> <p>2. Nail enhancement product of candidates choice</p> <p>3. Files</p> <p>4. Buffer (if desired)</p> <p>5. Cotton or Nail wipes</p> <p>6. Cuticle pusher</p> <p>7. Orangewood sticks</p> <p>8. Cuticle nipper</p> <p>9. Cuticle oil (if needed)</p> <p>10. Hand sanitizer</p> <p>11. Nail tips/forms</p> <p>12. Dremel may be used</p> <p>13. Candidates must bring new file for client</p> <p>14. Nail cutter</p> <p>15. Gel Brush</p> <p>16. Manicure Brush</p>

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				<p>Part Five: File, Shape, and Smooth Nails</p> <p>1. Apply cuticle oil</p> <p>2. Client washes hands once oil is absorbed</p>
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3	<p>GEL NAILS – ONE HAND ONLY</p> <p>Objective: To complete nail enhancements to one hand appropriate to client within 60 minutes meeting published criteria</p> <p>* No French, natural only.</p>	<p>15 min</p> <p>15 min</p> <p>15 min</p> <p>15 min</p>	<p>Part One: Preparation of Nails</p> <p>1 Prepare the client's nail, implements, etc.</p> <p>2. Sanitize client's and technician's hands</p> <p>3. Gently push back cuticles removing eponychiums</p> <p>4. File to remove shine</p> <p>5. Remove dust from nail surface</p> <p>Part Two: Application of Nail Tips</p> <p>1. Lightly buffs shine from nail tips</p> <p>2. Blends where tip meets natural nail</p> <p>Part Three: Application of Product</p> <p>1. Apply a thin layer of gel to four fingers and gel cure for systems time (unless your lamp allows for the entire hand)</p> <p>2. Applies thin layer of gel to thumb</p> <p>Part Four: Application of remaining products</p> <p>1. Apply remaining layers of gel as prescribed by manufacturer</p> <p>2. Cleanse nails with appropriate product</p> <p>3. Apply finishing wipe.</p>	<p>1. UV lamp (if needed)</p> <p>2. Nail enhancement product of candidates choice</p> <p>3. Files</p> <p>4. Buffer (if desired)</p> <p>5. Cotton or Nail wipes</p> <p>6. Cuticle pusher</p> <p>7. Orangewood sticks</p> <p>8. Cuticle nipper</p> <p>9. Cuticle oil (if needed)</p> <p>10. Hand sanitizer</p> <p>11. Nail tips/forms</p> <p>12. Dremel may be used</p> <p>13. Candidates must bring new file for client</p> <p>14. Nail cutter</p> <p>15. Gel Brush</p> <p>16. Manicure Brush</p>

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