

# Unit 3

## HANDS AND FEET

In this unit you will

- ▶ learn and practice the vocabulary for basic manicure and pedicure, and nail works products and tools
- ▶ learn and practice phrases for applications
- ▶ practice describing processes

## Part 1 Manicure and Pedicure Tools and Products

### 1a Class Discussion

- ▶ Which tools and products do you use for manicure and pedicure treatments?
- ▶ Where do the salons buy their tools and products?
- ▶ What kind of hand and foot care products do the salons sell to customers?



### 1b Categorize



In pairs, look at the tools and products on the next page and decide which products are for

- ▶ manicure:
- ▶ pedicure:
- ▶ both:

### 1c Match

Match the following pictures with the different treatments.



- a- pushing the cuticle
- b- soaking fingers
- c- moisturising the hands
- d- filing nails
- e- exfoliating feet
- f- soaking feet in a foot spa
- g- removing hard skin
- h- massaging the soles of the feet
- i- clipping toe-nails
- j- moisturising cracked heels
- k- brushing dust from fingers
- l- removing non-living tissue around the cuticle

### 1d Match

Now read the tool and product descriptions on the next page and match them with the above treatments. Some treatments can have more than one match. Use your glossary if necessary but don't worry if you don't know all the words.

<p><b>Foot Spa</b></p>  <p>The deluxe Foot Spa soothes and relaxes the feet, with 3 relaxing settings and special massaging tips in the base of the spa to stimulate the soles of the feet.</p>	<p><b>Nail Cuticle Sticks/Cuticle Pusher</b></p>  <p>This pack of 10 orange nail cuticle sticks are a manicure and pedicure essential, ideal for pushing the cuticle and shaping the nail.</p>	<p><b>Hand Lotion</b></p>  <p>With vitamin E oil. A hand lotion developed to protect and moisturise the hands.</p>
<p><b>Hand Soak</b></p>  <p>The perfect preparation for any manicure, this formula with a heavenly aroma, is designed to cleanse and relax the hands.</p>	<p><b>Foot File</b></p>  <p>Removes hard skin quickly and effectively. Easy to use, long lasting.</p>	<p><b>Cuticle Nipper</b></p>  <p>To remove excess non-living tissue around the cuticle or hand nails. Can be used for artificial nails but will reduce the life of the implement.</p>
<p><b>Toe Nail Plier</b></p>  <p>A strong blade intended for use to trim and clip toenails.</p>	<p><b>Dusting Brush</b></p>  <p>This dusting brush is ideal to keep the nails clean of any small dust particles when performing a manicure.</p>	<p><b>Foot Scrub</b></p>  <p>An effective exfoliation treatment used to remove dead skin cells, revealing a new baby soft layer of skin, with the miracle properties of Arnica and Shea Butter.</p>
<p><b>Foot Lotion</b></p>  <p>This luxurious oil-free lotion is the finishing touch to any pedicure treatment. It softens and conditions.</p>	<p><b>Nail Clipper</b></p>  <p>A strong nipper to trim and clip the finger or toe nails. Can be used for artificial nails.</p>	<p><b>Hygiene Spray</b></p>  <p>A vital must have for any pedicure treatment. Helps to avoid infection and sanitise the treatment area. Mandarin helps to uplift and energise.</p>
<p><b>Foot Rasp</b></p>  <p>For the removal of hard skin around the heels and soles.</p>	<p><b>Hand Cuticle Remover Cream</b></p>  <p>A cuticle remover with lavender, geranium and mint. Softens dry cuticle skin for easy removal.</p>	<p><b>Metal Nail File</b></p> 
<p><b>Toe Separators</b></p>  <p>A pack of 2 white foam toe separators, essential when performing a pedicure.</p>	<p><b>Manicure Bowl</b></p>  <p>For soaking fingers and nails prior to manicure and for performing nail treatments.</p>	<p><b>Foot Soak</b></p>  <p>A rejuvenating foot soak that relieves tired, sore feet.</p>
<p><b>Cotton swab</b></p> 	<p><b>Emery board nail files and nail buffers</b></p> 	<p><b>Nail polish remover and cotton pads</b></p> 

## Part 2 Nail Treatment Products 2a Class Discussion

- ▶ What kind of nail treatments have you done?
- ▶ What do you like doing with your own nails?
- ▶ What are your favorite nail polish colours?



## 2b Match

Match the following Turkish and English phrases. Use your glossary if necessary.

- |                                              |                                                |
|----------------------------------------------|------------------------------------------------|
| 1. low power consumption                     | • çok parlak üst kat                           |
| 2. shiny top coat                            | • bir anda                                     |
| 3. extend the wear-time of the polish        | • tiftiksiz tırnak mendili                     |
| 4. nail extension treatment                  | • jel tırnakların hızlı kuruması               |
| 5. fast acting solvent                       | • ojenin dayanma süresini uzatmak              |
| 6. high gloss top coat                       | • yalnızca 30 saniyede kurur                   |
| 7. in an instant                             | • hemen kurur                                  |
| 8. nail art gems                             | • dayanan mükemmel manikürlü tırnaklar         |
| 9. 15 days of glossy colour                  | • keserken veya törpülerken                    |
| 10. acetone free nail polish remover         | • hızlı etkili çözücü                          |
| 11. lint-free nail wipes                     | • düşük elektrik tüketimi                      |
| 12. UV and LED compatible                    | • çatlama yok, çizilme yok, beyaz noktalar yok |
| 13. cures in an instant                      | • UV ve LED uyumlu                             |
| 14. fast curing of gel nails                 | • parlak üst kat                               |
| 15. no chip, no wear, no wait                | • tırnak süsleme taşları                       |
| 16. fast drying                              | • mat taban kat                                |
| 17. apply top coat                           | • tırnak uzatma uygulaması                     |
| 18. no cracking, no chipping, no white spots | • asetonsuz oje çıkarıcı                       |
| 19. when cutting or filing                   | • üst kat uygulama                             |
| 20. dry in only 30 seconds                   | • hızlı kuruyan                                |
| 21. matte base coat                          | • 15 günlük parlak renk                        |
| 22. perfectly manicured nails that last      | • iki kat oje uygulamak                        |
| 23. apply two coats of polish                | • çizik yok, yıpranma yok, bekleme yok         |

## 2c Answer the questions



















Answer these questions according to the product descriptions on the next page.

- |                                                                              |                                                     |
|------------------------------------------------------------------------------|-----------------------------------------------------|
| 1. In which order do you apply nail polish, top coat and base coat?          | 6. What do you use a LED UV lamp for?               |
| 2. What does a top coat do to the nail polish?                               | 7. What do you need for nail extension?             |
| 3. What do you use nail tip guides for?                                      | 8. How can you remove nail extensions?              |
| 4. What can you do if your nail polish hardens?                              | 9. What 2 things do you need to remove nail polish? |
| 5. What is the difference between an traditional nail polish and gel polish? | 10. What two products are for nail art?             |

## 2d Discuss and decide

With your partner, discuss the following situations and decide

- ▶ what you would do step by step
  - ▶ which products from the next page you would use
1. A customer asks for nail extensions and long lasting nail polish. She has old polish on her nails. Her favourite colour is blue.
  2. A young customer wants French manicure with some glitter on the tips.

<p><b>Base Coat</b></p>  <p>A matte base coat, protects your nails from any colour dyeing and gives a smooth base to work on. This polish can also be used as a top coat to give a dusty matte finish effect.</p>	<p><b>Top Coat</b></p>  <p>High gloss top coat, the perfect way to finish any manicure.</p>	<p><b>Nail Polish</b></p>  <p>A very popular wine red shade. Sinful always recommends applying two coats of polish to give a solid colour, then applying top coat to extend the wear-time of the polish.</p>
<p><b>Nail Polish</b></p>  <p>A rich, luxurious blue. Sinful always recommends applying two coats of polish to give a solid colour, then applying top coat to extend the wear-time of the polish.</p>	<p><b>French Manicure Set</b></p>  <p>The Edge Nails French natural manicure set with nail tip guides has superb application, fast drying &amp; high gloss finish.</p>	<p><b>Nail Tip Guides</b></p> 
<p><b>Nail Polish Thinner</b></p>  <p>Thins thick polish in an instant. Prolongs polish use.</p>	<p><b>Gel Polish</b></p>  <p>Gellux Vampire Blood gel polish. Simply brush on like a polish, cures in an instant, perfectly manicured nails that last. No chip, no wear, no wait. 15-days of glossy colour in an instant. UV and LED compatible.</p>	<p><b>Gel Base/Top coat</b></p>  <p>Create a super smooth base coat, a long lasting glossy top coat, or on it's own for a gorgeous luster to natural nails.</p>
<p><b>Gel Top Coat</b></p>  <p>Salon System Gellux Shiny Top Coat. Simply brush on like a polish, cures in an instant, perfectly manicured nails that last. No chip, no wear, no wait. 15-days of glossy colour in an instant. UV and LED compatible.</p>	<p><b>LED UV Lamp</b></p>  <p>This 12 watt LED UV lamp allows for fast dry curing of gel nails, and it is energy-saving with low power consumption.</p>	<p><b>Brush on Glue</b></p>  <p>Ibd 5 Second Glue sets extremely quickly and it has never been surpassed in quality by any other adhesive product available. It repairs and strengthens natural nails and is excellent for all artificial nails and tips.</p>
<p><b>Nail Tips</b></p>  <p>Super strength DURA-Tips made from ABS plastic durability and greater wear for tips. The improved flexibility means no cracking, no chipping and no white spots when cutting or filing.</p>	<p><b>Nail Tips Remover</b></p>  <p>A fast acting solvent formulated to remove tips and overlays quickly and effectively.</p>	<p><b>Nail Polish Remover</b></p>  <p>500ml acetone free nail polish remover. Recommended for sculpted and most artificial nails.</p>
<p><b>Nail Wipes</b></p>  <p>A pack of 200 disposable lint free nail wipes, perfect for removing nail polish.</p>	<p><b>Nail Art Gems</b></p>  <p>A pack of 150 nail art gems to enhance your manicure and great for toe nails too.</p>	<p><b>Silver Glitter</b></p>  <p>Add a bit of sparkle to your client's nails with this silver glitter.</p>

## Part 3 Manicure and Pedicure Treatment

### 3a Class discussion

- ▶ What is the standard procedure for a manicure treatment?
- ▶ What about pedicure treatment?
- ▶ What kind of problems do clients have with their hands and feet?
- ▶ What should you do when there is a health related problem?



### 3b Order

Read the following text and put the pictures in order.

#### The Perfect Manicure at Home, Step-by-Step

**Step 1: Gather the essentials.** Be sure to have the following tools and products ready to go.

- Nail-polish remover and cotton swabs or pads
- Nail clippers, if your nails need a trim before you polish
- Emery board and nail buffer
- Cuticle pusher and nippers
- Cuticle remover
- Hand/nail moisturizer
- Base coat
- Nail polish
- Clear topcoat

**Step 2: Remove any previously applied nail polish.** Try to use a non-acetone remover as it is not as drying as an acetone remover.

**Step 3: Shape nails.** Soak the fingers for just a few seconds, then clip the nails if necessary and gently file them into shape. A slightly rounded nail shape or square-rounded edge is generally the best way to go.

**Step 4: Soak away.** Place your hands in a bowl of warm (not too hot) water and add a bit of hand soak to the water. Keep them in the water for three minutes or less.

**Step 5: Apply cuticle remover.**

Cuticle remover is very strong, so leave it on only for a few seconds.

**Step 6: Remove excess cuticle around the nail.** Very gently push the cuticle back away from the nail with a cuticle pushing tool, but don't push it too far because it can damage nail growth.

**Step 7: Moisturize.** Massage a rich cream over the hands to hydrate the skin.

**Step 8: Prepare for polish.** Using a cotton swab or pad, apply nail-polish remover over the nail's surface to remove any moisturiser.

**Step 9: Paint nails in layers.** If you have weak or dry nails, use a base coat of protective nail polish. Next, apply your color polish in layers, allowing each layer to dry between coats. Two coats of color polish, followed by a top coat to add shine should do the trick. It takes time for nails to fully dry, so you must be patient.

**Step 10: Reapply moisturizer.** You should always keep your hands and the nails well hydrated to make them look great.

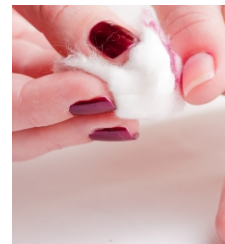
A.



B.



C.



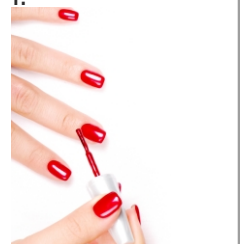
D.



E.



F.



G.



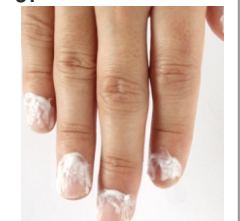
H.



I.



J.



## 3c Check your understanding

Answer the following questions according to the information in the text.

1. Why is a non-acetone nail polish remover recommended?
2. Why do you think it is recommended to soak the nails for a few seconds before clipping and filing?
3. Draw the two recommended nail shapes.
4. How long should you leave the cuticle remover on? Why?
5. What happens if you push the nail cuticle too far?
6. How can you protect dry nails?
7. How many layers of polish is recommended?
8. Why do you apply a top coat?
9. How do you finish the procedure? Why?

## 3d Class discussion

- ▶ What are the differences between the procedures for manicure and pedicure treatments?
- ▶ In your opinion, which one is more difficult? Why?



## 3e Write the steps

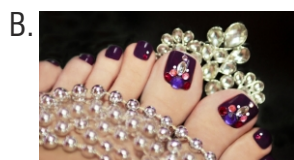
Look at the steps for manicure again and work with your partner to write the steps for a standard pedicure treatment. Decide on the products and tools that you need. You can use the following pictures as props.



### The Perfect Pedicure at Home, Step-by-Step

## 3f How do you do it?

Work with your partner and discuss how you achieve the following results.



## Part 4 Revision

### 4a Name the products and tools

Write the English names for the following products and tools.

1. törpü
2. jel oje
3. yapay tırnak ucu
4. tırnak makası
5. tırnak eti makası
6. el losyonu
7. oje çıkarıcı
8. ayak losyonu
9. manikür fırçası
10. yapıştırıcı
11. renksiz üst kat

### 4b Translate the phrases

Translate the following phrases to English.

1. elleri nemlendirmek
2. ayak tırnaklarını kesmek
3. et tırnaklarını itmek
4. tırnakları törpülemek
5. ayaklardaki kuru deriyi almak
6. ayak tabanlarına masaj yapmak
7. parmakları suda bekletmek
8. iki kat oje sürmek
9. ojeyi çıkarmak
10. çatlamış topukları nemlendirmek

### 4c Match

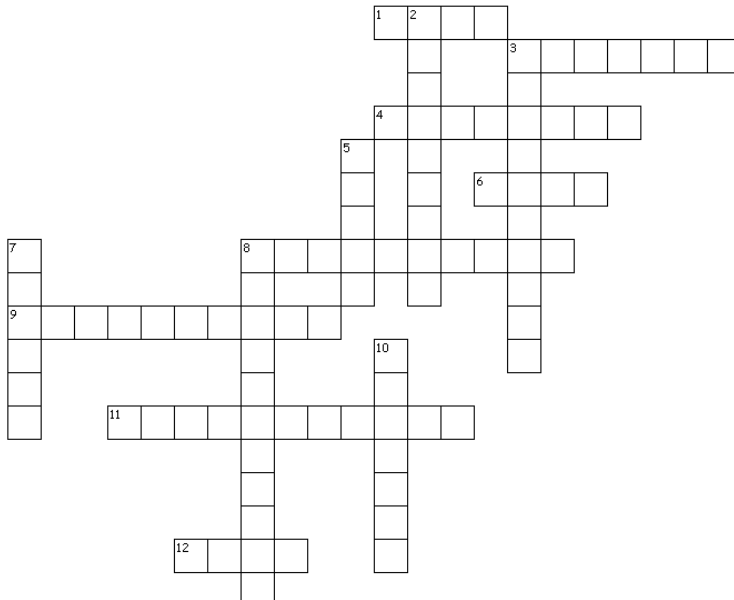
Match the two halves of the following sentences.

1. You can use a foot file and scrub
2. A nail polish remover is used for
3. Soaking feet in a foot spa
4. A toe nail plier is for
5. A LED UV lamp is for
6. A foot spa is for
7. You can use a cuticle nipper
8. Use a hand lotion
9. Use a hygiene spray

- a) to moisturise your hands.
- b) softens the hard skin on the soles of your feet.
- c) curing gel polish.
- d) to sanitize the tools and the treatment area.
- e) soaking feet.
- f) to remove cuticles around the nails.
- g) cutting toe nails.
- h) to remove dead skin from the soles of your feet.
- i) removing nail polish .

### 5d Crossword puzzle

Use the English equivalents of the following words to complete the puzzle.



#### Across

- 1 ayaklar
- 3 tırnak eti
- 4 dayanma süresi
- 6 taban
- 8 tırnak cilası
- 9 nemlendirmek
- 11 kuru deriyi çıkarmak
- 12 ayak parmakları

#### Down

- 2 uzatma
- 3 kulak temizleme çubuğu
- 5 uygulamak
- 7 çıkarmak
- 8 tırnak kırma makası
- 10 parlıtı