

Overview

This standard coexists alongside, SKAHDBRBNST1 Implement and maintain safe, hygienic and effective working practices and SKAHDBRBNS1 Consult, assess, plan and prepare for Hair, Barbering, Beauty, Nails, Wellbeing and Holistic services. This standard is for a Beauty or Nail professional providing manicure treatments to improve and maintain nail and skin condition. The manicure treatment includes preparation of the hands and nails, shaping the nails, cuticle work, skin exfoliation, massage, heat treatments and nail finish. You will also be required to do a post procedure evaluation and reflection for continuous improvement. Users of this standard will need to ensure that their practices reflect up-to-date information, policies, procedures and best practice guidance. It is advisable users of this standard are aware of, and comply with first aid requirements in accordance with legislation and organisational policies and procedures.

The main outcomes are:

Provide manicure treatments

Provide heat treatments

Performance criteria

You must be able to:

You must be able to:

1. carry out a concise and comprehensive consultation with the individual
2. maintain your responsibilities for health and safety in accordance with legislation, regulations, directives and guidelines
3. discuss and establish the individual's objectives, nail concerns, expectations and desired outcomes to inform the manicure treatment plan, to include:
 - 3.1 treatment history
 - 3.2 alternative treatment options
4. confirm and agree with the individual, they have understood the proposed manicure treatment, to include:
 - 4.1 contra-actions
 - 4.2 **adverse reactions**
5. obtain and record the individual's informed consent for the manicure treatment in accordance with organisational and insurance requirements
6. prepare the individual's treatment area in accordance with the **manicure treatment protocol**, to include:
 - 6.1 remove any existing product from the nail in accordance with the manufacturer instructions
7. carry out a nail and skin analysis, to include:
 - 7.1 **nail condition**
 - 7.2 skin condition
 - 7.3 length and shape of the nail

7.4 nail finish

8. discuss and agree the nail and skincare products to be used in the manicure treatment in accordance with the manicure treatment protocol, to include:

8.1 heat treatment

9. confirm the desired nail length and shape with the individual

10. clip and shape the nails to ensure a smooth free edge in accordance with the manicure treatment protocol

Exfoliation

11. select and use an exfoliator in accordance with the manicure treatment protocol

Warm oil heat treatment

12. prepare a warm oil treatment and soak the nails and cuticle in accordance with the manicure treatment protocol

Cuticle work

13. soak the nails and cuticle in accordance with the manicure treatment protocol

14. prepare cuticles in accordance with the manufacturer instructions

15. use tools to remove cuticle from the visible nail plate without damaging the surrounding skin

Massage

16. select a **massage medium** in accordance with the manicure treatment protocol

17. apply the massage medium and carry out **massage techniques** in accordance with the manicure treatment protocol, to include:

17.1 relaxation techniques

17.2 therapeutic massage techniques

Heat treatments

18. select a mask product in accordance with the manicure treatment protocol
19. select, prepare and apply the heat treatment in accordance with the manicure treatment protocol
20. remove the mask product in accordance with the manufacturer instructions

Nail finish

21. select the **nail finish** and prepare the nail plate in accordance with the manicure treatment protocol
22. apply the nail finish in accordance with the manicure treatment protocol
23. monitor the individual's health, wellbeing and skin reaction throughout the manicure treatment
24. implement the correct course of action in the event of an adverse reaction
25. conclude the treatment in accordance with the manicure treatment protocol, legislative requirements and organisational policies and procedures
26. complete the individual's treatment records and store in accordance with data legislation
27. use reflective practice to evaluate the manicure treatment and take appropriate action
28. provide **instructions** and advice to the individual, pre and post the treatment
29. record the outcome and evaluation of the manicure treatment

Knowledge and understanding

You need to know and understand:

1. your role and responsibilities in performing manicure treatment and the importance of working within your competence
2. why you must comply with ethical practice and work within the legislative requirements, to include:
 - 2.1 the responsibilities under local authority licensing regulations for yourself and your premises
3. the importance to engage in, and document continuous professional development to include, up-to-date information policies, procedures and best practice guidance
4. the **anatomy and physiology** relevant to this standard
5. the relative and absolute contraindications relevant to the manicure treatment, to include:
 - 5.1 the legislative and insurance requirements for obtaining medical diagnosis and referral
6. the importance of recognising suspicious skin irregularities and lesions, and referring to a relevant healthcare professional
7. the purpose, use and limitations of manicure treatments, in relation to:
 - 7.1 past and current medical history
 - 7.2 nail and skin condition
 - 7.3 relevant lifestyle factors
 - 7.4 medication and medical conditions
 - 7.5 individual's expectations
8. the different types of treatable nail and skin conditions

9. how to conduct a nail and skin analysis
10. the **natural nail shapes** and how they can impact the manicure treatment
11. the importance of carrying out a nail and skin analysis to determine the treatment plan
12. the importance of adhering to the manicure treatment protocol
13. the manual techniques used in a manicure treatment to include:
 - 13.1 how to adapt the manicure to meet the individual's needs
14. the types of hygiene products for the skin and the importance of following manufacturer instructions
15. the types, benefits and limitations of nail and skincare products and equipment used in manicure treatments, to include:
 - 15.1 the risks associated with allergens and ingredients that could cause harm
16. how to prepare and use products, tools and equipment in accordance with the manicure treatment protocol
17. the massage techniques used within a manicure treatment
18. the physiological effects of massage techniques on the nails and skin
19. why it is important to clean and dry the natural nail prior to applying a nail finish
20. the types and methods of applying different nail finishes
21. the adverse reactions associated with a manicure treatment and how to respond
22. the health and safety responsibilities in line with legislation before, during and after the manicure treatment
23. why it is important to discuss and establish the individual's objectives, concerns, expectations, desired outcomes and agree the manicure treatment plan
24. the legal requirements for providing beauty services to minors and vulnerable

Provide manicure treatments

adults

25. the fee structures and treatment options
26. the legislative and indemnity requirements of gaining signed, informed consent for the manicure treatment
27. the importance of monitoring the health and wellbeing of the individual during and post the treatment
28. the reasons for taking consensual visual media of the individual's treatment area and storing in accordance with the service, legislative, insurance and organisational requirements
29. the legislative and regulatory requirements of completing and storing the individual's manicure treatment records
30. the expected outcomes of manicure treatments
31. the purpose of reflective practice and evaluation and how it informs future treatments
32. the importance to record the outcome and evaluation of the manicure treatment
33. the instructions and advice, pre and post the manicure treatment

Scope/range

Adverse reactions

1. hyperaemia
2. allergic reaction
3. discolouration of the product
4. discolouration of the nail plate
5. discolouration of the nail bed
6. thinning of the nail plate
7. cuts and abrasions
8. bruising
9. lifting of the product
10. infection

Manicure treatment protocol

1. working environment
2. health and safety
3. infection prevention and control
4. treatment plan
5. informed consent
6. data management
7. manufacturer instructions
8. audit and accountability
9. instructions and advice
10. sustainability
11. waste management
12. evidence-based practice
13. reflective practice

Nail condition

1. onychophagy
2. discolouration
3. misshapen
4. split above the hyponychium
5. beau lines
6. longitudinal and horizontal ridges
7. dehydrated

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8. onychorrhexis
9. leukonychia
10. onycholysis

Length and shape of the nail

1. long
2. mid-length
3. short
4. round
5. oval
6. square
7. squoval
8. almond

Nail finish

1. nail polish
2. glossing buffer
3. natural nail
4. nail strengthener
5. french
6. dark colour
7. light colour

Heat treatment

1. heated mitts
2. paraffin wax

Massage medium

1. oil
2. cream
3. oil free

Massage techniques

1. effleurage
2. petrissage
3. tapotement
4. frictions

Instructions

1. the individual and practitioner's legal rights and responsibilities
2. pre and post treatment instructions and care
3. restrictions and associated risks
4. future treatments

Anatomy and physiology

1. the structure and functions of the skin
2. the structure and functions of the nail
3. the anatomy and physiology of the upper extremities
4. relative and absolute contraindications and related pathologies

Natural nail shapes

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

Glossary

Absolute contraindication

An absolute contraindication is a condition that prevents the service from being carried out and may require referral.

Adverse reaction

An adverse reaction is an 'unexpected' reaction or outcome following a service, i.e. fainting

Contra action

A contra-action is an 'expected' reaction or outcome following a service, i.e. erythema

Evidence-based practice

Evidence-based practice is based on the best available, current, valid and relevant evidence.

First aid

First aid can refer to first aid at work qualifications or equivalent and first aid mental health awareness.

Protocol

A protocol is a standard procedure to ensure best practice and compliance when providing services, i.e. follow manufacturer instructions.

Relative contraindication

A relative contraindication is a condition that requires an assessment of suitability for the service and/or if adaptations are required.

Links to other NOS

SKAHDBRBNST1, SKAHDBRBNS1, SKABN1, SKABN3, SKANT1,SKANT2,SKANT3, SKANT4, SK

SKABN1



Provide manicure treatments

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