

## Module 1: GENERAL CARE OF HANDS

- 1.1 Skin Types
- 1.2 Creams and suitable products
- 1.3 Exercises for hands
  - Step by step exercises for hands
  - Hand exercises - video tutorial
- 1.4 Nail disorders
  - Ridged
  - Brittle
  - Pigmented
  - Layering
  - Bitten
  - Coloured or stained

## Module 2: MANICURE

- 2.1 The steps to a good manicure:
  - The tools you need
  - Step by step instruction
  - Manicure - video tutorial
- 2.2 Hand massage:
  - Characteristics and objectives
  - Step by step instructions
  - Hand massage - video tutorial

## Module 3: PEDICURE

- 3.1 Steps to a good pedicure.
  - The tools you'll need
  - Step by step instruction
  - Pedicure - video tutorial
- 3.2 Foot Massage
  - Characteristics and objectives
  - Step by step instruction
  - Foot massage - video tutorial

## Module 4: NAIL ART

- 4.1 Types of nail polish
  - Novelty finishes - magnetic, stamping, cracked, top coat
  - Colours and trends
- 4.2 Tools you need and how to add decorations.
  - Materials used
  - Special techniques - sponge, brush, orange stick, magnetic, cracked, stamping.
  - Lines and drawings
  - French Manicure
  - Glitter
  - Nail art techniques\_01 - video tutorial
  - Nail art techniques\_02 - video tutorial
- 4.3 Examples of decoration choices
- Photos with various finished models
- 4.4 Products on the market.
  - List of products
  - Review and exercises

## Module 5: GEL & SHELLAC MANICURE

- 5.1 Gel Nails
  - 5.1.1 Brief history of gel nails
  - 5.1.2 What are gel nails?
  - 5.1.3 What materials do I need?
  - 5.1.4 What shape to give Gel nails?
- 5.2 Step by step instructions for sculpted gel nails with French manicure:
  - 5.2.1 Video: Applying a full set of Gel Nails
- 5.3 Maintaining and filling:
  - 5.3.1 Video: Filling Gel Nails
- 5.4 Shellac Style Nails
  - 5.4.1 What is Shellac?
    - 5.4.2 Advantages of permanent or semi-permanent polish:
  - 5.5 Steps for applying Shellac
    - 5.5.1 Video: Shellac Style Nails

