

a brief history of... the manicure

The word "manicure" emerged around 1880. It comes from the French *pédicure* coupled with the Latin word for hand, *manus*. It refers to any treatment for the hand or fingernails. The word "pedicure" emerged earlier, around 1842, in France.

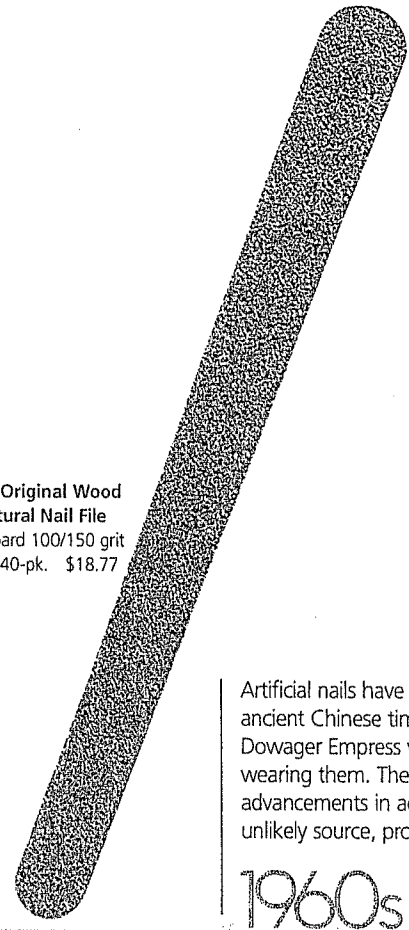


The French manicure emerged in 18th century Paris. By 1800, almond shaped nails were in fashion. Oils and creams were applied to the nails and buffed to create a glossy shine.

The orange stick was invented in 1830 by a European podiatrist, Dr. Sitts as an alternative to metal tools and scissors. It would debut in the U.S. in 1892, and the Sitts method would encourage the creation of nail salons. The nail clipper was invented by Chapel Carter in 1896.

1800s

flowery Original Wood Core Natural Nail File Emery Board 100/150 grit 104010 40-pk. \$18.77



Artificial nails have existed since ancient Chinese times, when the Dowager Empress was known for wearing them. The 1960s brought advancements in acrylic nails from an unlikely source, prosthetic dentistry.

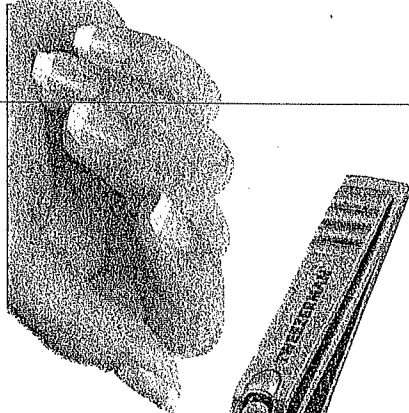
1960s

3,000 B.C.

While the term is comparatively new, women and men alike have been enjoying the therapeutic health benefits of manicures for more than 5,000 years. The first documented practice of manicures can be traced to India. Indian women used Mehndi, or henna, to color their nails. Later, this practice would be adopted by the ancient Egyptians and Incas.

Some of the earliest known manicures were practiced by Babylonian men. As far back as 2,000 B.C., they used gold tools to clean and shape their fingernails and toenails.

Nail polish debuted in 3,000 B.C. in China. Length and color indicated social status. Red and black were favored by the highest elite. Red was also the favored color of Egyptian rulers Cleopatra and Nefertiti. Egyptian and Roman military commanders painted their fingernails to match the color of their lips before going to battle.

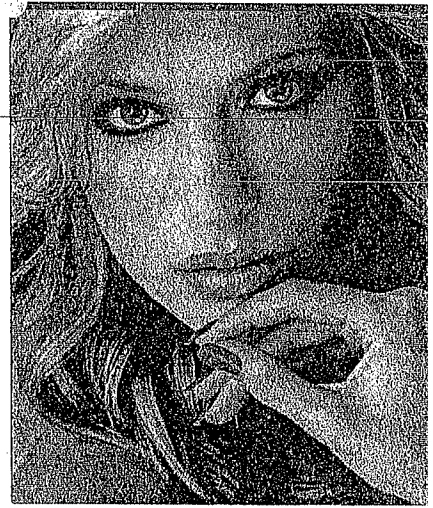


Tweezerman Stainless Nail Clipper 193055 \$4.97

1900s

By 1900, women were using metal nail files and varnishes that quickly wore off. Flowery Manicure Products invented and introduced the emery board in 1910.

The 1920s brought the automobile and a more durable nail polish. French manicures were popular, as was cutting cuticles and pointed tips.



2000s

Today advancements in nail products are focused on ways to allow nail technicians to express their creativity and enhance beauty. Products are formulated to offer beautiful colors and outstanding durability while providing for the health of the natural nail. ▲

Reading Minute

What Century was the French manicure born????

What was the nail shape in the 1800's??? please draw/

What year was the orange wood stick invented///

What year were artificial nails worn????

Would this be call a time line for math?????

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Manicure Service
Time Allowed: 30 Minutes
Perform a basic manicure on five fingers

- One finger must be polished before you get to state board site
- Sanitize hand and table
- Set up station
- Washes own hands with soap and water
- Sanitizes own hands (using sanitizer/alcohol)
- Washes mannequin hand (using soap and water)
- Sanitizes mannequin hand (using sanitizer/alcohol)
- Removes polish from one finger
- Files from outside edges to centers, avoiding filing the tops of nails (no sawing)
- Immerses mannequin hand in finger bath (to soften cuticles)
- Applies cuticle remover to cuticle
- Gently pushes back cuticles with a cuticle pusher
- Cleans under free edges of nails with a cotton tipped orangewood stick or brush
- Apply cuticle oil & massage fingertip
- Massage fingers and hand with lotion/cream
- Removes oil from nail plate with alcohol/polish remover
- Applies base coat
- Applies two coats of polish smoothly and evenly
- Applies top coat
- Removes all traces of polish from cuticles with cotton tipped orangewood stick

Name: _____

Date: _____

MANICURING SUPPLIES

- ORANGEWOOD STICK
- TOWELS
- BROWN PAPER TOWELS
- POLISH REMOVER
- COLOR POLISH
- BASE COAT
- TOP COAT
- CUTICLE OIL
- LOTION
- COTTON (CLOSED CONTAINER)
- CUTICLE PUSHER
- NAIL FILE
- FINGER BOWL
- NAIL BRUSH
- CUTICLE REMOVER

Manicure procedure

1. Sanitize table with alcohol.

2. Fold towels (cotton) and place brown paper towels (show how to make cotton balls)

3. Assemble implements and equipment.. alcohol in jar approx. 1 inch with cotton on the bottom.

4. Seat client and remove jewelry.

5. Sanitize hands (both you and client.)

6. Left hand: starting with little finger remove polish.

7. Right hand: starting with little finger remove polish.

8. Left hand: starting with little finger file nails corner to center, immerse in wax

9. Right hand: starting with little finger file corner to center and immerse in wax

10. Pat dry left hand, apply cuticle solvent with cotton under nail, loosen cuticle with pusher push cuticle back with hand in towel clean under free edge with w (cotton dipped orange wood stick)

11. Pat dry right hand, apply cuticle solvent with cotton under nail, loosen cuticle with pusher push cuticle back with hand in towel clean under free edge with w (cotton dipped orange wood stick)

12. Nip excess cuticle on left hand then right.

13. apply oil or cream at base of nail

14. left hand massage then right hand massage.

15. left hand scrub then right hand scrub with nail brush . (buffing dark gray while then light grey.)

16. Left hand and right hand pat dry apply polish remover/alcohol to nails or (clients take out car keys and put on jewelry.)

17. apply base coat to left and right hand only 1 coat.

18. apply polish to left and right hand 2 coats.

19. apply top coat to left then right hand only one coat.

<p><u>Left side</u></p> <p>Brush Finger bowl Top coat Polish Base coat Trash bag.</p> <p><u>Right side</u></p> <p>handment jar Orange wood - stick Lotion Cuticle oil Cuticle remover File Polish remover Cotton</p>
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