

EST 24

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**Esthetician – All Trades**  
**Specialized Manicures**



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# Specialized Manicures

## Rationale

*Why is it important to learn this skill?*

Specialized manicures are important 'add-on' services in a salon. They provide clients with additional options, and they provide estheticians with additional sources of income.

## Outcome

*When you have completed this module, you will be able to:*

Describe the reasons for the different types of specialized manicures, and demonstrate a specialized manicure.

## Objectives

1. Describe hot oil treatment.
2. Describe paraffin.
3. Describe exfoliation and masks.
4. Describe heated hand wear.
5. Demonstrate specialized add-on to French manicure.

## Introduction

Specialized manicures introduce apprentices to a wider variety of products, equipment, and techniques. These manicures are often the first opportunity for apprentices to acquaint themselves with the concept of lifelong learning. As in every trade, the tools, equipment, techniques, and products in esthetics are continually evolving. Each apprentice and journey person is responsible to continue their learning and stay knowledgeable with recent developments.

# Objective One

*When you have completed this objective, you will be able to:*

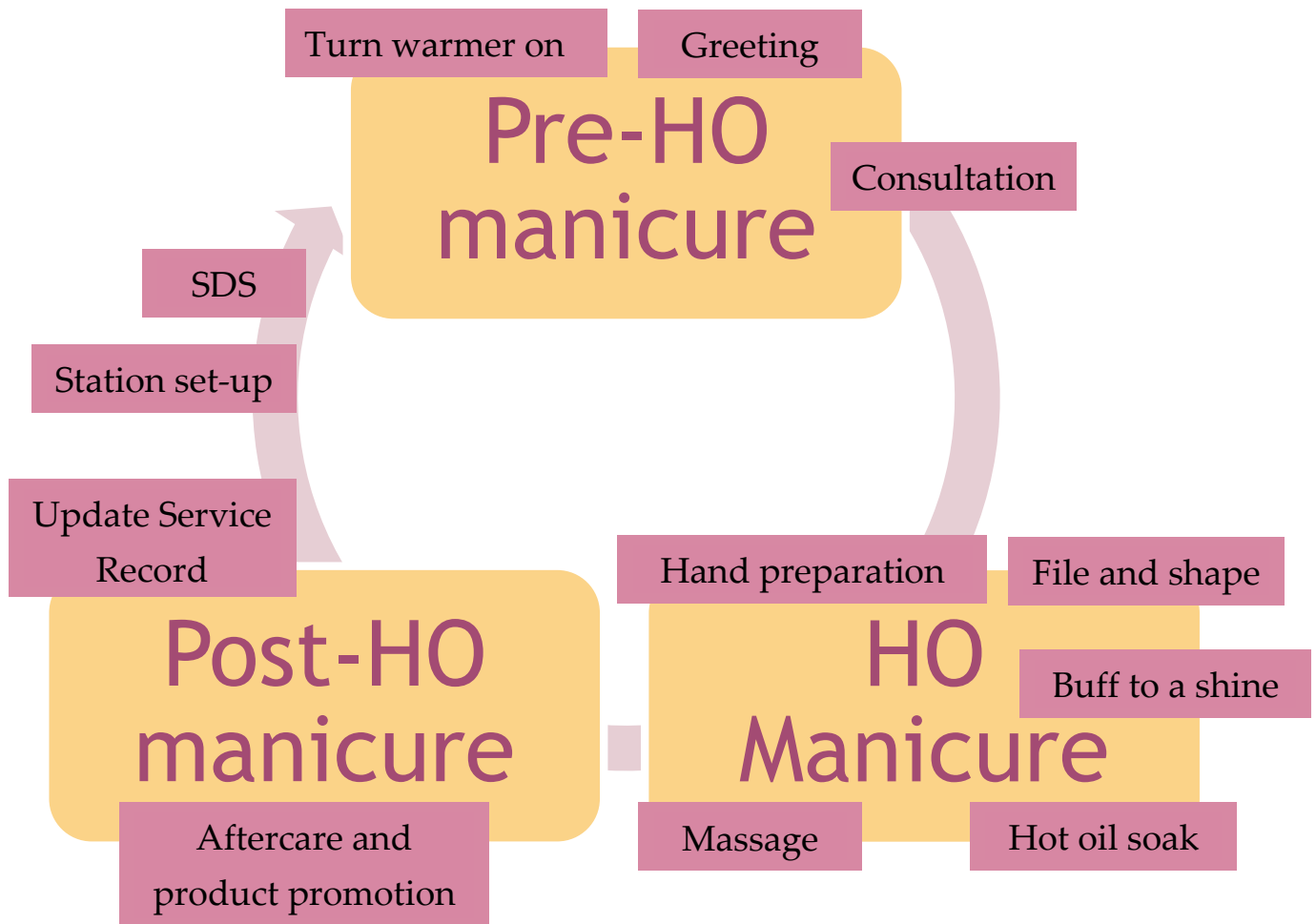
Describe hot oil treatment.

## Hot oil Manicure

A hot oil manicure consists of two parts: a carrier oil, and additives. The carrier oil is the largest ingredient by volume. It functions to hold the additives, dilute the additives (which may be harmful in pure form), and heat up the additives. Common carrier oils include vitamin E, almond, and coconut oil. Additives are the 'benefit' of a hot oil manicure. They provide nutrients to the skin and nail plate. Commonly used additives include but are not limited to tea tree oil, myrrh oil, sandalwood oil, and frankincense oil. These oils are referred to as 'pure essential oils.' The hot oil manicure is a popular service in the wintertime. This service is beneficial for clients with dry cuticles, hangnails, fissures, and / or dry nail plates. A manicure heater is used to keep the oil warm.

| Essential Oil | Properties   |
|---------------|--|
| Tea Tree      | Tissue regenerative, anti-bacterial, anti-fungal       |
| Myrrh         | Skin conditioner for chapped and cracked skin          |
| Sandalwood    | Reduces skin infections                                |
| Frankincense  | Reduces skin infections, anti-inflammatory, anti-aging |

# The General Outline of the Hot Oil Manicure



## Pre Hot Oil Manicure

The pre hot oil manicure is the same as the pre manicure, with the exception of turning on the oil warmers. Oil warmers typically need 10 to 20 minutes to reach optimum temperature.

## The Hot Oil Manicure

Hand preparation: sanitize esthetician and client hands. Shorten the natural nail by filing or clipping the first hand. Shape the nail with a file according to

*Note: cuticles should only be clipped if they will catch on a sharp edge such as a file. If they are in danger of catching on a file and not clipped, they may tear during the service. The whole idea of a hot oil treatment is to replenish the skin of nutrients and restore its elasticity. After the soak, dead skin can be trimmed.*



the client's wishes. Buff the entire nail plate using a buffer block of 180 grit to smooth down any ridges. Next, Buff the nail plate with a higher grit such as 320 grit, and finally, buff the entire nail plates with a 500-2500 grit. The appearance of the nail should slowly change from chalky-white to smooth and shiny. Soak the first hand in the hot oil. Be sure to test the temperature of the oil before it contacts the client.

While the first hand is soaking, shorten, shape, and buff the second hand. The first hand should soak for about 10 minutes. Remove the first hand from the oil, place it on a towel, and insert the second hand into the oil. Inspect the first hand for hangnails and use a glass file to seal the edges of the nail together.

Perform the hand massage as per EST 23.

## **Post Hot Oil Manicure**

The post hot oil manicure is the same as for a regular manicure. Follow the procedures as outlined in EST 23.

# Objective One Self-Test

1) What is the function of a carrier oil?

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2) Which two essential oils can reduce skin infections?

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3) How long does it take for an oil warmer to heat up?

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4) What is used to seal the edges of a nail after it has soaked in oil?

---

# Objective One Self-Test Answers

- 1) A carrier oil holds the additives, dilutes the additives, and heats up the additives.
- 2) Sandalwood and frankincense may reduce skin infections.
- 3) It usually takes 10 to 20 minutes for an oil warmer to heat up.
- 4) A glass file is used to seal the nails after they have soaked in oil.

# Objective Two

*When you have completed this objective, you will be able to:*  
Describe paraffin.

## Paraffin

The paraffin wax itself has no moisturizing benefits. Benefits come from the lotions that are applied during massage, before the hands are immersed in the wax. When the hands are immersed, the paraffin pushes the lotion the skin into a deeper level than without the wax and is not allowed to evaporate. The temperature of the wax helps penetration by opening pores, helps relieve arthritic pain, and promotes blood circulation and relaxation. Perspiration



Paraffin wax blocks

generated during the soak cannot escape and is forced into the skin's outer layer. The outer layer fills with the perspiration; as a result, the skin cells are expanded, superficial lines are diminished, and colour is improved. Additional benefits include stimulating the lymphatic system and relief of arthritis and joint pain.

## Paraffin Wax Procedure

If performed during a manicure, the paraffin wax procedure happens after the massage. A typical paraffin wax warmer requires 30-60 minutes to bring the wax to useable temperature. Warmers are typically turned on at the beginning of each day. If not, make sure to turn the warmer on before the procedure, and allow for sufficient time to heat up.

Test the temperature of the wax. Using a small disposable cup, remove a small amount of wax



Paraffin station, with wax warmer and disposable cups

from the heater and pour it onto the underside of the wrist. The skin on the underside of the wrist is very sensitive. If it does not hurt in this location, it should be safe to use on the client.



Plastic bags prepared for filling with wax

Open a plastic liner by rolling the cuff. Dispense the hot paraffin from the warmer into the bags. Disposable cups can be used, or a reusable cup can be used; however, regardless of the transfer method, the cups cannot touch anything other than the wax to avoid cross contamination. If a cup contacts a surface or a person, it must be disposed of immediately or cleaned to the level appropriate as noted in EST 1. For hands, approximately 50mL is needed for each hand. For feet, about 100 mL is needed for each foot.

Open the bag wide, then cinch it at the top to trap air inside it. Shake the bag to distribute the wax onto all of its surfaces. Put the client's hand into the bag, form the wax around the hand to ensure complete coverage and remove excess air. Seal the bag around the wrist. Wrap the hand in something warm, such as heated towels or mittens. Heated towels and mittens extend the warmth, thereby improving the effectiveness of the treatment. Leave the client for approximately 10 minutes. During this time, the apprentice can clean their tools and perform other tasks.



Melted wax, ready to be used

After the time has expired, gently take the hand while still in the towel or mitten and loosely massage to separate the wax from the skin. Remove the towel or mitten and pull the bag and its contents off of the hand. If any wax is left on the skin, remove it with a towel. Present the client with a clean towel. They may want to wipe excess

lotion and slippery residue left by the wax. Other clients may prefer the apprentice to massage the residue into their skin.

If polish is included in the service, it is commonly done before the paraffin wax treatment. Refer to EST 23 for polish procedures.

## **Dry Manicure**

A dry manicure is a manicure without soaking the fingers. Instead of soaking the fingers, cuticle softener, moisturizer, or callus softener is applied to the fingers. Cuticle work is performed followed by filing and shaping of the nail plates. Polish and massage as per EST 23. Some estheticians feel that a dry manicure is more effective, because a finger soak can dry the cuticles and make them less pliable and prone to hangnails. Dry manicures are also referred to as a “mini-manicure” and can be performed when the client does not have time for a full (wet) manicure.

Some estheticians feel that soaking the fingers loosens debris for later removal with a brush, and loosens the cuticle from the nail plate. This is especially helpful if the client has overgrown cuticles. Some estheticians will push back dry cuticles before the soak, then soak the fingers and push back the cuticles again after the soak. This technique is particularly helpful to clients with pterygium and overgrown cuticles.

## **Aftercare and Product Promotion**

Follow the information regarding aftercare and product promotion in EST 5.

# Objective Two Self-Test

1) What happens to perspiration during a paraffin soak?

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2) Where on the body is the temperature of paraffin wax tested, and why?

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3) How is paraffin wax removed from the hands after a soak?

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4) List the reasons for a dry manicure and a wet manicure.

| Dry Manicure | Wet Manicure |
|--------------|--------------|
|              |              |
|              |              |
|              |              |
|              |              |

# Objective Two Self-Test Answers

- 1) During a paraffin soak, perspiration is forced into the skin.
- 2) The temperature of paraffin wax is tested on the underside of the wrist because the skin is sensitive there and will indicate if the wax is too hot or not.
- 3) Gently take the hand while still in the towel or mitten and loosely massage it to separate the wax from the skin. Remove the towel or mitten and pull the bag and its contents off of the hand. Excess wax can be removed with a towel or massaged into the client's skin.
- 4)

| Dry Manicure  | Wet Manicure                                       |
|---|--|
| Will not dry cuticles, as may happen during a wet manicure. | Soaking may loosen debris for removal by brushing. |
| Can be performed in less time.                              | Helpful for removing overgrown cuticles.           |



# Objective Three

*When you have completed this objective, you will be able to:*

Describe exfoliation and masks.

## Exfoliation

Exfoliation is the process of removing dead skin cells from the top layer of the epidermis. Exfoliation removes the barrier formed by dead skin cells. Once this barrier is removed, fresh skin cells can move easier to the surface of the epidermis, and moisturizing lotions can easier penetrate the skin. Exfoliation can be done in many ways. Manual exfoliation is achieved by mixing an abrasive inside a moisturizing lotion. The hands are then rubbed with the lotion. Abrasives can be grains of rice, pieces of almonds, pumice, and synthetic materials.

Chemicals can also be used to exfoliate. Alpha hydroxy acid (AHA), benzoyl peroxide, and salicylic acid are three common chemical exfoliants.

Microdermabrasion is a newer form of exfoliation; it is performed by spraying microcrystals against the skin. This form of exfoliating can reduce the appearance of fine lines.

Manual exfoliation is usually performed when a client first sits down (after sanitizing) or just before the hand soak. A tissue or a wet towel is commonly used to remove the exfoliating material.

Exfoliation can irritate the skin, so a thorough inspection before the service is essential. Look for thin skin, redness and swelling, cuts, and abrasions.

## Masks

Masks are applied in a manner that is similar to applying paraffin. A mask is a thick cream applied to the hands using a brush. Masks are applied after the massage. Plastic liners are then placed over the hands, and heated mittens are put on. Masks provide hydration for hands that are very dry and / or cracked. After the hands have been inside the mittens for 10 minutes, remove the mittens and the plastic bags. If

excess mask remains on the hands, it can be removed with a towel. If only a small amount of mask remains on the hand, it can be massaged into the skin.

# Objective Three Self-Test

1) List four types of grits that can be used to exfoliate skin:

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2) What is a mask and why is it used?

---

3) How does microdermabrasion exfoliate?

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# Objective Three Self-Test Answers

- 1) Grits can be grains of rice, pieces of almonds, pumice, and synthetic materials.
- 2) A mask is a thick cream applied to the hands. Masks provide hydration for hands that are very dry and / or cracked.
- 3) Microdermabrasion exfoliates by spraying microcrystals against the skin.

# Objective four

*When you have completed this objective, you will be able to:*

Describe heated hand wear.

## **Heated Hand Wear**

Heated hand wear is mittens warmed by electricity. They contain a 'high' and a 'low' setting. The low setting is commonly used. The high setting is often too hot for clients. Inspect heated mittens before each use for worn or defective components. Always test the temperature of the mittens before applying them to a client.

# Objective Four Self-Test

1) How often are heated mittens to be examined?

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# Objective Four Self-Test Answers

1) Before each use.

# Objective Five

*When you have completed this objective, you will be able to:*

Demonstrate a specialized add-on to French manicure.

The equipment needed will depend on which type of service is performed. Equipment can include, but is not limited to, the following:

|                          |                           |                              |
|--------------------------|---------------------------|------------------------------|
| Paraffin heater          | Polish remover            | Finger cots                  |
| Paraffin wax             | Insulated mittens         | Disposable cups              |
| Waterless hand sanitizer | Insulated boots or towels | Disposable gauze             |
| Nourishing product       | Plastic liners            | Waste basket (plastic lined) |
| Cotton swabs             | Disposable gloves         | Hot oil                      |
| Hot oil heater           | Towels                    | Towel warmer                 |
| Tissues                  | Mask                      | Mask brush                   |
| Exfoliant                | Heated mittens            | Files                        |
| Buffers                  | Orangewood sticks         | Polish                       |

Perform a specialized manicure using the procedures outlined in this module, and the guidance of your instructor.

Instructor verification: \_\_\_\_\_



# Module Summary Self-Test

1) When should cuticles be clipped?

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2) Nails are buffed in how many stages, and which grits are used during each?

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3) Where is the regimen found for the post hot oil manicure?

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4) A disposable cup is being used to dispense paraffin. The cup is accidentally dropped on the floor. What must be done with the cup?

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5) Why is a hand wrapped in heated towels or mittens during a paraffin wax treatment?

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6) Which technique is helpful for correcting pterygium and overgrown cuticles?

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7) Which chemicals can be used to exfoliate?

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8) Which heat setting is commonly used for heated mittens, and why

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# Module Summary Self-Test Answers

- 1) Cuticles should only be clipped if they pose a chance of catching on something and tearing the skin.
- 2) Nails are buffed in three stages. A 180 grit is used in stage one, a 320 grit is used in stage two, and a 500-2500 grit is used in stage three.
- 3) The post hot oil manicure regimen is found in EST 23.
- 4) The disposable cup must be thrown in the garbage.
- 5) Heated towels or mittens extend the heat and increase the effectiveness of the treatment.
- 6) Pterygium and overgrown cuticles can be corrected by pushing back dry cuticles before the soak, then soaking the fingers and pushing back the cuticles a second time after the soak.
- 7) Alpha hydroxy acid (AHA), benzoyl peroxide, and salicylic acid are chemicals used to exfoliate.
- 8) The low setting is commonly used, because the high setting is often too hot for clients.