



## Manicures

A manicure is a treatment for your finger-nails.

### Fill The Gaps With The Words Below:

Below are step-by-step instructions for doing a manicure.

1. The nail plate is cleaned with either \_\_\_\_\_ polish removers or special soaks.
2. Cuticles are \_\_\_\_\_ to soften and moisturise them.
3. The cuticles should be gently pushed back and \_\_\_\_\_ if necessary.
4. The nails are \_\_\_\_\_.
5. A \_\_\_\_\_ base coat or nail treatment is put on.
6. Two coats of \_\_\_\_\_ polish are put on.
7. A top coat is then painted or sprayed on.

#### Word List

Massaged  
non-drying

filed  
Protective

trimmed  
glossy colour

### Conversation Exercise:

In pairs role-play being a beautician and a client. Think how you would explain to the client what you are doing at each step.

*Example*

*Beautician: I am cleaning the nail plate*



## Nail Enhancements

If a client is not happy with their nails they can have nail extensions. Nail extensions can be acrylic, gel, silk and fibreglass.

### Writing Exercise

What questions would you ask a client before deciding what nail extensions to use?