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.

<table>
<thead>
<tr>
<th>Word List</th>
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<tbody>
<tr>
<td>Massaged</td>
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<tr>
<td>non-drying</td>
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<tr>
<td>filed</td>
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<td>Protective</td>
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<td>trimmed</td>
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<td>glossy colour</td>
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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?