

**BEAUTY THERAPY TOOLKIT**  
VIDEO DEMONSTRATION

# **BASIC POLISH APPLICATION**

# BASIC POLISH APPLICATION DEMONSTRATION

The following will provide you with the correct procedure to apply a basic nail polish

The demonstration can be viewed by visiting <http://multimedia.forthvalley.ac.uk/player/3575>

## PROCEDURE

	Sanitize the client's hands using a sanitizing spray
Step 2	Take one finger and begin to file the nail by using a fine emery board. You should ensure that you keep the emery board at a 45 degree angle, and only file in one direction; this will help prevent the nail from splitting.
Step 3	Repeat Step 2 with each fingernail until all 10 have been filed.
Step 4	Once filed, go back to the first fingernail and you are now going to bevel the ends, this also will help them splitting and also will remove any rough edges. To bevel the nail you want to file on a downwards direction only.
Step 5	Repeat Step 4 with each fingernail until all 10 have been beveled
	The client's fingernails are now ready for a base coat of polish.
Step 6	Take the first fingernail and you are now going to apply a base coat. You should only use 3 – 4 strokes of base coat per nail, starting slightly above the cuticle and ensuring it's applied to the full nail.
Step 7	Repeat step 6 with each fingernail until all 10 have had a base coat applied. Allow to dry fully before continuing to the next step.
	The client's fingernails are now ready for a colour polish.
Step 8	Go back to Step 6 and repeat, this time using the colour polish <b>not</b> the base coat
Step 9	Repeat until all fingernails have colour applied. Allow to dry fully before applying a second coat. Don't worry if the first coat looks streaky, this will be rectified once the second coat has been applied.
Step 10	Apply a second coat, following Step 6. If you are using a clear or light colour of polish, you may need to apply 3 coats
	The client's fingernails are now ready for a top coat polish.
Step 11	Go back to Step 6 and repeat, this time using a top coat polish.
Step 12	Repeat until all fingernails have had a top coat applied. Allow to dry fully. The top coat will prevent the nail varnish from chipping