

## Get ready!

## 1 Before you read the passage, talk about these questions.

- Why is it important to have a professional manicure?
- What are some items that professionals use during a manicure?



French manicure



square



squoval



nail dryer



oval

## A PROFESSIONAL'S GUIDE TO MANICURES

## Remove the Old Nail Polish

Put some **nail polish remover** on a **cotton ball** and press the cotton ball against the **nail plate**. To prevent damage, be sure to only use **non-acetone** remover on natural nails.

## Shape the Nails

For a natural look, file the nail into an **oval** shape. **Square** tips, however, are very trendy. Another popular nail shape is **squoval**, which is a primarily square shape with rounded sides. The squoval shape is often used in **French manicures**.

## Prepare for Enamel

Soak the nails and carefully remove overgrown **cuticles**. Use a buffer to eliminate **ridges** from the nail. You may follow this procedure with a **paraffin wax treatment** to moisturize the hands and cuticles.

## Apply Nail Polish

Using 3-4 even strokes per nail, apply a thin layer of the **enamel**. Then, ask the client to place their hands inside the **nail dryer**.

## Reading

## 2 Read the excerpt from a cosmetology textbook. Then, choose the correct answers.

- What is the main topic of the excerpt?
  - popular nail shapes
  - different types of manicures
  - steps to giving a manicure
  - recommended nail products
- According to the excerpt, what is the function of a paraffin wax treatment?
  - to remove overgrown cuticles
  - to relieve dry skin on hands
  - to prevent damage to the nail polish
  - to moisturize the ridges on the nail bed
- What can be inferred about nail polish remover that contains acetone?
  - It is an older type of enamel remover.
  - It does not remove nail polish effectively.
  - It is harmful to natural nails.
  - It is typically found in salons.

## Vocabulary

## 3 Match the words (1-8) with the definitions (A-H).

- \_\_\_ cotton ball
  - \_\_\_ square
  - \_\_\_ oval
  - \_\_\_ non-acetone
  - \_\_\_ squoval
  - \_\_\_ nail polish remover
  - \_\_\_ paraffin wax treatment
  - \_\_\_ nail plate
- a shape with four corners
  - a service that moisturizes dry skin with a soft and warm substance
  - the hard part of the nail that can be painted
  - a liquid that takes off nail color
  - a round or curved shape
  - a pad made from a soft, absorbent material
  - a shape with four rounded corners
  - not having a chemical that is commonly used to remove paint



**4 Write a word that is similar in meaning to the underlined part.**

- Jane usually has a nail treatment that involves painting the tip of the nails white because it looks very elegant.  
\_ r e \_ \_ \_ m \_ \_ \_ \_ \_
- The manicurist used a buffer to get rid of the raised parts on Jake's nails. \_ \_ d g \_ \_
- At the end of their manicure, clients put their hands in a device that dries nail polish. \_ a i \_ \_ d \_ \_ e \_
- Sara likes to apply a thin coat of nail color to her nails.  
\_ n \_ m \_ \_

**5 Listen and read the excerpt from a cosmetology textbook again. How do squoval and oval shaped nails differ?**

## Listening

**6 Listen to a conversation between a nail technician and a client. Mark the following statements as true (T) or false (F).**

- \_ The client goes by her first name.
- \_ The client wants a French manicure.
- \_ The nail technician chooses the nail color for the client.

**7 Listen again and complete the conversation.**

**Nail Technician:** Hi, Miss Jensen. I'm Rick, and I'll be your nail technician today.

**Client:** Hi Rick. You can call me Jan.

**Nail Technician:** Very well, Jan. There are just a few things I want to ask you before we get started.

**Client:** Okay.

**Nail Technician:** First, do you have a specific kind of manicure in mind, like a **1** \_\_\_\_\_?

**Client:** No. I just want a regular manicure and **2** \_\_\_\_\_.

**Nail Technician:** In that case, please pick out your nail color before we start. You'll find our selection of **3** \_\_\_\_\_ on the rack by the reception desk.

**Client:** Did you have any other questions?

**Nail Technician:** Oh, yes. Do you have a preference about the **4** \_\_\_\_\_?

**Client:** What are the choices?

**Nail Technician:** We can do square, oval or **5** \_\_\_\_\_.

**Client:** Um, squoval is good I guess.

**Nail Technician:** Great! Go ahead and pick out your nail polish, then meet me at the **6** \_\_\_\_\_ over there.

## Speaking

**8 With a partner, act out the roles below based on Task 7. Then, switch roles.**

**USE LANGUAGE SUCH AS:**

*Do you have a specific kind of manicure in mind?*

*Do you have a preference about the nail shape?*

*What are the choices?*

**Student A:** You are a nail technician at Bella Salon. Talk to Student B about:

- the type of manicure / nail shape preference
- where to find the nail polishes
- where to meet for the manicure

**Student B:** You are a client and you want a manicure. Tell Student A what he/she should call you. Then, respond to Student A's questions.

## Writing

**9 You are a nail technician. Use the conversation from Task 8 to write a note about a client's manicure. Write about:**

- how your client should be addressed
- what type of manicure the client wanted
- what nail shape the client chose

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