

Builder gel

Online training manual



Builder gel

The Glitterbels Hema free self-levelling builder-bel gel in a bottle can be applied over natural nails or enhancements.

The Glitterbels builder-bel gel online training course comprises both theory and practical modules. Learn how to apply builder gel using the Glitterbels signature technique, the course also covers tip application and shaping, maintenance and removal.

You will work independently through the theory modules, completing a series of question and answer sections to assess your learning progress. You will have access to the Glitterbels builder-bel gel training manual together with a video tutorial to guide you through the step by step process. In addition, one of our professionally qualified trainers will be available to address your personal requirements as you work through the course content.

You will have successfully completed the course once you have worked through the theory modules, Q&A's and submitted your assessment video which we will review and provide feedback.

Supporting training manual

This manual supports the online training course, use it to help you work through the modules. Each module includes an examination these must be completed online to move through the course, the treatment videos are available to view online at the end of module 6.

To pass the course and to gain certification pass the final examination and upload the videos requested of you performing the treatment.

The certification is accredited by The Guild of Beauty Therapists, International Practitioners of Holistic Medicine (IPHM), endorsed by HABIA and can be used to gain insurance.

Builder gel

Contents

Module 1: Introduction

Unit 1: Welcome	4
-----------------	---

Module 2: The treatment

Unit 1: About Builder gel	5
Unit 2: Aims and outcomes	6
Unit 3: Features and benefits	7

Module 3: Health and safety

Unit 1: Allergies and overexposure	8-9
Unit 2: Salon Hygiene	10-13
Unit 3: Risk assessment	14-15
Unit 4: Product storage and disposal	16
Unit 5: Legislations	17-19

Module 4: Anatomy

Unit 1: Structure of the nail	20-21
Unit 2: Contra-indications	22-24

Module 5: Equipment and product knowledge

Unit 1: Equipment required	25
Unit 2: Product knowledge	26-27
Unit 3: Polymerisation	28

Module 6: Treatment procedure

Unit 1: Nail shapes	29-30
Unit 2: Consultation	31
Unit 3: Set up and preparation	32
Unit 4: Treatment step by step	33-35

Module 7: Post procedure

Unit 1: Aftercare	36
Unit 2: Contra-actions	37
Unit 3: Frequently asked questions	38
Unit 4: Troubleshooting	39
Unit 5: Next steps	40

Module 8: Assessment

Unit 1: Practical assessment	41
------------------------------	----

Welcome

Welcome and thank you for choosing the Glitterbels builder-bel gel online training course.

You will work through the modules at your own pace, answering the end of module examinations to test your learning. You are required to submit a practical demonstration of yourself performing a Glitterbels builder-bel gel nail treatment which will be assessed by an Ellisons educator.

You will have completed the course when you have passed all of the required theory, module examinations and received notification of your competent practical assessment. You will then receive an accredited certificate to download.

Please email any questions throughout your learning experience to academy@ellisons.co.uk we will respond by the next working day.

Unit 1 : About builder gel

Introduction to the treatment

Glitterbels builder-bel gel has been formulated with the nail professional in mind, helping you to create long lasting, strong and natural-looking nails. The Hema free, self-levelling formula can be applied under gel polish to create extra strength for natural nails or used to create short and medium length nail enhancements.

Cruelty free, vegan and compatible with soak-off gel, hard gel and acrylic.

Glitterbels builder-bel gel is lightweight and flexible and may be used as an alternative to liquid and powder nail enhancements. Available in a wide range of colours available it can also be used as a blank canvas for nail art.

Unit 2: Aims and outcomes

Aims and outcomes of the course

This course is designed to ensure you:

- Maintain safe and effective methods of working when providing a builder gel nail service
- Understand the structure of the nail
- Understand how to recognise nail diseases and disorders
- Effectively consult, plan and prepare for the treatment with clients
- Understand and perform the procedure required for a builder gel service including nail prep, tip application, shaping maintenance and removal
- Recognise the features and benefits of the treatment
- Identify opportunities for your business
- Understand the importance of aftercare and communicate this effectively to clients

Unit 3: Features and benefits

Features and benefits of the treatment

- Hema free, self-levelling formula
- Can be applied over natural nails or existing enhancements
- Cruelty free and vegan
- Compatible with soak off gel, hard gel and acrylics
- Amazing variety of 60 different colours

Unit 1: Allergies and overexposure

Allergies and overexposure

Allergic reactions to products and chemicals can happen at any time and to anyone, sensitivities can also develop into an allergy, however the risk of this can be reduced if correct working practices are followed.

It is extremely important to understand chemicals and how they should be used. Chemicals used incorrectly in the salon can have an unsafe level of exposure to nail technician and client, but are completely safe when used correctly. Once an allergy to a chemical or product has developed, it is likely that the person will always be allergic.

Warning signs of an allergy developing include swelling, redness, irritation, itchy skin, blisters or headaches. The symptoms can vary from person to person and may also depend on the exposure. It can take weeks, months or even years for overexposure to present itself.

Overexposure to vapours from liquids can cause symptoms such as, headaches, nausea, dizziness, drowsiness and confusion. Dust masks do not protect against vapours from monomers, removers, acetone, nail polish and other liquids. Good ventilation is essential.

When products are used incorrectly, the risk of overexposure increases. All products should be used following the manufacturer's instructions.

COSHH regulations must always be adhered to, all chemicals should be stored and disposed of correctly. Nail technicians must follow good working practices at all times in order to reduce the risk of over exposure.

It is important that gel polish is fully cured to avoid adverse reactions. Follow the manufacturer's curing times, use a compatible nail lamp and avoid applying product too thickly. An insufficiently cured gel nail may feel hard to the touch. When 50% of the material is cured, the nail will be hard enough to file but will still contain large amounts of uncured material. This will cause the nail to be inferior with reduced adherence, resistance and longevity. When filing an under cured nail, the resulting dust will contain reactive residues. When this dust comes into contact with the skin or is inhaled, it can cause allergies.

It is important to wear gloves to protect the skin from contact with dust generated when filing nail enhancements, this dust can cause severe problems to the respiratory system and allergies when inhaled. It is irritating and dehydrating to the skin and can cause skin conditions such as dermatitis.

Dust extraction is essential when working with nail enhancements or e-files.

Allergies

Allergic reactions on the skin would usually present themselves as redness, swelling, blisters or rashes. Signs of an allergic reaction on or under the nail plate would usually appear as separation, discolouration or thickening of the nail plate/ hyponychium beneath the nail. Reactions like this can take months or even years' to develop.

If an allergic reaction occurs, remove all product from the nail by safely soaking in acetone, wash the hands in cold water and recommend the client seek the advice of a pharmacist, doctor or dermatologist.

Unit 1 : Allergies and overexposure

Nail technicians and allergic reactions

Nail technicians can also become allergic to the products they work with. Following these simple guidelines will help to reduce the risk.

- Wash hands between each client with soap and water
- Wear clean gloves for every treatment
- Wear a dust mask
- Keep dust to a minimum and use dust extraction
- Always keep lids on pots when not in use
- Use only disposable tissues or couch roll on the desktop and change them regularly
- Do not touch the bristles of the brush with your fingertips
- Dispose of contaminated tissues or nail wipes immediately
- Ensure brush handles, bottle tops and pots are always clean

Creating a safe working environment

- Ensure your workspace is always clean and disinfected
- Avoid skin contact with monomers and gel products
- Use a complete system including the nail lamp
- Ensure your dustbin is lined, has a lid and is emptied regularly to minimise vapours
- Use a dust extractor and ensure you have good ventilation

Please note: avoid touching the skin with any part of the nail brush. Gel products must be used as a complete system with the matching lamp.

Salon hygiene

The importance of good hygiene cannot be stressed enough when working within the nail industry. According to the World Health Organisation (WHO), 'Hygiene refers to conditions and practices that help maintain health and prevent the spread of diseases'. Often, we associate the word 'hygienic' with cleanliness. Cleanliness is included in the concept, but hygiene means so much more. It could be described as a mindset, circumstances and practices that together, create a safe and healthy environment for you and your client.

Good hygiene practice in the salon is important to minimise the risk of transmitting disease or infections and to ensure a safe environment for the nail technician and their clients.

Always follow local authority and government guidelines and never neglect hygiene practices and procedures, doing so will increase the risk of spreading disease and put both the nail technician and the client in potential danger.

Best practices in the salon

Gloves should be worn when working with chemicals. Healthy skin is always the best protection against infections. It is therefore of great importance to take good care of your skin and keep it smooth, clean and dry. Damaged or dry cracked skin is vulnerable for chemicals or pathogens to enter the body, increasing the risk of skin reactions, bacterial and fungal infections.

Wearing jewellery can increase the risk of infection, providing an opportunity for micro-organisms to accumulate under rings and watches.

Clean gloves should be worn for every treatment. Hands should be washed as soon as gloves are removed.

Hand washing

Hand contact is the most common way for micro-organisms to be transmitted. Hand washing with soap and water for 20 seconds removes visible dirt and greatly reduces the number of micro-organisms on the skin.

Use liquid soap and disposable or individual towels when washing hands. Bacteria can survive several weeks on towels and soap bars. Wash your hands and ensure the client washes their hands for at least 20 seconds prior to starting the treatment.

Hand sanitiser

The use of alcohol-based hand sanitiser reduces the number of germs and bacteria on washed hands. It should be applied after the hands have been washed and dried using a disposable towel. This should not be used in place of hand washing, but as an additional protection.

Please note: once your client has washed and sanitised their hands, ask them not to touch their hair, face, phone or go in their handbag, if they do, they will need to wash their hands again.

Clothing

It is advisable to wear a uniform when performing nail services. Work clothes should be washed at a temperature of at least 600 C.

Masks

Dust masks may be worn to help protect the respiratory system, they protect against larger particles of dust and some viruses and bacteria. Dust extraction should also be used.

Decontamination

There are 3 methods of decontamination

- Sterilisation which kills all living organisms
- Disinfection which kills most but not all living organisms
- Sanitisation which kills some living organisms

Sterilisation

Sterilisation is the process that destroys all living organisms and their spores.

Living tissue (hair and skin) along with the hard surfaces in the salon i.e. nail stations, floors and walls cannot be sterilised. Items that can be sterilised include metal and plastic tools and implements.

Autoclave

An autoclave is the most suitable form of sterilisation for small metal tools. An autoclave is a metal container that is specifically designed to create and withstand heat and pressure. It uses high-pressure and or steam at a temperature of up to 230°C. Tools should be placed in sterile pouches which can keep them sterile once the process is complete.

Ultra-violet light

Ultra-violet light can be used to create a sterile environment for tools which have already been sterilised, however it is not considered a method of sterilisation. A UV cabinet can provide a clean environment for storage purposes.

Disinfection

Disinfection can be performed physically and mechanically.

Physical methods include heat, steam, boiling water and radiation. The best method from an environmental and efficiency standpoint is cleaning and disinfection. Metal tools should be washed and submersed in a disinfectant solution. Paper files should be washed and sprayed with a disinfection solution. A file that has come into contact with broken skin or blood must be discarded. It must never be used on another client.

Chemical disinfection methods such as hospital grade disinfectants can be up to 99.99% effective in killing all living organisms. They should be used with care and should not come into contact with the skin. All disinfectants should be capable of killing a variety of pathogens and should include bactericides, fungicides and viricides.

The most used disinfectants are those containing; Alcohol (ethyl or isopropyl), Chlorine compounds and iodine.

Always follow the manufacturer's instructions and dilute disinfectant to the correct level if required. If the concentration is too weak the mixture will not remove the pathogenic bacteria and may only act as a sanitiser.

Sanitisation

Sanitisation is the reduction of bacteria to safe levels (set by public health standards) to decrease the risk of infection. Sanitisation may not kill all viruses; however, it kills a greater number of bacteria than simple cleaning. A hand sanitising gel should not be used in place of an antibacterial hand soap with running water. Sanitising gels should be used in addition to hand washing.

Cleaning

Cleaning the salon's surfaces and floors is an important and essential part of good salon hygiene. All touch points should be cleaned and disinfected regularly; these include workstations, chairs, reception area and bathroom facilities. For treatments, disposable items should be used where possible, including files, buffers and paper towels. Metal tools and instruments should be chemically disinfected or sterilized in an autoclave.

Preventing the spread of infection

Using good hygiene practices is the most important measure to prevent the spread of infection. All staff in the salon should always apply basic hygiene routines.

Viruses

Viruses are pathogenic but smaller than bacteria. Being in contact with an infected person can spread the virus. Viruses are responsible for a variety of conditions including infections of the mouth, throat, coughs, colds and flu.

Some viruses cannot be eliminated by the body despite the efforts of the immune system, can cause lifelong or chronic infections. This is often the case with hepatitis B and hepatitis C. The immune system may keep chronic infections at bay for periods of time, but certain factors may trigger the virus to become active again. For example, herpes virus which causes cold sores. Herpes is present in the body but not always active and an emerging cold or stress may cause it to flare up.

Since viruses change and adapt, new viruses will keep emerging, some of these do have the ability to pose a global threat and pandemic.

Fungus

The category of fungus includes yeasts, rusts, molds and mushrooms. They are widespread and can be found in the soil, air, on plants, animals and humans.

Some species of fungus can infect and cause disease in humans. The most common route of infection is damaged skin.

The yeast *Candida albicans* is opportunistic and usually inhabits the mouth, throat, colon and reproductive organs without causing any problems. Disease, age and hormonal changes can however, cause the candida to grow out of control. The result is a fungal infection. Some fungal species can infect our feet and nails.

Parasites

Parasites are organisms that live on, or in a host organism. The relationship is only beneficial to the parasite and may cause a disease in the host. Bacteria, viruses, fungi, parasitic worms, lice, scabies, fleas and ticks may all be categorised as parasites. They constitute a large group that can be divided into two groups, either ectoparasites, which live on the body of the host, these include ticks, fleas, leeches and lice, or endoparasites, which are found inside the body.

Parasites sometimes need a third organism to carry them into or onto the host body. A good example of this is malaria, which is caused by mosquito bites. They can also be transferred directly from an animal to a human, as in fleas jumping from an animal directly to a human. They can also spread via contaminated food, water or soil.

Illness and infections

The incubation period of a disease is when the risk of transmission is at its highest. In this phase, symptoms have seldom started to show and the infected person has not yet started to feel ill. They may not be aware they can transmit the infection.

This emphasises the importance of always implementing a good hygiene routine. If good hygienic practices are always in place, the risk of transmission at the salon is constantly very low. All clients should be treated in the same way. Hands, files, tools, surfaces and instruments should always be kept clean. It is not appropriate for a nail technician to work whilst they are ill or with any active infection.

Eye protection

The use of an electric file spreads dust particles and larger debris that can be harmful and irritate the eyes. It is therefore recommended that the nail technician use protective eyewear such as safety goggles, reading or prescription glasses offer good protection against dust and any debris.

Unit 3: Risk assessment

Risk assessment

A full risk assessment must be performed before providing nail services on clients. The purpose of a risk assessment is to:

- Identify hazards
- Decide who could potentially be harmed and how
- Evaluate the risks and decide on the precautions
- Record your findings
- Review your risk assessment and update if necessary

Look around your workplace and think about what may cause harm (these are called hazards). Consider:

- How people work and what equipment is used
- What chemicals and substances are used
- What safe or unsafe work practices exist
- The general state of your working environment

Look back at your accident and ill health records as these can help you identify less obvious hazards. Take account of non-routine operations, such as maintenance, cleaning or changes in production cycles.

Think about hazards to health such as manual handling, use of chemicals and causes of work-related stress.

For each hazard, think about how employees, clients or members of the public might be harmed.

Assess the risk(s)

Once you have identified the hazards, decide how likely it is that someone could be harmed and how serious it could be. This is called assessing the level of risk and should consider the following:

- Who might be harmed and how
- What you're already doing to control the risks
- What further action you need to take to control the risks
- Who needs to carry out the action
- When the action is needed by

Control the risk(s)

Look at what you're already doing and the controls you already have in place. Ask yourself:

- Can the hazard be eliminated altogether
- If not, how can I control the risk to eliminate harm

If you need further controls, consider -

- Working effectively and hygienically to reduce exposure to chemicals
- Identifying and implementing practical measures needed to work safely
- Providing personal protective equipment and make sure all workers are wearing it

Put the controls you have identified in place. You are not expected to eliminate all risks but you need to do everything 'reasonably practicable' to protect people from harm. This means balancing the level of risk against the measures needed to control the real risk in terms of money, time or liability.

Product storage and disposal**Storage**

Ensure that all products are stored in their original containers, then place in a cool, dry, dark area out of direct sunlight.

Pump dispensers are not recommended since their flap lid will allow vapours and odours to escape. A monomer can lose effectiveness when chemical properties are allowed to escape and evaporate. Direct sunlight can weaken powders and can break down the chemical reaction. Do not leave products in a car in the heat. Remember that many of the liquids are highly flammable and the can may become warm depending on the outside temperature.

Never store chemicals with or near food, the food can easily absorb the vapours which could be ingested when consuming the food.

Disposal

Discard any unused monomer by pouring into a plastic backed towel and sprinkle with a small amount of powder to absorb the excess monomer. Place the soiled towel in a plastic lined bin.

Any other liquid should be absorbed into a towel and placed in a closed top bin. Regularly dispose of the bin bag during the day and ensure it is emptied when closing the salon each night. Follow all government guidelines that might be applicable and speak to your local council about industrial waste disposal.

Safety data sheets (SDS)

Material Safety Data Sheets provide chemical information on each product. Important information found on SDS includes

- All potentially hazardous ingredients in the product
- Information to help you avoid potential hazards
- Handling and proper storage of products
- How to prevent fires, falls, burns, and other accidents
- Warning signs of overexposure

Copies of all material safety data sheets can be obtained from Ellisons hair and beauty.

Legislations

Management of Health and Safety at Work Regulations (1999)

Employers should make formal arrangements for maintaining and improving safe working conditions and practices. This includes competency training and risk assessments.

Reporting of Injuries, Diseases and Dangerous Occurrence regulations (1995)

Employers should report any such cases to the HSE Incident Contact Centre. This includes loss of sight, amputation, fracture and electric shock. In all cases where a personal injury of any type occurs, it should be recorded in an accident book.

Health and Safety (First Aid) Regulations (1981)

Whatever the size of your business, you should ensure that you have a first aid kit on site and an eyewash bottle. You should ensure the first aid kit is fully stocked at all times.

There should be at least one person on hand to take charge in an emergency, this person should hold a HSE approved basic first aid qualification. You can contact the HSE on 0845 345 0055 for a list of suitable training providers.

Manual Handling Operations Regulation (1992)

This is relevant wherever manual lifting occurs to prevent skeletal and muscular disorders. The employer should undertake a risk assessment for all activities involving manual lifting.

Health and Safety (Display Screen Equipment) Regulations (1992)

This covers the use of display screens and computer screens. This specifies the acceptable levels of radiation emissions from the screen, as well as identifying the correct posture and the number of rest periods.

Provision and Use of Work Equipment Regulations (1998)

This states the duties for any users of equipment. It identifies the requirements in selecting and maintaining suitable equipment, as well as the training and safe use of it.

The Personal Protective Equipment (PPE) at Work Regulations (2002)

This requires employers to identify activities which require special protective clothing, which must then be made available.

Cosmetic Products (safety) Regulations (2008)

These regulations require that cosmetics and toiletries are safe for their intended purpose and comply with labelling requirements.

The Regulatory Reform (Fire Safety) Order (2005)

All premises must have adequate means of dealing with a fire and all members of staff should know where these are. This can include fire extinguishers and blankets; however, you should only operate a fire extinguisher if you have been properly trained to do so. All equipment should be checked and maintained regularly.

Fire drill notices should be clearly displayed and should inform people of what to do in case of a fire. All staff should be trained in the location of alarms, exits and meeting points.

Electricity at Work Regulations (1989)

Electrical items are potentially hazardous and should be used and maintained properly.

You should always ensure that you are fully trained on a piece of equipment before operating it. All electrical equipment should be regularly PAT tested to ensure it is safe to use. If any equipment is deemed to be faulty or unsafe, you should stop using it immediately and report the problem.

Ensure the equipment is clearly marked as faulty until the problem has been corrected to avoid it being used by other members of staff.

Control of Substances Hazardous to Health (COSHH)

COSHH regulations cover the essential requirements for controlling exposure to hazardous substances and for protecting people who may be affected by them. You should carry out a COSHH assessment to identify all chemicals, products or other substances that could cause harm.

A substance is hazardous if it can cause harm to the body. It poses a risk if it is inhaled, ingested, in contact with the skin, absorbed through the skin, injected into the body or introduced to the body through cuts.

Always check the ingredients and instructions of all products to see what they contain and ensure they are stored properly. If the product could cause harm, it should be listed on your COSHH assessment, together with what the risk is and who is at risk from it.

Next, decide on the degree of risk and who to minimise that risk. If you can, try to replace high risk products with lower risk ones. Never leave chemicals identified as hazardous in areas accessible to the general public. COSHH substances include both those used for treatments and cleaning.

Local Government (Miscellaneous Provisions) Act (1982)

A special treatment license will be required if you perform treatments such as massage, electrolysis, ear piercing and tattooing, as they may produce blood and body tissue fluid. Each Local Authority in the UK has different requirements so you should contact them to see whether they require you to hold a license for the treatments you offer.

Consumer Protection Act (1987)

This act aims to protect the customer from unsafe or defective services or products. All staff should be trained in using and maintaining products.

Sale and Supply of Goods Act (1994)

This states that goods must be as described and of satisfactory quality. They should be fit for purpose and safe for use. It is the responsibility of the retailer to correct a problem where the goods are not as described.

Trade Descriptions Act (1968 and 1972)

These acts prohibit the use of false descriptions of goods or services. Information must always be accurate, false comparisons must not be made and misleading price comparisons must not be made. A product may not be of a 'reduced' price if it has not been available at the higher price for a minimum of 28 days.

Disability Discrimination Act (1996)

You should ensure that clients are not discriminated against on the grounds of disability. You cannot use this as a reason to refuse to provide a service, provide a service to a lesser standard or fail to make reasonable adjustments. The premises must be able to facilitate access for disabled people.

The Equality Act (2010)

Gives disabled people important rights of access to everyday services. Service providers have an obligation to make reasonable adjustments to premises or to the way they provide a service. It may take only minor changes to make a service accessible.

Module examination

Complete the module examination online to move to practical assessment module.

Unit 1 : Structure of the nail

The structure of the nail

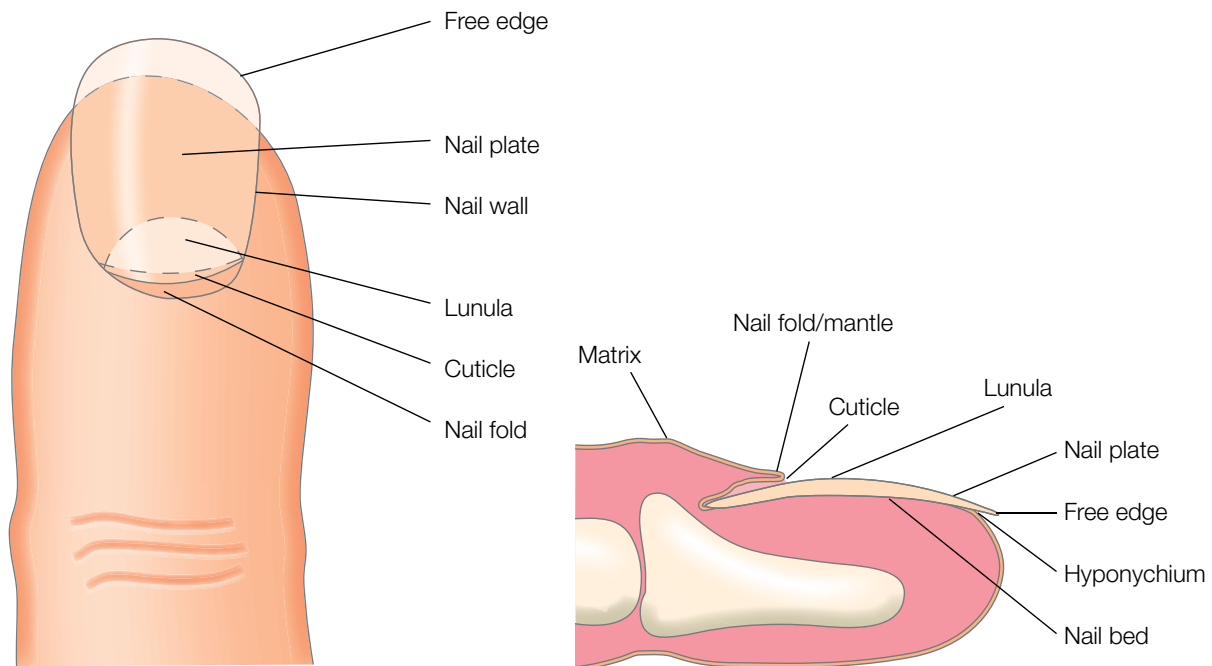


Illustration by Edwin Allan MA (Oxon)

Nail wall

This is the name given to the cuticle and the skin surrounding it. If the cuticle is allowed to adhere to the nail it will be pulled forward as the nail grows and will eventually split, causing hang nails.

Matrix

This is directly under the proximal nail fold and it is where new cells are reproduced. It is the living part of the nail where new cells are formed that push old cells forward which form the nail plate itself. A rich blood supply ensures healthy nails. The quality and health of the cells which are produced here determine the strength, quality and general condition of the nail which will, months later, appear as the free edge. Permanent damage to the matrix will produce faults and flaws that appear in the nail plate.

Lunula or half moon

This is the crescent shape which is the only visible part of the matrix. It is not always visible although it can usually be seen on the thumb nails and is mostly absent from the little finger.

Never try to force the cuticle back to reveal the half moon, this will damage the growing part of the nail.

Nail plate

This is the visible part of the nail from the lunula to the free edge. It is composed of compressed skeleton cells which contain neither blood nor nerves and which were originally produced in the matrix. These cells lie in three layers which are held together by a minimal amount of moisture and fat. The cells of the nail are hard as they contain a protein called keratin, it is this that gives nail cells their texture.

Unit 1 : Structure of the nail

Nail bed

This appears almost as a continuation of the matrix with the appearance of ordinary skin. It acts as a support for the nail plate. The nail plate adheres to the nail bed by means of minute ridges present on both the underside of the nail and the nail bed.

Free edge

This is the part of the nail that is free of the nail bed and protrudes from the fingertip. It is because of this protrusion that the edge is vulnerable to damage from many causes e.g. collision with heavy objects, incorrect filing etc. The skin beneath the free edge is called the hyponychium. It is essential to file this area correctly with a nail file. Incorrect filing can result in a flaking condition.

Nail groove

This is the channel on each side of the nail on which the nail moves as it grows.

Cuticle

This is the thin semi-circular piece of the skin that overlaps the nail. The cuticle is also called the perionychium.

Nail mantle

The area of the skin behind the cuticle above the nail fold or root (epidermis). This provides a junction between the cuticle and the skin of the finger.

Fold/root

Approximately one fifth of the nail plate lies beneath the nail fold or root at the base of the nail.

Unit 2: Contra-indications

Contra-indications

A contra-indication is a pre-existing condition which will prevent or restrict the treatment.

Restrictive contra-indications must be avoided and may require the treatment to be adapted. It is important to explain how the treatment will be adapted and to ensure the client understands the reasons why.

Contra-indications which prevent the treatment should be avoided until the client seeks medical assistance or the condition has resolved.

Contra-indications that will prevent the treatment include:

Whitlow

Highly contagious bacterial infection.

Impetigo

Highly contagious bacterial infection that is characterised by inflammation, blisters, pustules and yellow crusts.

Allergies

Indicative by swelling, rash, itchiness, blisters, soreness and open sores.

Verrucas and warts

Warts are small, rough lumps that often develop on the skin of the hands and feet. When they affect the feet, they are called verrucas.

Fungal Infections

A common condition which begins as a white or yellow spot under the tip of the fingernail or toenail. As the infection spreads, the nail fungus may cause discolouration, the nail plate will thicken and begin to crumble.

Onychomycosis

Fungal Infection. Fungal spores have a tough and durable exterior which allows them to lie dormant until the environment is suitable for them to grow and reproduce, creating a yellow colour on the nail plate.

Paronychia

An infection of the sidewalls characterised by swollen red tissue; sometimes pus filled.

Onycholysis/nail separation.

The nail plate becomes separated from the nail bed. Trauma to the nail or surrounding area or an allergic reaction can be the cause.

Psoriasis

Characteristics are painful itching overgrowth of skin cells. Nails can also be affected and become severely pitted and be accompanied by Onycholysis. This may be a hereditary condition and is not contagious. Nails should be kept at a short and sensible length.

Unit 2: Contra-indications

Tinea unguium/Ringworm

Highly contagious and caused by a vegetable parasite which invades the free edge and spreads down towards the cuticle.

Onychophagia/severe nail biting

This habit is responsible to a vast number of nail deformities and is usually accompanied by biting of the skin surrounding it. It can lead to nails and skin becoming infected by disease. No enhancements should be applied to these nails until the nail and the cuticles have healed.

Pseudomonas

A bacterial infection usually caused by bacteria or moisture becoming trapped within the nail enhancements.

Beau lines

Horizontal lines which may appear slightly dark in colour. There are many factors that cause this condition, including dehydration, ageing and exposure to harsh chemicals.

Onychauxis

The nails are abnormally thick and can be the result of many health factors.

Onychorrhexis

Nails are brittle and often split vertically, peeling or have vertical ridges. This can be a result of using strong chemicals or solvents. It could also be hereditary.

Koilonychia

Also known as spoon nails. The nails are concaved in the centre and raised at the edges. This condition can be caused by trauma or an iron deficiency.

Melanonychia

Recognised by a vertical pigmented band that forms at the matrix.

Ptergium

This is an inward advance of skin over the nail plate at the free edge caused by damage to the nail or surrounding area.

Onychocryptosis

Commonly known as in-growing nails. There can sometimes be an infection where the nail has grown into the skin tissue.

Epilepsy

If severe, fitting and seizures can be triggered by flickering lights, especially when switching on UV lamps or foot spas.

Unit 2: Contra-indications

Hypersensitive skin

Anyone with hypersensitive skin should avoid any products that have a high level of chemicals or stimulants such as cinnamon or caffeine to prevent reaction. A patch test is advisable on a small area of skin on the inside of the arm prior to any treatment.

Contra-indications that may restrict the treatment include:

- Minor nail separation
- Asthma
- Phlebitis
- Oedema
- Minor eczema or psoriasis (not active)
- Slightly bitten or damaged nails
- Leuconychia (white spots)
- Ridged nails
- Hangnails
- Splinter haemorrhage
- Lamellar dystrophy (splitting or peeling nails due to lack of moisture)
- Asthma
- Broken bones
- Hypersensitive skin
- Thin/damaged nails
- Pregnancy
- Medication

Module examination

Complete the module examination online to move to practical assessment module.

Unit 1 : Equipment required

Equipment required

- Client record card
- Manicure table or trolley
- A selection of towels
- Cotton wool
- Tissues
- Reusable cuticle stick
- Cuticle nippers
- Glitterbels dehydrator
- Glitterbels acid free primer
- Glitterbels HEMA free builder-bel gel
- Glitterbels HEMA free basecoat
- Glitterbels HEMA free topcoat
- Glitterbels diamond shine
- Glitterbels cuticle oil
- Nail tips
- Selection of nail files and buffers

Product knowledge

Glitterbels nail lamp

Glitterbels LED cordless rechargeable nail lamp has been created specifically for use with the Glitterbels range.

- 30 48W double light pink LED lights
- Low temperature mode
- High powder mode 10s, 30s, 60s curing times
- Automatic hand sensor
- Cures 5 fingers at once
- 50,000 hours lifespan
- Portable and cordless it will charge to full capacity in 2 hours, giving 4 hours of constant use. May also be used whilst plugged into an electrical source
- Detachable bottom tray for pedicure use
- Nonslip feet

Glitterbels dehydrator

Neutralises and removes excess oils from the nail plate. Does not contain dye or fragrance that could leave any residue.

Allow to evaporate and dry on the nail plate before applying the acid free primer.

Glitterbels acid free primer

Helps promote adhesion for all Glitterbels nail systems. Acts as a strengthener for unparalleled adhesive performance.

Please note: only one coat of acid free primer is required for sufficient adhesion.

Glitterbels HEMA free builder-bel gel

Glitterbels HEMA free brush on builder-bel gel can be used to easily add shape, length and depth to your daring nail designs, at the same time as protecting from allergies.

Builder-bel gel is available many different colours and has been designed to work alongside gel polish to give more strength and structure for clients with weak or damaged nails. It can be used to create beautifully natural short/medium length enhancements.

Builder-bel gel has a thick viscosity so it is thicker than a gel polish and many self-levelling gel products. A thick viscosity gel has larger molecules and can be used to build structure and to create an apex for nail enhancements.

Medium viscosity gels are often self-levelling gels, they will give additional strength but are not suitable for building structure or adding length. These may be used underneath gel polish on the natural nail to add strength.

A thin viscosity gel would usually be a gel polish colour or a topcoat which has a smaller molecular structure. These are applied in thin layers and offer good coverage and shine but don't have the added strength that a medium or thick viscosity gel can provide.

Unit 2: Product knowledge

Glitterbels HEMA free basecoat

Basecoat polish formulated to a HEMA free standard to reduce the chances of possible allergic skin reactions. Creates a bond between your client's nail plate and their chosen colour. Long lasting with an unparalleled lifespan of 4 weeks.

Glitterbels HEMA free topcoat

Topcoat polish formulated to a HEMA free standard will reduce the chances of allergic skin reactions. No wipe topcoat seals your fabulous nail designs for a chip resistant finish. High shine and long lasting, with an unparalleled lifespan of 4 up to weeks.

Glitterbels diamond shine

Formulated with conditioning agents to prevent drying out of the skin. Glitterbels diamond shine cleanser will effectively remove the tacky layer from the gel nail applications whilst delivering a high shine finish to your nails.

Glitterbels cuticle oil

A restorative cuticle oil designed to be used at the end of your nail services to hydrate and moisturise the nail and skin to help repair any damage.

Nail tips

Glitterbels nail tips are made from ABS plastic for durability and long lasting wear. Flexible to ensure no cracking, chipping or white spots when cutting or filing. The ultra-thin design allows for an excellent fit to the natural nail with an invisible seam line.

Available in the following shapes:

- Pinched square
- Extra-long stiletto
- Almond
- Matte square finish
- Clear stiletto

Nail files and buffers

- 240 grit files, suitable for filing the free edge of the natural nail. Will help remove peeling and tough non-living tissue in the cuticle area
- 180 grit files, suitable for natural nail prep, shaping and refinement
- 150 grit files, suitable for surface filing & shaping
- 100 grit files, suitable for shaping and removing bulk from enhancements. Never to be used on the natural nail

The straight edge of the nail file is suitable for sidewall and extension edge refinement, while the half-moon contoured edge, is perfect for getting in close to the cuticle area and minimising the risk of touching soft tissue.

All nail files should be disinfected between clients, with total submersion or sprayed with a disinfectant or sanitiser to help reduce the risk of cross contamination.

Remember the higher the number nail file, the less abrasive.

Polymerisation

Polymerisation is the chemical reaction that takes place when a gel nail product is cured.

Gel products contain photo initiators which are receptive to UV light. When the UV light meets the gel, the process of polymerisation begins and turns the gel from a liquid into a solid.

Polymerisation is an exothermic reaction and some clients may experience heat or a more extreme sensation called a 'heat spike' on the nail plate during the curing process. This can occur when gel is applied too thickly or if the natural nail plate is damaged. If a client does experience a 'heat spike' you should remove their hand from the nail lamp until the sensation disappears which may take a few seconds. You can proceed with the treatment using the low heat setting on the Glitterbels nail lamp to cure the remaining nails.

Gel nail products will harden at only 50% cured, so it is important to ensure the light being emitted from the bulbs in the nail lamp is compatible with the photo initiators in the gel product. Under-cured gel product will not adhere to the nail plate effectively and can also cause allergic reactions if it comes into contact with the skin.

The electromagnetic spectrum is used to describe the energies and wavelengths of different forms of radiation. The light the human eye can see is known as visible light and consists of a mix of wavelengths from 400 to 800nm (nanometers).

Ultraviolet or UV rays have a shorter wavelength than visible light and are therefore higher in energy. The range from 320 to 400nm is called UVA, 320 to 280nm is called UVB and 280 to 100nm is called UVC. The nail industry only uses lowest energy UV nail lamps.

Light emitting diode (LED) nail lamps are also used and are made to produce specific, short ranges of wavelengths.

Photo initiators are a crucial part of the polymerisation process. When exposed to UV or LED light, photo initiators form free radicals. Free radicals are molecules with unpaired electrons which makes them very reactive. They trigger the process of polymerisation by reacting with the oligomers and monomers in the gel, causing them to link together to form a polymer. The type of photo initiator used depends on the light source as they are activated by different wavelengths of light.

It is essential to use compatible systems when working with gel products, as the photo initiators in the products must be exactly matched with the light emitted from the bulbs, it is also very important to factor in the distance the nails are from the bulb, too far away and the light will lose its intensity and result in under cured product.

Ambient temperature can temporarily affect the viscosity of gel nail products, for example when the gel is warm it may have a runnier consistency and when cold it may be thicker.

Once cured, most gels have an inhibition layer. This is a sticky layer found on the surface of the cured product where it has been exposed to oxygen. Oxygen prevents the polymer chains from fully forming and so a thin layer of uncured gel is left on the surface. This is only removed after the final topcoat is applied.

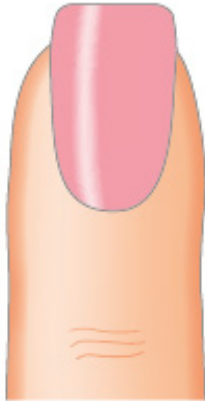
Module examination

Complete the module examination online to move to practical assessment module.

Nail shapes

There are 5 basic nail shapes: square, squoval, round, oval and stiletto.

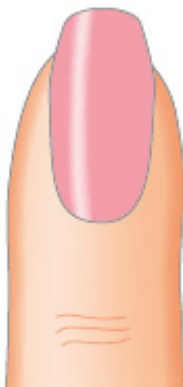
There are many points to consider when deciding on shaping your client's nails. The main one is your client's preference. However, time should be spent with a new client educating them about the shapes available. You must advise clients as to which shape might be preferable for their occupation, lifestyle and family life, while considering the strength and natural shape of the nails, hands and fingers.



Square

Square

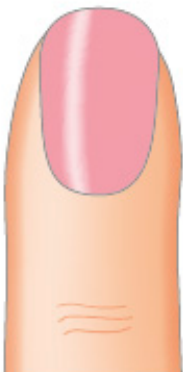
The nail is filed straight across at the free edge creating a square shape. This is a very popular shape but does not suit all hand shapes; it is best suited to longer fingers with narrow nails.



Square/oval

Squoval

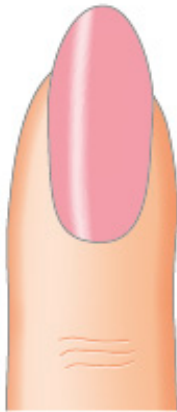
The square oval, also known as the squoval, is a softer take on the square nail and it has remained popular because it looks good on most fingers. It's less prone to catching on clothing and seems to weather wear and tear a little better than severely squared nails. This feminine style looks great on long and short nails but is most flattering on longer fingers with narrow nails.



Round

Round

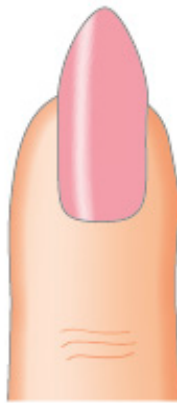
Rounded at the free edge. This shape is good for those who have jobs where they use their hands a lot and require short nails which do not break easily, whilst looking neat and groomed. The downside to this shape is it can make hands look chubby and fingers short.



Oval

Oval

This nail shape is a slightly more traditional shape, often known as the almond shape. This shape of nail tends to be the most difficult to shape and getting all ten to look the same may require practise. The oval nail shape is easily damaged and prone to breaking making it unsuitable for some clients.



Stiletto

Stiletto

The nail tip is strongly pointed, with rounded edges, this shape is becoming increasingly popular. The stiletto nail shape makes hands look more delicate because of the length and shape. This shape is great for those with short fingers to add length and make fingers look more elegant.

Consultation

Perform a consultation for every client to understand their needs and how you can best fulfil them.

Using a client consultation card is an ideal method for guiding the initial conversation and gathering essential information.

During a consultation you can ask questions to determine the client's needs, for example, ask what shape and length they have been wearing lately and how that has been working for them. You should discuss colour choices and make recommendations based on your professional training. Ask about their lifestyle, work, hobbies, and home life. Discuss and analyse how those factors affect their nails. Natural nails are very delicate, so it can be very difficult to get and maintain a high-fashion look with length.

A client that is attending an event the same evening may be in your chair because they want their nails shaped and polished perfectly. You should concentrate on the details, being sure to shape every nail perfectly, giving adequate time to choose the colour that complements what they will be wearing to the event. Add on services such as paraffin wax or a hand mask can be offered to give the skin a healthy glow.

Another client may be in your chair for a different reason. They may be experiencing painful cracks in the stress area of their nails; they need help and are willing to try anything. Suggesting a regular paraffin manicure and aftercare products may solve their problem, as might a brand-new full set of enhancements.

Clients who leave feeling that you understand the problem and have the expert nail knowledge to help, are more likely to recommend you to friends, colleagues and family.

Discuss your proposal with your client. Inform your client what you can do to make their nails fabulous. Give them some time frames and approximate costs.

Follow through: Have them fill out the client consultation card or ask the questions and fill it out for them. Document their visit and the treatment plan so that you can refer back to this at their next appointment.

Keep the client card out so that you can refer to it during the service and ensure you update the card immediately following each service.

Please note: always check the client's age as you may need a letter of consent from their guardian.

Set up and preparation

Prepare the natural nail

Preparing the natural nail is crucial to ensure a professional, long lasting nail service. A thorough preparation can help to prevent lifting of product and eliminate the risk of bacterial infections.

1. Nail technician and client must wash their hands.
2. Ensure work area is disinfected and all metal tools are sterilised or disinfected.
3. Nail technician should put on their disposable gloves.
4. Using a cuticle tool, push back cuticle and remove all non-living skin from the surface of the nail plate. Do not cut or remove any living tissue. Repeat on all 10 nails.
5. File and shape the natural nails using a 240 grit file. Repeat on all 10 nails.
6. Lightly etch the surface of the natural nail with a 180 grit file. Repeat on all 10 nails.
7. Spray the natural nails with a sanitising spray and clean with a lint free wipe.
8. Apply Glitterbels dehydrator to the natural nails and allow to evaporate.

Unit 4: Treatment step by step

Treatment step by step

Tip application

Nail tips can be used to extend the natural nail and create a uniform look. You do not always need to apply a nail tip.

Shape the nail tip to fit perfectly before application. The nail tip should fit from side to side and make the nail look long and sleek. If a deeper C curve is required you should apply light pressure along the sidewall area when adhering the nail tip. You can use a 180 grit file or small cuticle scissors to remove excess material if there is any overhang along the sidewall.

Accurate placement of the nail tip will depend on the correct tip size, pre tailoring technique and an overall assessment of the natural nail. The tip should be placed 2mm to 3mm against the natural nail edge for optimum strength. This technique also creates protective stress points and protects the nail where it is most vulnerable to stress fractures.

1. Adhesive should be applied in the contact area of the nail tip and along the free edge of the nail plate.
2. The nail tip should be applied at a 45 degree angle to ensure a secure, airtight adhesion while eliminating the risk of unwanted air bubbles. Ensure you push the nail tip against the free edge of the natural nail to ensure a structurally sound fit. Repeat on all 10 nails.
3. Use a tip cutter to gently squeeze and remove excess nail tip to create the required length. Avoid using a toenail clipper as this will create too much pressure and cause cracking. Repeat on all 10 nails.

Blending the nail tip

4. Use a 180 grit nail file and start blending the nail tip in zone 2.
5. Always consider the angle of the file and work across the point of contact rather than over the whole natural nail.
6. As zone 2 is the apex area and the thickest part of the nail tip. Get the apex position correct and taper down towards the nail tip extension edge.
7. Proceed to zone 1 and bevel and taper to a thin edge. A gentle filing technique should be used, regularly lifting off to prevent any heat sensation or thinning of the nail plate. There should be no sensitivity to the nail plate created by blending
8. Spraying the nail with sanitiser will allow you to check the progress of your blending. Spray the product directly onto the contact area. How the nail looks when it is wet is how it will look when product is applied, there should be no visible tip line in zone 2.
9. Any visible air bubbles must be blended out before any product is applied, otherwise unwanted moisture and air could get trapped creating a perfect breeding ground for bacterial spores.

Please note: the nail tip can feel flush to the nail but is not necessarily blended sufficiently.

10. Once all 10 nail tips are applied and blended remove all dust using a soft nail brush.
11. Apply Glitterbels dehydrator to the natural nail only.

Unit 4: Treatment step by step

Base coat application

12. Apply a thin layer of primer to the natural nail only.
13. Apply Glitterbels base coat. Wipe excess base coat from the stem and brush when removing from the bottle.
14. To a prepared nail (with or without a nail tip), apply a thin coat down the centre and then to each side leaving a tiny margin around the cuticle. Cap the free edge to prevent shrinkage.
15. Cure for 60 seconds in the Glitterbels nail lamp

Builder-bel gel application

16. Apply a thin layer of builder-bel gel to the entire nail and cure for 60 seconds using the Glitterbels lamp.
17. Build the structure of the nail by applying a bead of builder-bel gel to zone 3. Work the product up towards the middle of the nail. Cure for 60 seconds in the Glitterbels lamp.
18. Remove the inhibition layer using Glitterbels diamond shine.
19. Refine and shape the nail with a 180 grit file.
20. Remove any dust using a soft nail brush.
21. Repeat step 24–27 to apply a second layer if required.

Gel polish application

22. Apply your first layer of colour. Wipe excess colour from the stem and brush when removing from the bottle.
23. Apply a thin coat to the centre of the nail and then to each side leaving a tiny margin around the cuticle (coverage may look sheer on the first coat). Cap the free edge to prevent shrinkage.
24. Cure for 60 seconds in the Glitterbels lamp.
25. Repeat steps 29 to 30 for a second coat.
26. Repeat steps 29 to 30 for a third coat if required.
27. Apply a thin layer of Glitterbels HEMA free topcoat. Cap the free edge to prevent shrinkage.
28. Remove the inhibition layer with a nail wipe saturated with Glitterbels diamond shine.
29. Apply a drop of Glitterbels cuticle oil and massage into cuticles.

Maintenance

Glitterbels builder-gel can be maintained with regular infills.

30. Remove gel polish with a file or e-file. Do not soak in acetone as this will break down the builder-bel gel.
31. Prepare the nails (see steps 3-5).
32. Using a 180 grit nail file, remove traces of lifting around the edges by lightly buffing the surface.

Unit 4: Treatment step by step

33. Using the same file, gently smooth over the regrowth area and remaining nail to remove any shine.
34. Remove the dust with a soft nail brush and wipe the nail with a sanitising spray and a lint free nail wipe.
35. Apply Glitterbels dehydrator with a lint free wipe and allow to evaporate off the surface of the nail.
36. Apply Glitterbels primer.
37. Apply a thin layer of Glitterbels base coat and cure for 60 seconds in the Glitterbels nail lamp.
38. Apply a thin layer of builder-bel gel to the regrowth area and cure for 60 seconds in the Glitterbels nail lamp.
39. Apply a small bead of builder gel to rebuild strength over the apex and cure for 60 seconds.
40. Remove the inhibition layer with Glitterbels diamond shine and refine with a 180 grit file.
41. Remove dust with a soft nail brush and sanitise.
42. Apply Glitterbels gel polish colour, cure for 60 seconds.
43. Apply topcoat cure for 60 seconds.
44. Remove the inhibition layer with Glitterbels diamond shine.
45. Apply a drop of Glitterbels cuticle oil and massage into cuticles.

Removal

46. Gently file off the gel polish topcoat with a 180 grit file. It is important the top layer of the clear gel is completely removed.
47. Apply a drop of Glitterbels cuticle oil to the nail and surrounding skin to assist with the removal process by keeping the nail and skin hydrated.
48. Apply acetone to a nail wrap or a cotton wool pad and wrap each nail individually. Leave wrapped for approx. 15 minutes.
49. Remove the foil wrap. Using an orange stick or cuticle tool, gently remove the gel from the nail. Do not use a metal sharp tool as this could damage the nail plate.
50. Using a 180 grit buffer to gently buff away any remaining gel.
51. If gel polish is not being reapplied, apply Glitterbels cuticle oil to restore moisture to the nail and cuticle.

Module examination

Complete the module examination online to move to practical assessment module.

Aftercare

Provide the client with clear aftercare advice so they can look after their nails correctly between treatments, it will also make their maintenance appointments more efficient.

Providing aftercare also creates an opportunity to recommend retail products for home use and suggest additional professional services such as paraffin wax.

To help your client enjoy maximum wear, we recommend you advise the following precautions

Attend regular maintenance appointments

- Apply Glitterbels cuticle oil twice a day
- Avoid using products containing lanolin, petroleum and mineral oils as these will lift gel
- Treat nails with care and always wear household gloves for washing up and cleaning tasks
- Do not pick, bite or attempt to remove the gel without seeking professional advice for safe removal
- To keep nails in good condition you should attend regular appointments with your nail technician
- Avoid nails that are too long for your lifestyle

Please note: many insurance companies insist on clients receiving written aftercare advice along with verbal advice.

Contra-actions

Allergic reactions can be caused by certain cosmetic ingredients. The client or therapist could at some time develop an allergy to a product that has previously been used successfully. This could be for several reasons including new medication being taken or illness.

Symptoms of an allergic reaction include

- Redness of the skin (erythema)
- Swelling
- Itching
- Raised blisters

In case of an allergic reaction

- Remove the product immediately using water
- If symptoms persist seek medical advice
- Record details onto the client record card

Unit 3: Frequently asked questions

Frequently asked questions

Question: How should I store Glitterbels gel products?

Answer: Store in at room temperature out of direct sunlight.

Question: Can I apply traditional nail polish over Glitterbels gel products?

Answer: You can still apply traditional nail polish over GelColor should your client wish to enjoy another colour temporarily. The nail polish must be removed with acetone free remover.

Troubleshooting questions

Question: Why is my colour application uneven?

Answer: Ensure you have enough product on your brush. Too much product and you will lose control, too little product and you won't be able to coat evenly and thoroughly. Achieving this happy medium takes practice as every nail you do will need differing amounts.

Float and guide the color into place for an even application. Do not use too little on your brush and try not to scrape and pull the product into place.

Next steps

We advise you to practice the treatments on at least six models in order to become proficient.

Research the price that you will be charging for the treatment within your business. This will depend on the price range of treatments in your area, the price your direct competitors are charging and your present pricing structure.

Module examination

Complete the module examination online to move to practical assessment module.

Unit 1: Practical assessment

Practical assessment

You are now required to submit a series of videos for assessment by one of our educators. Complete each of the treatment steps below to ensure you have demonstrated a full treatment. Watch each video hint to show you what the educator needs to see in order to assess your competency.

Please submit short videos of each step like the examples shown, please do not submit one long video of you performing the complete treatment.

1. Show the prepared nails on the client's right hand ready for the application of Glitterbels basecoat.
2. Demonstrate the application of Glitterbels basecoat on the client's right hand.
3. Demonstrate the application of Glitterbels builder-bel gel on the client's right hand.
4. Demonstrate the application of Glitterbels topcoat on the client's right hand.
5. Show the finished result to indicate precise application, even colour and a capped free edge.

Upload the video examples online

Please select the text reply button to notify us of your submission.

We will provide feedback within two working days.

Please note: our business hours are Monday – Friday, 8.30am – 5pm.