

A Guide to Your Nail Beauty Manicure

First, trim your nails to the desired length with the **nail clippers**. Use an **emery board** to **file** your nails. Be sure to move the file in one direction to avoid rough edges.

Second, fill a **finger bowl** with warm soapy water and **soak** hands. Use a **nail brush** to clean under and around the nails.

Third, rub **cuticle oil** on your cuticles to make them soft. Then, use an **orange stick** (not a metal cuticle pusher as these may damage fingernails) to push your **cuticles** back gently. Next, trim cuticles with a **cuticle trimmer**.

Finally, shine your nails with a **buffer** and massage hands with a moisturizing cream.

Get ready!

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

cuticle trimmer

- 1 What different types of manicures do you know about?
- 2 What happens during a basic manicure?

Reading

2 Read the instructions from a manicure guide. Then, choose the correct answers.

- 1 What is the purpose of the guide?
 - A to give nail technicians advice on buying tools
 - B to describe what tools are in a manicure set
 - C to suggest different filing techniques
 - D to explain the steps of a manicure
- 2 What advice does the guide give for avoiding rough nail edges?
 - A use nail clippers to cut nails
 - B soak hands in warm water first
 - C file the nail in one direction only
 - D trim the edges with a cuticle trimmer
- 3 Which of the following is NOT a step described in the guide?
 - A put hands in warm water
 - B clean the nails with a nailbrush
 - C trim the nails with a cuticle trimmer
 - D buff the nails to add shine



Vocabulary

3 Read the sentences and choose the correct meaning of the underlined word(s).

- 1 Julissa used the buffer to polish her nails.
 - A a container to soak your hands in
 - B a device that cuts the skin around the nails
 - C an object that makes nails shiny
- 2 The nail technician was careful not to cut too much of the cuticle.
 - A a device that cuts around fingernails
 - B skin around the nail
 - C an object that makes the edges of nails smooth
- 3 Max cleaned the dirt from his nails with a nail brush.
 - A an object with stiff pieces of plastic used to clean nails
 - B a small piece of wood with pointy ends
 - C a thin piece of cardboard used to shape nails

4 Fill in the blanks with the correct words and phrases from the word bank.

Word BANK

files finger bowl cuticle trimmer
soaks orange stick

- 1 Kate put her hands in the _____, which was full of soapy water.
- 2 A manicurist trims dead skin from around a client's nails with a(n) _____.
- 3 After a long day at work, Max _____ his tired feet in warm water.
- 4 Penny often _____ the rough edges of her nails to keep them smooth.
- 5 Wendy showed her sister how to push back her cuticles with a(n) _____.

5 Listen and read the instructions from a manicure guide again. What should you do to make sure your nails are smooth around the edges?

Listening

6 Listen to a conversation between a student and a cosmetology teacher. Choose the correct answers.

- 1 What is the main topic of the conversation?
 - discussing various tools for a manicure
 - giving advice about the best way to deal with cuticles
 - explaining the different uses of finger bowls
 - answering questions about something needed for a manicure
- 2 What will the teacher probably talk about next?
 - all the tools used in a manicure
 - additional manicure procedures
 - why cuticle care is important
 - techniques used by professional pedicurists

7 Listen again and complete the conversation.

Student: 1 _____, Miss Wilson?

Teacher: Yes, Tina. Do you have a question?

Student: Yes. It's about using the 2 _____. Do you ever add anything to the water in the finger bowl?

Teacher: I usually add a 3 _____.

Student: There's one more thing. How long are you supposed to 4 _____ the fingers in the finger bowl?

Teacher: 5 _____ question. You should only soak them for three to five minutes. Remember, you just want the cuticles to soften.

Student: Oh, I 6 _____. Thanks!

Teacher: No problem. If there aren't any more questions, let's talk about other manicure techniques.

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 question?

Yes. It's about ...

Oh, I understand now. Thanks!

Student A: You are a student at SoHo Beauty College. Ask Student B two questions about having a manicure. Then, tell Student B if you understand his or her explanation.

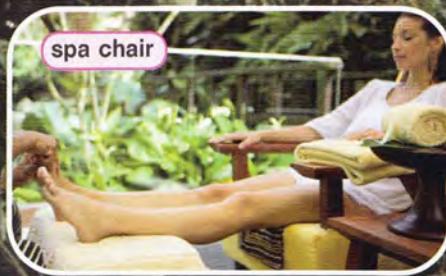
Student B: You are a teacher at SoHo Beauty College. Listen to Student A's questions about having a manicure. Then, respond to his or her questions.

Writing

9 Imagine that you are a cosmetology instructor. Use the instructions and the conversation from Task 8 to write yourself a note about a question a student asked during class. Make sure to mention the following.

- what the conversation was about
- what the student's questions were
- what answers you gave the student





Get ready!

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

- 1 What is a pedicure good for?
- 2 What steps are involved in a pedicure?

Reading

2 Read the excerpt from a salon's website. Then, mark the following statements as true (T) or false (F).

- 1 — The technician trims the client's toenails before soaking the feet.
- 2 — Calluses on the feet are removed with cuticle scissors.
- 3 — The salon advises clients to take a pair of open-toed shoes to wear after their pedicures

Vocabulary

3 Match the words (1-7) with the definitions (A-G).

1	— cuticle pusher	4	— nail polish
2	— nail file	5	— spa chair
3	— pumice stone	6	— toe separator

A	a small stone used to remove the hard pieces of skin on a person's feet
B	an item that is inserted between a person's toes to spread them apart
C	a thick liquid that colors finger and toenails
D	a comfortable chair that people sit in while they have a manicure or pedicure
E	a small tool that is used to push back the cuticles on a person's nails
F	a metal tool that smooths the edges of nails

Bella
Salon

PEDICURE SERVICES

What to Expect From Your Pedicure

• What to bring:

a pair of **open-toed shoes** if the weather permits, a book or magazine to read

• During the pedicure:

- 1 You are made comfortable in the **spa chair**.
- 2 Your feet are soaked in a **bowl** filled with warm soapy water.
- 3 A technician dries your feet and uses a **cuticle pusher** on your toe nails before trimming them. The technician also uses a **skin buffer** to remove any dead skin on the **soles** of the feet.
- 4 The nail technician uses nail clippers and a **nail file** to cut and file your toenails.
- 5 The technician removes **calluses** with a **pumice stone** and then massages your feet with a scented moisturizing cream.
- 6 Finally, the technician separates your toes with a **toe separator** and applies a **nail polish** of your choice.



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

- 1 Joan used a pumice to remove the thick or hardened skin on the bottom of her foot. c _ _ l _ _
- 2 Elizabeth wore a pair of shoes that do not cover her toes to the beach. _ _ e _ - _ o _ _ s _ o _ _
- 3 Jennifer soaked her feet in a large container filled with water to relax. b _ _ _

5 Listen and read the excerpt from a salon's website again. What do a pumice stone and a skin buffer have in common?

Listening

6 Listen to a conversation between a nail technician and a client. Choose the correct answers.

- 1 What is the conversation mostly about?
 - A complaining about a pedicure
 - B scheduling an appointment
 - C waiting to see a nail technician
 - D describing a pedicure to a client
- 2 What is true about the client?
 - A She is late for her appointment.
 - B She hasn't visited the salon before.
 - C She gets pedicures every week at the salon.
 - D She has already soaked her feet.

7 Listen again and complete the conversation.

Nail Technician: Welcome to the Bella Salon! What can I do for you today?

Client: Hi. I have a 3 o'clock 1 _____ for a pedicure. I'm Erin Fox.

Nail Technician: Great! 2 _____ in the spa chair, Ms. Fox.

Client: Okay. This is my first pedicure. Can you tell me what the 3 _____ is?

Nail Technician: Well, first you'll soak your feet in some warm soapy water. Then, I'll fix your 4 _____.

Client: What happens after that?

Nail Technician: I'll cut and 5 _____ your toenails, remove any hard skin and give you a 6 _____ foot massage.

Client: Sounds great!

Speaking

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

USE LANGUAGE SUCH AS:

Can you tell me what the procedure is?

First, you'll ...

Then, I ...

What happens after that?

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

- whether he or she has an appointment
- the steps for a pedicure

Student B: You are a client. Answer Student B's questions and ask about the steps for a pedicure.

Writing

9 Use the conversation in Task 8 to fill out the appointment book entry.

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APPOINTMENT BOOK

Client's Name: _____

Appointment Time: _____

Service: _____

Notes: _____