

Gds Nail Studio

Training centre
Noida

Syllabus for nails technologies course

**Course type - Basic to Advance Nail
art**

Duration - 15 Days

Theory... 

Health and safety

Product knowledge

Tools knowledge

Nails anatomy

Nails shape

Normal Gel polish

Normal Gel paint

Nails extension

Acrylic nails extension

Gel nail extension

Nail Overlay

Acrylic nails extension

Gel nail extension

Nail Art/design

Ombre

French

Marble

Cat eye

Crome application

Glitter gel/dust application

Stone application

Sticker paste

3d design

Flower 

Normal Gel polish / extension removal

Choosing Right extension according to the Nail health like condition and size of nail bed

Health and safety

Moisturize your hands regularly

First of all you'll have to clean your work station

Sanitize clients hand thoroughly and also tools

To Wear mask properly play an important duty to be healthy your Lungs

Safely use, store, and dispose of products.

Cap or close containers when not in use.

Product knowledge

Product name - :

Gel paint colour

What is gel paint?

gel paint is also called “art gel”, is specially used for nail art painting . many colours are to give various looks as per clients wish .

Polymer powder

polymer powder are in various colours approx 6 to 8 basic colours .

Monomer

it's is use to make nails bed flatten

This is the liquid that is used together with the polymers in order to create the paste with which we will begin to shape the nail using our own nail and tip forms as a mold.

* acrylic -: (polymer+ monomer)

Acyton

it is used to clean extra nails gel paint

Base coat

it a coat a thin layer of base coat make grip Between natural nail and gel paint layer. In gel paint application it is the first application of all .

Top coat(mate)

it is used to give mate or rough look to nail paint

7- Top coat (glossy) it is used to give glossy and attractive shining look to gel paint .

Primer

Primers will remove any remaining oils and grease on the nail bed and increase the bond between gel polish and nail.

Cuticle oil

it's used to moisturize the cuticle, skin and nail area. It can protect the cuticle and nail against Fungus gel builder it's used to make extension flatten and give esthetic look to your nails gel / dust glitter cat eye gel paint sticker foil paper Crome Stone and bowglue .

Tools knowledge

UV lamp brush Hand restler Acrylic brush Gel
Art brush 3d art brush Filer Buffer Cuticle
cutter
Cuticle pusher Tip cutter Lint papper
Ombre
Sponge brush Dotting tools Nails cutter puppy

Nails Anatomy

The nail structure is divided into some parts: root, nail bed, nail plate, eponychium, proximal nail fold, matrix, cuticle, and hyponychium, free edge, lunula. Each of these 10 components has a specific function, and if a component of the nail structure is disrupted, the nail can look abnormal.

Matrix -: matrix is the most sensitive part of the nail structure. It is set beneath the proximal nail fold where your fingernails start to grow creating cells of skin, which push out the old and dead skin cells to make your nail plate. If it is damaged then it will never create new cells to make a new nail plate. If the nail matrix is destroyed it will be not able to create the nail cells.

Where is the nail matrix The nail matrix is located under the base of the finger or toe nail. It contains blood vessels and nerves like most other parts of our body. It is responsible for generating the cells that create our actual nail. As new cells are made, the old cells (nail) are pushed forward to make room- which is why our nails grow.If the nail matrix is badly damaged, scarring can occur, and even potentially lead to a nail that grows out funky (split in half). Be sure to take it easy the next time you push back your cuticles,

Eponychium -: The eponychium is more commonly known as the cuticle. The cuticle is situated between the skin of the finger and the nail plate. It fuses these structures together and provides a waterproof barrier .or the skin, is living tissue. It's there to protect the Matrix from infections and bacterials. So if the skin is attached to the nail plate it's still the Eponychium.

Nail bed -: The nail bed contains thousands of blood vessels that carry food, oxygen, and nutrients to the fingernail. The nail plate is what we class as 'a nail'. It has a densely packed surface, made of keratin. Several layers of dead, compacted cells cause the nail to be strong but flexible

Nails plate -: The purpose of the nail plate is to protect the living nail bed underneath. The lunula is the visible part of the matrix that resembles a half moon and should be treated with care as the cells have not yet fully keratinised. It is white in colour and opaque. The nail folds protect the nail matrix.

Cuticle -: it is a non living skin cells of the proximal nail fold the seal the edge between the proximal nail fold and nail plate creating an efficient seal at the base of the nail plate

Proximal nail polish -: the proximal nail fold is the layer of epidermis and dermis , covering of matrix consequently it can protect to matrix to be infected of bacteria or others harmful tissues.

Hyponychium -: this is the nails seal under the free edge of the nail plate at the distal edge of finger in form of very tight seal that prevents bacteria and others germs entering the dedicate and sensitive areas.

Free edge -: When the nail plate extends further leave hyponychium lips , this becomes the free edge. It is important to have a free edge as this ensures that all the nail bed is covered and therefore protected. The end of the nail plate that is shaped during Manicure & Pedicure.

Nails shape

Stiletto	Round	Square	Almond
Oval			
Squoval	Mountain peak	Ballerina	
lipstick			

Normal Gel paint

First you will complete dry manicure like

* - push her cuticle dead skin back with help of the cuticle pusher.

* - cut it with help of the cuticle cutter

*- file and shape nails and buff its lightly .

1st - Apply primer (it's air dry liquid)


2nd - Apply a layer of base coat and cure it for 60 seconds in the UV lamp.

3rd - Apply a first thin layer of gel paint and cure it for seconds

4rth - Apply second layer of gel paint and cure it for 60 seconds .

5th - And last application to apply top coat properly covering around nail bed and cure it approx 90 seconds

Final step is apply cuticle oil around cuticle area to cure cuticles

Done 

Acrylic Nails Extension

Initially everyone's Nail bed required dry manicure to get any service.

1st - Paste the tip on nail bed as per natural nail bed width.

2nd - Cut the tip according to clients wish to have take care .

3rh - Merge the bottom edges of tips to natural nails .

4rth - Ask to client about nail's shape and give that shape to nails , buff the whole nail lightly to remove shining .

5fth - Handling of products and tools of acrylic nail extension.

6th - Dip the brush into monomer dappen dish and wipe the brush off one side .

7th - Pick up the product help of the brush from which side it is wet .

8th - Put the ball on lunula of nail and dap - dap the brush on ball brush direction should be in 45° angle and apply that product flatten to give an esthetic look .

9th - And again file and buff the nail to give finishing.

10th- Apply primer on the whole nail .it is air dry.

11th - Apply a first thin coat of gel colour that is chosen by client and dry it for 60 seconds .

12th - Apply second coat of gel colour and dry it for 60 seconds.

13th - And now last application is that to apply top coat properly to give shining and dry it for 90 seconds only .

Finally apply cuticle oil around the cuticle area to cure it well .

Acrylic Overlay application

After completing the dry manicure you can move on the next steps of overlay application

1st - Apply acrylic products on natural nail bed help of the acrylic brush .

2nd - File and buff nail bed ,clean with puppy brush

3rd - Apply both coat of gel paint stepwise and dry it for 60- 60 seconds in UV lamp.

4th - Apply top coat and cure it for 60-90 seconds.

Final step is to apply cuticle oil around cuticle area.

Gel nail extension

Initially everyone's Nail bed required dry manicure to get any service.

1st - Paste tips on nail bed as per nail's width and size

2nd - Merge the bottom edges of tips to natural nail bed and file or buff tip to remove shining of tip.

3rd - Give tip shape as per clients wish.

4th - apply gel builder on natural nail bed help of the brush.

5th - and again apply gel builder to give proper shape

6th - file the extra product on nail tip to give esthetic shape .

7th - buff the tip and clean with puppy brush.

8th - apply both coat of gel paint and cure it for 60-60 seconds in UV lamp.

9th - apply top coat properly and cure it for 60-90 seconds in UV lamp.

Final step is to apply cuticle oil around cuticle area.

**Gel overlay is done on natural nail in this process
no need to paste tips on nails**

All steps are followed of gel nail extension except pasting tips .

Nail art

Nails art is a creativity to paint decorat and embellish nail it is a type of artwork that is done on nail help of the brushes to give an esthetic look to nails like pictures , graphics, French designs etc. It is done when both coat of gel polish are cured in UV lamp and Last step is top coat has been also applied.

Chrom application : It is like shining practicals dust that is used to give an attractive look with colour . you can use it to create different patterns on your nail, combine two different colours of Chrome Powder into one design, draw lines and shapes. the choices are endless.

First Apply two coats of colour and cure it in UV lamp for 60s.

Apply no wipe a thin coat of top coat cure it 30s. In lamp

Take your nails out of the lamp, take a small amount of your favourite chrome Powder onto your applicator brush.

Rub the powder onto the nail until full coverage is achieved well.

Taking a smooth brush to remove extra powder from nail bed .

Final step is again apply a coat of top coat this application should be well and cure it for 60 seconds.

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Glitter application : Glitter gel polish is a type of gel nail polish that contains small particles of glitter. These polishes are perfect for adding a sparkly and glamorous. provides an intense, multi-dimensional shimmer and sparkle to nails bed.

First Apply first thin coats of selected colour and cure it for 60s.

Apply Second coat should be much thick comparison to first coat cure it for 60s.

If customer recommend to get splash look give splash look as her desirable area cure it for 45s.

Finally apply top coat should not be much thick covering free edge and cure it in the UV lamp for 60 second.

Marbles design : It's a nail art technique where you need to drops of nail polish into a cup of water to create a beautiful swirl of color on the surface that Mesmerizing Marble Nail Designs. It's one of those nail art trend that just continue to grow in popularity
.

The best part? Just like the beloved swirl and daisy designs, marble nails are actually easy to do yourself. You'll need just a few tools:

Clean-up brush

Top coat nail polish (obviously,) a bowl of lukewarm water, a small dottingtool, some cotton wool buds,

and nail polish remover. Once you've collected those, you'll have to follow these steps -

Drop the colors you choose on top of each other into the bowl of lukewarm water. They'll layer on top of each other

Swirl the colors with your dotting tool to get that marble effect.

Dip your nail into the mixture.

Use the cotton bud to guide the mixture onto your nail.

Pull out your nail and remove extra polish on side wall skin help of lint paper.

Are you looking for cute marble nails in white, pink, black, grey, blue or green? If so, these stunning nail designs are perfect for you.

Ombre design : ombré nails combine two or more colours that are seamlessly blended together. We love this pink-and-white combination colours.

Initially complete manicure process

After Applied two coats of selected colour and cure it well in UV lamp.

Select ombre shading colour and apply on downwards from Apex to free edge of nail bed.

Blend together we'll cure it 60s in UV lamp.

at last apply top coat should not be much thick comparison to base coat , just like first coat of colour.

3D Art design

To do 3d art on nail bed is required some materials like 3d white polymer power ,a nipping 3d brush and monomer liquid . 3d are is not a big task just you'll have to do practice to be dab handed in 3d. art.

3d art to do 3d art on nail bed is required some materials like 3d white polymer power ,a nipping 3d brush and monomer liquid . 3d are is not a big task just you'll have to do practice to be dab handed in 3d. art.

Initially expert has to collect all tools and materials close to them and pour some monomer in the dappen dish .

In first step expertise will dip the brush into dappen dish in witch monomer is contained, wipe the brush of one side.

Now he will dip up the product (polymer power) help of the nip of the brush in shape of little ball .

The ball will be set on the nail bed where he wants to make 3d flower 🌸 and 1st he will apply the brush in 60 degree on the ball tap – tap and second he will choose the way as per the flowers design.

Same process will continue till when the will be complete

And finally the flower is completed , he will remove extra product from Nail bed now without being late top Coat will be applied and cure it by 60 s. In UV lamp.

Polish removal

Gel nail polish removal from one's fingernails is much easier than others process

To remove gel nail polish from your fingernails in this process a main fact is concerned how you hold filer and move on nail bed avoiding cuticle get injured . hold filer between index and middle finger ,putting your thumb on filer and pressing lightly move on . When gel polish is removed , clean it with acetone help of the lint paper.

Some rules are followed by client to keep healthy nails -

Your fingernails — composed of laminated layers of a protein called keratin — grow from the area at the base of the nail under your cuticle. Healthy fingernails are smooth, without pits or grooves. They're uniform in color and consistency and free of spots or discoloration.

Sometimes fingernails develop harmless vertical ridges that run from the cuticle to the tip of the nail. Vertical ridges tend to become more prominent with age. Fingernails can also develop white lines or spots due to injury, but these eventually grow out with the nail.

Not all nail conditions are normal, however. Consult your doctor or dermatologist if you notice:

Changes in nail color, such as discoloration of the entire nail or a dark streak under the nail

Changes in nail shape, such as curled nails

Thinning or thickening of the nails

Separation of the nail from the surrounding skin

Bleeding around the nails

Swelling or pain around the nails

Failure of nails to grow out

Fingernail care: Do's

To keep your fingernails looking their best:

Keep fingernails dry and clean. This prevents bacteria from growing under your fingernails. Repeated or prolonged contact with water can contribute to split fingernails. Wear cotton-lined rubber gloves when washing dishes, cleaning or using harsh chemicals.

Practice good nail hygiene. Use a sharp manicure scissors or clippers. Trim your nails straight across, then round the tips in a gentle curve.

Use moisturizer. When you use hand lotion, rub the lotion into your fingernails and cuticles, too.

Apply a protective layer. Applying a nail hardener might help strengthen nails.

Ask your doctor about biotin. Some research suggests that the nutritional supplement biotin might help strengthen weak or brittle fingernails.

Bite your fingernails or pick at your cuticles. These habits can damage the nail bed. Even a minor cut alongside your fingernail can allow bacteria or fungi to enter and cause an infection.

Written by -



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