

1. Multiple Choice Questions: (05)

- i. A manicure is a treatment carried out to improve the condition of which of the following:
 - a. feet
 - b. arms
 - c. hands
- ii. Before carrying out the manicure treatment, a consultation is required to assess the condition of the client's skin, nails, and cuticles so that which of the following occurs?
 - a. appropriate equipment and products can be chosen
 - b. to see the colour of the skin
 - c. to check if the appropriate products are available
- iii. If the client does not want nail polish what else can be done to her nails?
 - a. apply glittery nail polish
 - b. do not apply nail polish
 - c. buff to shine with a paste
- iv. The buffing paste is spread using finger tips in:
 - a. upward strokes
 - b. downward strokes
 - c. outward strokes
- v. While applying buffing paste to the nails, how many strokes per nail should be enough?
 - a. two strokes per nail
 - b. six strokes per nail
 - c. twelve strokes per nail
- vi. Hand massage is carried out:
 - a. at the start of manicure
 - b. after soaking fingers in soapy water
 - c. just before applying the nail polish
- vii. Specialised nail treatment includes which of the following:
 - a. two coats of nail polish
 - b. two base coats
 - c. a base coat of nail strengthener

- viii. The nail polish application is started from:
- index finger
 - small finger
 - thumb
- ix. In pedicure treatment, abrasive massage cream is applied in circular movements which;
- removes the dead skin
 - improves the colour of the skin
 - adds shine to the skin
- x. Paraffin wax when applied to the feet is left to dry for;
- 10-15 minutes
 - 20-30 minutes
 - 25- 45 minutes

2. Short Questions:**(21)**

All Questions carry equal marks.

- Describe the manicure procedure.
- Why is it important to assess the condition of the client's hands and nails before the manicure treatment commences?
- Why is it important to assess the condition of the client's foot and nail before the pedicure treatment is given?
- Why would you give the following treatments:
 - Skin conditioners
 - Heat treatments
- Describe the methods available for removing hard skin from the feet.
- What are the terms used for the different type of massage movements involved in a foot massage treatment?
- State the benefits of foot and lower leg massage.

3. Explain the different massage movements used in a manicure treatment.**(4)**