


GIARRANO-SENIOR COSMETOLOGY- OFF-SITE LEARNING PACKET DAY 8

DIRECTIONS:

1. IF YOUR PACKET BEGINS WITH A SUMMARY AND REVIEW PLEASE READ THOSE PAGES FIRST
2. COMPLETE THE WORK SHEETS AND VOCABULARY WHERE IF INCLUDED. YOU MAY GOOGLE AND REFERENCE THE MILADY WEB SITE FOR VOCABULARY WORDS. NOT ALL ASSIGNMENTS CONTAIN VOCABULARY, OR WORK SHEETS. THEY MAY BE SLIGHTLY DIFFERENT.
3. COMPLETE THE PRACTICE TESTS TO THE BEST OF YOUR ABILITY.
4. YOU MAY USE YOUR MILADY OR COURSEMATE ONLINE PROGRAM TO ASSIST YOU IN ANY WAY.
5. PLEASE PUT YOUR NAME ON EVERY PAGE YOU HAVE COMPLETED.

1. Aging

As a person ages, parts of the nail matrix begin to permanently slow down production, causing the plate to develop a series of narrow grooves running down the length of the plate. 

V. KNOW YOUR NAILS

Many cosmetologists are interested in nails because of the creative opportunities they present. As with every other area of cosmetology, this creativity must be grounded in a full awareness of the structure and physiology of the nails and the surrounding tissue. See Figure 9-3 found on page 203 of Milady Standard Cosmetology.

SUMMARY AND REVIEW

- Well-manicured nails, whether natural or artificially applied, have always been recognized as an indication of good grooming; nails originate in the epidermal layer of the skin and, like hair, their condition is dependent upon the individual's overall health.
- A balanced diet filled with the daily required vitamins and nutrients will help produce healthy, disorder-free nails.
- Remember that your creativity in providing quality nail services must be grounded in a thorough knowledge and awareness of the structure and physiology of the nails.

✓ CHAPTER REVIEW QUESTIONS AND ANSWERS:

1. What is the technical term for the natural nail?

Answer: The technical term for the natural nail is *onyx*.

Note: The answer to this question can be found on page 198 of Milady Standard Cosmetology.

2. What is the major protein that makes up the natural nail?

Answer: The natural nail is comprised mainly of keratin, the same fiber protein found in skin and hair.

Note: The answer to this question can be found on page 198 of Milady Standard Cosmetology.

3. Describe the appearance of a normal, healthy nail.

Answer: A normal, healthy nail is firm but flexible and shiny. Its surface is smooth and unspotted, with no hollows or wavy ridges. A healthy nail also should be whitish and translucent in appearance, with the pinkish color of the nail bed below showing through.

Note: The answer to this question can be found on page 198 of Milady Standard Cosmetology.

4. Name the basic parts of the nail unit.

Answer: The basic parts of the nail unit are the nail bed, matrix, nail plate, cuticle, eponychium, perionychium, hyponychium, specialized ligaments, and nail folds.

Note: The answer to this question can be found on page 199 of Milady Standard Cosmetology.

5. Explain the difference between the nail plate and the nail bed.

Answer: The nail plate is the most visible and functional part of the nail unit. It is the hardened keratin plate that sits on and slowly slides across the nail bed while it grows. The nail plate is formed by matrix cells. The nail bed is the portion of living skin that supports the nail plate as it grows toward the free edge.

Note: The answer to this question can be found on page 199 of Milady Standard Cosmetology.

6. What part of the nail unit contains the nerves, lymph, and blood vessels?

Answer: The matrix contains nerves, lymph, and blood vessels to nourish the matrix cells.

Note: The answer to this question can be found on page 200 of Milady Standard Cosmetology.

7. What is the difference between the cuticle and the eponychium?

Answer: The cuticle is the *dead, colorless tissue* attached to the nail plate. The eponychium is the *living skin* at the base of the nail plate covering the matrix area.

Note: The answer to this question can be found on page 200 of Milady Standard Cosmetology.

8. Why are cosmetologists not allowed to cut the skin around the base of the nail plate, even if the client requests this during the service?

Answer: The eponychium is living skin at the base of the nail plate covering the matrix area. Clients cannot give cosmetologists permission to perform any medical procedures (i.e., cutting living skin). Cosmetologists are only permitted to gently push back the eponychium.

Note: The answer to this question can be found on page 201 of Milady Standard Cosmetology.

9. What can affect the growth of the nail plate?

Answer: The growth of the nail plate is affected by nutrition, exercise, seasons, pregnancy, and a person's general health, including their age.

Note: The answer to this question can be found on page 202 of Milady Standard Cosmetology.

LEARNING REINFORCEMENT IDEAS AND/OR ACTIVITIES

1. Have students complete Chapter 9 of *Milady Standard Cosmetology Theory Workbook, Practical Workbook, and Study Guide: The Essential Companion*.
2. Have students complete review and final testing with *Milady Standard Cosmetology Online Licensing Preparation*.
3. Have students complete scenario-based questions in Chapter 9 of *Situational Problems for Milady Standard Cosmetology*.
4. Have students close their books and, using an unlabeled diagram of the nail, ask students to volunteer to come forward and write the applicable part of the nail on the space provided on the transparency.
5. Have a team of students create a poster or educational bulletin board that displays the structure of the nail system.
6. Have students write a research paper on the structure and growth of the nail. Give extra credit based on the quality of the report. Copy the reports for future reference to maintain in the school's library or resource area.
7. In the space below, write any activities, assignments, or ideas that have been used effectively with this lesson in order to aid other instructors who may use this lesson plan in the future.

2. Onychocryptosis

Onychocryptosis, also known as ingrown nails, can affect either the fingers or toes. In this condition, the nail grows into the sides of the living tissue around the nail. See *Figure 10-14* found on page 217 of *Milady Standard Cosmetology*.

3. Onycholysis

Onycholysis is the lifting of the nail plate from the bed without shedding, usually beginning at the free edge and continuing toward the lunula area.


a. Physical injury

This is usually the result of physical injury, trauma, or allergic reaction of the nail bed and less often related to a health disorder. See Figure 10-15 found on page 217 of Milady Standard Cosmetology.

4. Onychomadesis

Onychomadesis is the separation and falling off of a nail plate from the nail bed. It can affect fingernails and toenails.

a. Localized infection

In most cases, the cause can be traced to a localized infection, injuries to the matrix, or a severe systemic illness. Drastic medical procedures, such as chemotherapy, may also be the cause. 

IV. PERFORM HAND, NAIL, AND SKIN ANALYSIS

This analysis will allow a cosmetologist to identify disease, disorders, and conditions including signs of infection which may be identified through pain, redness, swelling, throbbing, and pus. A proper analysis will help to determine not only the needed service, but also if a service should not be performed.

1. Cleanse

Always begin a hand, nail, and skin analysis by cleaning the hands of both the cosmetologist and the client.

2. Observe

- The moisture level of the skin.
- The temperature of the skin.
- The condition of the skin.
- Tenderness to the touch of the skin.
- Examine the condition and length of the nails including the shape of the free edge and cuticle and the thickness of the nail plate.

3. Share

After performing the nail examination, share your findings with your client:

- Identify any form of onychosis—disease, disorder, or condition.
- Note the apparent cause—systemic, environmental, etc.
- Suggest the proper service or refer to a physician.
- Discuss home maintenance and a future service plan.

SUMMARY AND REVIEW

- Well-manicured nails have always been recognized as an indication of good grooming.
- Nails originate in the epidermal layer of the skin and, like hair, their condition is dependent upon the individual's overall health.

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ACTIVITY 2 Cross-Section of the Nail

Individually or with a partner, label the parts of the nail on the front view and cross-section diagrams using the terms listed below. Note: Some essential terms may be used more than once and some not at all.

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- | | | |
|------------|--------------------|--------------|
| Nail bed | Eponychium | Perionychium |
| Free edge | Hyponychium | Bone |
| Matrix | Ligament | True cuticle |
| Lunula | Proximal nail fold | |
| Nail plate | Nail groove | |

