



Client Consultation Form – *Manicure & Pedicure*

College Name:
College Number:
Student Name:
Student Number:
Date:

Client Name: Mrs AM
Address:
Profession: Retired homemaker
Tel. No: Day
Eve

PERSONAL DETAILS

Age group: Under 20 20–30 30–40 40–50 50–60 60+

Lifestyle: Active Sedentary

Last visit to the doctor: 3 months ago

GP Address:

No. of children (if applicable):

Date of last period (if applicable):

CONTRAINDICATIONS REQUIRING MEDICAL PERMISSION – in circumstances where medical permission cannot be obtained clients must give their informed consent in writing prior to treatment.

(select if/where appropriate):

Haemophilia

Any condition already being treated by a GP, dermatologist or another practitioner

Medical oedema

Arthritis

Nervous/Psychotic conditions

Recent operations of the hands or feet

Diabetes

Inflamed nerve

Undiagnosed pain

Acute rheumatism

Mrs AM suffers no contraindications

CONTRAINDICATIONS THAT RESTRICT TREATMENT *(select if/where appropriate):*

Fever

Infectious or contagious diseases

Under the influence of recreational drugs or alcohol

Diarrhoea and vomiting

Any known allergies

Undiagnosed lumps and bumps

Inflammation

Cuts

Severe bruising

Abrasions

Psoriasis

Scar tissues (2 years for major operation and 6 months for a small scar)

Recent fractures (minimum 3 months)

Sunburn

Repetitive Strain Injury

Carpal Tunnel Syndrome

Severely bitten or damaged nails

Nail separation

Eczema

Only as a child – no other contraindications that restrict treatment

NAIL TEST

Moisture content Excellent Good Fair Poor

Cuticle condition Excellent Good Fair Poor

Skin condition Dehydrated Dry Normal

Skins healing ability Excellent Good Fair Poor

Circulation Good Normal Poor

Overall Nail/Cuticle Condition. Flaking and dry. The nail test has shown that the moisture content of her nails is poor. Her cuticles are somewhat dry and the nail colour is pale, suggesting weak circulation. If she cuts herself, it can take a long time to heal. All of these problems can be age related. Her natural nail shape is oval and she has no blemishes on her hands or contraindications. The nails are slightly ridged.

Reason/s for Treatment: Flaking nails, hands and nails needs some care after a few months of neglect To even out the appearance of the nails – nail length and shape. To smooth out ridges and prevent further flaking.

Treatment to include (select if/where appropriate):Manicure Pedicure French polish **Client lifestyle/profile**

Mrs AM is a retired housewife aged 76. She has moved recently to a new area into a retirement home and is busy making new friends. She was encouraged to move by her daughter, who felt that it would be better if they lived closer together now that she is getting older. She spent last year selling her house, packing up and moving into her new home. The whole experience was rather stressful, as her husband died some years ago, so she has had to rely on her children and their partners to help her. Her stress levels went up to around 8 out of 10 whilst all this was taking place and 10 out of 10 at times! However, since she has moved she feels more relaxed and rates her stress levels at about 4 out of 10.

She does feel that it was the right move and has settled comfortably into a welcoming residential area – she has a bungalow on a small development that is warden assisted should she need help. Her neighbours are quite friendly and she can walk to the shops.

She is in good health currently but takes 75mg of aspirin per day. Her doctor suspected angina but tests proved negative. Her blood pressure is very slightly high but she takes no medication for it. She does also have a hiatus hernia but this does not really cause her any problems except if she eats late at night and then goes straight to bed.

She has always taken care of her skin and nails and has a keen interest in reflexology – her sister-in-law is a trained reflexologist. She has been doing a lot of work due to the move like packing up and cleaning, and now her hands and nails are not as well groomed as she would like.

She has come for treatment to tidy up the appearance of her hands and nails and to help prevent nail flaking, which she has been suffering lately.

Treatment plan

Full manicure once per week, for four weeks.

Details of treatment

Mrs AM's hands were cleansed and thoroughly inspected for contraindications. Although the nails were naturally well-shaped they were uneven in length. I filed them all into a uniform shape and length. A rich cuticle cream was applied and the hands were soaked. Cuticle remover was applied with a cotton wool bud to the cuticles only. The small amount of cuticle that was adhering to the nail plate on some fingers was removed, after loosening it first with a hoof stick and then a cuticle knife. I had to clip the cuticles on the thumbs and index fingers in particular. After soaking and drying the hands to remove the cuticle remover, I performed a relaxing hand and arm massage using grapeseed oil as the medium. She said that her skin felt a little itchy afterwards so I was careful to remove any residue with damp cotton wool. I made a note to use a different medium for the next massage. As Mrs AM had some ridges, I buffed the nails using a leather buffer and buffing paste. After squeaking the nails with enamel remover, I applied a coat of ridge filling base coat, two coats of a natural pink colour and a coat of top coat.

Home care advice

Mrs AM should come for weekly treatments for the next four weeks to improve the condition and appearance of her hands and nails. She should use a buffer and buffing paste on her nails regularly when she is not wearing nail enamel, as this will smooth out any ridges and stimulate the circulation. She can also apply cuticle oil daily to nourish and condition the nails and the cuticles. Almond oil is suitable for this. She should apply hand cream after washing her hands, as her skin is rather dry. I have encouraged buying and using emery boards rather than the metal nail file that she has been using. Metal files are too harsh and dry and heat the nails, causing splitting and flaking.

Reflective practice

Mrs AM's hand and nail conditions are mainly age related. The skin on her hands felt thinner and she did say that she bruises quite easily now. I was careful with the position of the nail file, holding it at the correct angle. I felt that I had to work more carefully to avoid damaging the skin under the free edge, which had grown up a little way on some nails. The ridging on the nails was quite pronounced. I may need to buy some specific treatment products for ridged nails for Mrs AM if she is to become a regular client. I did not have any specific products available to me for this treatment, such as ridge-filling base coat. Products like this will improve the overall finished result. The ridging is something that may increase with age if her circulation gets worse. However, she enjoyed the buffing and I will continue to include it in her salon treatment to help with both the ridges and circulation.

Overall conclusion

Mrs AM has nice hands and nails; they simply needed a little bit of care. Regular manicures will help with the flaking but she may also need to look at her diet if things do not improve. Hot oil manicures or paraffin wax manicures would also be advised for future treatments. Hand exercises would help with poor circulation, which affects healthy nail growth. Manicures also allow for interaction between the therapist and client, which is also an important part of the treatment. With regular treatment both professionally and at home, she should see improvements in the appearance and strength of her nails. Using hand cream and/or nail oil will certainly help to improve moisture levels within the nail and improve the flexibility of the nail plate. I feel that I have been able to address her main concern today – to improve the overall appearance of her hands and nails.

Student/Therapist's signature

Client's signature