

ASSESSMENT

Total Marks: 30

- 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
 - b. two base coats
 - c. a base coat of nail strengthener

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

2. Short Questions: (21)
All Questions carry equal marks.

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

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