

**ASSESSMENT # 8**

**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)