



National Nail Competition

4th & 5th October 2009. RDS, Simmonscourt, Dublin



COMPETITION ENTRY DEADLINE – 11th September 2009

Rules and Regulations - MANICURE

1. Contestants are given one hour (60 minutes) to complete a full manicure on both hands.
2. Your model must NOT wear any polish (including base coat) before the competition starts.
3. Your model must NOT wear previously applied tips, nail extensions or overlays of any type.
4. Your model must NOT wear any jewellery (except a wedding band that can be covered with a plaster).
5. Base or top coats, electric files and UV lamps must NOT be used in this category.
6. Oil and associated products ARE allowed in this category.
7. Contestants will be floor judged throughout the competition and points will be given on their manicure including preparation, shaping, cuticle work and massage technique.
8. You may include an exfoliation treatment.
9. Due to the time allowed, a hand mask/paraffin treatment is not recommended.
10. Your manicure must include a hand/lower arm massage, lasting from 3-5 minutes per hand/arm.
11. The four fingernails on the models right hand must be polished with two coats of matt red polish.
12. The four fingernails on the models left hand must be polished with a French polish, consisting of two French colours such as pink and white.
13. Both thumbnails must be buffed with files and buffers to a high gloss shine.
14. The back of the fingernails must NOT be painted and must be clear of any debris.
15. All floor judging rules will apply. Many competitors lose points as they do not bring full eye protection, a completed client card and a metal bin with a metal lid and a plastic liner.
16. You MUST provide your own extension lead for any electrical equipment, i.e. your daylight lamp.
17. It is compulsory for all products, jars and bottles on the table to be labelled.
18. An official photographer from Expo Events may photograph your work and they reserve the right to use the photographs for promotional use.

Guidance - MANICURE

- Choose a good model. They should be calm and relaxed, help you with timing and keep you motivated.
- Your model should have long, healthy nail beds with good cuticles and skin. Preferably someone who looks after their nails. Avoid any contra indications and skin imperfections. Their nails should be all the same length and shape. You can do an oval, round or square shape.
- Think about timing each stage so that you can keep to the time limit allowed. You must allow plenty of time for your polish application.
- Follow all floor judging rules to achieve higher marks.
- Marks will be given for a good manicure and massage technique.
- Ensure you have enough products to hand. Don't forget items such as spare towels, soak bowls, tissues and a flask for warm water.

- Both thumbnails must be buffed to a high finish. You may want a new buffer for both thumbnails. You are not allowed to apply any varnish or top coat to them.
- Your massage should consist of various movements such as effleurage and petrissage. It should be continuous and free flowing but firm.
- Ensure that all 10 nails are identical in shape and length prior to polish application.
- Practice with your polishes to check they are good quality.
- Red polish must be matt and not a pearl or shimmer.
- Ensure the nails are buffed to a shine prior to the application of polish as this will make the varnish look glossier.
- Polish ought to be close to the cuticle but not touch it. Push back the cuticles, paint the nail and then pull the skin back to look like a tight fit. If any polish touches the skin, then remove it quickly!
- The smile line and cuticle edge should be a crisp sharp line, with no polish on the surrounding skin.
- Points are often lost for white polish seen on the skin under the free edge.
- French smile lines should be consistent whether they are deep or soft.
- Use a water spray and tissue / towel to remove debris and dust.
- Look at magazines and pictures of past winners and compare their results with your own.
- Preparation is vital to your performance on the day. Write a full list of everything you will need as you practice so that nothing is forgotten.