Chapter 10
MANICURING

1. The number of types of nail technology tools is:
   a) three  
   b) four  
   c) five  
   d) six  

2. Permanent items used in nail technology are called:
   a) implements  
   b) overhead  
   c) equipment  
   d) materials  

3. The lamp on a manicure table should have a bulb with a wattage of:
   a) 40  
   b) 50  
   c) 60  
   d) 100  

4. A low wattage bulb is not able to:
   a) produce sufficient light  
   b) dry polish  
   c) warm clients nails  
   d) kill germs  

5. A high wattage bulb will interfere with product when performing:
   a) sculptured nails  
   b) pedicures  
   c) wet sanitizing  
   d) polish change  

6. A fingerbowl is used to soak the clients fingers in warm water and:
   a) germicide  
   b) dish detergent  
   c) alcohol  
   d) antibacterial soap  

7. A client cushion can be fashioned by the technician from a:
   a) pillow  
   b) towel  
   c) foam square  
   d) cotton coil  

8. Implements include all the following EXCEPT:
   a) electric nail dryer  
   b) orangewood stick  
   c) steel pusher  
   d) metal nail file  

9. Emery boards, orangewood sticks and cotton are items that are:
   a) reusable  
   b) sterile  
   c) disposable  
   d) expensive  

10. The common name for steel pusher is:
    a) cuticle nipper  
    b) cuticle pusher  
    c) orangewood stick  
    d) emery board  

11. To shape the free edge of hard or sculptured nails, use a/an:
    a) metal nail file  
    b) emery board  
    c) orangewood stick  
    d) cuticle nipper  

12. A good choice for filing soft or fragile nails is a/an:
    a) metal nail file  
    b) chamois buffer  
    c) fingernail clippers  
    d) emery board  

13. To lift small bits of cuticle from the nail, use a/an:
    a) cuticle nipper  
    b) tweezer  
    c) orangewood stick  
    d) cotton ball
14. It is not a good idea to save an emery board in a plastic bag for each client, due to the growth of:
   a) papules  c) bacteria
   b) fungus       d) parasites

15. To add shine to the nail and smooth out wavy ridges, you should use a:
   a) metal nail file  c) nail brush
   b) emery board       d) chamois buffer

16. To cut filing time on long nails, shorten nails with a:
   a) cuticle nipper  c) nail buffer
   b) fingernail clipper d) metal nail file

17. Materials are single-use supplies that are used during a manicure and include all the following EXCEPT:
   a) cotton balls     c) plastic bags
   b) towels          d) nail brush

18. During a manicure, antibacterial soap is mixed with warm water and used:
   a) sparingly       c) after polish application
   b) in the fingerbowl d) after top coating

19. Nail cosmetics include all of the following EXCEPT:
   a) top coat        c) alcohol
   b) antibacterial soap d) cuticle oil

20. The basic nail shapes include all of the following EXCEPT:
   a) square           c) round
   b) hexagon          d) oval

21. The best nail shape for clients who work on typewriters, computers and assembly lines is:
   a) square           c) oval
   b) round            d) pointed

22. The most common nail shape for male clients is:
   a) square           c) oval
   b) round            d) pointed

23. The best nail shape choice for businesswomen is often:
   a) square           c) oval
   b) round            d) pointed

24. As a professional nail technician, all services you perform will have three parts:
   a) pre-service, manicure, post-service  c) pre-service, pedicure, retail sale
   b) consultation, procedure, retail sale d) pre-service, procedure, post-service

25. To reduce heat during buffing, spray clients nails with:
   a) hairspray  c) alcohol
   b) water       d) oil

26. To mix polish, you should:
   a) shake bottle  c) stir with brush
   b) tap bottle on table d) roll bottle between palms
27. When the entire nail plate is polished, the application is called:
   a) slimline  c) full coverage
   b) lunula  d) hairline tip

28. The French Manicure is a great base for:
   a) pale polish  c) nail art
   b) buffing  d) artificial tips

29. Clients with ridged and brittle nails or dry cuticles should benefit from:
   a) reconditioning hot oil manicure  c) gentle scrubbing
   b) French Manicure  d) gel nails

30. Most men generally need more work done on their:
   a) free edge  c) buffing
   b) hangnails  d) cuticles

31. Paraffin treatments are ideal for the:
   a) hands and feet  c) neck
   b) arms and legs  d) face

32. Massage service stimulates:
   a) nail growth  c) skin growth
   b) blood flow/circulation  d) heartbeat

33. The massage service should not be performed on a client with any of the following conditions EXCEPT:
   a) high blood pressure  c) stroke
   b) cough  d) heart condition

34. Vigorous massage of joints can be painful for clients with:
   a) hangnails  c) arthritis
   b) osteoporosis  d) lung condition