



4-DAY COURSE PROGRAM

# BASIC COURSE ON COMBINED MANICURE



A comprehensive **30-hour** course: 4 days of learning, 9 hours of theory, and 21 hours of practice, after which you will gain **full confidence in working with the electric file and scissors**

You will forever **eliminate fears**:

- Getting confused with drill cutters
- **Accidentally cutting** with the drill cutter
- Cutting **different types of cuticles** with scissors and injuring the client
- Working with **long nails, almond and square shapes**
- Building architecture on **trampoline and downward-growing nails**
- **Repairing** broken nails
- **Strengthening weak nails**
- Creating **French** manicures and **trendy** designs

# INTENSIVE PROGRAM.

## WHAT TO EXPECT SPECIFICALLY?



**Theoretical part with a detailed breakdown of each stage using diagrams**

- Starting with the basics: learning professional **terminology**, understanding nail plate structure, **tools**, and **materials**
- Algorithm for **clean** and long-lasting **manicure**. Specifics of working with trampoline and downward-growing nails
- **Types of cuticles**: adhered, **wet**, dry, thin, and **cuticle of nail biter**
- Perfect **filing of shapes**: square, soft square, almond. **Changing shapes** and transitioning between them
- Strengthening the free edge with hard materials for weak nails, repairing natural nails, extending shapes and corners



## Practical part

Practicing on tips and on yourself, then transitioning to practice on models—this stage will **RID YOU OF FEAR** of working with the electric file and scissors

- Working with **complex and long nails**, knowing which materials should always be at hand in emergency cases
- You will experience the use of drill cutter on yourself and rid yourself of fear of injuring the client
- At this stage, you will learn to confidently use the electric file, perform a manicure without injuries or accidental cuts, and start confidently holding **scissors and a file**
- You will work on **4 models**—this is an opportunity to see how your skill grows and create an initial portfolio
- You will establish the key habit of a good professional: **disinfection** and preparation of instruments for **sterilization** for the next day's work



## Final part

- **Testing:** assess your knowledge and confirm your success in the completed course
- **Exam work:** freedom for your imagination – you can choose any design you're confident in or have wanted to try
- **Certificate and gifts presentation:** from us, memorable photos and a personalized certificate along with useful gifts for inspiration in your future productive work!

# NOW MORE DETAILS ABOUT THE PROGRAM FOR EACH DAY:

**DAY 1:** 3 hours theory, 5 hours practice

10:00 Introduction and introductory theory with slide demonstrations and board explanations. Diagram breakdown. Hand out methodical materials and notebooks for note-taking

13:00 **Practice:** working with tips—filing shapes, application, removal



14:00 Lunch break

14:45 Demonstration of all stages of combined manicure on one of the students' hands

15:30 Perform manicure and application on your own hand



Learn to feel the pressure of the drill bit, rotation speed, and client's sensations

18:00 Workspace cleanup rules, instrument sterilization

## DAY 2: 2 hours theory, 6 hours practice

10:00 Theory about working with different types of cuticles and architecture. Diagram explanations



Nail types, cuticle treatment specifics for wet hands and nail biters



How to align architecture based on nail types



Even filing of shapes and proper filing positioning during work

12:00 Practice on tips: 4 popular filing forms



Learn to create French manicures



14:00 Lunch break

14:45 Demonstration and breakdown  
of technique on one of the students

15:30 **Practice** on the **first** model

18:00 Photo report



We will show how to create stylish,  
marketable photos for your portfolio

18:30 Workspace cleanup rules, instrument sterilization

### **DAY 3:** 2 hours theory, 6 hours practice

10:00 Theory about solid material types,  
strengthening, and repairs  
with diagram demonstrations



Distribution of load on the nail plate



Introduction to materials for designs,  
practice on tips

12:00 **Practice** on the **second** model



Perform repairs (if needed) and complete combined manicure with strengthening



Perform symmetric corner extensions



14:00 Lunch break

14:45 **Practice** on the **third** model



Repeat steps from the first practice, solidify knowledge



Learn salon design

18:00 Photo report

18:30 Workspace cleanup rules, instrument sterilization

## DAY 4: 2 hours theory, 4 hours practice

10:00–11:00 Q&A session and error analysis

11:00 Theory exam: assess your knowledge and confirm your course completion

12:00 Independent work on the **fourth** model



Choose a design: we offer freedom for your imagination—you can choose any design you're confident in



Photo report

15:00 Formal certificate presentation for completing the basic course, along with:



**GIFT 1** – Methodical guide, theory cheat sheet



**GIFT 2** – Video tutorial “Combined Manicure Algorithm”



**GIFT 3** – Guide to starting tools and materials



**GIFT 4** – Guide to strengthening with hard materials

**But that's not all!**



You will also receive instructor support after completing the course



**BONUS** – One day with our top instructor in the salon as an observer