



Client Consultation Form – *Manicure & Pedicure*

College Name:
College Number:
Learner Name:
Learner Number:
Date:

Client Name:
Address:

Profession:
Tel. No: Day
Eve

PERSONAL DETAILS

Age group: Under 20 ☐ 20–30 ☐ 30–40 ☐ 40–50 ☐ 50–60 ☐ 60+ ☐

Lifestyle: Active ☐ Sedentary ☐

Last visit to the doctor: 3 months ago

GP Address:

No. of children (if applicable):

Date of last period (if applicable):

CONTRAINDICATIONS REQUIRING MEDICAL PERMISSION – in circumstances where medical permission cannot be obtained clients must give their informed consent in writing prior to treatment.

(select if/where appropriate):

Haemophilia ☐

Any condition already being treated by a GP, dermatologist or another practitioner ☐

Medical oedema ☐

Arthritis ☐

Nervous/Psychotic conditions ☐

Recent operations of the hands or feet ☐

Diabetes ☐

Inflamed nerve ☐

Undiagnosed pain ☐

Acute rheumatism ☐

CONTRAINDICATIONS THAT RESTRICT TREATMENT (select if/where appropriate):

Fever ☐

Infectious or contagious diseases ☐

Under the influence of recreational drugs or alcohol ☐

Diarrhoea and vomiting ☐

Any known allergies ☐

Undiagnosed lumps and bumps ☐

Inflammation ☐

Cuts ☐

Severe bruising ☐

Psoriasis ☐

Abrasions ☐

Scar tissues (2 years for major operation and 6 months for a small scar) ☐

Recent fractures (minimum 3 months) ☐

Sunburn ☐

Repetitive Strain Injury ☐

Carpal Tunnel Syndrome ☐

Severely bitten or damaged nails ☐

Nail separation ☐

Eczema ☐

NAIL TEST

Moisture content	Excellent ☐	Good ☐	Fair ☐	Poor ☐
Cuticle condition	Excellent ☐	Good ☐	Fair ☐	Poor ☐
Skin condition	Dehydrated ☐	Dry ☐	Normal ☐	
Skins healing ability	Excellent ☐	Good ☐	Fair ☐	Poor ☐
Circulation	Good ☐	Normal ☐	Poor ☐	

Overall Nail/Cuticle condition:

- Flaking and dry.
- The nail test has shown that the moisture content of her nails is poor.
- Her cuticles are somewhat dry and the nail colour is pale, suggesting weak circulation.
- Her natural nail shape is oval and she has no blemishes on her hands or contraindications.
- The nails are slightly ridged

Treatment to Include (select if/where appropriate):

Manicure ☐ Pedicure ☐ French polish ☐

Details of treatment:

The hands were cleansed and thoroughly inspected for contraindications. Although the nails were naturally well shaped they were uneven in length.

- Filed the nails.
- Applied rich cuticle cream and soaked the hands.
- Applied cuticle remover
- Used hoof stick and cuticle knife to remove small amounts of cuticle that was adhering to the nail plate on some fingers.
- Performed a relaxing hand and arm massage using grape seed oil.
- Squeaked the nails with enamel remover, applied a coat of ridge filling base coat, two coats of a natural pink colour and a coat of top coat.

Client feedback:

My client said she really enjoyed the treatment especially the massage and she felt that her hands were a lot softer and the skin around the nails were not as flaky

Aftercare/Home care advice:

- Advised the client to have weekly treatments for the next 4 weeks
- Use a buffer and buffing paste on her nails regularly.
- Apply cuticle oil daily to nourish and condition the nails and the cuticles.
- Apply hand cream after washing her hands, as her skin is rather dry.

Learner/Therapist Signature.....

Client Signature.....