

Date	Time	Content	Models
Day One	10am-5pm	<p><u>10am - WELCOME!</u></p> <ul style="list-style-type: none"> Get to know Monaco Nail Academy, your educator, your fellow students and of course the wonderful course you will be immersed in for the next while. <p><u>10.30am - Traditional Polish Manicure</u></p> <ul style="list-style-type: none"> Let's jump right in the deep end and learn how to perform a Manicure. All Products will be introduced as we go – be careful to take notes as this information will most certainly appear in your assessments at the end of course. <p><u>12pm – Lunch</u></p> <p><u>1pm - Deluxe Add-Ons</u></p> <ul style="list-style-type: none"> Discover how to create a luxurious experience for your client in the form of Express, Classic and Deluxe Manicure Upgrades Experience Masks and learn which ingredients to look out for when looking for various health and skin benefits Master the techniques required to offer a beautiful hand massage to each client <p><u>3pm – Deluxe Manicure</u></p> <ul style="list-style-type: none"> Complete a Deluxe Manicure on a model <p><u>4.30pm – Wind Down and Review</u></p>	<p>Throughout this course, you will share one model between two students.</p> <p>Use the Novice/Grads Facebook Group to communicate with your peers, pair up and take turns finding models that you then share, completing one hand each.</p> <p>You and your partner will need the following models today –</p> <ul style="list-style-type: none"> Traditional Manicure - 10.40am-12pm Name: _____ Deluxe Manicure - 3pm-4.30pm Name: _____ <p>All models need naked nails unless otherwise specified.</p> <p>In the event that one of your models doesn't turn up, it is recommended that you also have naked nails so that you and your buddy can work on each other.</p>

Date	Time	Content	Models
Day Two	10am-5pm	<p><u>10am – Welcome and Recaps</u></p> <p><u>10.30am – Traditional Polish Manicure – French Finish</u></p> <ul style="list-style-type: none"> Practice what you just learned by repeating a Traditional Polish Manicure. This time however, step it up a bit by learning how to freehand a French Tip. <p><u>12pm – Lunch</u></p> <p><u>1pm - Gel Polish Manicure</u></p> <ul style="list-style-type: none"> Having mastered our Manicure steps, we now change tact slightly by completing the service with Gel Polish instead of Traditional Polish. This gives us a whole new range of skills with slightly different preparation, application and finishing as well as a whole new set of pros and cons. <p><u>2.30pm - Gel Polish Removal & Gel Polish Manicure – French Finish</u></p> <ul style="list-style-type: none"> What do we do when a Gel Polish client comes back? How do we maintain Gel Polish Manicures to keep clients returning? Learn how to remove Gel Polish with ease – without damaging the natural nail! Master the art of freehand French Polish finishes. Sneak in a few tips and tricks for making French Manicures even easier. Plus learn the fastest way to complete French Polish – perfect for bridal parties. <p><u>4.30pm – Wind Down and Review</u></p>	<p>You and your partner will need the following models today –</p> <ul style="list-style-type: none"> French Manicure - 10.30am-12pm Name: _____ Gel Polish Manicure – 1.15-2.30pm Name: _____ Gel Polish Removal and French Reapplication – 2.45-4.30pm Name: _____ <p>All models need naked nails EXCEPT the last one – she should have Gel Polish on already.</p>

Date	Time	Content	Models
Day Three	10am-5pm	<p><u>10am – Welcome and Recaps</u></p> <p><u>10.30am – Male Manicures</u></p> <ul style="list-style-type: none"> • Complete a ‘Man’-icure service – that’s right, we’re doing Mani’s for Men. • Follow your traditional Manicure Steps, leaving out the polish but adding a Deluxe Upgrade. • Ideal for the occasional Bridegroom, Film, TV and Photographic work, as well as the ever increasing number of men who just want to take care of themselves. <p><u>11.30am – Break</u></p> <p><u>12.30pm – Theory - Pedicures</u></p> <ul style="list-style-type: none"> • Learn about Pedicure Safety, Ergonomics when providing Pedicure services and how to price Pedicures. <p><u>1.45pm – Dry Pedicures</u></p> <ul style="list-style-type: none"> • Learn how to perform a safe Pedicure service without the use of a spa or soaking facility. <p><u>4.30pm – Wind Down and Review</u></p>	<p>You and your partner will need the following models today –</p> <ul style="list-style-type: none"> • Male Manicure - 10.30am-11.30am <p>Name: _____</p> <p>This model should be male.</p> <p>You will practice Pedicures on each other at 1.45pm. Please come with no polish on your toenails.</p>