

Allied Pro Nail Training

Essential Nail Technician Mastery: 3-Day Manicure, Pedicure, & Gel Polish Training

This comprehensive 3-day training course is designed to provide you with the skills and confidence to perform professional manicures, pedicures, and nail enhancements using both traditional nail polish and gel polish. You will gain practical, hands-on experience, supported by in-depth theoretical knowledge, perfect for aspiring nail technicians.

Day 1: Manicures & Pedicures (Theory & Practical)

- **Introduction to Nail Anatomy:** Understanding the structure of nails and how to care for them
- **Manicure Techniques:**
 - Filing, shaping, and cuticle care
 - Performing a basic manicure: soaking, exfoliating, massage, and moisturizing
 - Nail art basics: Simple designs using regular nail polish
- **Pedicure Techniques:**
 - Preparing feet for a pedicure: soaking, exfoliating, and foot massage
 - Nail care for toes, callus removal, and treating common foot issues
 - Step-by-step guide to performing a professional pedicure
- **Hands-on Practice:** Students will practice both manicure and pedicure techniques on each other or practice hands

Day 2: Nail Polish & Gel Polish Application (Theory & Practical)

- **Nail Polish Application:**
 - Correct application of base coat, nail polish, and topcoat
 - Tips for achieving a flawless finish and preventing smudging
 - Introduction to nail art techniques using regular nail polish (e.g., marbling, French tips, decals)
- **Gel Polish Application:**
 - Understanding gel polish and its benefits
 - Proper preparation of the nail for gel polish application
 - Step-by-step application of gel polish: base coat, color coat, and topcoat
 - Curing gel polish with LED/UV lamps
 - Troubleshooting common issues with gel nails: bubbling, peeling, uneven application
- **Gel Removal:**
 - Safe techniques for removing gel polish without damaging natural nails
- **Hands-on Practice:**

- Students will practice applying both regular nail polish and gel polish on practice hands or models
- Instructors will provide guidance and feedback on technique

Day 3: Practical & Exam Day

- **Practical Session:**
 - Full hands-on practice where students will perform a manicure, pedicure, and gel polish application on a model or practice hand
 - Focus on perfecting techniques and demonstrating attention to detail
 - Instructors will observe and provide personalized feedback on skills and efficiency
- **Practical Exam:**
 - Students will be assessed on their ability to complete a manicure, pedicure, and gel polish application within a given time frame
 - The practical exam will evaluate students' ability to work professionally, their technical skills, and the quality of their work
- **Certification:**
 - Certification of completion awarded to students who pass both the theory and practical exams
 - Guidance on setting up a nail care business or advancing in the beauty industry

Course Features:

- **Duration:** 3 Days (Each day includes both theory and practical sessions)
- **Mode:** Available both **online** and **in-person**
- **Support:** Ongoing access to instructors for feedback and guidance
- **Materials:** Course materials, including manuals and practice sheets, are provided

Ideal For:

This course is perfect for aspiring nail technicians, beauty professionals looking to expand their skills, or anyone passionate about nail care who wants to offer professional manicures, pedicures, and gel polish services.

This in-depth training is designed to equip you with the confidence and technical skills to provide high-quality nail services in a professional environment.