



Republic of the Philippines
Department of Education
National Capital Region
Schools Division Office – Muntinlupa City

SPECIAL PROGRAM FOR TECHNICAL EDUCATION (SPTVE)
BEAUTY CARE 8 Quarter 3 Week 1

I. Topic: PERFORM HAND SPA / NAIL DISEASES and NAIL DISORDERS

- II. Objectives: 1. Check and analyse the condition of the hands and nails.
2. Know the different nail diseases and disorders.
3. Discuss on how to prevent / treat nail diseases and disorders.

III. Brief Introduction of the Lesson

Are you aware that our nails reveal the status of our overall health? And sometimes abnormalities show in our fingernails, and if you're suffering with problems associated with your liver, lungs and heart, it can show up in your nails.

SPA- is a health and fitness facility offered by a salon.

It is a beauty care service where curative mineral is present for personal beautification. If spa is applied to the hands, the patron can experience relaxation, pain is relieved and blood circulation is stimulated due to the warm and enhancing effect of the softening agents. It exfoliates dead skin cells and smoothenes roughness, aiding in the penetration of treatment ingredients in the system.

IV. Activities:

Activity 1

Nail Diseases and Disorders:

Direction: On the box provided below, draw at least 5 nail disorders, name each disorder and write its corresponding description

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Activity 2

Direction: Fill in the boxes given its corresponding treatment / name of disorder.

Name of Disorder	Prevention / treatment
1. Pterygium	
2.	It is recommended that the client receives frequent manicures. Do not bite Your nails.
3.	File the nail smooth and buff with pumice powder.
4. Onychatrophia	
5. Bluish Nails	
6. Hangnails	
7. Bruised Nails	
8.	The whitenspots on the fingernail will gradually diminish if you start taking zinc In daily food. Limit the usage of nail enamels and polish to certain occasions.
9. Corrugation	
10.	It is recommended to file nails carefully with no pressure and use nail polish to Harden and protect the nail.

Activity 3

Direction: Match the statement in column A with column B. Write the letter of your choice on the space before the number.

Column A

1. A vertical splitting or separation of the nail plate layers at the distal (free) edge of the nail plate.
2. Extreme thickening curvature of the nails, usually it is caused by varying degrees of hyperkeratosis.
3. A condition nail plate which separates from the nail.
4. Nail condition in which the cuticle splits around the nail.
5. Chronic inflammation of the nail fold and nail bed (matrix).
6. It is referred to ingrown nails which affect the fingers and toenails.
7. Infectious disease caused by a vegetable parasite.
8. Deformity of nail plate caused by biting nails.
9. An overgrowth of cuticle which sticks to the surfaces of nail plate.
10. I is caused by uneven growth of nails , usually resulting from illness.

Column B

- a. Blue nails
- b. Brittle nails
- c. Claw nails
- d. Eggshell nails
- e. Hangnails
- f. Onychauxis/Hypertrophy
- g. Onychia
- h. Onychocryptosis
- i. Onychomycosis
- j. Onychophagy / Bitten nails
- k. Pterygium



