

Beauty with Deborah – Painting Nails



New Directions: Health and Wellbeing and Personal and Social Development.

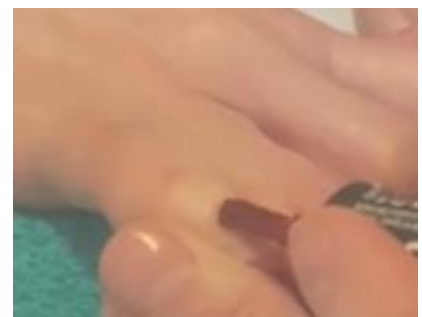


Name:

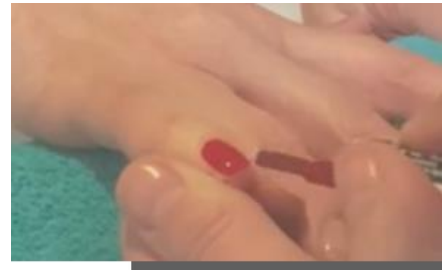


Date:

1. Sanitise your hands
2. Use the file in downward strokes until you are happy with the shape
3. Tip off the access nail polish
4. Start in the centre of the nail



5. Drag the polish down to the tip and slightly to the side



6. Repeat on all fingers



7. Sit and relax while it dries

What colour did you paint your nails?

