

Quick Quiz:

NAILS Vocabulary Quiz 3

Use the NAILS Magazine Encyclopedia to quiz your students on the following terms they should be familiar with as professional nail techs. You can also create your own vocabulary lists with definitions by using the NAILS Encyclopedia.

1 What is a backfill?

- a. A way of filling your appointment book by looking back at the previous month's appointments and calling the same clients
- b. A technical term for doing a fill on a set of pink-and-whites
- c. A technical term for doing a fill on a set of acrylics from the underside of the nail

2 What is the toxic trio?

- a. Dibutyl phthalate (DBP), toluene, and formaldehyde
- b. When three nail techs trash-talk a client or another nail tech
- c. Formaldehyde, acetone, and parabens

3 What are coffin nails?

- a. A nail art style highly requested around Halloween
- b. A durable and popular brand of artificial nail tips
- c. A nail shape that is tapered and squared off at the tip

4 What is self-leveling?

- a. Being honest with yourself about your own abilities
- b. A property of some products, usually gel or acrylic, that allows it to even out on its own
- c. A technique in which the nail tech paints the nail at eye level to better create intricate designs

5 What is onycholysis?

- a. The technical term for athlete's foot
- b. Surgical removal of a damaged nail
- c. Neither of the above

6 What is a bur?

- a. A small bit used in an electric file
- b. A lump that forms in improperly applied acrylic when it dries
- c. Slang term for an undercover state board agent

7 What is onychia?

- a. An inflammation in the nail
- b. A chemical used in some nail strengtheners
- c. A method of removing gel-polish

8 What are rings of fire?

- a. A style of nail art
- b. Grooves in the nail
- c. A congenital nail deformity

9 Neuromas are most commonly found where?

- a. The hand
- b. The brain
- c. The foot

10 What causes lifting?

- a. Contaminated product
- b. Inadequate prep of the nail plate
- c. Both A and B

Answer Key:

1. **B.** A backfill is a technical term for doing a fill on a set of pink-and-whites; it is usually done with an electric file and involves taking down the surface of the nail so the smile line can be re-created.
2. **A.** The term “toxic trio” refers to dibutyl phthalate (DBP), toluene, and formaldehyde (which is not found in polish, but in some nail hardeners). Consumer groups have lobbied to have these ingredients removed from nail products with some success.
3. **C.** This nail shape is tapered and squared off at the tip. Also known as ballerina shape (see illustration in NAILS Encyclopedia: <http://tinyurl.com/qfry7fv>).
4. **B.** The property, usually used to describe gel products or some acrylic products, that allows it to even out on its own, without being pulled or patted or sculpted into form; products that are self-leveling usually require less filing than those that are not.
5. **C.** Neither. Onycholysis is a condition in which the nail loosens from the nail bed, beginning usually at the free edge and continuing to the lunula, but does not come off; it is caused by an internal disorder, trauma, infection, or certain drug treatments.
6. **A.** A bur is a small bit used in an electric file.
7. **A.** An inflammation somewhere in the nail; the tissue at the base of the nail may be red and swollen and pus may form; it is often caused by improperly disinfected manicuring implements.
8. **B.** Rings of fire are painful grooves in the nail caused by improper drill use or over-filing by hand.
9. **C.** Neuromas are abnormal growths of tissue due to pressure or trauma, most commonly found on the foot.
10. **C.** Lifting is the separation of the artificial nail coating from the natural nail, usually at or near the cuticle, but also may be seen in other locations. There are many causes of lifting, including inadequate prep of the nail plate, over-priming the nail plate before applying product, or contaminated product.

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