

material needs of their family. Pedicure, manicure and hairstyling are jobs that can be done in their own home, enabling women to be present for their children.

Fatma then took over. She explained all about nails, cuticles, the need to keep our nails clean – all the necessary things needed for manicure and pedicure. After the theory, we had a lunch break where the ladies intermingled and discussed what they had learnt. Now the practical part began. Fatma demonstrated the exact procedure and the 'guinea pig' was Manjuber who throughout the three sessions helped to cater – along with Kiyo.



The procedure was cutting and shaping finger nails, soaking, softening and washing the nails, again filing, smoothing and cleaning followed by a massage and finally applying the nail polish. Manjuber's nails looked lovely with the red nail polish! The ladies then began practising on one another and as we had an odd number, Kiyo received a manicure – the first in his life