

MANICURE TRAINING BUNDLE



90
PAGES

EDITABLE
Canva

MANICURES Training COURSE MANUAL

LASH & BROW SUPPLY

FOR PROFESSIONAL USE



Training Manual Manicure

Dr. Robert T. Spalding, Jr



Training Manual Manicure:

Secrets of a Stewardess: The Training Manual Sara Duncan, 2022-02-10 Can you keep a secret We've got one to tell Secrets of a Stewardess is the only training tool a Stewardess needs Our brand new training manual is packed full of useful tips covering all you need to know on how to become a successful interior crew member It literally has everything from what you need in your grab bags to carrying out a harmonious 7 service Some of the contents includes Finding a job with Crew Concierge Living on a yacht Shopping lists Detailing Cleaning Flowers Table Design Service Cocktails Looking After Yourself whilst on board and much more The ideal book to have at your fingertips and it's a must have for every boat It's a secret made to be shared

[Ultrasonic Cavitation Training Manual eBook \(PDF\)](#) Emma Louise Cross, 2025-02-01 Your Essential Guide to Mastering Ultrasonic Cavitation Treatments The Ultrasonic Cavitation Training Manual eBook is an indispensable resource for beauty professionals educators and clinic owners who seek a comprehensive in depth understanding of ultrasonic cavitation treatments Whether you are currently undertaking a course expanding your expertise or providing training to staff this expertly crafted manual serves as a professional reference guide for effective and safe cavitation procedures With a strong focus on technical knowledge treatment protocols and best practices this eBook ensures that professionals in the aesthetics industry are fully equipped to deliver exceptional results while maintaining the highest standards of client safety and satisfaction

Who Is This Manual For

- 1 Beauty Professionals Expanding Their Knowledge For aesthetic practitioners who want to enhance their understanding of ultrasonic cavitation this guide offers detailed insights into how the treatment works its benefits and its limitations ensuring you are fully informed and confident in performing procedures
- 2 Students Currently Undertaking a Cavitation Course If you are training in non surgical body contouring this manual acts as a valuable study companion to reinforce learning clarify techniques and provide reference materials to support your course syllabus
- 3 Educators Trainers in Aesthetics For instructors delivering cavitation courses this manual is the perfect structured teaching resource It allows you to provide clear accurate and professionally written information to students ensuring they gain a solid foundation in ultrasonic cavitation treatments
- 4 Clinic Owners Managers Providing Staff Training If you run a beauty clinic and want to ensure consistency and quality in your team's approach to cavitation treatments this eBook is an excellent staff training tool It can be used as a reference document or printed as handouts for new and existing employees

What You'll Learn from This eBook

- The Science Behind Ultrasonic Cavitation A clear explanation of how ultrasound technology targets fat cells and assists in body contouring
- Treatment Protocols Best Practices Detailed step by step instructions on performing safe and effective cavitation treatments
- Client Consultation Safety Guidelines Learn how to assess client suitability identify contraindications and ensure maximum treatment efficacy
- Understanding Cavitation Machine Settings A technical breakdown of the various machine functions frequency levels and recommended usage for optimal results
- Aftercare Advice Client Management Essential tips on post treatment care to enhance client satisfaction and

improve long term outcomes Frequently Asked Questions FAQs Troubleshooting Answers to the most common practitioner concerns helping you avoid errors and achieve the best results Why Choose This Training Manual Professionally Written Structured Designed by industry experts this manual delivers high quality training content in a clear and professional format Comprehensive Detailed Covers every aspect of ultrasonic cavitation ensuring nothing is overlooked Ideal for Self Learning or Staff Training Whether you re an individual practitioner a trainer or a clinic owner this eBook is the perfect educational tool Instant Download Access Available in PDF format this manual is easy to access on any device or print for in person training sessions Enhance Your Professional Expertise Today If you are committed to mastering ultrasonic cavitation and delivering the best possible treatments to your clients this Training Manual eBook is an invaluable addition to your resources Upgrade your knowledge improve your practice and set yourself apart as a skilled professional in the beauty and aesthetics industry Download your copy today and elevate your cavitation expertise to the next level **Know Your Nails** ,19??

Dementia Training Manual Mr. Rohit Manglik,2024-06-24 A structured guide for healthcare professionals on recognizing managing and supporting dementia patients in clinical and caregiving environments **Healthcare**
Beauticians Training Manual Patricia Pingitore,2022-12-01 Welcome to this indispensable resource guide professionally recommended as a mandatory supplement to proper Healthcare Beautician training Not only is this book an essential tool for success but it also seeks to revolutionize the way the Healthcare Beautician is recognized accredited The FIRST of its kind this groundbreaking guide is for anyone who wishes to begin this courageous career or anyone who wishes to brush up level up This publication is an extremely helpful companion infused with practical experience gained over decades the underlying research that supports it A beautiful wise and user friendly handbook it integrates vital aspects of the healthcare industry with the important role of the Healthcare Beautician Personal grooming neglect is an epidemic in our healthcare system this book spotlights the urgent need for our culture to acknowledge this prioritize accordingly While its focus is on long term care acute care settings it is possible for anyone to apply the principles in this guide and adjust them appropriately for the home client population or venue Recognizing the critical importance of the safety welfare of all involved this guide addresses every last safeguard precaution necessary to thrive like a pro in this unique field Free downloadable templates included A wellspring of creative resourceful ideas tips tricks Relatable stories testimonies A comprehensive guide to terminology chemicals diseases hazards regulations And so much more An informed beautician is a natural leader makes the best choices for all involved Being an ambassador for the overall safety well being of an institution s staff residents makes you a valuable essential employee non expendable asset This secures a long lasting stable career with a solid reputation built on integrity grace On the job mastery is yours for the taking Performing skillfully at the highest level in the safest most efficient manner is your prerogative Grow your knowledge wisdom of this tender trade tighten your skillset become the profound professional you were destined to be Learn More www.healthcarebeauticians.com BookonFire Press In Love We Trust Circa 21st century

www.rockyourworldbooks.com **A Text-book for Training Schools for Nursing** Peter Manuel Wise,1896 A Text-book for Training Schools for Nurses Peter Manuel Wise,1896 **Nail Technician Book** Angela D'Agostino,Livia D'Agostino,Nataliya Dudar,Alessandro D'Agostino,Euroestetica corsi,2021-07-07 Nail Technician Book All Techniques Complete Nail technician training practice methods theory The Complete Manual practice Nail Tech Nail trainer professional and international of Nail Technician Nail book very important and professional for your learning and your Nail Salon Nail art Ful nail trainer By Euroestetica Corsi Angela D Agostino Livia D Agostino Nataliya Dudar and Alessandro d Agostino **The Runner's World Big Book of Marathon and Half-Marathon Training** Jennifer Van Allen,Bart Yasso,Amby Burfoot,Pamela Nisevich Bede,Editors of Runner's World Maga,2012-06-05 The first dedicated book on marathon and half marathon training from the renowned experts at Runner s World Runner s World Big Book of Marathon and Half Marathon Training gives readers the core essentials of marathon training nutrition injury prevention and more The editors of Runner s World know marathon training better than anyone on the planet They have spent the last few years inviting readers to share the long sweaty journey to the starting line putting themselves on call to personally answer readers questions 24 7 This book includes testimonials from real runners more than 25 training plans for every level and ability workouts a runner s dictionary and sample meal plans Runner s World Big Book of Marathon and Half Marathon Training is a powerful and winning resource the ultimate tool kit for anyone who wants to get from the starting line to the finish line **Resource Book of Small Business Management Training and Education at Community and Junior Colleges** ,1980 *Practical Child Training* Ray C. Beery,1918 *Death by Manicure* Dr. Robert T. Spalding, Jr,2013-06-30 Women are suddenly dying after visits to nail salons All across the US ricin tainted bottles of nail polish are showing up in beauty shops Athena Elliott the number one nail technician in the US figures out the cause of this diabolical domestic terrorist attack and jumps into action A disgruntled nail polish chemist sets the stage for a real adventure into the criminal mind Dr Robert Spalding in his eighth book offers the reader an actual firsthand account of the US nail salon industry through his first published work of adult fiction The reader will be a real expert in the nail salon industry after reading this novel *Clark's Big Book of Bargains* Clark Howard,Mark Meltzer,2003-04-23 Clark Howard the bestselling author of Get Clark Smart and host of the nationally syndicated radio program The Clark Howard Show wants to show you how to get the best bang for your buck whether you are at the supermarket buying new clothes renovating your home or going to the movies Learn how to pay 12 95 for a CD that costs 19 95 Find out why a 90 VCR just may work better than a 300 VCR How to Be A Successful Pro Manicure Pílula Digital,2024-03-26 To be a SUCCESSFUL manicurist you need a compilation of different qualities care and KNOWLEDGE STANDING OUT in the industry is a task that requires A LOT OF DEDICATION and practice of the REQUIRED techniques in your daily life Dedication brings many REWARDS and one of the main ADVANTAGES of this profession is the quick and accurate financial gain Learn in this EBOOK everything YOU will need to know to BE a SUCCESSFUL

PROFESSIONAL MANICURE Good reading *Franchise Opportunities Handbook* ,1991-06 **Franchise Opportunities Handbook** United States. Domestic and International Business Administration,1985 This is a directory of companies that grant franchises with detailed information for each listed franchise **A Practical Guide to Beauty Therapy** Janet Simms,2004 Provides a flexible approach to teaching through activities demonstrations quizzes and student worksheets Designed to assist you in the planning and delivery of classes Interactive worksheets and quick quizzes keep students motivated and help measure the success of each session Shows how activities link to relevant Key Skills Contains a FREE easy to use CD ROM with fully editable worksheets networkable photos from the coursebook and answers to student quizzes

The Iron Age Directory ,1909 **Occupations Handbook** ,2000 **Advances in Cosmetology** Richard Skiba,2025-02-01 This book is a guide to modern advancements innovations and trends in the beauty and cosmetology industry It covers the evolution of beauty therapy the importance of innovation licensing requirements and the regulatory landscape The book explores cutting edge technologies such as AI driven skincare analysis virtual consultations and advanced diagnostic tools Readers will also find in depth discussions on revolutionary treatments including non invasive procedures like laser therapy cryotherapy ultrasound treatments and regenerative techniques such as stem cell therapy and microneedling Nanotechnology s role in skincare and clean beauty trends including sustainable ingredients and certifications are thoroughly examined Customization and DIY beauty innovations holistic wellness approaches digital transformation in the industry and social media s impact on beauty marketing are central themes The book also delves into specialized areas like trichology hair and scalp science nail technology intimate aesthetic medicine and cutting edge makeup artistry including AI powered solutions skincare infused makeup and adaptive formulations This book is suited for beauty professionals such as cosmetologists aestheticians skincare specialists and makeup artists looking to stay updated with modern beauty innovations Aspiring beauty professionals including students or beginners in cosmetology will gain an in depth understanding of industry advancements Salon and spa owners can explore the latest technologies and treatments to integrate into their businesses Beauty product formulators involved in the development of cosmetics skincare and haircare products will benefit from insights into clean beauty and biotech innovations Medical aesthetic practitioners including dermatologists and aesthetic doctors will find valuable information on regenerative treatments AI based diagnostics and holistic beauty approaches Technology enthusiasts interested in AI machine learning nanotechnology and robotics will gain insights into how these advancements are transforming the beauty industry Beauty influencers and marketers can also use this book to understand social media trends e commerce developments and the impact of digital transformation on beauty With its well structured approach the book provides a blend of scientific knowledge practical insights and business implications making it an essential resource for anyone involved in or passionate about the future of beauty and cosmetology

As recognized, adventure as with ease as experience about lesson, amusement, as competently as bargain can be gotten by just checking out a book **Training Manual Manicure** then it is not directly done, you could consent even more on this life, on the order of the world.

We have the funds for you this proper as without difficulty as simple way to get those all. We present Training Manual Manicure and numerous ebook collections from fictions to scientific research in any way. in the middle of them is this Training Manual Manicure that can be your partner.

<https://www.hersolutiongelbuy.com/book/detail/fetch.php/Ultimate%20Study%20Guide%20Foundations%20Microsoft%20Project%202013.pdf>

Table of Contents Training Manual Manicure

1. Understanding the eBook Training Manual Manicure
 - The Rise of Digital Reading Training Manual Manicure
 - Advantages of eBooks Over Traditional Books
2. Identifying Training Manual Manicure
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Training Manual Manicure
 - User-Friendly Interface
4. Exploring eBook Recommendations from Training Manual Manicure
 - Personalized Recommendations
 - Training Manual Manicure User Reviews and Ratings
 - Training Manual Manicure and Bestseller Lists

5. Accessing Training Manual Manicure Free and Paid eBooks
 - Training Manual Manicure Public Domain eBooks
 - Training Manual Manicure eBook Subscription Services
 - Training Manual Manicure Budget-Friendly Options
6. Navigating Training Manual Manicure eBook Formats
 - ePub, PDF, MOBI, and More
 - Training Manual Manicure Compatibility with Devices
 - Training Manual Manicure Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Training Manual Manicure
 - Highlighting and Note-Taking Training Manual Manicure
 - Interactive Elements Training Manual Manicure
8. Staying Engaged with Training Manual Manicure
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Training Manual Manicure
9. Balancing eBooks and Physical Books Training Manual Manicure
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Training Manual Manicure
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Training Manual Manicure
 - Setting Reading Goals Training Manual Manicure
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Training Manual Manicure
 - Fact-Checking eBook Content of Training Manual Manicure
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

Training Manual Manicure Introduction

In this digital age, the convenience of accessing information at our fingertips has become a necessity. Whether its research papers, eBooks, or user manuals, PDF files have become the preferred format for sharing and reading documents. However, the cost associated with purchasing PDF files can sometimes be a barrier for many individuals and organizations. Thankfully, there are numerous websites and platforms that allow users to download free PDF files legally. In this article, we will explore some of the best platforms to download free PDFs. One of the most popular platforms to download free PDF files is Project Gutenberg. This online library offers over 60,000 free eBooks that are in the public domain. From classic literature to historical documents, Project Gutenberg provides a wide range of PDF files that can be downloaded and enjoyed on various devices. The website is user-friendly and allows users to search for specific titles or browse through different categories. Another reliable platform for downloading Training Manual Manicure free PDF files is Open Library. With its vast collection of over 1 million eBooks, Open Library has something for every reader. The website offers a seamless experience by providing options to borrow or download PDF files. Users simply need to create a free account to access this treasure trove of knowledge. Open Library also allows users to contribute by uploading and sharing their own PDF files, making it a collaborative platform for book enthusiasts. For those interested in academic resources, there are websites dedicated to providing free PDFs of research papers and scientific articles. One such website is Academia.edu, which allows researchers and scholars to share their work with a global audience. Users can download PDF files of research papers, theses, and dissertations covering a wide range of subjects. Academia.edu also provides a platform for discussions and networking within the academic community. When it comes to downloading Training Manual Manicure free PDF files of magazines, brochures, and catalogs, Issuu is a popular choice. This digital publishing platform hosts a vast collection of publications from around the world. Users can search for specific titles or explore various categories and genres. Issuu offers a seamless reading experience with its user-friendly interface and allows users to download PDF files for offline reading. Apart from dedicated platforms, search engines also play a crucial role in finding free PDF files. Google, for instance, has an advanced search feature that allows users to filter results by file type. By specifying the file type as "PDF," users can find websites that offer free PDF downloads on a specific topic. While downloading Training Manual Manicure free PDF files is convenient, its

important to note that copyright laws must be respected. Always ensure that the PDF files you download are legally available for free. Many authors and publishers voluntarily provide free PDF versions of their work, but its essential to be cautious and verify the authenticity of the source before downloading Training Manual Manicure. In conclusion, the internet offers numerous platforms and websites that allow users to download free PDF files legally. Whether its classic literature, research papers, or magazines, there is something for everyone. The platforms mentioned in this article, such as Project Gutenberg, Open Library, Academia.edu, and Issuu, provide access to a vast collection of PDF files. However, users should always be cautious and verify the legality of the source before downloading Training Manual Manicure any PDF files. With these platforms, the world of PDF downloads is just a click away.

FAQs About Training Manual Manicure Books

What is a Training Manual Manicure PDF? A PDF (Portable Document Format) is a file format developed by Adobe that preserves the layout and formatting of a document, regardless of the software, hardware, or operating system used to view or print it. **How do I create a Training Manual Manicure PDF?** There are several ways to create a PDF: Use software like Adobe Acrobat, Microsoft Word, or Google Docs, which often have built-in PDF creation tools. Print to PDF: Many applications and operating systems have a "Print to PDF" option that allows you to save a document as a PDF file instead of printing it on paper. Online converters: There are various online tools that can convert different file types to PDF. **How do I edit a Training Manual Manicure PDF?** Editing a PDF can be done with software like Adobe Acrobat, which allows direct editing of text, images, and other elements within the PDF. Some free tools, like PDFescape or Smallpdf, also offer basic editing capabilities. **How do I convert a Training Manual Manicure PDF to another file format?** There are multiple ways to convert a PDF to another format: Use online converters like Smallpdf, Zamzar, or Adobe Acrobats export feature to convert PDFs to formats like Word, Excel, JPEG, etc. Software like Adobe Acrobat, Microsoft Word, or other PDF editors may have options to export or save PDFs in different formats. **How do I password-protect a Training Manual Manicure PDF?** Most PDF editing software allows you to add password protection. In Adobe Acrobat, for instance, you can go to "File" -> "Properties" -> "Security" to set a password to restrict access or editing capabilities. Are there any free alternatives to Adobe Acrobat for working with PDFs? Yes, there are many free alternatives for working with PDFs, such as: LibreOffice: Offers PDF editing features. PDFsam: Allows splitting, merging, and editing PDFs. Foxit Reader: Provides basic PDF viewing and editing capabilities. How do I compress a PDF file? You can use online tools like Smallpdf, ILovePDF, or desktop software like Adobe Acrobat to compress PDF files without significant quality loss. Compression reduces the file size, making it easier to share and download. Can I fill out forms in a PDF file? Yes, most PDF viewers/editors like Adobe Acrobat, Preview (on Mac),

or various online tools allow you to fill out forms in PDF files by selecting text fields and entering information. Are there any restrictions when working with PDFs? Some PDFs might have restrictions set by their creator, such as password protection, editing restrictions, or print restrictions. Breaking these restrictions might require specific software or tools, which may or may not be legal depending on the circumstances and local laws.

Find Training Manual Manicure :

[ultimate study guide foundations microsoft project 2013](#)

un juif aujourd'hui

[umineko no naku koro ni guide](#)

uhalisia katika riwaya ya kidagaa kimemwozea

umibe no kafuka haruki murakami

~~uj-prospectors 2014~~

[ultra classic voltage regulator manual](#)

un parfum de bonheur blossom street t

[ugly duckling guide](#)

[um hyosung gt650 service manual](#)

~~un monde sans wall street~~

uk crane rigging manual

ukulele chord chart hymns

~~ultimate guide percy~~

uf chm 2045 final exam

Training Manual Manicure :

Study Material For Nrcc Toxicology Chemistry Exam Pdf Study Material For Nrcc Toxicology Chemistry Exam Pdf.

INTRODUCTION Study Material For Nrcc Toxicology Chemistry Exam Pdf (Download Only) Resources | NRCC The National Registry of Certified Chemists. Study Resources & Links. Training & Study Resources for Exams. Cannabis Chemist.

Suggested Reading Materials. Free download Study material for nrcc toxicology chemistry ... Jul 31, 2023 — Yeah, reviewing a books study material for nrcc toxicology chemistry exam could be credited with your near associates listings. National Registry of Certified Chemists: NRCC We have compiled training and study resources for exams. GO TO RESOURCES ...

Exam for Chemical Hygiene Officers. Certification. Cannabis Chemists. Exam for ... Study Material For Nrcc Toxicology Chemistry Exam Full PDF Study Material For Nrcc Toxicology Chemistry. Exam. Accredited Your Education Program with ACCENT | myADLM.org - American Association for Clinical Chemistry (... What are some good books for the preparation of NRCC's ... Jan 24, 2015 — The Safety Professional's Reference and Study Guide is a great tool used when preparing for the NRCC. The book covers topics such as math ... C (ASCP) Technologist in Chemistry: Study Guide & Exam ... Prepare for the C (ASCP) Technologist in Chemistry exam with this convenient online study guide course. The course's engaging lessons and... Pass {NRCC Clinical Chemist Certification Exam} - TPSEN Prepare for the exam with 100% guaranteed success by using our updated {NRCC Clinical Chemist Certification Exam} braindumps and practice questions designed ... National Registry of Certified Chemists Mar 2, 2017 — Standards for certification of Clinical Chemists are vigorous; these include documenting education (a minimum of 24 semester hours of chemistry ... NRCC Drugs Flashcards Study with Quizlet and memorize flashcards containing terms like Acetaminophen, Aminoglycosides, Amphetamines and more. The Financial Jungle: A Guide to Credit Derivatives The Financial Jungle: A Guide to Credit Derivatives [Jonathan Davies, James Hower, Phil Rivett] on Amazon.com. *FREE* shipping on qualifying offers. Phil Rivett: Books The Financial Jungle: A Guide to Financial Instruments. Italian Edition | by Peter Speak Phil Rivett. Paperback. The Financial Jungle: A Guide to Financial ... The Financial Jungle: A Guide to Credit Derivatives Title, The Financial Jungle: A Guide to Credit Derivatives. Authors, Jonathan Davies, James Hower, Phil Rivett. Contributor, PricewaterhouseCoopers (Firm). What are Credit Derivatives? | Part 2 | Moorad Choudhry THE J.P. MORGAN GUIDE TO CREDIT DERIVATIVES We offer sophisticated financial services to companies, governments, institutions, and individuals, advising on corporate strategy and structure; raising equity ... Credit Derivatives by HCD Work · Cited by 239 — A credit derivative is an agreement designed explicitly to shift credit risk between the parties; its value is derived from the credit performance of one or ... BibMe: Free Bibliography & Citation Maker - MLA, APA ... This guide presents the base rules of Chicago Style along with citation examples for various source types. It'll give you a solid foundation to begin citing ... How To Trade Forex How to Trade Forex - Learn the different ways to trade forex such as retail forex, forex CFDs, forex spread bets, currency futures, FX options, and currency ... Jungle Cruise (a review) Aug 2, 2021 — But as they continue up the river, in true homage to Heart of Darkness which should really be the source material that gets the credit once you ... The J.P. Morgan Guide to Credit Derivatives The guide will be of great value to risk managers addressing portfolio concentration risk, issuers seeking to minimize the cost of liquidity in the debt capital ... User manual Husqvarna Viking 230 (English - 44 pages) Manual. View the manual for the Husqvarna Viking 230 here, for free. This manual comes under the category sewing machines and has been rated by 7 people ... User manual Husqvarna 230 (English - 44 pages) Manual. View the manual for the Husqvarna 230 here, for free. This manual comes under the category sewing machines and has been rated by 8 people with an ... Husqvarna 230 Manuals We have 1 Husqvarna 230 manual available for

free PDF download: Operating Manual. Husqvarna 230 Operating Manual (45 pages). Viking 230 Instruction Manual This instruction manual is the ultimate guide to unlock the full potential of your Viking 230. No more confusion or frustration—just clear, concise instructions ... Manual Husqvarna 230 Sewing Machine Manual for Husqvarna 230 Sewing Machine. View and download the pdf, find answers to frequently asked questions and read feedback from users. Machine Support - HUSQVARNA VIKING® Download manual. Troubleshooting guide. Register your machine. Machine support. Toll free 1.800.446.2333. Monday - Friday: 8:00 am - 4:00 pm CST info@ ... Husqvarna Viking 210 230 250 instruction user manual Husqvarna Viking 210 230 250 sewing machine instruction and user manual, 42 pages. PDF download. Husqvarna Viking 210 230 250 instruction user manual ... HUSQVARNA AUTOMOWER® 230 ACX/220 AC ... Introduction and safety

5. 1.1 Introduction .