

## **Pedicure**

**Objectives:** At the end of this lesson you shall be able to

- **define and purpose of pedicure.**
- **describe the types of pedicure.**
- **determine the contra-indications, contra- actions, after care, home care & do's & don'ts .**

### **Definition of pedicure and its purpose**

Definition ⇒ Pedicure is a word made up of two word is Pedis + Cura in which (Pedis means feet and Cura means care) . Hence caring of feet's are known as pedicure.

**Purpose-** There are various purposes of pedicure such as:-

- 1 Care of feet's and toe nails.
- 2 To improve blood circulation.
- 3 To remove dead skin from the feets the toe nails.
- 4 To give suppleness to the skin with the using of foot creams.
- 5 To decorate the toe nails with the use of nail varnishes of different colors..
- 6 To relax the feets and also for refreshing.

**Types of Pedicure-** There are variety of pedicures such as:-

- 1 **Plain pedicure-** It is also called express pedicure in which removal of old nail polish to application of new nail polish with all necessary steps required for pedicure is included.
- 2 **Hydrating pedicure-** It includes all the necessary steps from the express pedicure. The only difference in this type of pedicure is that filing of bottom of the foot with exfoliated scrub, application of moisturizing mask and lower leg & foot massage is included.
- 3 **Paraffin pedicure-** It includes all the steps which involves in hydrating pedicure, only paraffin dip is included in it along with other services. Paraffin dip means a special type of white wax in which petroleum jelly is included, for curing the cracked and rough heals.

### **Tools / Equipment:**

- Client chair
- Pedicure chownky
- Pedicure tub
- Foot scraper (metal, wood and concrete)

- Hard stone
- Pumic stone
- Orange wood stick
- Emery boards
- Toe separator
- Toe nails cutter
- Nail clippers
- Buffer
- Double boiler
- Hot plate
- Spatula
- Tong
- Pan
- Applicator brush (with hard bristles)

### **Material**

- Plastic sheet
- Large towel
- Small towel
- Pedicure shampoo
- H<sub>2</sub>O<sub>2</sub>
- Anti septic lotion
- Cotton
- Nail varnish remover
- Cuticle cream
- Cuticle softener
- Manage cream
- Scrubber
- exfoliatory Cream
- Moisturizing mask
- Paraffin wax
- Foot powder
- Petroleum jelly
- Booties

## Client consultation

The consultation is a fact-finding mission and is the first part of the service you give your clients. An in-depth consultation will allow you find out what your clients' ideas and needs are. This will help you to make the right recommendations and give your clients more confidence in you. A professional consultation is conducted on a one-to-one basis between the client and the stylist. It can take place either in the reception area or at a styling station. The success of your consultation will depend on your ability to:

- ask the right questions (using open questions as much as possible);
- listen carefully to your client's answers;
- interpret what they are saying;
- confirm what has been said, checking that you both understand.

### Procedures:

#### Plain-pedicure procedure:

- 1 Before preparing the client for pedicure it is necessary to observe the nails for any nail disorder and diseases, infections & injuries such as severe cuts, wounds, warts, lumps, swelling, broken bones, pus formation, diabetes etc.

**If there is any type of infection, injuries, diseases don't perform pedicure.**

- 2 After observation fill the record card and consent form of the client.
- 3 Sterilize the tools and equipment before and after giving treatment.
- 4 Assemble the trolley .

- **Always consult the client**
- **Always suggest the client a right type of treatment as per the skin, nails condition.**

- 5 Seat the patron in a comfortable chair.
- 6 Remove the jewellery and keep them in her view or in a safe place.
- 7 Wash and sanitize your hands .

**Maintain high standards of hygiene rules.**

- 8 Remove old nail polish from the patois nails.
- 9 Cut the toe nails straight across. Starting from little finger towards thumb of toe nail of both feet's.

- 10 File the nails in square shape.

**"Don't give pointed shapes to the toe nails otherwise it will cause foot disorders."**

- 11 Soak the patron's left foot in the disinfectant solution for 3-4 minutes. along with few drops of pedicure & shampoo and H<sub>2</sub>O<sub>2</sub> solution.
- 12 Clean the surface of the nail with brush to remove the dirt and debris from the nail plate.
- 13 Remove the dead skin of the foot with the help of foot scrapper and pumic stone.
- 14 Take out the left foot from the water and dry it with towel.
- 15 Dip the right foot and follow all the steps from 8 to 14 on it.
- 16 Apply cuticle cream and manage it into the cuticle around the nail.
- 17 Use cuticle softener around the nails of the left foot. Work gently to remove excess cuticle with the help of orange wood stick.

**Don't use steel cuticle lifter as it can easily damage the toe .**

- 18 Clean under the free edge of the nail with the cotton tipped orange wood stick.
- 19 Apply foot lotion or foot cream and massage the foot paying special attention to rough cream such as on the heels of foot.
- 20 Take out the right foot from the water and dry the foot with towel and repeat all the steps from 16 to 19 on it.
- 21 Remove the excess cuticles with cuticle nipper from left foot.
- 22 Wipe the nail with cotton wool to remove the culicle
- 23 Use alcohol to clean the surface of the toe nails.
- 24 Apply base coat.
- 25 Repeat the steps from 21 to 24 on the right foot.
- 26 Apply nail polish on both toe nails.
- 27 Apply top coat once after the nail polish dries. If the client doesn't want nail varnish buff the nails with buffer.
- 28 Clean the area and sanitize all the equipments.

#### Hydrating pedicure procedure

- 1 Follow the whole procedure of plain manicure from step 1 to 13.
- 2 Take out the left foot from the water and apply exfoliator cream /scrubber to remove dead skin of the foot and heels.

- 3 Do circulatory movements and rubbing movements to exfoliate the dead skin of foot & heels. Give more pressure on heels.
- 4 Dip right foot in the water and follow the above steps from 1 to 13 of plain manicure on it.
- 5 Now again follow the above step no. 2 and 3 on right foot also.
- 6 Remove the exfoliate cream from the left foot.
- 7 Now follow the step no.16 to 18 of plain manicure on left foot also.
- 8 Repeat the above step 6<sup>th</sup> and 7<sup>th</sup> on right foot.
- 9 Apply foot cream all over the left foot and the leg till above the ankle area.
- 10 Do effleurage or long sweeping strokes starting from the feet go upwards and stop before the knee area. Repeat these steps at least for 5 times.
- 11 Using the thumbs, knead the heel area and then rotate each toe clock wise and anti clock wise for few minutes.
- 12 Using your palms knead the soles of the foot.
- 13 Keeping your thumb on the soles of the client foot and your fingers on the top of the foot, gently massage the foot 3-4 times.
- 14 Finger knead around the area of each foot use kneading strokes on the calf muscles of the leg.
- 15 Effleurage the foot and leg massage 5 times at least to complete the foot massage.
- 16 Repeat all the above steps from 9<sup>th</sup> to 15<sup>th</sup> on right foot.
- 17 Remove excess cream from both the feet with towel dipped in warm water.
- 18 Apply moisturizing or hydrating mask on both feet and keep it until it dries.
- 19 Remove the mask and apply foot lotion on both legs and feet.
- 20 Apply base coat.
- 21 Then apply nail varnish and top coat on both foot nails.
- 22 Clean the area and sanitize all the equipments.

#### **Paraffin mask pedicure procedure**

- 1 Follow the whole procedure of plain manicure from step 1 to 13.
- 2 Pour the paraffin wax in the metal bowl with two or three layers of wax and place it on the heater for melting up to 48 degree Celsius.
- 3 Apply a foot massage cream on the feet's and legs and follow all the massage steps on the left feet.

- 4 Repeat the above step 1<sup>st</sup> and 2<sup>nd</sup> on the right foot also.
- 5 Then repeat step 4<sup>th</sup> on the right foot
- 6 Pour about three quarter of a ladle of wax from the wax heater into lined bowl.
- 7 Test the wax on inner forearm of yourself and on outer forearm of your client with the use of brush.

**Always check the temperature of wax before applying directly to the client**

- 8 Apply wax on the feets of your client or you can also dip the client feet in the pedicure bowl filled with warm wax for about 10-15 min.
- 9 Take out the dipped feets from the pedicure bowl filled with wax and wrap the both feets with towels or booties for giving moisturizing or healing effect.
- 10 Peel off the wax from the feet.
- 11 Clean the feet with warm water dipped towel.
- 12 Apply base coat on the toe nails.
- 13 Then apply nail varnish on the toe nails and finally apply top coat on it.
- 14 Clean the area and sanitize all the equipments.

#### **Contra-indications related to pedicure**

These are the symptoms, or conditions that would deem you unsuitable treatment in the interest of your personal health safety and well being. The common contra- indications can be seen during pedicure treatment are as follows:-

- 1 Nail infection.
- 2 Skin disorder or infection affecting the feet.
- 3 Broken sore skin in treatment area.
- 4 Nail separation.
- 5 Bruising or broken bones.
- 6 Extremely weak nails.
- 7 Extremely badly bitten nails.

#### **Contra- actions**

Contra -actions are the things that can happen after a treatment, so allergic reactions such as - rashes itching, stinging etc. The various contra- action can be seen after the pedicure treatment are as:-

- 4 **Erythema** - Reddening of skin due to dilation of blood vessels, a reaction to external stimulus or infection- Apply cold cream.
- 5 **Allergic to nail Enamel**- Redness around nail area, also places that have been touched. Watery eyes, itchy

skin, rash. Remove enamel, apply cold compress to areas touched also on eyes. Tell the client if the condition doesn't improve within 24 Hrs consult general physician.

- 6 Allergic to oil-** Rinse with water, apply cold compress and advise to consult general physician if condition doesn't ease within 24 Hrs.

#### **After care**

- 1 Leave adequate time after your treatment to allow your nails to dry before leaving the salon.
- 2 Wear open toe shoes after the treatment.
- 3 Massage cuticles with oil recommended by your therapist.
- 4 Use acetone free nail varnish remover.

- 5 Salon infill's are required every 2-3 weeks.

- 6 Use a nail file to gently smooth any chips.

#### **Do's and don'ts**

- 1 Don't polish near a blowing fan. .
- 2 Don't file your nails back and forth.
- 3 Don't cut the toe nails in pointed shape.
- 4 Don't apply thick layers of nail varnish.
- 5 Always use acetone free nail polish remover.
- 6 Do wipe nails clean with remover prior to polishing.

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