

Pedicures

Cheat Sheet



Please note this cheat sheet has been provided as a quick reference guide that you can print out and have beside you when you first start out with your pedicure applications.

Make sure you have already read through your Printout Material and watched the HOW TO video and also added your own notes in the space provided.

Procedure:

1. Once the client's shoes and socks are removed, place the feet into a warm (not too hot or too cold) foot bath which has the antibacterial soak in it. Leave the feet to soak for roughly 5-8 minutes.
2. After the feet have soaked, remove the first foot and dry it completely, especially between the toes.
3. Remove old nail polish with nail polish remover and cotton pad. Apply cuticle remover to each toe's cuticle.
4. Remove the second foot, dry completely, and remove old nail polish on this foot. Apply cuticle remover and wrap with a terry cloth towel and set aside.
5. Use your cuticle pusher to gently manipulate the cuticle on the first foot. Use your cuticle nippers to remove any skin tags.

ADD NOTES HERE

6. Clip toenails (remember to clip straight across) and file the corners round. Clean underneath the free edge with an orangewood stick.
7. Apply a drop of cuticle oil to each toenail and using the white buffer gently buff the top of the nail to remove any ridges. Wipe dust from toes with warm towel.
8. Repeat the same procedure with the second foot.
9. Apply a quarter size amount of foot pumice scrub. Gently exfoliate the bottom of the foot to remove any dead skin and smooth calluses. **DO NOT** use the scrub on the top of the foot – it is too abrasive of a product for that delicate area. Wipe off the pumice scrub with a warm moist towel.
10. Using your pedicure foot file, gently scrub the bottom of the client's foot. **DO NOT** over file. This can cause irritation and bleeding. This is to gently remove any dead skin and smooth calluses. Rinse foot and wrap in a clean warm towel.
11. Repeat on the second foot.
12. With both feet resting on the footrest or your knee, apply a generous amount of massage oil or massage lotion.
13. Massage first foot for about 5 minutes using proper massage techniques.
14. When finished wrap the foot in a warm towel and massage second foot.
15. After the massage place the client's feet into pedicure slippers and put toe separators into place.
16. Wipe any excess lotion or oil from the client's toenails with cotton pads and acetone or a nail plate dehydrator to remove all traces of oil from each toenail. Spray the feet with the antiseptic foot spray. Allow to air dry.
17. Apply a ridge filler base coat. Allow to dry.
18. Apply two coats of the desired polish, allowing a few minutes of drying time between coats.

ADD NOTES HERE

19. Apply a fast-drying UV top coat to prevent chipping, yellowing and to give nails a glossy look.
20. Allow ample drying time (approx. 15 minutes) and before the client leaves, add a drop of cuticle oil to each toe. This helps with making the polish less sticky.

ADD NOTES HERE

Spa Pedicure

Cheat Sheet



After a thorough Client Assessment Begin:

1. Once the client's shoes and socks are removed, place the feet into a warm (not too hot or too cold) foot bath which has the antibacterial soak in it. Leave the feet to soak for roughly 5-8 minutes.
2. After the feet have soaked remove the first foot and dry it completely, especially between the toes.
3. Remove old nail polish with nail polish remover and cotton pad.
4. Clip toenails (remember to clip straight across) and file the corners round.
5. Create a moisture pack by applying a liberal amount of cuticle cream and a drop of cuticle oil to each toe. Massage cream and oil into the toe and wrap the foot in a warm towel. Repeat steps on second foot.

ADD NOTES HERE

6. Use your cuticle pusher to gently manipulate the cuticle. Use your cuticle nippers to remove any skin tags.
7. Apply a generous amount of foot scrub to the leg from the knee down. Massage the scrub into the foot using gentle effleurage massage strokes. Remove the scrub with a warm moist towel. Repeat on the second foot and leg.
8. Massage on a generous amount of foot mask to the calf, foot and toes. Leave the mask on for the manufacturer's allotted time. To keep the foot from getting too cold during the mask drying time wrap the foot in a dry towel. Remove the mask with a warm moist towel. Repeat on second foot.
9. Apply a generous amount of callous softener to only the calloused areas of the bottom of each foot. Wrap both feet in a warm towel and allow to sit for 5 minutes or follow manufacturer's directions. After 5 minutes using your pedicure foot file, gently scrub the bottom of each of the client's feet. **DO NOT** over file, this can cause irritation and bleeding. This is to gently remove any dead skin and smooth calluses. Rinse off the callous softener completely.
10. Apply a drop of cuticle oil to each toenail and using the gold block buffer gently buff the top of the nail to remove any ridges. And with a 3-way buffer buff to a shine.
11. Repeat with the second foot.
12. With both feet resting on the footrest apply a generous amount of massage oil or massage lotion.
13. Massage first foot for about 5-8 minutes using proper effleurage, petrissage and friction massage techniques. When finished wrap the foot in a towel and repeat massage on the second foot.
14. After the massage place the client's feet into pedicure slippers and put toe separators into place.

ADD NOTES HERE

15. Wipe any excess lotion or oil from the client's toenails with cotton pads, using a cotton pad saturated with acetone or a nail plate dehydrator to remove all traces of oil from each toenail.
16. Spray the feet with the antiseptic foot spray. Allow to air dry.
17. Apply a ridge-filler base coat. Allow to dry.
18. Apply two coats of the desired polish, allowing a minute of drying time between coats.
19. Apply a fast-drying UV top coat to prevent chipping, yellowing and to give nails a glossy look.
20. Allow ample drying time (approx. 15 minutes) and before the client leaves add a drop of cuticle oil to each toe. This helps with making the polish less sticky.

ADD NOTES HERE