

The Academy of Nail Design's

MODULE 7



“Pedicures & Spa Pedicures”

Welcome to Module 7: *Pedicures and Spa Pedicures*

In this module we will be discussing Professional Tools of the Trade, Filing properly and the Basic and Spa pedicure processes.

In this Module you will be required to complete Practice Client Sheets for Pedicures and for Spa Pedicures.



We have attached the sample Practice Client sheet and Client Assessment form as print out files in your Module 7 Learning Environment.

Also, in your **Client Practice Sheet Area**, you'll find **instructions on how to upload your sheets along with your 'before' and 'after' pictures.**

Please be advised that incomplete sheets will not be assigned to your student desk and you will not receive full marks for them.

Please note that along with the step by step instructions provided in this print out material you also have access to our HOW TO video for Pedicures. We advise you watch the video through while making your own notes. Then print out this guide and along with your notes use them as you complete your first few practice applications.

As with this and several of our other modules included in this program, we encourage you to conduct your own independent research on the subject. This independent research will assist you with several of your Module Assignments.

Every time you see this icon –



It means we recommend taking some time to do research outside of the material we have presented to you in order for you to reach a higher level of understanding. Use the library or the internet, or interview local salon owners or working nail professionals. Get their opinions or background on how they got into this field. What trials and tribulations did they face? How did they overcome them?

Answer the questions posed within the module on the ‘**Additional Notes**’ pages included with your study guide.

We’ve found that a common thread between our most successful students is that they use this program as a steppingstone and spend a lot of time exploring the entire industry above and beyond this program. We encourage you to do the same.

Once you feel confident in the material presented in the study guide log in to your student desk and take the corresponding test and complete the required number of client practice sheets and submit them to us.



Pedicures & Spa Pedicures

The Tools of the Trade

To ensure safety, before beginning any nail service we encourage you to get to know your professional tools and products inside and out.

Tools (or *implements* as nail professionals refer to them as) are a nail professional's best friend *or* worst enemy. You will find implements to be extremely useful and realize you could never live without them, but these same implements may also become extremely dangerous in the wrong hands or if used improperly.



When you decide to start your career, there are several implements and products you will need to purchase. As time goes by, you can invest your money in more and higher quality items. But when first starting out, it is always best to buy what you need, the basics, and purchase these items at a reasonable price.

You won't need the biggest and the best when you first start out, no matter what the salesperson may say. Always buy within a range that you feel comfortable with. Once you become successful you can always upgrade.

Now this does not mean buy cheap, cheap tools in the long run will cost you more, with breakdowns and/or replacement. You don't want your tools breaking down in the middle of a service with a client, so remember to buy reliable products and implements.

Play with a variety of implements to determine what is right for you. Not everyone feels comfortable with the same items.

We have included in this study guide a list of implements and products that you will require to perform pedicures and Spa pedicures – most of which are included in your professional kit. We do however in the Spa manicuring portion of the program advise students to explore the many amazing Spa lines that are now available in today's market. Or even try your hand at creating your own spa recipes right at home with wholesome and healthy ingredients.

There are a number of items that are *essential to all services* (manicures, pedicures, and all enhancement applications), these items will be asterisked (*) so you will know that these products or implements are required for all services and you don't need additional items if you choose to provide other services. For example, a cuticle pusher will be used for natural manicures, pedicures *and* acrylic enhancements! There is no need to buy three of the same items.

Professional's Shopping List

Let's discuss the products and implements you'll require to perform a basic pedicure.

Pedicures

A *pedicure foot bath* – be selective in the type, style and material that you are going to use for your pedicure foot bath. We suggest avoiding bowls or foot baths that have a lot of crevices or hard to clean. If investing in whirlpool chairs make sure you research confidently the proper and correct cleaning and maintenance of these. We recommend bowls that are non-porous – we suggest ceramic, stainless steel or glass – this allows for easy cleaning and disinfecting.



Sanitizing soak – this product will ensure client's feet are beautifully sanitized before starting your service. There are many liquid types of soaks available and all come in a wide variety of fragrances that any client will be able to find their favourite.

*Cuticle nippers** - these are sharp, angled implements that are designed to gently remove dead skin and cuticle as well as skin tags from the client's fingers or toes.



REMEMBER YOU ARE TO NEVER CUT LIVING TISSUE!

Cuticle nippers come in a variety of sizes, measured by the 'jaw' area of the implement. Some nail professionals prefer a half jaw or a full jaw area – choose the size that you feel comfortable using.

What is cuticle?

One of the biggest misconceptions in the nail industry is what exactly is cuticle, and do you cut it? As a nail professional you will learn all the parts of the nail and how all the anatomy of the nail work together to function properly. But for the safety of yourself we'll briefly discuss this important part of the nail.

Cuticle is the dead skin that adheres to the nail plate as the eponychium grows out and folds back upon itself. This thin layer of dead skin is actually the bottom layer of the eponychium and is transparent and not always visible to the naked eye. In fact, often the only way to see it is to scap a cuticle pusher gently along your nail plate. You'll see white flakes of dead skin as you scrape. This is cuticle and it can be safely removed from the nail plate, by physical or product means. In fact, it is a good practice to remove cuticle, as if left could lead to hangnails and splitting skin.

**note that the cuticle pusher is used in a forward motion gently up one side of the nail then the other side, always towards the client. Cuticle nippers are to be used only to nip away cuticle or dead skin. Gently close the jaws around the skin and quickly nip towards you – NEVER PULL UP TOWARDS THE CLIENT – THIS COULD CAUSE TEARING OF THE SKIN.*

A lot of people believe the **eponychium** is actual the cuticle and that it should be cut. The eponychium (also known as one of the three “Guardian” seals of the nail) is actual living tissue and you never want to cut living tissue. In fact, the only folks legally able to cut skin are doctors or surgeons, so keep this in mind when faced with this question. Cutting this or any part of the nail will leave you or your client with broken skin. Breaking this protective seal that is designed to protect your body could create a gateway to infection and a host of other issues.

Research Eponychium, you'll understand the true definition and its importance to the health of your natural nail.

RESEARCH EPONYCHIAM



Removing cuticle is important for two reasons. Nail products don't stick to skin and even though its dead skin, the cuticle is still skin and if not removed will interfere with any nail product that you apply. And if left to its own natural growth, the cuticle would continue to grow out toward the free edge of your nail plate and along the way tend to get dry and tear – this is known as a hangnail. Avoiding hangnails, which could get infected, is always a good practice.

When we talk about “removing cuticle” what is actually meant is we generally use a cuticle softening agent (cream, gel or oil), then gently push it back off the nail plate with a cuticle pusher. After pushing back the cuticle from the nail plate, we then use cuticle nippers to safely and gently nip away the lifted dead skin. There really isn't any "cutting" involved.

*Cuticle pusher and orangewood sticks** – cuticle pushers can be made of stainless steel, plastic or stone. We recommend using whichever one you feel most confident with while working on a client, as long as it is effective and can be cleaned and disinfected/sterilized.

Orangewood sticks are effective for some parts of the manicure process such as cleaning up polish mishaps, and cleaning underneath the free edge. Remember they are “one time use only” items, which means they must be thrown away after using on a client – **NEVER RE-USE ON DIFFERENT CLIENTS.**



*Lint free cotton balls or pads** – always try to use lint free otherwise small particles of lint will be showing up in your polish job, on the client’s nails and in your other products which can lead to frustrating re-dos.

*Acetone and/or non-acetone polish remover** – always have both acetone and non-acetone polish removers on hand. You’ll require both; as acetone dissolves a number of nail products such as; resins, fiberglass and acrylic enhancements and shouldn’t be used on clients wearing these types of products.



*Paper towels** you will use paper towels in various different situations



*Cuticle remover (cream or gel)** – are designed to loosen the true cuticle off the nail plate so that you can gently lift it with a cuticle pusher and remove it with cuticle nippers. Choose a product that is gentle yet effective.

*Cuticle oil** – choose a high-quality cuticle oil that smells wonderful and works well. Because all clients could benefit from the added moisturizing, this is an excellent retail item.

*Nail files (fine and medium grit)** – nothing stronger than a 240 grit nail file should be used on a natural nail

RESEARCH FILE GRITS



What is file grit and why is it important? Nail files, the same as sandpaper, come in a variety of different strengths. Nail files use the same grit system as sandpaper. The **lower** the grit number of the nail file the **stronger** the nail file. The **higher** the grit number the **gentler** the file.

So, a nail file we would use to file a hard product such as an acrylic enhancement would have a grit number like 80, 100 or 180. While a nail file we may use to buff up the shine on a natural nail may be 1200 or even 4000.

What about “sanitizable” files? As you would learn in our professional program, within the different levels of decontamination, sanitized **is NOT** the ideal level of decontamination for re-useable personal use salon implements, therefore just because a nail file states it can be “sanitized” doesn’t mean this is the safe, professional choice. I recommend not spending your money on these more expensive files. Stick to the one time use disposable files for sanitation and safety.



*White and gold buffer block** – a high grit buffer to can be used to smooth out ridges on the natural nails

*Natural nail buffer, 3-way buffer or chamois** – used for buffing nails to a high shine

Skin exfoliant – Exfoliating agents aid in sloughing off dead skin on the arms, hands, feet and legs which allows other treatment products the ability to penetrate better. Exfoliants can contain mild abrasives such as sand, sugar, salt or even crushed nut shells.



*Massage lotion or oil** – choose a quality massage oil or lotion that contains mild and soothing ingredients and nothing that may cause an allergic reaction in any of your clients. Have on hand both lotion and oil as some client prefer to be massaged with lotion and others oil.



*Nail brush** – this brush is used for removing dust or filings, and/or scrubbing under free edges when client's wash their hands. Choose a brush with synthetic bristles that can be disinfected.

*Terry cloth towels**

Polish corrector stick – these are excellent items for cleaning up polish mishaps and carving out French smile lines.

*Base coat** – base coats generally come in two different categories. The first type is Ridge-Filler which is a base coat that is designed to smooth out ridges on natural nail plates. The second is more of a 'sticky' base coat that acts like two side tape adhering to the nail plate and the polish designed for longer lasting polish wear.



*UV protective top coat** – always finish your polishing with a UV protecting topcoat. Rays from the sun can affect the wear, colour, and length of wear for most polish colours and a top coat that includes a UV factor can prevent these problems.



Paraffin – paraffin is a great, relaxing add-on to many of your nail services.

Paraffin is a wax substance that is heated in a professional paraffin warmer.

After applying a skin moisturizing treatment to your client's feet in order to assist the treatment to penetrate deeper you would then cover the hands in paraffin, wrap in plastic and then slip into heated mitts.



Typically, clients would dip their feet right into the paraffin warmer, but recent thoughts are that this could actual be unsanitary (debate still out on the subject) so professionals now pour a small amount of paraffin into a paraffin bag and cover the client's feet.

Electric booties – this are excellent items to have on hand to add pleasure to your client’s spa pedicure experience. We recommend adding an amazing and extra moisturizing lotion or treatment to the feet before applying paraffin and slipping on the electric booties.



Toe separators – these are handy for separating toes while polishing as to not smudge polish.

Pedicure Slippers – Keep some washable or disposable pairs on hand for your clients to move about the salon in.

Foot file – Foot files just like nail files come in a variety of grit strength. Choose a style that has replaceable pads that can be disposed of after each client and that has a handle that can be sterilized.



TOE SEPARATORS



PEDICURE SLIPPERS



FOOT FILE

Shopping for professional products and implements can be a fun and an enjoyable experience. Be sure to try out as many products from as many different manufacturers as possible so you know that you are giving your clients the best products available.

Always ask manufacturers for sample products before buying, or if samples aren’t available, then buy a small quantity at first until you are sure that this is the product that is right for you and your clientele.

Filing Natural Nails Properly

As we learned in anatomy, nails are delicate structures. All the parts work together to help grow and maintain a healthy nail. Any excess pressure, heat etc. can throw that delicate balance off.

There are a few simple rules to follow when filing natural nails.

1. Always file natural nails with nothing stronger than a fine or medium grit emery board. Tilt the emery board slightly under and work along the free edge. Work from the outside to the center in one direction. Use quick short strokes that move away from the nail not into it. Do not file back and forth continuously as this motion could throw the nail plate off its ridges and tear the free edge (**unless you have invested in a glass or crystal file which has been designed to use back and forth on a natural nail without causing damage**).

Do not file into the corners of the nail, this could also cause damage. Always start your shaping 1/16 of an inch away from the nail groove, even if the client desires a very pointed shape. The more natural the shape of the nail the stronger it will be.



2. When smoothing out ridges on top of the nail plate, use a grit no stronger than a Gold block buffer (for hands) or a white block buffer (for feet), and lightly work back and forth across the nail. Do not over file the top of a client's nail plate as this thins out the plate and could lead to damage or leave clients more susceptible to chemical overexposure.
3. When buffing a natural nail use a 3-way buffer or a chamois. Work the buffer gently in a side-to-side motion over the entire nail making sure that you are continuously moving the buffer. If you buff too hard or too fast the client will feel a **burning sensation** which means you are using too much pressure and are drying out the nail which leads to peeling, cracking and splitting. Try using a drop of cuticle oil or water as a lubricant when buffing.

Remember, when filing, shaping, smoothing or buffing, it is *your job* to maintain natural nail health and strength, so always use the utmost caution.

PLEASE BE ADVISED that after you successfully complete your pedicure module and our TAOND nail program *you are not qualified* to perform specialized pedicure services such as those required for Diabetic clients. You will be able to perform pedicure and Spa pedicure services on healthy clients and feet only!

If these type of advanced services appeal to you and you would enjoy offering them, we highly recommend you invest in an advanced podology class or program in order to qualify yourself to perform these more specialized services.

Pedicures

Our feet and toes are probably two of the hardest working and important of our body parts, but we are constantly and usually ignoring them. Some people are lucky and can get away with the bare minimum of care and never experience any problems, while others can be plagued for a lifetime with ailments. Others even still may have problems and not even be aware of them until they become irreversible.



It is important to stress to clients the importance of proper foot care and how regular pedicures by a professional should only be a part of their regime. Regular at home attention must be given to their feet as well, and that only through this combination of professional and personal care will any problems be corrected. If you have a client who suffers from a serious condition inform them of the benefits of visiting a **podiatrist** (some clients are even unaware that there are doctors who specialize in foot concerns).

Pedicures can make up for a large volume of a nail professional's business. Clients love the way their feet look and feel after a pedicure. Repeat clients are easy to hook when a pedicure service is done properly. There is nothing better than to have a qualified professional pedicure your feet. It can be relaxing, invigorating, and health beneficial as well.

*Think about your last pedicure experience –
What did you enjoy? What didn't you enjoy?
What would you have done to improve the service?*

The steps in the pedicure process are similar to the steps in Basic Manicuring with a few variations. Use the same type relaxation techniques as with the manicure. Don't forget to offer your client something to drink as well.

As with manicures a thorough assessment of the feet, toenails, and skin must be done prior to the service (**See Client Assessment Module**). You don't want to have your client soaking in a pedicure bath waiting for a service only to discover that he/she has a contagious infection on his/her feet.

Have your client sit in the pedicure chair, remove shoes and socks, and examine the condition of their feet. Discuss any issues or concerns you or the client may have (**See Nail Disease and Disorders Module**). Once all concerns have been addressed you can proceed with the service.

For a basic pedicure you will require the following items:

Required Materials

- a proper pedicure chair with a chair or stool for you to sit on
- a foot bath
- antiseptic foot spray
- antibacterial soak
- Pedicure foot file
- cotton pads
- toenail clippers
- cuticle nippers
- massage oil/lotion
- pedicure slippers with toe separators
- cuticle oil
- pumice scrub
- nail file
- cuticle pusher or orangewood stick
- cuticle remover
- polish remover or acetone
- white buffer
- clean towels
- base and top coat



Basic Pedicure Procedure

To Begin:

1. Once the client's shoes and socks are removed, remove any existing polish to perform your analysis to confirm feet and nails are healthy. If feet and nails are healthy, 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. 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.
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 foot rest 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:

*For Video Demonstration on proper pedicure massage
please refer to your Online Step by Step Video.*

Effleurage – Start with long gentle strokes up the entire leg with the palm of your hand flat against the client's leg. Use slight pressure as you bring your hand up the leg. As you return your hand to the starting point at the ankle turn the hand so the fingers are underneath the leg and the thumb is on the front of the calf. Use slight pressure with the thumb on the front calf muscles. Alternate strokes with right and left hands. Repeat 6 times with each hand.



Petrissage – these are small compression strokes that are done with one hand at a time. Gently perform small squeezing motions up the leg and long effleurage stroke on the way back down. Alternate hands and repeat 6 times with each hand.

Support the client's ankle and with one hand and with the other hand firmly cup the client's heel and massage with small compression movements as if rubbing in lotion.

With the client's ankle resting on your legs use both hands to wring the top of the foot with fingers on top of the foot and thumbs on the bottom. Move hands slowly up the foot toward you and make small circle motions with your thumbs. Repeat three times.

Massage each individual toe by gently making small circular motions with your thumb on the top of the toe and then gently twisting each toe back and forth with a slight turn of your wrist. Repeat twice on each toe.

Finish your massage by completing two effleurage strokes up the leg all the way back down to the tip of the toes and gently squeezing the toes at the end of the stroke.

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.

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.

Once the pedicure is complete, book the client's next appointment, which should be in 4 – 6 weeks.



Spa Pedicures

As we stated in the Spa manicure section, due to the explosion in natural nail care there are now literally hundreds of different options for spa pedicures that incorporate today's advanced and amazing spa pedicure product lines. And these don't even include the spa pedicure products you can create yourself.

What makes a Spa pedicure?



Spa pedicure services are extended pedicure services that incorporate additional spa quality products, longer lasting massage, and perhaps are performed in a semi or private area. Nail professionals add extra touches such as fruit or flower petals to foot soaks, massage chairs for extra relaxation, they may include a head or neck massage service, warmed blankets, reclining chairs, headsets for music. Nail professionals also love to create special themed spa pedicure services such as “strawberries and champagne”, coffee, or chocolate lovers’ pedicure. Anything that you can dream that would induce total relaxation for your client may be excellent additions to your regular service.

Think of some wonderfully inviting add-ons you would like to provide to your clients that would incorporate a Spa feeling to your pedicure services.



For a Spa Pedicure you will require the following items:

Required Materials

- a proper pedicure chair with a chair or stool for you to sit on
- a foot bath
- antiseptic foot spray
- antibacterial soak
- Pedicure foot file
- cotton pads
- toenail clippers
- cuticle nippers
- massage oil/lotion
- pedicure slippers with toe separators
- cuticle oil
- cuticle cream or gel
- pumice/exfoliating scrub
- callous softener
- nail files
- cuticle pusher or orangewood stick
- polish remover or acetone
- white buffer
- clean towels
- a mask specifically formulated for feet
- base and UV top coat



Spa Pedicure Procedure

After a thorough Client Assessment Begin:

1. Once the client's shoes and socks are removed, remove any existing polish to perform your analysis to confirm feet and nails are healthy. If feet and nails are healthy, 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. Clip toenails (remember to clip straight across) and file the corners round.
4. 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.
5. Use your cuticle pusher to gently manipulate the cuticle. Use your cuticle nippers to remove any skin tags.
6. 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.



7. 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.



8. 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.

9. 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.

10. Repeat with the second foot.

11. With both feet resting on the footrest apply a generous amount of massage oil or massage lotion.

12. 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.

13. After the massage place the client's feet into pedicure slippers and put toe separators into place.

14. 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.

15. Spray the feet with the antiseptic foot spray. Allow to air dry.



16. Apply a ridge filler base coat. Allow to dry.

17. Apply two coats of the desired polish, allowing a minute of drying time between coats.

18. Apply a fast-drying UV topcoat to prevent chipping, yellowing and to give nails a glossy look.

19. 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.

Once the spa pedicure is complete, book the client's next appointment, which should be in 4 – 6 weeks.

Additional Notes

These Additional Module pages are for you to answer the extra questions we asked within the module and to be adding your research notes.

