

JOB ROLE – BEAUTY THERAPIST

Sector – Beauty & Wellness

(Qualification Pack Code: BWS/Q 0102)

Class XI



PSS Central Institute of Vocational Education

Shyamla Hills, Bhopal – 462 013 , Madhya Pradesh, India

www.psscive.ac.in

Unit 3: Skincare Services

Session 3 : Pedicure

Content

Title	Slide No.
Session Objectives	4
Introduction	5
Contra-indications	6
Pedicure	7-11
Pedicure Massage	12-14
Aftercare Advice	15-16
Summary	17

Session Objectives

- ❑ Describe the purpose of pedicure and the contra-indications that may restrict a pedicure service; and
- ❑ Demonstrate the procedure of pedicure.

Introduction

Pedicure is a service aimed at improving the appearance of the feet and toenails. It has many health benefits, including prevention of nail diseases and disorders, cosmetic and therapeutic benefits. Pedicure can be done to improve the appearance of feet and toenails, relax aching and tired feet, reduce hard skin at the sole of the feet, shape the nails, cuticle treatment, removal of hard skin and specialised foot and leg treatment.

Contra-indications

Contra-indication is a condition that either prevents a treatment or may restrict one.

Contra-indications that prevent treatment

- Multiple warts
- Fungal infection(s)
- Bacterial infection(s)

Contra-indications that restrict treatment

- Bruised nail
- Cut and aberration on hand or fingers

Pedicure

Procedure

- ❑ Wash the hands.
- ❑ Check with the client for contra-indications, if any.
- ❑ Soak both the feet of the client in an antiseptic soaking solution.
- ❑ Dry both the feet and rest them on a clean towel.



Pedicure

Procedure

- ❑ Remove old enamel from the toenails and examine them for infections .
- ❑ Shorten or cut the nails using clippers, if required. The nails must be cut straight across to avoid in growing nails.
- ❑ File the nails of each foot using an emery board.



Pedicure

Procedure

- ❑ Use a callus file or scrub or an exfoliator on hard skin of the sole
- ❑ Dry the foot. Pay attention to the area between the toes.
- ❑ Use a cuticle knife, dual tool or nippers, if required. Repeat the process on the other foot as well.
- ❑ Scrub the nails, clean, rinse and dry them.



Pedicure

Procedure

- ❑ File rough edges on the nails.
- ❑ Massage the legs one-by-one.
- ❑ Squeak and clean the nail plate to ensure that all grease is removed.
- ❑ Separate the toes with dividers or tissue papers.
- ❑ Choose a nail enamel color and check its texture.



Pedicure

Procedure

- ❑ Apply the base coat, nail enamel and top coat
- ❑ Give home care advice to the client and suggest the products that one may buy.
- ❑ Record details of the treatment.



Pedicure Massage

- ❑ Massage involving a repeated circular movement made with the palm.
- ❑ This must be followed by circular finger movement kneading the knee.
- ❑ Give palm kneading to the calf.
- ❑ Now, give circular thumb kneading to the front of the leg from ankle to knee.



Pedicure Massage

- ❑ Effleurage the knee three times.
- ❑ Do circular finger movements and knead around the ankle.
- ❑ Knead the Achilles tendon (back of the ankle) six times.
- ❑ Give thumb frictions to the top of the foot from toe to ankle.



Pedicure Massage

- ❑ Give palm kneading to toes using both the hands at the same time.
- ❑ Palm knead the sole six times.
- ❑ Give deep thumb frictions to the sole of the foot from toe to heel and back.
- ❑ Give friction circles to each toe.
- ❑ Effleurage six times from foot to knee.
- ❑ Use firm pressure on the foot to prevent over-sensitivity and ticklish sensation.

Aftercare Advice

After the pedicure, the following advice may be given.

- ❑ Apply moisturising lotion daily on the feet after bathing.
- ❑ Dry the feet thoroughly after washing, especially the area between the toes.
- ❑ Regularly apply talc or special foot powder between the toes as it helps to absorb the moisture.

Aftercare Advice

- ❑ Use cuticle cream or oil the hands regularly to moisturise dry cuticles.
- ❑ Drink adequate water and eat well to maintain a healthy skin and nail condition.
- ❑ Do simple hand exercises to keep the joints supple for smooth movements.
- ❑ Avoid using hard soaps and detergents for washing hands.
- ❑ Avail manicure every 2 to 4 weeks for soft and shiny hands.

Summary

In this session, you have learnt about the purpose of pedicure, contra-indications that a Beauty Therapist look for in the client before pedicure treatment, and the procedure of pedicure and pedicure massage. You have also learnt about the aftercare advice to be given to the client after pedicure.

Project Coordinator : Dr. Vinay Swarup Mehrotra

Assistance
Vidhyashree Panchore



Joint Director

PSS Central Institute of Vocational Education

Shyamla Hills, Bhopal – 462013 , Madhya Pradesh, India

E-mail: jdpsscive@gmail.com

Tel. +91 755 2660691, 2704100, 2660391, 2660564

Fax +91 755 2660481

Website: www.psscive.ac.in