

JOB ROLE – ASSISTANT BEAUTY THERAPIST

Sector – Beauty & Wellness
(Qualification Pack Code: BWS/Q 0101)



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UNIT 2: MANICURE, PEDICURE AND MEHENDI

Session 1: Anatomy of the Nail, Head and Feet

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Session Objectives

The students will be able to:

- Describe the structure and functions of bones and muscles of arms, legs, hands and feet
- Explain the structure of the nail

Introduction

Anatomy is the study of the structure of the body and what it is made of, i.e., bones, muscles and skin. Some tools and equipment are particularly important for nail and beauty industry workers as they work on these to provide services and treatments, like massage, etc.

Skeletal System

The skeletal system is composed of the following:

- **Bones:** These form the framework of the human skeleton.
- **Bone marrow:** These are flexible tissues located in bones where blood cells are produced.
- **Joints:** The point at which two or more bones meet is called a joint. Joints not only connect bones but also bear our weight and enable us to bend and move.

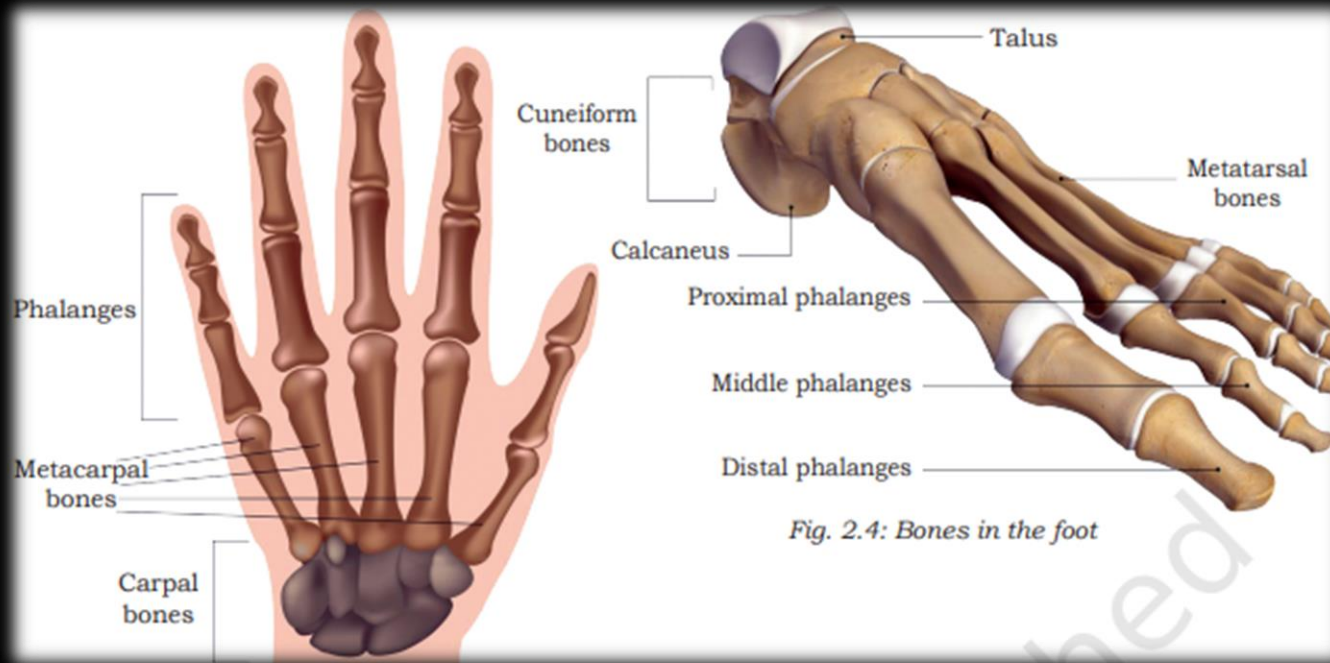
Skeletal System

Cartilage: These are connective tissues found in joints, which support other tissues that cannot rejuvenate. Cartilage does not contain blood vessels.

Tendon: It is the tissue where a muscle attaches to the bone.

Ligament: It is the tissue that connects two bones.

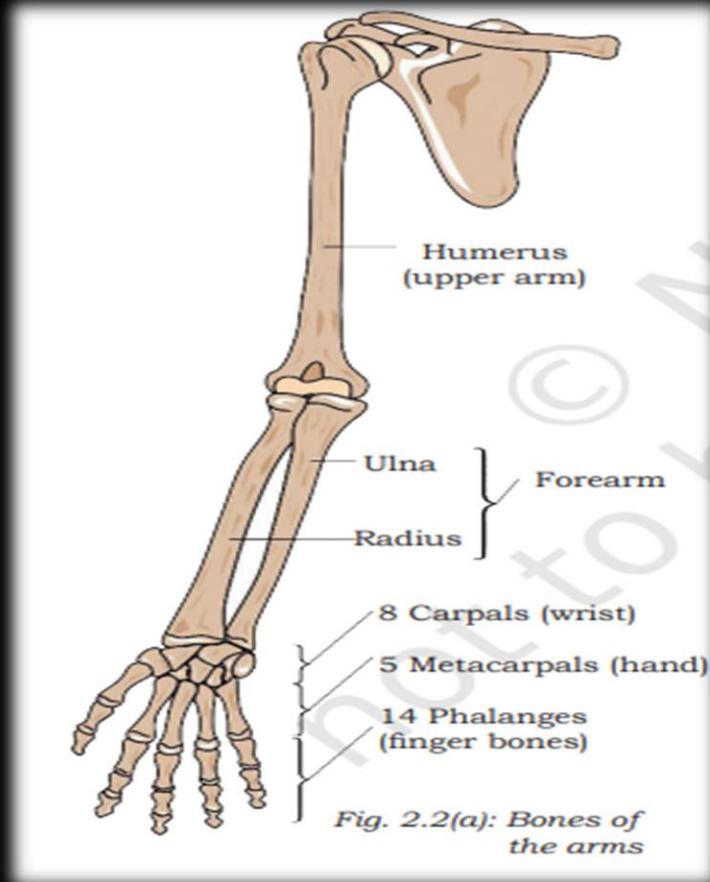
Skeletal System



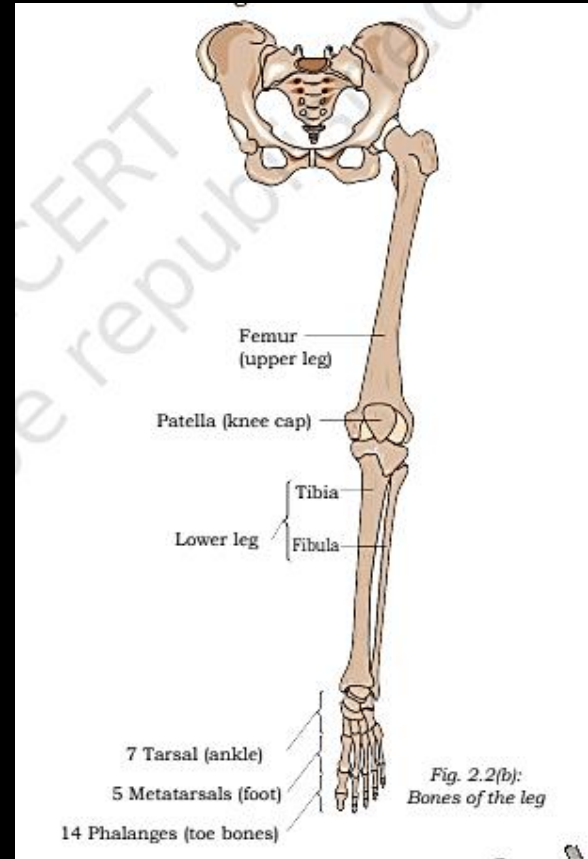
Bones in fingers and wrist

Bones in the foot

Skeletal System



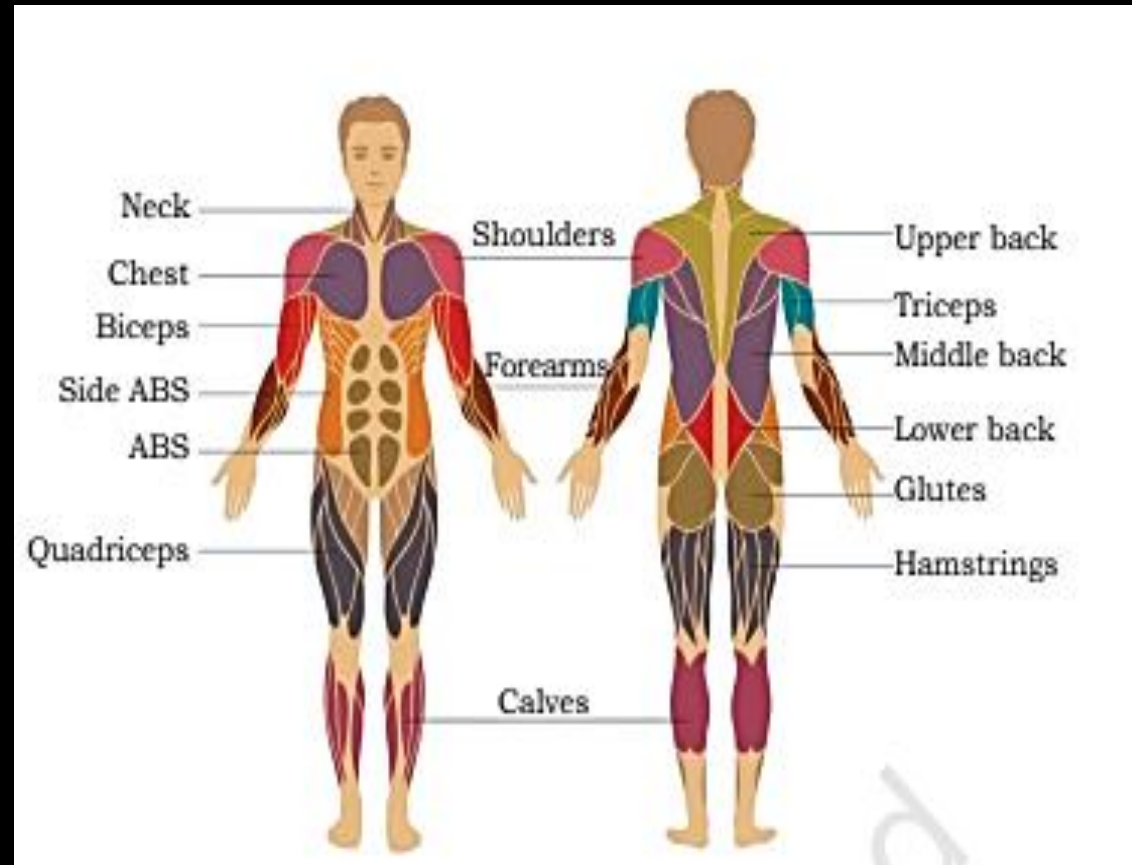
Bones of the arm



Bones of the leg

Muscular System

There are over 650 muscles in the body, which are responsible for providing strength, movement, balance, contraction, posture, stability and muscle tone. Muscles are mainly of three types — skeletal, cardiac and smooth.



Massage

Massage assists the muscular system in the following ways:

- Helps in toning up the muscles
- Decreases fibrous adhesions from muscle tissue injury or immobilisation
- Enhances cell activity and enhances posture and balance
- Enhances range of motions and facilitates movement
- Facilitates waste removal in the lymph system
- Increases flexibility and reduces pain
- Helps in post-operative rehabilitation, a period of recovery after a surgery

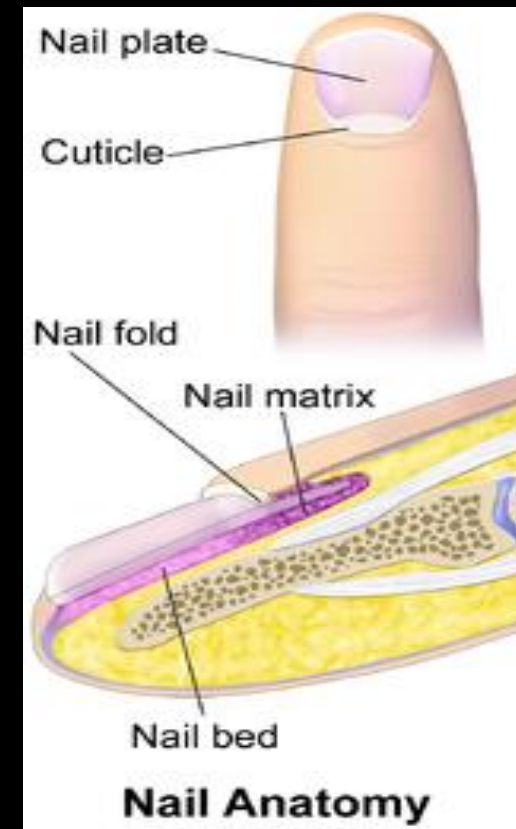
Massage

Massage assists the muscular system in the following ways:

- Provides relaxation
- Releases facial constrictions
- Stimulates the circulatory system
- Stimulates the nervous system's sensory neurons
- Warms-up or warms-down muscles during an exercise

Structure of the Nail

The nail is divided into six parts — root, nail bed, nail plate, eponychium (cuticle), perionychium (includes the nail bed) and hyponychium (visible from underneath the nail). Each structure has a specific function, and if disrupted, it can result in an abnormal appearing fingernail.



Summary

In this session you have learn about the structure and functions of bones and muscles of arms, legs, hands, feet and the nail.

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