

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 3: Pedicure

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Session Objectives

The students will be able to:

- Describe the benefits of pedicure;
- Identify the contra-indications;
- Perform the pedicure procedure; and
- Perform the pedicure massage.

Introduction

Pedicure is a service aimed at improving the appearance of the feet and toenails. Pedicure involves working on toenails and removing dead skin cells at the bottom of the feet using a rough stone called 'pumice stone' and other implements.



Benefits of Pedicure

A monthly treatment helps keep the feet and toenails in a healthy condition, although excessive hard skin may need more frequent pedicure treatments.

- Improves the appearance of the feet and toe nails
- Relax aching and tired feet
- Reduce hard skin at the bottom of the feet

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



Step 1



Step 2



Step 3



Step 4



Step 5

Cont..

Pedicure Procedure



Step 6



Step 7



Step 8



Step 9



Step 10

Pedicure Massage



Step 1



Step 2



Step 3

Pedicure Massage



Step 4



Step 5



Step 6

After Care

After the pedicure, the following care is to be taken

- 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 foot powder between the toes as it helps to absorb the moisture.
- Use creams, sprays and oils to keep the feet fresh during the day.

After Care

- Use a cuticle cream or oil to massage the cuticles regularly.
- Use non-acetone varnish remover only.
- Apply creams regularly to moisturise the nails, especially after removing the nail polish as most nail polish removers contain chemicals that dehydrate the nails.

Summary

In this session you have learn about the tools and materials used in pedicure and demonstrate the procedure of pedicure.

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