Manicure & Pedicure
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MANICURE & PEDICURE

Treatment Description

Manicure and pedicure treatments are necessary to improve the appearance and condition of the nails, and also aid in relaxation for the client with a hand and arm or a lower leg and foot massage. The cuticles are nourished and excess cuticle and hangnails are removed, the skin is also nourished and hydrated with the use of nourishing lotions and creams, oils or paraffin wax, and lastly the nails are painted with the client’s choice of colour.
Maximum service times:

Manicure 45 minutes
Pedicure 50 minutes

Professionalism in the Salon Environment

Professional Ethics

Ethics are the rules of conduct for a society or group of people. Although ethics can change between different societies and groups of people, there are some ethics that are considered universal across all cultures and society. These universal ethics are commonly referred to as “The Golden Rule” and is normally stated as “treat others as you would want to be treated”. Functioning as an ethical professional is important to the survival of the organisation and for any person’s professional career. Ethical professionals have characteristics that include taking care of themselves, integrity, and discretion.
To perform ethically, be sure to take care of your mental and physical health. A professional that is overwhelmed and stressed will suffer from inabilities to stay focused and be unable to deliver quality products and services. These professionals can also take unethical actions and make unethical decisions because they are desperate to resolve issues and lessen their workloads and stress factors.

Ethical professionals also have integrity. They take action to ensure that their personal and professional values align with their actions. Offering and carrying out beauty therapy treatments that are for the benefit of the customer promotes professional ethics. In addition, being honest with customers about products and services also promotes professional ethics. Finally, ethical professionals are discrete. As a beauty therapist, you may be exposed to things that are very personal to the customer. Keeping customer’s personal information, experiences, and treatments private also promotes professional ethics. However, you must ensure that you adhere to the RIDDOR Act
and report occurrences of injury and disease that occur from providing beauty therapy treatments.

Adhering to RIDDOR and being discrete about the customer’s private and personal information is a clear line of ethical behaviour that should not be crossed.

**Salon Conduct**

Beauty therapists, much like any other professional, will constantly interact with other people. To provide a welcoming atmosphere for fellow employees and customers, employees and managers should function in moral and ethical ways. To determine what actions and attitudes are considered moral and ethical, observe the relationship between the people in the community that is being served.

**Massage movements and benefits**

As manicures and pedicures include massage, it is important to visit the benefits and effects of massage and the techniques used and why.
Massage has several beneficial factors for the body in terms of physiological and psychological, and it has benefits on all the body’s systems as well as ways it helps to relieve from stress. The physiological effects relate to the physical structure of the body and the effects and benefits include:

- Improve skin tone and colour by removing dead skin cells (desquamation)
- Improves circulation, and therefore encourages efficient delivery of nutrients and oxygen to cells
- Because of the above, it also encourages better waste removal from the cells
- Encourages deeper and relaxed breathing
- Reduces swelling and encourages better lymph drainage
- Relieves muscle fatigue, soreness and stiffness
- Promotes general relaxation of the body
- Sedate or stimulates the nervous system, (dependant on type of massage, i.e. stimulating or relaxing)
- Encourages better sleep.

Psychological effects relate to the mind and include:
• Relaxes the body
• Reduces tension and stress
• Relaxes the mind and reduces anxiety.
• Soothes and comforts the client
• Increases positive feelings
• Increases energy by invigorating all the body’s systems
• Reduces fatigue.

There are also effects of massage on every system of the body, either directly or indirectly.

Effleurage

A light stroking movement with the fingers and palms that is complete over and over again is called an effleurage. An
Effleurage should be completed in a slow rhythm with no pressure, and is often used to begin and end a massage treatment.

The palm of the hand manipulates the large part of the skin surface while the fingertips manipulate the smaller parts of the skin surface. To complete an effleurage, the beauty/massage therapy professional should:

1. Loosely hold their hand to keep the wrist and fingers flexible
2. Curve the fingers to adjust to the shape of the massaging area
3. Lightly touch the massaging area with the tips of the fingers (no nails)

Section 1: Preparations

Preparing yourself, the client and the work area for a manicure and pedicure treatment

You must ensure that you are keeping a correct posture throughout the treatment, when sitting, lifting and carrying
anything. And you must also ensure that you employ methods to avoid you using getting Repetitive Strain Injury (RSI). This would be methods like performing hand exercises and stretches, especially before and after treatments to alleviate any strain, ensuring that you distribute your weight evenly when you are lifting any heavy objects, keeping your back straight and bending your knees. You must always ensure that you have the appropriate tools and equipment ready, that are clean and sterilised and laid out neatly in a presentable fashion. Your hair must be tied back and fringe clipped back, professional and minimal make up, fresh breath, clean uniform with no jewellery and in closed toe shoes.

The client must also be prepared appropriately, ensure that a consultation form and record card has been completed and signed by the client, and that you have discussed the client’s needs and treatment outcomes. Ensure client is positioned correctly and comfortably and those contraindications and any allergies have been checked for. Ensure work area is clean and sanitised correctly and that all equipment is working properly, for example the table lamp so that
you can see clearly for manicures. Check that you have the following products for a manicure and pedicure: Buffing paste, cuticle cream, cuticle remover, hand and foot exfoliator, hand cream and foot lotion, hand/nail soak, top coat, base coat, enamel thinner, hygiene spray, paraffin wax (if using this), hand and foot mask, warm oil, quick dry products, foot rasp and large foot soaking bowl, towels, couch roll and disposable pedicure slippers.

Also check that you have the following tools and equipment: Orange sticks, emery boards, nail buffer, cuticle knife, cuticle nippers, rubber hoof stick, spatula, nail scissors, nail clippers, nail brush, paraffin wax application brush (if using this method).

Paraffin wax heater (if using this method), trolley, pedal bin with liner, cotton wool, barbicide jar with barbicide, nail treatment table or couch, nail soaking bowl, heated mitts (if using), 1 bowl for jewellery and 1 bowl for cotton wool, 1 bowl for warm oil (if using), cling film or cosmetic clear bags (if using paraffin wax or a hand and foot mask).
Provide suitable aftercare advice

Aftercare Advice

You will need to let them know how long the varnish will take to dry, although it is touch dry within 20-30 minutes. It does take a good hour or so for all the layers to fully dry. Therefore, you would advise them to be careful and avoid knocking the nails and getting them in water for a good hour or so.

Your advice will also include how the client can make the varnish last longer. For example, they can apply a clear coat on the nail every couple of days to help the varnish last longer; or if they are cleaning around the house, doing gardening or washing the dishes, they should wear gloves to help protect the colour and the skin.

Possible products for purchase in the salon that can help to keep the skin and nails nourished and hydrated.

After the varnish has come off, they can use product to help condition the nails such as treatment nail products (hardeners etc.).
Regular manicure treatments at least 4-6 weeks, and they may want to buy a course of treatments.

Or other types of manicures that are appropriate for the client, for example, a deluxe paraffin wax manicure for very dry skin and nails, artificial nail treatments for an up and coming special occasion if appropriate for the nail type, or a hot oil manicure to nourish bitten and damaged nails.

You can also advise on how the client should file their nail correctly at home to avoid damaging them. This advice will be the same for the feet, but you can also advise on how to minimise the build-up of hard skin on the feet, and advise the client to use a rasp to foot file and exfoliate the feet weekly to maintain the condition and appearance of the feet in between their pedicure treatments. The client should allow time before putting on their socks and shoes.
Assignments

Assignment 1

1) Discuss how you could use the following consultation techniques to get information for helping with the client’s desires, think about how you can use them in conjunction with each other:

   Questioning
   Visual
   Manual

2) Imagine you are presented with a client who has a serious nail infection. Explain how you would professionally deal with this situation.

3) Discuss the purposes of paraffin wax and when would you advise a client to have a paraffin wax manicure or pedicure.

4) Explain the technique of applying a French pol