




Chapter 26: Pedicures







Cosmetologist should study and have a thorough understanding of pedicures because it will enable you to add this very desirable service to your service offerings, it is important to differentiate between various pedicure tools and o know how they are properly used, and it will allow you to perform a pedicure safely and correctly.

PEDICURE TOOLS (p. 845-851)

Equipment- all permanent tools, excluding implements, which are used to perform nail services

<p>Pedicure station-includes a comfortable chair with an armrest and a footrest for the client and an ergonomic chair for the cosmetologist; designs vary</p> 	<p>Pedicure Stool and Footrest-stool must be ergonomically correct so the cosmetologist can maintain an healthy posture; footrest for client may be a part of their chair or a separate piece</p>	<p>Pedicure Foot Bath- vary in design from basic stainless steel basin to an automatic whirlpool that warms and massages the feet; the bath must be large enough to completely immerse both of the client's feet comfortably</p>
<p>Pedicure Carts- keep supplies organized; may have a hard surface for placement of implements and in-service supplies as well as drawers and shelves for storage</p>	<p>Paraffin Bath (optional)- a paraffin coating covers the skin, sealing the surface of the skin and allowing for deeper penetration of previously applied products; stimulates circulation and reduces inflammation</p>	<p>portable basin soak baths that must be manually filled and emptied for each client's service</p>
<p>Electric Foot Mitts (Optional)- a conditioning lotion is applied to the feet after a massage and then the feet are placed in plastic wrap or a cover and then placed inside the electric foot mitts</p> 	<p>Terry Cloth Mitts (optional)- washable mitts placed on feet after penetrating conditioning product and a cover have been applied; routinely used over paraffin treatment</p> 	<p>customized pedicure unit which has a removable foot bath and a technician's stool built in; more comfortable for the technician</p>
		<p>portable foot basin with built-in whirlpool action; gently massage feet; filled through attachable hoses; have built-in footrests and cabinets</p>
		<p>fully plumbed pedicure chair (sometimes referred to as the throne design); built –in massage feature and warmer; some are self-cleaning and have a disinfection cycle</p>

Implements- tools used to perform your services

<p>Toenail Clippers- larger than fingernail clippers; curved or straight jaws; use only high-quality professional clippers</p> 	<p>Curette- small, scoop-shaped implement used for more efficient removal of debris from the nail folds, eponychium, and hyponychium</p> 	<p>Nail Rasp- metal implement with a grooved edge used for filing and smoothing the edges of the nail plate; files in one direction</p> 
<p>Pedicure Nail File- medium grit works well for shaping toenails and fine grit is perfect for finishing and sealing the edges</p> 	<p>Foot File (also known as a paddle)- large, abrasive file used to smooth and reduce thicker areas of a callus; come in many different grits and shapes; disposable; if a reusable handle style is used, the handle must be disinfected before reuse</p> 	<p>Nipper- used to trim tags of dead skin; do not use on clients with diabetes or psoriasis</p> 

Materials- are supplies that are designed to be used once and replaced for each client; they are not reusable

<p>Toe separators- made from foam rubber or cotton; used to keep toes apart while polishing the nails; new ones must be used on each client</p> 	<p>Pedicure Slippers- single-use paper or foam slippers; specially designed not to touch the nails when being worn</p> 	<p>Gloves- must be worn to avoid repeated exposure to pedicure water; protects against exposure to pathogens; a new set must worn for each pedicure and then thrown away</p> 
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Professional Pedicure Products- many of the same products as used in manicures with the addition of some unique to pedicures

<p>Foot soaks- products containing gentle soaps, moisturizers, and other additives that are used in the pedicure bath to cleanse and soften the skin</p> 	<p>Exfoliating Scrubs-water-based lotions that contain an abrasive; gently massaged on legs and feet to remove dry, flaky skin and calluses</p> 	<p>Foot Lotions or Creams- used to condition and moisturize the skin of the legs and feet, to soften calluses, and to provide slip for massage</p> 
	<p>Callus Softeners- designed to soften and smooth thickened tissue (calluses); applied directly to the client's heels and over pressure-point calluses</p> 	<p>Masks- concentrated treatment products composed of mineral clays, moisturizing agents, skin softeners, aromatherapy oils, extracts, and other beneficial ingredients to cleanse, exfoliate, tighten, tone, hydrate, and nourish the skin</p> 

ABOUT PEDICURES (p.851-858)

<p>Choosing Pedicure Products Check the quality of a company's products; be sure the products are designed to work well together Check the quality of the company's educational support Be sure to follow the manufacturer's directions</p>	<p>Service Menu Tailor your service menu to meet the lifestyle and requests of your clientele Offer short services as well as full services (nail trimming, massage, polish)</p>
<p>Interaction During the Service Offer products to the client that may be used at home; do not offer DURING the service if the client would prefer peace and quiet- wait until the polish portion or when closing the service There should be no distractions during the service (phone calls, talking to other clients or service providers)</p>	<p>Scheduling Remind female clients not to shave within 48 hours of a pedicure; reschedule an appointment if a client says she has shaved within the last 48 hours (shaving may open microscopic nicks which can open the way to infection) Be sure to know how long it will take you to complete each stay of a service and try to stick to that schedule; clients do not like to be kept waiting</p>
<p>Spa Pedicure Basic pedicure- massage performed on the foot only Spa pedicure- massage performed on foot and lower leg; mask is applied on foot/leg; another upgrade is the addition of aromatherapy lotions, oils, paraffin, and other specialty products</p>	<p>Elderly Clients Never cut the tissues or push back the eponychium Discuss health issues Do not perform pedicures on people with diabetes and circulatory issues without a doctor's permission</p>
<p>Pedicure Pricing Most salons have price lists If you need to make your own price list, decide what to charge for a basic pedicure and then set your prices for more upscale services</p>	<p>Pedicure Massage According to surveys, massage is the most enjoyed part of the pedicure service Foot and leg massage is similar to hand and arm massage Effleurage is the most used technique</p>
<p>Reflexology Unique method of applying pressure with thumb and index fingers to the hands and feet Has demonstrated health benefits Requires specialized, hands-on training</p>	<p>Ergonomics Pay attention to your body positioning Stretch before and after each manicure after each pedicure to keep your body limber</p>

DISINFECTION (p. 859-862)

Improper cleaning of the pedicure bath may lead to health and safety concerns for salon clients.

Must use an EPA-registered hospital disinfectant that the label claims is a broad spectrum bactericide, virucide, and fungicide

Procedures for disinfecting whirlpool foot spas, air-jet basins, pipeless foot spas, and non-whirlpool foot basins or tubs are described on pages 859 through 862 in your textbook.

Procedures for the basic pedicure as well as the foot and leg massage are described on pages 863 through 870 in your textbook.