



BiteSize
Beauty

Pedicure



Contents

Page 1 Introduction

Page 2 Contra-indications

Page 11 Preparation of the Pedicure Work Area

Page 21 Treatable Nail Conditions

Page 24 Pedicure Procedure

Page 29 Filing the Free Edge

Page 32 Cuticle Work

Page 35 Exfoliation





Page 36 Foot and Lower Leg Massage

Page 43 Nail Painting

Page 48 Aftercare and Homecare Advice

Page 51 Muscles of the Leg and Foot

Preparation of the Pedicure Work Area

<p>Varnish Remover</p> 	<p><i>A solvent which is used to remove nail varnish.</i></p>	<p>Acetone Glycerol Perfume</p>
<p>Cuticle Cream</p> 	<p><i>Designed to soften, nourish and moisturise the cuticle area.</i></p>	<p>Mineral oils Beeswax Lanolin</p>
<p>Cuticle Remover</p> 	<p><i>Used to loosen and dissolve the cuticle and dead skin cells that are stuck to the nail plate.</i></p>	<p>Sodium Hydroxide or Potassium Hydroxide N.B. Always rinse the product off as it is a skin irritant.</p>
<p>Foot Scrub</p> 	<p><i>Desquamates the skin leaving the feet feeling invigorated and the skin smooth and soft.</i></p> <p>Desquamate - to remove surface dead skin cells.</p>	<p>Abrasive ingredients e.g. Pumice Peppermint Tea tree</p>

Pedicure Procedure



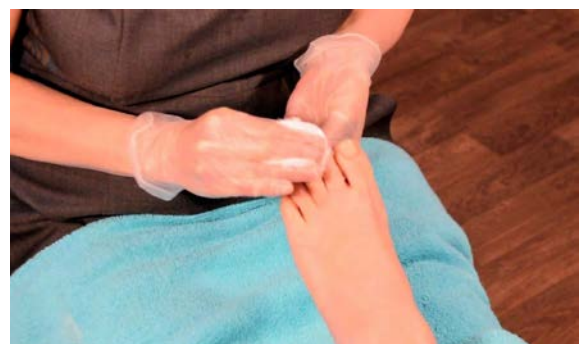
1. Set up your work area with products, consumables and sterilised tools.
2. Check for contra-indications.

3. Position the model comfortably and ask them to remove their shoes and socks/tights.
4. Wash your hands with soap and dry thoroughly, apply gloves.
5. Spray the model's feet with a pre-treatment foot spray and wipe over with a cotton pad. Analyse the condition of the nails, cuticles and skin and re-check for any contra-indications.



6. Bathe the feet in warm water that has an antiseptic foot soak solution added. (You can use an antibacterial soap solution).

7. Dry the model's left foot and remove any nail varnish while checking again for contra-indications that the nail varnish may have covered up.





8. Clip the nails straight across using the toe nail clippers, file the nails with the coarse side of the emery board.

9. Apply cuticle massage cream to the cuticles with a tipped orange stick and massage into the cuticles using the fingers or thumbs. Place the foot back into the water.



10. Repeat stages 7 - 9 on the right foot.



11. Remove the left foot from the water and dry. Apply cuticle remover with a dressed orange stick, using a hoof stick apply small circular movements to push back the cuticles.

12. Work on the cuticle area with the cuticle knife, taking care not to scratch the nail plate.



Foot and Lower Leg Massage



1. **Effleurage** - Stroking from the toes to the knee using both hands - 6 times.



2. **Petrissage** - Thumb kneading to the Tibialis Anterior (shin muscle) using both thumbs - 6 times.



3. **Petrissage** - Palmer kneading to the Gastrocnemius (calf muscle) - 6 times.



4. **Tapotement** - Cupping to the Gastrocnemius - 6 times.



5. **Tapotement** - Whipping to the toes - 6 times.

Discover more secrets of the Beauty World with our easy to follow Bitesize Beauty Guides and Video Tutorials

Facial



Lashes & Brows



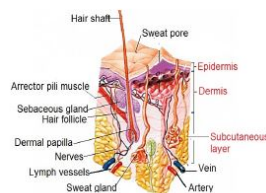
Make-up



Manicure



Anatomy & Physiology



Pedicure

