



Module 7 : How to Perform a Pedicure

- What you need to perform a pedicure
- How to remove old nail polish
- The best way to take care of cuticles and calluses
- How to polish the nails

By the end of this module, you should be know:

- What you need to perform a pedicure
- How to remove old nail polish
- The best way to take care of cuticles and calluses
- How to polish the nails

7.1: How to Perform a Pedicure

The majority of women love to show off their pedicured feet in warm weather.

Part of this process involves having pristine toes, and in some cases men like to make the most of their feet too.

In the absence of an ability to perform their own pedicures, men and women seek out nail technicians in their locality. Unlike manicures, pedicures are quite difficult to perform at home. A lot

of bending and flexing is involved, which means salon treatments are the preferred method.

7.2: What do you Need to Perform a Pedicure?

Equipment and products needed:

- Foot spa or basin for holding soaking water
- Towels
- Disinfectant spray
- Non-acetone nail polish remover or non-acetone nail polish remover pads
- Cotton pads (if using nail polish remover)
- A foot file or pumice stone
- Foot scrub/exfoliator
- Cuticle remover
- Moisturiser/Foot cream
- Nail files/emery board, buffers, cuticle sticks, nail clippers, cuticle nipper
- A polish of the client's choosing
- A high quality base coat and top coat

7.3: How do you Perform a Pedicure?

Prepare your equipment

Prepare your tools and products. Also get the foot spa ready for use before the client comes, so you are prepared. Always make sure you test the temperature first before the client puts their feet in.

Prepare your equipment



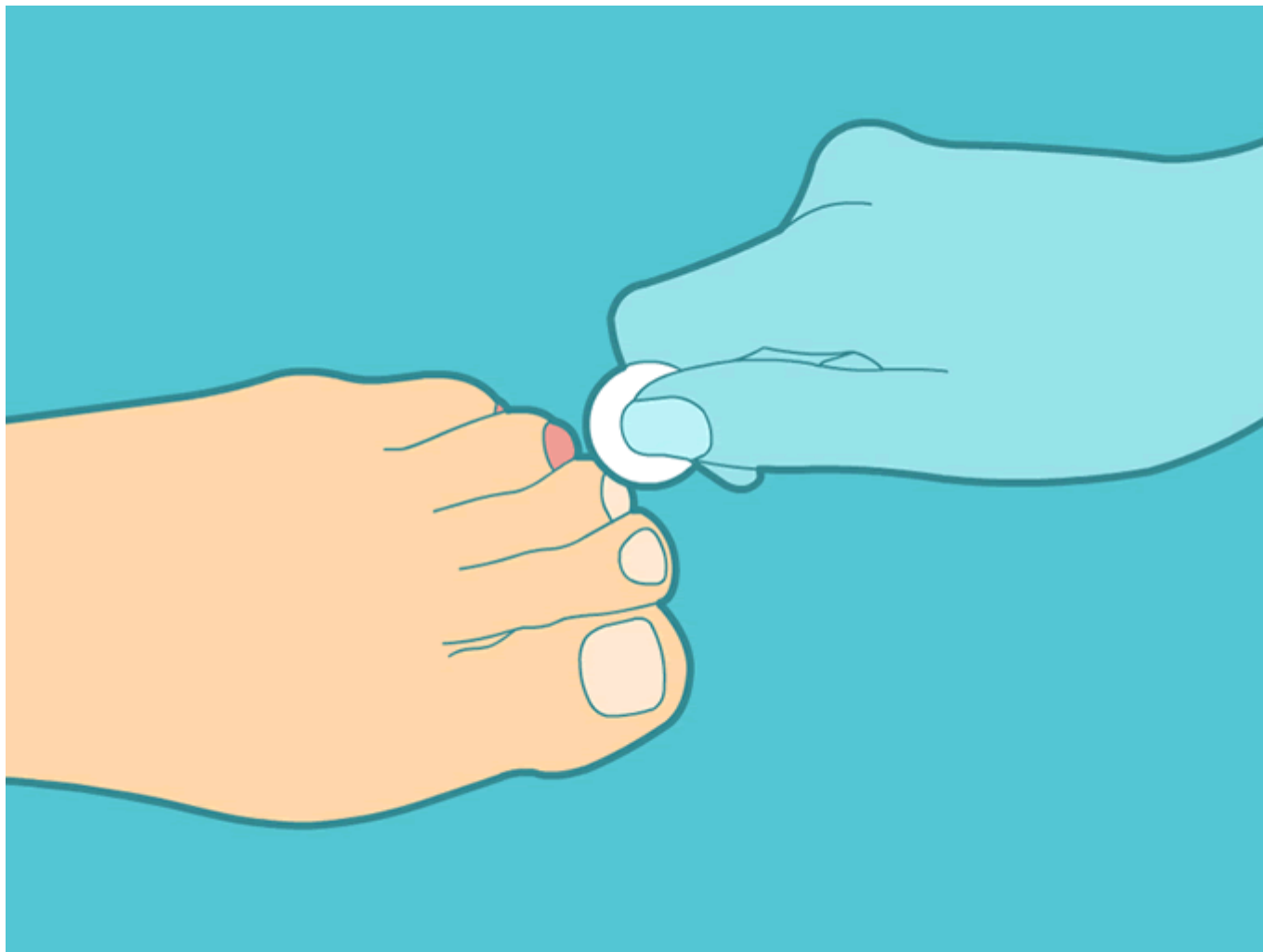
Sanitise and remove old nail polish

Apply disinfectant spray to the feet. Wipe over the client's nail bed to remove any excess polish, using non-acetone remover.

As with manicures, whether you can see any nail polish or not, you should go ahead and remove it. This removes any clear residue that could be present and ensures the nail is completely cleansed for polishing.

Non-acetone remover will be sufficient. Acetone remover is not recommended for this treatment, being too harsh.

Remove old nail polish



Buff calluses

Start by removing the dead skin from the client's feet - this can be with a pumice stone, tool or machine.

Sometimes the client may need this done after the exfoliation as well.

Take the pumice stone or foot file and begin tackling the calluses as you see them. Work on them until they are smooth, but only use light movements. You're working on human skin, not a rusty gate. You only need to smooth the calluses so they look good.

Now this is a vigorous part of the treatment. People come to you after a winter of stuffing their feet into socks, tights, and tough shoes because they need their feet to look less rough. This means you are going to need to tackle their calluses, which you can usually find on the big toes, around the balls of the feet, and the heels.

Note - runners may not want calluses removed. This is because runners spend a while building their calluses up, so that their trainers do not rub their feet. As such, chat each client's needs over with them individually.

Buff calluses



Exfoliate the feet

Exfoliate over the client's feet and ankles - this will be more of a harsh exfoliator as the feet tend to be drier and get more hard skin.

Cover the feet completely and massage the exfoliator into them in an upward motion for about two to three minutes on each foot. Try to move past the ankles a little, as this allows you to tackle the feet in their entirety.

Exfoliate the feet



Soak you client's feet

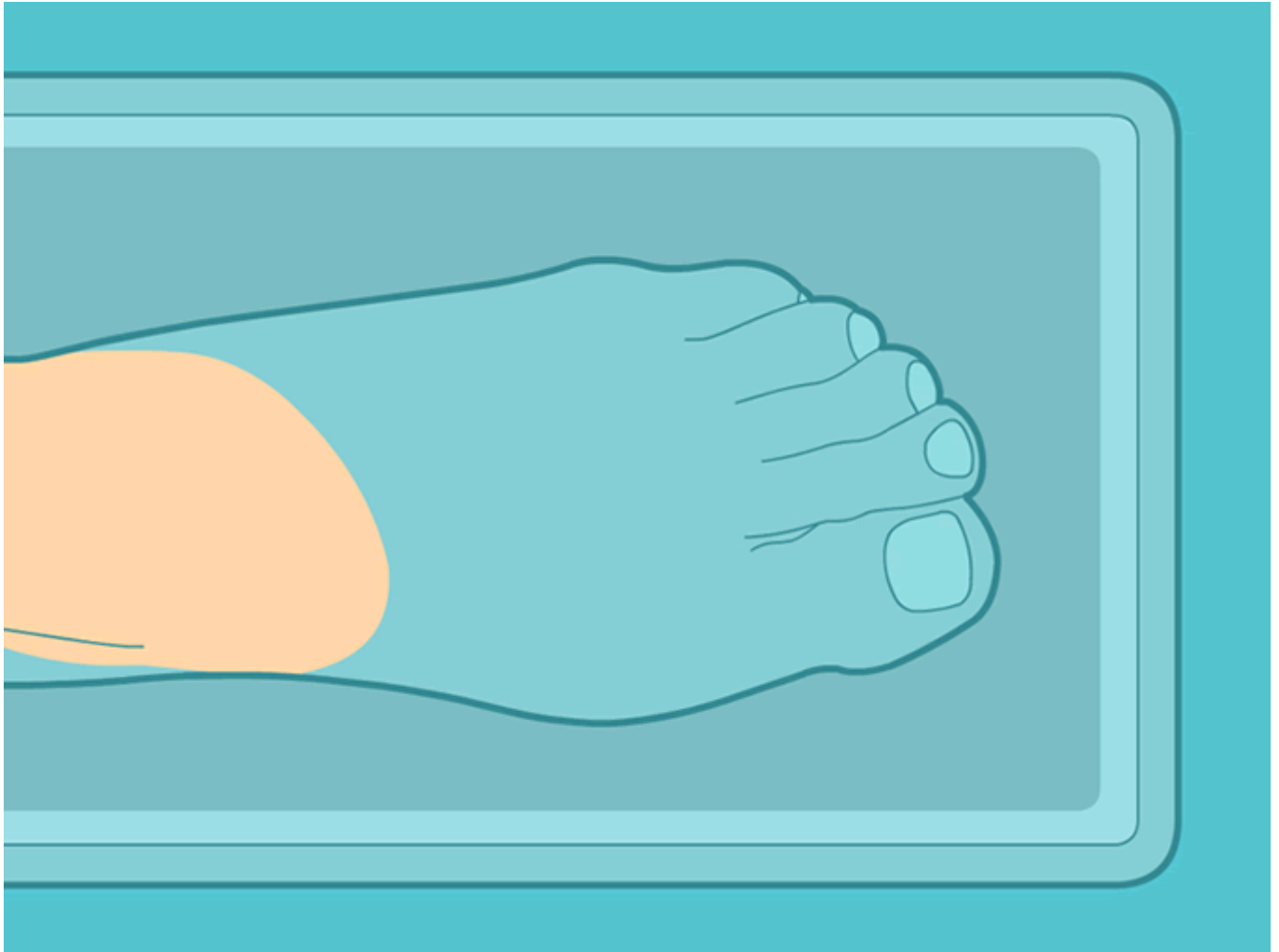
Then get the client to put their feet in the foot spa (or soak basin). Soak for 10 minutes.

Unlike the hands, which are relatively soft anyway, the feet need 10 minutes of soaking to soften. Soaking for this long makes it easier to remove dead skin later. Again, you may want to shave a couple of minutes off if you are dealing with runners.

While the client is having his or her feet soaked, consider getting them a magazine or a drink.

Gently remove the exfoliator whilst the client's feet are soaking and get them to put one foot up on the stool or your leg - pat the client's foot dry and if needed go over again with the dead skin remover - repeat on other foot.

Soak your client's feet

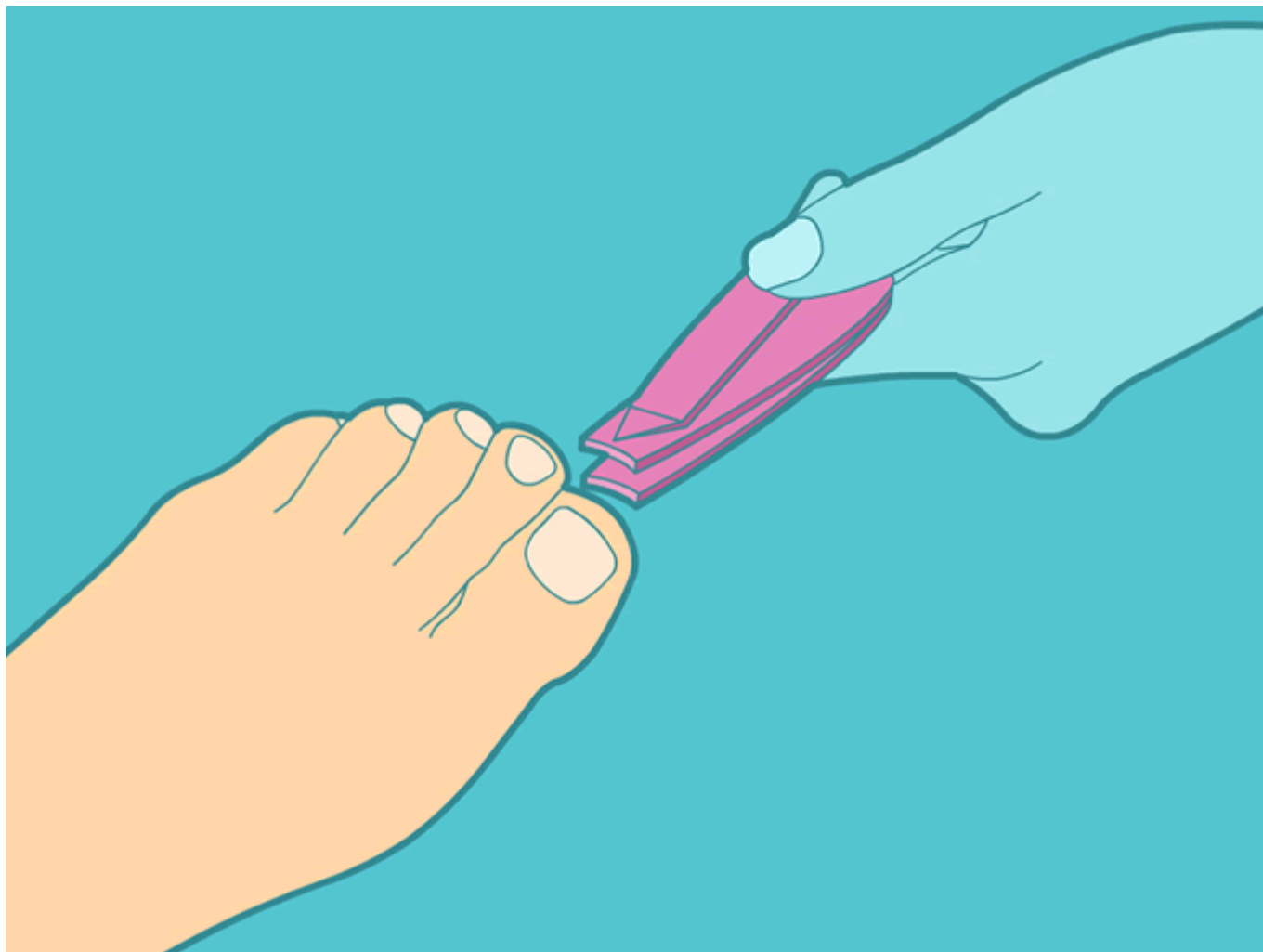


Clip and shape the toenails

Clipping the toenails is essential. Toe nails tend to snag and generally look unattractive when long. Using a toe nail clipper, remove as much excess nail as you can. The aim is to make it so that the nail barely grazes your finger when you run it across the tip of the toe.

After clipping the toe nails, you need to shape them using a file or emery board. In many cases, clients prefer to have toe nail shapes that bridge the gap between square and round. This is also known as a 'soft square'. While doing this, try to hold your file at a 45-degree angle.

Remove excess nail

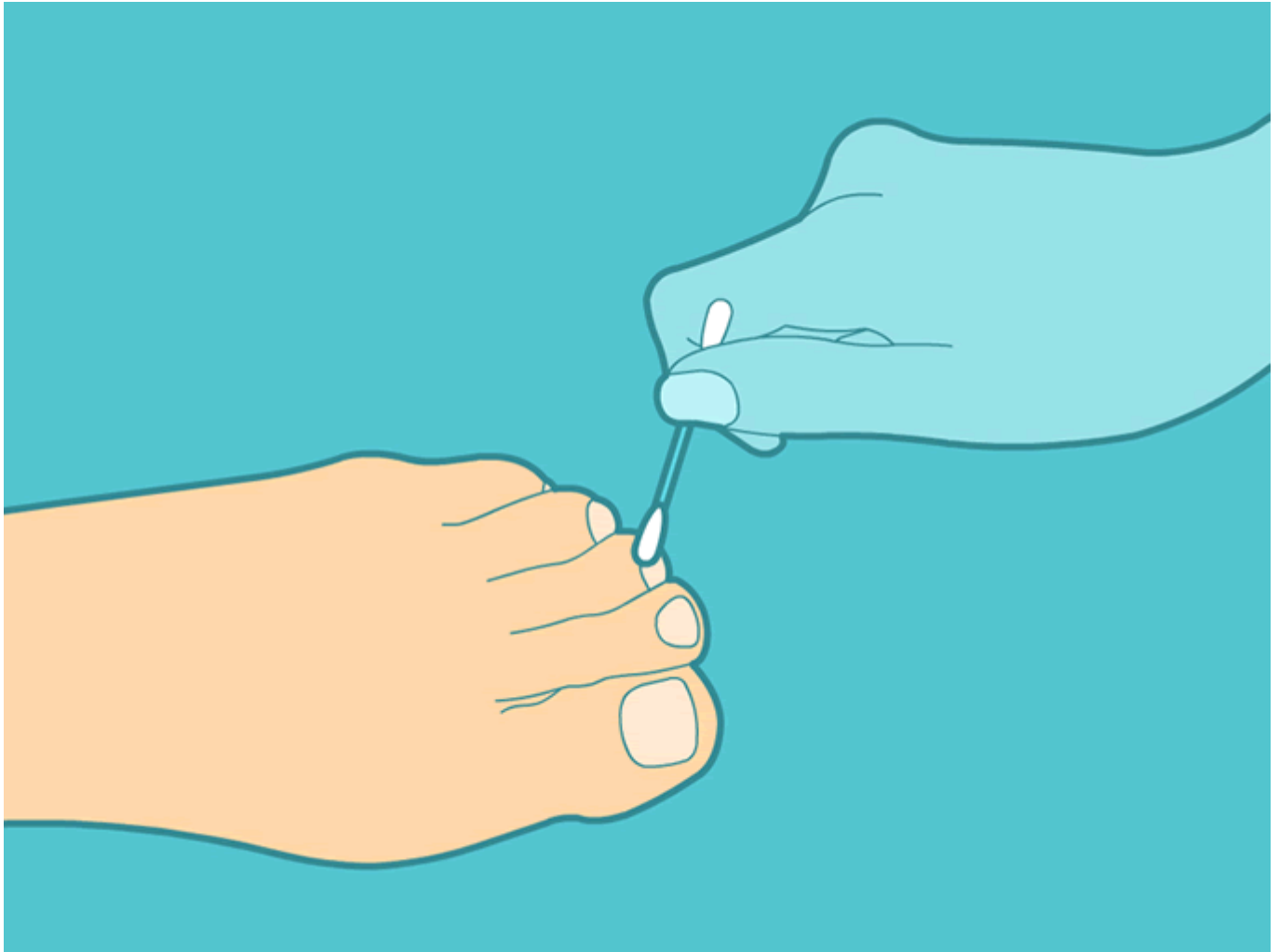


Taking care of the cuticles

Apply cuticle remover and soak feet again. Dry feet and push back the cuticles, removing any loose cuticle. Use the cuticle stick to push them back a little, but as with the hands, you do not want to push the cuticles too far back. Doing so can lead to bacterial infections, as it breaks down the barrier between the nail plate and nail bed. Use cuticle nippers to tidy cuticles, if needed.

Use nail polish remover to take the cuticle remover off and then proceed to massage the client's feet/ankles/leg with moisturiser. (At this point you may want to move the foot spa away as this can start to get in the way - this can be done by a colleague.)

Now it's time to focus on the cuticles



Moisturise and massage the feet

This is one of the most relaxing elements of a pedicure.

As the feet are tougher and have thicker skin than most of the body, you will need to use a moisturiser that is specifically designed for them.

You may want to take two approaches here. If you are performing a basic pedicure, moisturise the feet generously and move the moisturiser upwards as you did when you were using the exfoliator.

If, on the other hand, you're performing a luxury pedicure, you may first want to leave the moisturiser to soak like a mask. You can do this with specialist wraps and socks. Leave it for 10 minutes and offer the client a magazine or a beverage while they wait for the moisturiser to soak in.

Once you have finished moisturising and massaging, make sure you use a little nail polish remover to remove the excess from the nails. Being an oil-based product, moisturiser does not make it easy for you to paint nails. Make sure to wipe the nail beds really clean and see if any buffing needs doing.

Moisturise and massage the feet



Polishing the nails

Before you begin polishing the nails you may want to use a toe separator - so that when the toenails are painted, contact with one or more adjacent toes/toe nail is avoided. This saves embarrassing accidents that you will only have to correct afterwards.

Toe separator



You then need to paint the toes using the following approach:

- Apply the base coat first and wait for two minutes
- Add a first coat of colour polish and wait for two minutes
- Add a second coat of colour polish and wait for two minutes
- Apply top coat to seal your work - two coats recommended.

Apply polish



Even when it looks as though your work is dry, the chances are it isn't. Nail polish will be 'touch dry' after 15-20 minutes but will still be easily damaged. As such, your client should ideally allow up to one hour to ensure all fully dried.

Using a specialist salon dryer will help nails dry quicker.

For nail polish to dry on feet - always advise your client to bring flip flops with them to their appointments as this will save them waiting an hour, and also putting their foot back in their shoe which will ruin the polish.

NOTE: The routine in which your pedicures are carried out may depend on your training and what the salon use.

7.4: Instruction Video

How to Perform a Pedicure - 18m 03s

Go and Practice

Estimated time: 60+ minutes

Find a friend or family member and practice a pedicure on them following the step by step instructions as set out in this module of the course.

Module Summary

In this module you learned how to complete a pedicure. Unlike a manicure, pedicures require a lot more effort when it comes to softening the skin. As such, they take longer. With the right approach, you can deliver a pedicure that is both beautiful and practical.

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