

26



PEDICURING

LEARNING OBJECTIVES

After completing this chapter, you will be able to:

LO 1

Describe the equipment used when performing pedicures.

LO 2

Identify materials only used when performing pedicures.

LO 3

Describe the function of callus softener in a pedicure procedure.

LO 4

Explain the differences between a basic pedicure and a spa pedicure.

LO 5

Define *reflexology* and its use during a pedicure procedure.

LO 6

Summarize the importance of cleaning and disinfecting a pedicure bath.

OUTLINE

WHY STUDY PEDICURING? 901

LEARN THE TOOLS AND MATERIALS USED DURING PEDICURES 901

KNOW ALL ABOUT PEDICURES 909

PROPERLY CLEAN AND DISINFECT FOOT SPAS 916

PERFORM PROCEDURES 918

A **pedicure** is a cosmetic service performed on the feet by a licensed cosmetologist or nail technician. Pedicures can include exfoliating the skin; reducing calluses; and trimming, shaping and polishing the toenails. Often pedicures include a foot and leg massage as well. Though pedicures have been performed as foot care since ancient times and in the beauty industry for decades, they were relatively rare even as recently as the late 1980s.

In the 1990s, with the development of the spa industry and new pampering equipment, techniques, and products, pedicures exploded onto service menus and became the fastest-growing service in the industry. Currently pedicures are a regular ritual in many clients' personal-care regimen. Pedicures are now considered a standard service performed in salons by cosmetologists.

The information in this chapter will provide you with the skills you need to perform beautification and routine care on your clients' feet, toes, and toenails. Pedicures are now a basic part of good foot care and hygiene and are particularly important for clients who are joggers, dancers, and cosmetologists—or for anyone who spends a lot of time standing on his or her feet.

Pedicures are not merely manicures on the feet. Although the basic services are similar, pedicures require specific skills; more knowledge of chronic illnesses, disorders, and diseases; and knowledge of the additional precautions for performing the service.

Pedicures present more potential for damage to clients than do manicures. Experts recommend that you become proficient in performing manicures before learning how to perform pedicures. Pedicures create client loyalty, produce considerable income, and can be important preventive health services for many clients. In short, pedicure services offer something for everyone. Once your clients experience the comfort, relaxation, and value of a great pedicure, they will return for more. For these reasons, you would be wise to perfect your pedicure skills while in school.



why study PEDICURING?

Cosmetologists should study and have a thorough understanding of pedicuring because:

- > It will enable you to add this very desirable service to your service offerings.
- > It is important to differentiate between the various pedicure tools and to know how they are properly used.
- > It will allow you to perform a pedicure safely and correctly.

After reading the next few sections, you will be able to:

- LO 1 Describe the equipment used when performing pedicures.
- LO 2 Identify materials only used when performing pedicures.
- LO 3 Describe the function of callus softener in a pedicure procedure.

Learn the Tools and Materials Used During Pedicures

In order to perform pedicures safely, you must learn to work with the tools required for this service and to incorporate all safety, cleaning, and disinfection procedures as written in your state's regulations. The tools include the standard manicure tools plus several that are specific to the pedicure service. Again, the four types of nail technology tools that you will incorporate into your pedicure services include:

- Equipment
- Implements
- Materials
- Professional pedicure products

Equipment

Equipment includes all the permanent tools used to perform nail services that are not implements. Some permanent equipment for performing pedicures is different from that used for manicures.

Pedicure Station

A pedicure station includes a comfortable chair with an armrest and footrest for the client and an ergonomic chair for the cosmetologist.



figure 26-1
Comfortable chair and pedicure chair

Design and location vary according to several factors, such as the size of the area, the size of the pedicure station, the location of the water and low-noise areas in the salon, and the cost of equipment and installation (figures 26-1 through 26-3).

Pedicure Stool and Footrest

Pedicures can present challenges to the service provider in maintaining a healthy posture while performing the service. For that reason, the cosmetologist's pedicuring stool is usually low to make it ergonomically easier for the pedicurist to work on the client's feet. Some stools come with a built-in footrest for the client, making it easier for the stylist to reach the client's feet. Alternately, a separate footrest can be used. Your seat must be comfortable and allow ergonomically-correct positioning (figures 26-4 and 26-5).

Pedicure Foot Bath

The pedicure foot bath varies in design from the basic stainless steel basin to an automatic whirlpool that warms and massages the client's feet (figure 26-6).

The soak bath is filled with comfortably warm water and a product to soak the client's feet. The bath must be large enough to completely immerse both of the client's feet comfortably.

Basin soak baths can be large stainless steel bowls or beautiful ceramic ones. Transportable professional foot baths can be purchased from beauty supply stores or industry manufacturers. They must be manually filled and emptied after each client's service.

A step above the portable water baths is the more customized pedicure unit, which has a removable foot bath and the technician's stool built into one unit. These are more ergonomically designed for the cosmetologist and more professional than sitting on the floor to perform the service. A portable pedicure unit includes a place for the foot bath and a storage area for supplies.

Portable water baths are now available that have inserts that fit inside the bath for containing the water for the feet to soak. A new insert is



figure 26-2
Sturdy pedicure center with removable and adjustable footrest



figure 26-3
A fully plumbed station comes with many options.



figure 26-4
Low pedicure chair with back support



figure 26-5
Pedicure chair with drawers and back support

Courtesy of European Touch.

Courtesy of European Touch.

placed inside the foot bath for each client and then thrown away after the pedicure. The next step up in cost and ease of use is the portable foot basin with built-in whirlpool-action (figure 26-7). These baths add an extra touch to the service with the gentle massaging action the whirlpool. The bath is filled from the sink through attachable hoses. After the service, the bath is drained by pumping the water back into the sink through these hoses. It has a built-in footrest; the surrounding cabinet has areas for storage of pedicure supplies.

The ultimate pedicure foot bath is the fully plumbed whirlpool with the attached pedicure chair, sometimes referred to as a throne-design chair. These units are not portable. They are permanently plumbed to both hot and cold water sources as well as to a drain. Most units have a built-in massage feature in the chair and a warmer, which adds to the relaxation of the client. Recently, many throne-type chairs are available with a self-cleaning and disinfection cycle built into the bath.

Pedicure Carts

Pedicure carts are designed to keep supplies organized. Many different designs are available that include a hard, flat surface for placement of your implements and in-service supplies, as well as drawers and shelves for storage of implements, supplies, and pedicure products. Most are on rollers to allow them to be pushed aside when not in use. Some units include a space for storage of the foot bath. Most take up very little space and greatly aid in organization of the area (figure 26-8).

Electric Foot Mitts (Optional)

These heated mitts, similar to electric manicure mitts but shaped for the feet, are designed to add a special touch to a more-than-basic pedicure. Pedicures in which these are used are a higher-cost service, or they can be included in a lower-cost service for an added fee (an upgrade). After a foot massage, a conditioning lotion or a mask is applied to the feet, and then they are placed in a plastic wrap or cover. Finally, the feet are placed inside the warm, electric foot mitts. A **mask**, also known as a *masque*, is a concentrated treatment product often composed of mineral clays,

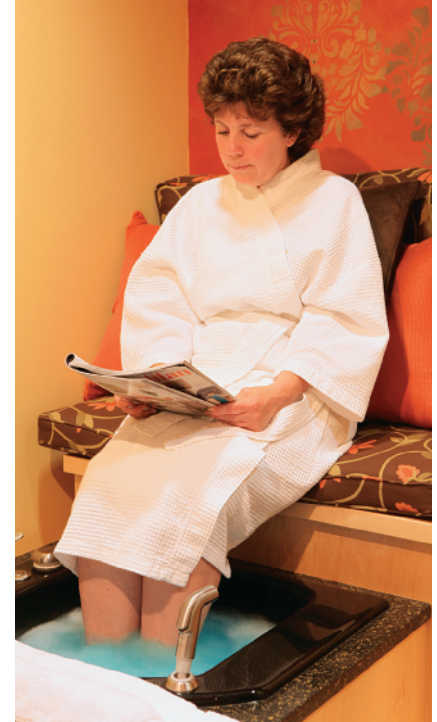


figure 26-6
Self-contained foot bath with hose

STATE REGULATORY ALERT!

Before purchasing any pedicure equipment check with your state board on which pedicure units are permitted. If you are unsure which pedicure unit is which, you can refer to Chapter 5, Infection Control: Principles and Practices, for the section called “Which Foot Spa Do I Have?” on page 91.



figure 26-7
Typical portable foot bath with a whirlpool fan



figure 26-8
Pedicure cart with drawers

Courtesy of European Touch.

moisturizing agents, skin softeners, aromatherapy oils, botanical extracts, and other beneficial ingredients to cleanse, exfoliate, tighten, tone, hydrate, and nourish the skin.

The warmth provided by the mitts helps the conditioning agents of the mask penetrate more effectively, adds to the comfort of the service, and provides ultimate client relaxation.

Terry Cloth Mitts (Optional)

These washable and reusable mitts, available for both hands and feet, are placed over a client's feet after a penetrating conditioning product and a plastic cover have been applied. Terry cloth mitts are routinely used over paraffin and a cover, as they hold in the heat provided by the warmed paraffin to encourage the conditioning of the feet or hands by the product. These mitts allow the paraffin to harden to perform its barrier function while electric mitts do not.

Paraffin Bath (Optional)

As discussed in Chapter 25, Manicuring, paraffin is an especially wonderful treatment in a pedicure (figure 26-9).

Although many clients, salon and spa owners, and cosmetologists prefer other paraffin application methods, the traditional method is to dip and re-dip the hands and feet three to four times into the larger paraffin bath. Once paraffin has been used on a client, it must be discarded. It is against state board regulations to re-melt and re-use paraffin. Aside from the other benefits mentioned in Chapter 25, such as relaxation and the warmth to enable penetration of products, the deep, moist heat in the paraffin aids in the reduction of pain and inflammation and promotes circulation to joints affected by arthritis and other chronic problems.

Some unique health precautions for the application of paraffin must be considered for pedicure clients who are chronically ill. Do not provide the paraffin wax treatment to clients with lesions or abrasions, impaired foot or leg circulation, loss of feeling in their feet or legs, or other diabetes-related problems. Further, the skin of elderly clients may be thinner and more sensitive to heat, so a pre-service wax patch test must be performed to ensure the client will be comfortable having the treatment.

Hot Stones (Optional)

Hot stones are generally used in pedicures, not manicures, though they can be incorporated into manicures also. Hot stone pedicures are usually an upscale service included in the massage of the feet and legs. The name, however, is misleading—the stones are not hot, they are merely comfortably warm. The stones are smooth and typically **basalt**, a dark, fine-grained volcanic rock. The movements are up, towards the heart, and are not aggressive. They provide a deep, penetrating, and comforting heat that enhances relaxation and increases circulation.

In many cases, it is recommended that a sheet or towel be placed as barrier in between the stones and skin. Massage therapists, for instance, are required to take a course on stones before they can even receive insurance. Test the warmth of the stones on your arm for

figure 26-9
Paraffin foot bath



comfort, and then check with the client during your first movement for his or her comfort with the heat.

The stones are scrub-cleaned between clients to prevent transfer of infection, then disinfected. Disinfecting your stones ensures that you do not inadvertently transfer bacteria, fungus, or virus from one client to another. Check with the company you purchased the stones from for their recommendations and policies on disinfection of the stones.

Implements

The implements mentioned in Chapter 25, Manicuring, are used in pedicures also. There are, however, implements that are specific for use in pedicures. Following is a list of these pedicure-specific implements.

Toenail Clippers and Nippers

Toenail clippers are larger than fingernail clippers, with curved or straight jaws specifically designed for shortening toenails. Use only professional toenail clippers made especially for cutting toenails (figure 26-10). They have a wider space between the jaws, allowing them to cut thicker nails. Always clean the clippers well and disinfect them after use. For your client's safety, use only high-quality stainless steel implements made specifically for performing professional pedicures. Professional stainless steel implements will also last longer and make your job easier. Take care not to clip the nails too short and not to break the seal of the hyponychium, an important protection of the toenail unit from infection.

Another professional tool used to shorten toenail length is a toenail nipper. **Toenail nippers** are similar in design to fingernail nippers but are larger, much stronger, and used to trim the toenail as opposed to trimming the excess cuticle (figure 26-11). They have a larger hinge box and longer and thicker jaws. This design allows the toenail nippers to be used in shortening the nail, whereas fingernail nippers are generally for removing dead skin. Toenail nippers must be used carefully to prevent trapping the skin of the toe in the jaws. The tips of the jaws are the cutting area of the jaws. They are held at a 45-degree angle to the nail tip, and small nips of the nail are taken slowly across the free edge to trim the nail.

Curette

A **curette** is an implement with a small, scoop-shaped end that, if carefully used, allows for more efficient removal of debris from the nail folds, eponychium, and hyponychium areas. Currettes are ideal for use around the edges of the big toenail plate (figure 26-12). A double-ended curette, which has a 0.06 inch (1.5 mm) diameter on one end and a 0.1 inch (2.5 mm) diameter on the other, is recommended. Some are made with a small hole, making the curette easier to clean after it has been used.

Currettes require gentle and careful maneuvers to prevent damage to the skin in the nail folds. Never use currettes to cut out tissue or debris that is adhering to living tissues. Cosmetologists must never use currettes with sharp edges because doing so can result in serious injury. Only those with dull or rounded edges are safe and appropriate for use by cosmetologists.



figure 26-10

Toenail clippers are specifically designed for cutting and shortening toenails.

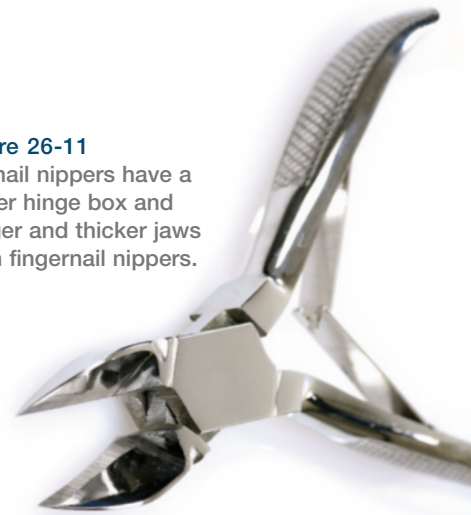


figure 26-11

Toenail nippers have a larger hinge box and longer and thicker jaws than fingernail nippers.

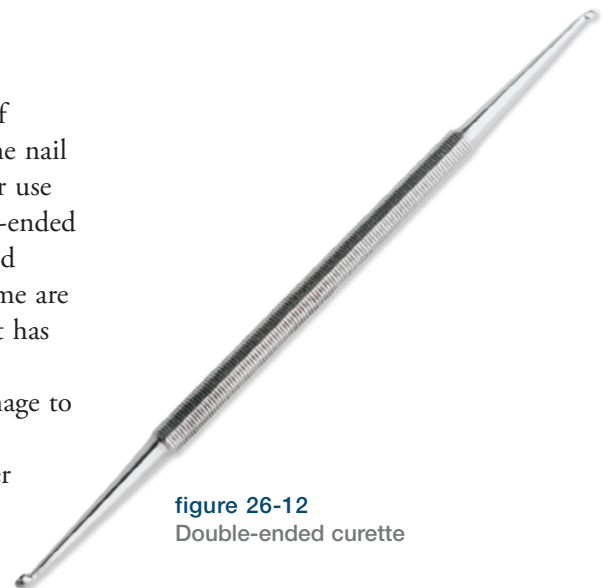


figure 26-12

Double-ended curette



figure 26-13
Nail rasp

To use a curette, place the rounded side of the spoon toward the sidewall of living skin. A gentle scooping motion is then used along the nail plate to remove any loose debris. Take care not to overdo it. Do not use this implement to dig into the soft tissues along the nail fold, as injury may occur. If the tissue is inflamed (i.e., ingrown toenail), the client must be referred to a qualified medical doctor or podiatrist.

Nail Rasp

A **nail rasp** is a metal implement with a grooved edge used for filing and smoothing the edges of the nail plate. Ask your instructor to demonstrate its correct use for you. It is designed to file in one direction and has a filing surface of about $\frac{1}{8}$ " \times $\frac{3}{4}$ " (3.2 mm \times 19 mm) attached to a straight or angled metal handle (figure 26-13). The angled rasp is recommended because it is easier to control under the free edge of the nail.

The rasp is placed under the nail, angling the point of the rasp at the center of the nail and the remaining portion toward the side free edge; it is then gently pulled toward the lateral edge of the nail to reduce the sides of the free edge that might grow into the tissues and potentially cause an ingrown nail. This is a prevention tool in the hands of a nail technician. Never use it on nails that are already ingrown; refer clients with ingrown nails to a podiatrist. The rasping process may be repeated to make sure there are no rough edges remaining along the free edge; however, *do not overfile*.

As you become proficient in the use of a nail rasp, you will find it to be an invaluable and time-saving implement as well as an important prevention tool for ingrown toenails. Take special care with this tool: Never use it on the top of the nail or past the hyponichium area of the side of the free edge, as it can roughen the top or damage the skin and initiate infections.

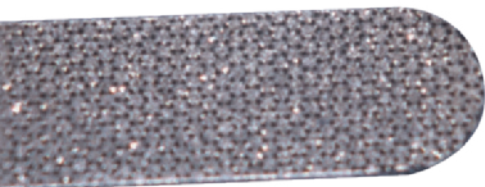


figure 26-14
Metal abrasive file

Pedicure Nail File

For toenails, a medium-grit file will work best for shaping, and a fine-grit file will work best for finishing and sealing the edges. In general, if an abrasive file cannot survive proper cleaning and disinfection procedures without being rendered unusable, it must be considered single-use and be thrown away or given to the client for home use.

Some cosmetologists use a metal file on toenails (figure 26-14). Check with your instructor to find out whether a metal file is legal in your state. Metal files must be either cleaned and then disinfected, or cleaned and then sterilized after each use and before reuse.

Foot Files or Pedicure Paddles

Large **foot files**, also known as *pedicure paddles*, are designed to reduce and smooth thicker foot calluses (figure 26-15). Thicker calluses may be found on the heel, the ball of the foot, and on the side of the great toe. Calluses form from excessive pressure on the foot and provide the extra protection the foot needs. Foot files and paddles are used to reduce and smooth calluses to create softer skin. They are not meant to completely remove the callus, as this can cause the client to have sore or tender feet.

Foot files come in many different grits and shapes. They must be properly cleaned and disinfected between each use or disposed of after a single use if they cannot be disinfected properly.



figure 26-15
Foot file for reducing calluses

Many reasonably-priced foot paddles are available for purchase in bulk for single use in pedicures. Foot paddles with disposable and replaceable abrasive surfaces are also available. The handles of these files must be cleaned and disinfected before reuse. Check with your instructor to find out whether these are legal for use in your state.

Materials

All materials mentioned in Chapter 25, Manicuring, are also used in pedicuring. In addition, a few unique materials are used in this service: toe separators and pedicure slippers.

Toe Separators

Toe separators of many designs are available, from foam rubber, one-piece units that fit between the toes to a rope type that is woven between the toes. They are used to keep the toes apart while the technician is polishing the client's nails. The one-piece foam rubber separators are used the most by nail technicians. Toe separators are important for performing a high-quality pedicure (**figure 26-16**). Since toe separators cannot be cleaned and disinfected, a new set must be used on each client and then thrown away or given to the client for at-home use.

Pedicure Slippers

Single-use paper or foam slippers are provided for those clients who have not worn open-toed shoes and want to avoid smudging their newly applied toenail polish or for those that are having other services in the spa. They are specially designed not to touch the nails while being worn (**figure 26-17**).

Professional Pedicure Products

Products for pedicure services include the products discussed in Chapter 25, Manicuring, plus others that are unique to pedicuring. These new product types are:

- Soaks
- Scrubs
- Masks
- Pedicure lotions and creams
- Callus softeners



STATE REGULATORY ALERT!

It is illegal for cosmetologists to cut or dramatically reduce calluses on clients unless the cosmetologist is working as an assistant under the direct supervision of a physician or podiatrist. Cutting falls under the category of medical treatment and is not a cosmetic service. For cosmetologists in most states, cutting is considered outside the scope of practice and will be determined so in lawsuits. The service technician may have to explain this truth to some clients who are accustomed to these illegal activities in other salons. Simply say, "I'm sorry, but cutting is a medical treatment and we are not allowed to use blades for that reason. We have excellent products and procedures to reduce calluses without dangerously cutting your skin."



CAUTION

It is especially dangerous to cut into and damage the skin on the feet of immuno-suppressed clients because the healing of their wounds is a slow, sometimes impossible, process. Do not trim cuticles, use metal pushers, or use sharp implements on clients who have any chronic illness. Even a break in the skin that is so tiny it cannot be seen can cause infection, amputation, and even death.



STATE REGULATORY ALERT!

The OSHA (Occupational Safety and Health Administration) regulations mandate that the technician wear gloves while performing pedicures to prevent exposure to pathogens that may be present on the feet or in the water. A new set of gloves is worn for each pedicure, then thrown away. If the client or cosmetologist is allergic to latex, nitrile gloves should be worn. Check your state for specific requirements. (See Chapter 25, Manicuring, for more information.)



figure 26-16
Toe separators



figure 26-17
Pedicure slippers



DID YOU KNOW?

Avoid excessively abrasive scrubs since they may leave tiny, invisible scratches on clients' skin that can be portals of entry for pathogenic microorganisms. Portals of entry are openings in the skin caused by damage during a professional service.

Foot Soaks

Foot soaks are products that are put into the water in the pedicure bath to soften the skin on the feet during the soak time. A good foot soak product is gentle but effective and thoroughly cleans and deodorizes the feet. Professionally formulated products are designed to properly cleanse without being overly harsh to the skin. Other ingredients may include moisturizers and oils that are designed for use in pedicure baths. The soak sets the stage for the rest of the pedicure, so be sure to use a high-quality product to start your pedicure service on a good note.

Exfoliating Scrubs

These gritty lotions are massaged on the foot and leg to remove dry, flaky skin and reduce calluses. They leave the skin feeling smoother and moisturized. **Exfoliating scrubs** are usually water-based lotions that contain an abrasive as the exfoliating agent. Sea sand, ground apricot kernels, crystals, jojoba beads, and polypropylene beads are all exfoliating agents that may be found in pedicure scrubs. Scrubs also contain moisturizers that help to condition the skin. Cosmetologists must wear gloves when using these products as repeated use will irritate the skin on the hands.

Masks

Masks are concentrated treatment products often 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. They are highly valued by clients. Masks are applied to the skin and remain there for five to ten minutes to allow penetration of beneficial ingredients (**figure 26-18**). Menthol, mint, cucumber, and other ingredients are very popular in foot-care masks.

Foot Lotions or Creams

Lotions and creams are important to condition and moisturize the skin of the legs and feet, to soften calluses, and to provide slip for massage. They are also formulated as home-care products for maintenance of the service and improvement of the skin. Cosmetologists who work in a podiatry or medical office will be introduced to treatment-level lotions and creams that are associated with the improvement of medical conditions of the feet such as extreme dryness (xerosis). Whether you work in a salon, spa, or medical office, get to know your product line well in order to recommend products to aid the client in maintaining the pedicure benefits.

Callus Softeners

Professional strength **callus softeners** are products designed to soften and smooth thickened tissue (calluses). They are applied directly to the client's calluses and are left on for a short period of time, according to the manufacturer's directions. After the product softens the callus, it is more easily reduced and smoothed with files or paddles.

Callus softeners are potent liquid formulas that are left on the callused area for about five minutes. They are acidic and potentially hazardous, and for that reason safety glasses should be worn whenever using or pouring them. Be sure to wear gloves during their use. Used improperly, these products may cause severe irritation to the nail technician's eyes, hands and



figure 26-18
Foot-care masks are applied to hydrate and nourish the skin.

skin, and they may cause post-service dryness. When used correctly and according to the manufacturer's instructions, they are safe and effective. The three most common active ingredients in callus softeners today are urea, salicylic acid, and potassium hydroxide.

1. **Urea** is an organic compound that has a super-hydrating effect on skin cells. Its function within callus softeners is to over-moisturize and hydrate the tough, thick callus. It is a naturally occurring chemical that is produced within many organisms. Most industrial urea is synthetic and produced from carbon dioxide and ammonia.
2. **Salicylic acid** (sal-uh-SIL-ik AS-ud) is an organic acid that derives originally from the bark of willow trees. It has anti-inflammatory properties and has the ability to break down fats and lipids. As of now, it is the only chemical the FDA has approved to be marketed as a callus "remover," and it acts to lift the dead skin cells off of callus for enhanced filing results. Salicylic acid is also used to treat plantar warts and for exfoliating treatments for acne and psoriasis.
3. **Potassium hydroxide** is an inorganic compound that degrades the protein in the callus cells. This works quickly to soften even the toughest of callus in preparation for filing and reducing. Cuticle removers often contain a small amount of potassium hydroxide to help clean the nail plate of dry, stubborn cuticle.



CAUTION

Cuticle removers and callus softeners are potentially hazardous to the eyes. For that reason, safety glasses should be worn whenever using or pouring them. Be sure to wear gloves during their use. Used improperly, these products may cause severe irritation to the cosmetologist's eyes, hands, and skin. Used correctly, they are safe and effective.

After reading the next few sections, you will be able to:

- LO 4 Explain the differences between a basic pedicure and a spa pedicure.
- LO 5 Define *reflexology* and its use during a pedicure procedure.

Know All About Pedicures

Pedicures have become a part of the lifestyle of Americans to the extent that many people get pedicures more often than they have their hair cut. These clients are as choosy about their pedicure as they are about other salon services. As with most beauty procedures, a pedicure is a service that must be practiced and perfected. You must continually search for education and new ideas to keep up with the changes.

P 26-1 Performing the Basic Pedicure *See page 918*

Choosing Pedicure Products

Many pedicure products are available, but the most synergistic ones (those designed to work well together) are developed systems or lines. These products provide the fastest and easiest ways to develop an optimal



DID YOU KNOW?

The basic pedicure does not include the leg massage, only the foot massage, for two reasons: time and money. Most salons schedule less time for the basic pedicure, allowing less time for massage. Second, higher-cost specialty pedicures must be greatly enhanced to be perceived as worth the higher price. The leg massage is one special addition.

pedicure service. They are available from many manufacturers of professional nail and foot products. Before choosing any one line, check out a variety of product lines, compare them, and then decide for yourself which line is best for your clients.

Always check the quality of the company's educational support and its commitment to the cosmetologists using its products. Find other cosmetologists who use the products and discuss the quality of the company's customer service and its shipping competence, and listen closely to their experiences. Look at your research, and make the decision based on which company best meets your and your clients' needs.

When using a manufacturer's product line, follow its recommendations and suggested procedures because these methods have been tested and found to enhance the effectiveness of the product line.

Service Menu

Tailor your foot-care menu of services to meet the lifestyle and requests of your clientele. For example, if your clientele is mostly younger clients, they will probably love nail art on their toes, while the mature clients are more likely to enjoy paraffin wax treatments.

Shorter services are great menu expanders. Not all clients will want or need a full pedicure. Some clients may only want or need a professional nail trimming. Others may want a pampering massage appointment between their full pedicure services to relieve tension and stress. Some may only want a polish change. List these additional services on your menu with your full pedicures to provide options for your clients.

Interaction During the Service

During the procedure, discuss with your client their foot health, an upgrade they may enjoy, and the products that are needed to maintain the pedicure between salon visits ([figure 26-19](#)). However, those that want to



figure 26-19

Discuss foot health and upgrades the client may enjoy throughout the procedure.

drift off should be allowed the peace and tranquility they are seeking. If this is the case, discuss your product recommendations during polishing or when closing the service.

Pedicure clients are often in the salon to relax and be pampered. Offer them refreshment and suggest they sit back and relax, then smile and start the service. Keep your conversation professional; never discuss personal issues, politics, religion, or any other topics that might offend. There should be no distractions for you or the client during the pedicure. Clients purchase this service because of the relaxation it provides. Distractions and too much irrelevant talk can prevent this from happening.

To grow your clientele and to promote the foot health of clients, you must encourage your clients to schedule regular, monthly pedicures. The accepted time between pedicure appointments is generally four weeks because of the slow growth of the toenails. Mention that their feet are in constant use and need routine maintenance. Remind them that proper foot care, through pedicuring, improves both personal appearance and basic foot comfort.

Scheduling

When scheduling a client for a pedicure over the telephone, warn female clients not to shave their legs within 48 hours before the pedicure. Why? Shaving the legs increases the potential presence of tiny microscopic abrasions, and shaving within 48 hours before a pedicure may allow portals of entry for pathogenic microbes, increasing the risk of stinging, irritation, or infection. This policy is an important infection control policy.

To help uphold the policy, post a tasteful sign with the same message in the pedicure area, and place it on your service menu and website where your pedicures are listed. Then, before you place your client's feet in the pedicure soak, ask her when she last shaved her legs—if it was within the last 48 hours, offer her a waterless, basic pedicure that services only her foot and reschedule the pedicure that involves a soak and her legs. It is the responsible thing to do.

Additionally, as a customer service, when clients are scheduling a pedicure appointment, suggest they wear open-toed shoes or sandals so that polish will not be ruined following the service. Many spas provide single-use pedicure slippers for those who forget to wear open-toed sandals, but a reminder during scheduling is usually appreciated. After all, the appearance of their polish is a priority to most pedicure clients.

Clients dislike waiting for a nail technician who is running late. For that reason, first, it is important to schedule the appointments for the proper length of time for the service. Then, it's your responsibility to know where you should be in a service at a specific time and adjust your service to that timing. That keeps you on time for your next client. An example might be that you should have the consultation and soaking finished within 12 minutes or less after starting the pedicure, then proceed on through the steps at the allotted times until you are polishing 45–50 minutes after beginning a one-hour pedicure in order to be on time for your next client. You may need more time with a client than was scheduled because of the condition of the feet. You will know if this is the



CAUTION

Remember that calluses protect the underlying skin from irritation and are there for a purpose. For example, joggers, waitresses, cosmetologists, nurses, teachers, and others are on their feet many hours a day. Calluses protect their feet in stress areas. Remove only enough to make the client comfortable. Calluses should be softened and smoothed, not excessively thinned or removed. Never use a blade on calluses as it is illegal and can cause debilitating infections.

Educate your client about callus formation and the protective function calluses provide. Also discuss products for home use to help soften and condition callused areas between salon appointments.

case during the consultation and while evaluating the client's feet. You must tell the client who will take longer that you will do the best you can in the time scheduled, but another pedicure may need to be scheduled to get the feet into good condition. Usually clients with problem feet know that this is the case, and they shouldn't be surprised at the need for another appointment and further work. It is important that you do not work beyond your scheduled time.

By sticking to the appointment time allotted, you will not only be preserving your schedule, you will also be protecting the client. If the client's feet are in bad shape and you work as long as is necessary to get them in optimal condition in only one service, they may become irritated or painful. The best option is to sell the client home-care products to improve the condition of the feet, and schedule another service within one or two weeks.

Series Pedicures

Some improvements in the feet require more than one appointment, this is referred to as a *series*. A situation that may require a series of appointments is callus reduction. When a client comes in with heavy calluses, never use a blade. Not only are blades dangerous and a potential cause of infection, but their use is against the law in most states. Using a blade also stimulates heavier growth of calluses as the skin attempts to grow back quickly to protect the damaged skin.

To reduce calluses during a pedicure and to maintain their reduction, perform a safe amount of exfoliation with a scrub. Apply the new, more effective callus-reduction products on them and use the foot paddle to remove a safe amount of callus. Explain to the client the negatives regarding rushed removal of calluses. Explain that weekly callus reduction appointments for four to six weeks will lower the calluses, and that after that series, the client can receive maintenance pedicures less frequently, about once a month.

During the series appointments, a full pedicure is not performed between the monthly pedicures; the callus-reduction appointment is merely a weekly soak, application of the reduction product for a set time (usually five minutes), reasonable callus reduction, and application of a lotion. It takes about half an hour and should be a less expensive service than an entire pedicure.

At the four-week appointment, a full pedicure is performed with treatments following again. Some clients will require more than the six weeks for a callus reduction series, and this should be explained when the series is suggested. The client can also be sold a glycolic or lactic acid hand and body lotion to use on the feet every other day, and daily use of a lotion containing DMU (dimethyl urea hardeners) should be recommended to soften and prevent the scaly condition from returning. A foot paddle can also be sold to the client for use after showers between treatment appointments. Gloves must be worn during these services.

Another condition that can require weekly treatment is scaly feet. First, however, the client must be sent to a podiatrist to define whether the scaly condition is caused by a fungus. If no fungus is present, the client can return weekly for three to six weeks for a foot exfoliation treatment



that includes scrubs and a callus-reduction treatment such as a mask. Remember that masks should be applied all over the feet for one to three minutes, but no longer. These treatments are designed so that the client will have beautiful feet when the series is finished. Home-care products must be recommended to maintain the improved condition.

Spa Pedicure

The pedicure described in **Procedure 26-1, The Basic Pedicure**, is the basis for all other pedicure services. For example, in the basic pedicure, the massage is performed on the foot only, while in the upgrade to a spa pedicure, the massage is performed on the foot and the lower leg (to the knee). An exfoliation is also usually a portion of the spa pedicure, to remove dead cells from the skin on the leg, but may not be in the basic pedicure. This is usually performed prior to the massage or just before a mask.

Another spa pedicure upgrade is the use of a mask on the foot and/or leg. The mask is applied, covered with a wrap or plastic cover, and allowed to set while the client relaxes and the mask's effectiveness increases. A further upgrade would be the incorporation of special products such as aromatherapy, lotions, oils, paraffin, and the addition of other specialty treatments, such as reflexology.

Elderly Clients


Older people need regular, year-round foot care to maintain foot health. Many elderly people cannot reach their feet, cannot see them, or cannot squeeze the nail clippers to trim their own nails. They need continual help in their foot-care maintenance, especially since it can become a health issue. The cosmetologist who offers pedicure services for this segment of the population will be doing these individuals a great service and will find plenty of willing clients in need of their services.

Many of these clients have health issues that require exceptionally gentle care. Never cut their tissues or push back the eponychium as even a microscopic opening, or microtrauma, can be fatal for these clients. Discuss health issues with them; do not perform pedicures on diabetics or on people with circulatory diseases without their physician's permission. Seek training in how to work with these clients so you will know how to work safely on them.


Pedicure Pricing

Most salons and spas will probably have a price list for services. If and when you find yourself in a position to price your own services, a good rule of thumb is to determine the price of your basic pedicure first and then set your prices for more upscale and luxurious pedicures: Do this by increasing the base price of the pedicure according to the value of the added treatments, products, and time it takes you to perform the additional services.

Another great way to upgrade your pedicure service and price is through nail art. Many clients enjoy adding a little something special to their normal pedicure polish, especially if their work prohibits them from

 **DID YOU KNOW?** Most salons will have a protocol to follow when finishing services. Follow them closely for two reasons. First, a routine keeps things moving in the salon, and second, clients get used to the closing protocol and know what to expect. If your salon does not have a post-service protocol, or if you work alone, establish one. Clients are more comfortable with a familiar routine.

 **DID YOU KNOW?** More expensive pedicures with luxury touches such as masks, paraffin, and mitts should include exfoliation and massage of the legs. The tops of the knees may be included, but the underside of the knees is not included. Exfoliate the leg after the foot is exfoliated, but before the use of the foot file, and then apply a lotion to maintain the softness until the massage.

 **CAUTION** When performing a pedicure, do not push back the eponychium with a metal pusher. Compared with the hands, feet are more susceptible to infection, and pushing back the eponychium (or cutting it) can dramatically increase the risk of serious infections on feet. This tool is designed to remove the tissue that may adhere to the surface of the nail plate, not for pushing back the eponychium. This is especially important for clients with diabetes, psoriasis, and other chronic illnesses.

DID YOU KNOW?

You should charge extra for add-on services such as paraffin wax treatments and nail art. Services have dollar value—especially when you consider the time, product expense, skill level, and equipment used. Always be up front about additional service costs, and if a client decides to indulge in one, charge them for it.



figure 26-20
Gel toenail art



figure 26-21
A foot and leg massage focuses on relaxation.

DID YOU KNOW?

Work on the foot on the client's non-dominant side first. (The dominant side of the body is determined by the side of the client's writing hand.) The foot on the client's dominant side usually needs more soaking and attention. It needs to soak those few extra minutes while you are working on the other foot.

wearing polish or art on their hands. It is easy to get your clients addicted to toenail art by giving the first example at no cost. Once they have it and their friends compliment them, they will want it every time, and you will quickly see an increase in revenue with your existing clientele (figure 26-20). Toenail art is especially popular in sandal season and with formal, open footwear.

Many salons and spas have found that manicure and pedicure packages are well received by their clients and work well for the staff. Manicures and pedicures together are like salt and pepper—although they are different, they go well together.

One great way to sell these packages is to develop theme services for holidays and special events, such as Christmas, Valentine's Day, Mother's Day, prom, weddings, and birthday packages; market them, and you will see your clientele grow.

Pedicure Massage

According to client salon surveys, massage is the most enjoyed aspect of any nail service. Because this is especially true for pedicures, you should spend time developing a technique that you will enjoy giving and that your clients will enjoy receiving.

The definition of *massage* is the manual or mechanical manipulation of the body by rubbing, gently pinching, kneading, tapping, and other movements. Cosmetologists massage their clients to help keep the facial skin healthy and the facial muscles firm. General body massage sometimes has a therapeutic purpose and sometimes focuses on relaxation. However, massage given during manicures and pedicures definitely focuses on relaxation. The most enjoyable massage is a rhythmic, slow slide with the fingers and palm connecting to the client as much as possible. Maintain a touch connection with the client throughout the massage, sliding the hands from one location to the next in a smooth transition (figure 26-21).

The art of massage has a rich and long history. There are many types of massage, and individuals usually develop their own special styles and techniques. The number of massage routines is as vast as the number of persons performing massages. No matter what techniques you use, perfect them so foot and leg massage becomes second nature to you. During this part of the pedicure, be keenly aware of your client's health, meet any precautionary requirements, and offer a massage that relaxes the client but is not harmful to him or her.

The foot and leg massage is similar to the hand and arm massage that follows a manicure. The massage technique that is used most is effleurage. This technique is even more important for pedicures than manicures because many clients have circulatory issues that may prevent you from using other massage techniques.

Before performing a service that includes a foot and/or leg massage, consult the client's intake form. During the consultation, acknowledge and discuss any medical condition your client listed that may be contraindicated for a foot and/or leg massage. If this is the case, ask the client if they have discussed massage with their physician and if they have not already done so, encourage them to seek their physician's advice

as to whether or not a foot and/or leg massage is advisable before performing the service.

Many clients that have high blood pressure (hypertension), diabetes, or circulatory conditions may still have foot and/or leg massage without concern, especially if their condition is being treated and carefully looked after by a physician. Foot and/or leg massage is, however, contraindicated for clients with severe, uncontrolled hypertension. For clients who have circulatory problems such as varicose veins, massaging the foot and/or leg may be harmful because it increases circulation. Ask for written permission from the client's physician before performing this massage.

If your client has sensitive or redness-prone skin, avoid using vigorous or strong massage techniques. This is especially important for clients who have arthritis. When making decisions about whether to perform a foot and/or leg massage on a person who has a medical condition, be conservative. When in doubt, don't include massage as part of your service.

Most of us enjoy being touched, and the art of massage takes a pedicure to a higher level of enjoyment. Many people think foot massage is more special than massage on any other part of the body. Foot massage induces a high degree of relaxation and stimulates blood flow. Be aware of the areas of the feet and legs where the client most enjoys massage, and put a greater emphasis in these areas.

Every massage, whether pedicure or body massage, must end. Feathering is a technique used at the end of a massage to provide a signal for experienced clients that the massage is ending, and to provide a gentle release from the client. At the end of the last movement in the pedicure massage, create a smooth transition by gently placing both of the client's feet onto the footrest, or on another stable surface, and move your palms to the top of the feet with your fingers toward the leg. Press your entire hands three times slowly onto the feet. This should not be a hard press, just a firm push for one to two seconds. After the last press, gently pull your hand toward the tips of the toes with a feather-light touch of your fingertips. Never allow your fingernails to touch the skin. Perform the final feather-off movement only once, and then allow the client to relax a minute or two before moving to the next step of the pedicure.

P 26-2 Foot and Leg Massage *See page 918*

Reflexology

Reflexology is a unique method of applying pressure with thumb and index fingers to the hands and feet, and it has demonstrated health benefits. This specialty massage often employs many of the principles of acupressure and acupuncture, and it is considered a science by many technicians.

Reflexology is based on the principle that areas (reflexes) in the feet and hands correspond to all the organs, glands, and parts of the body. It is said that stimulating (pressing) these reflexes or points can reflect positive energy and increase blood flow to the specified areas.

Professional, hands-on training is essential in reflexology for two reasons:

1. The specific touch used in reflexology can be learned only through hands-on training. Clients who have received a reflexology treatment

DID YOU KNOW?

Generally, when you are performing a foot massage, the foot should be grasped between the thumb and fingers at the mid-tarsal area. The thumb is on the bottom of the foot, while the fingers are wrapped around the dorsal side of the foot. This positioning accomplishes two things:

- It locks the foot into place, allowing the cosmetologist control of its movements.
- A gentle though firm grip has a calming effect on the client and overcomes apprehension in those who dislike their feet being touched.

Never hold the foot lightly or loosely as it can cause a ticklish sensation in many people. Most clients will accept and tolerate a firm, comfortable grip on the foot even if they are ticklish.

DID YOU KNOW?

Always apply enough lotion or oil to the foot to allow sufficient slide and no skin drag. If there is a need to apply more lotion, stay in contact with the guest by leaving one hand on the foot or leg, while the other hand reaches for a pump of the lotion or oil bottle. Place your thumb over the pump, then press down to deposit more product onto the fingers below the pump. Distribute the lotion and return to the massage.



figure 26-22
While working, pay attention to your body's positioning to avoid risk of injury.

from a certified reflexologist recognize the appropriate touch and respond negatively to those who cannot deliver the same treatment because of minimal or no training.

2. An untrained cosmetologist may not be able to produce results for the client, so the client will not be happy about the extra cost and time taken by the service.

If a salon wishes to offer reflexology services to its clients, it is best that the staff or professional receives authentic training and certification in the art of reflexology from a highly recommended reflexologist who is certified by the Reflexology Association of America.

Ergonomics

Pedicures can pose a threat to the health and well-being of cosmetologists who perform them. If technicians are careless about protecting themselves through proper ergonomics, they can develop serious and painful back conditions.

Pay attention to your body's positioning and make sure you are working ergonomically. Always sit in a comfortable position, relaxed and unstrained, to reduce the risk of injury to your back, shoulders, arms, wrists, and hands (figure 26-22). For example, avoid leaning forward or stretching to reach your client's feet. Take a minute to stretch before and after each pedicure to keep your body limber, in-line, and more resistant to injury.

Although it is important to give your client the best possible service, it is also important to keep yourself healthy during the process and to avoid injuries caused by strain or repeated motion.

After reading the next few sections, you will be able to:

- LO6** Summarize the importance of cleaning and disinfecting a pedicure bath.

CAUTION

No additive that is added to the water during a pedicure soak kills pathogens and replaces your obligation to clean and disinfect the equipment and implements after the pedicure. Any chemical that is strong enough to adequately kill pathogens is not safe for contact with skin. Disinfectants must never be placed in the foot bath with your client's feet. They can be harmful to the skin.

Properly Clean and Disinfect Foot Spas

Disinfection of the pedicure bath has been discussed and sensationalized in the media—and for good reason. There are specific criteria and steps that must be followed exactly to ensure proper disinfection and infection control. Improper, rushed, or careless cleaning of the pedicure bath may lead to health and safety concerns for salon clients. The salon and the individual technician bear the responsibility for ensuring that proper disinfection occurs and that proper procedures are followed.

Review **Procedure 5-2, Cleaning and Disinfecting Whirlpool, Air-Jet, and Pipeless Foot Spas**, in Chapter 5. The disinfecting procedures have been developed by the Nail Manufacturer's Council (NMC), a group

of nail-care company representatives, and the International Nail Technicians Association (INTA)(a group of professional nail technicians), for cleaning and disinfecting all types of pedicure equipment, including:

- Whirlpool units
- Air-jet basins
- Pipeless foot spas
- Non-whirlpool basins (tubs, footbaths, sinks and bowls)

In addition, salons must always use an EPA-registered hospital disinfectant that the label claims is a broad-spectrum bactericide, virucide, and fungicide (**figure 26-23**). In addition, many states require salons to record the time and date of each disinfecting procedure in a salon pedicure log or a disinfection log for accountability purposes.

Salon teams are encouraged to incorporate the disinfection procedures discussed in Chapter 5 into their regular cleaning and disinfecting schedules and to display the procedures in the employee areas. Always check your state regulations concerning the required disinfection protocol.



figure 26-23
Use an EPA-registered hospital disinfectant when disinfecting foot baths.

WEB RESOURCES

For more information concerning disinfection and other important topics pertaining to nails, go to probeauty.org/research. This site contains many informational brochures relevant to manicuring and pedicuring. The brochures, which are published in several languages including Vietnamese and Spanish, are written by the leading scientists and technical experts in the industry and are reviewed by other industry leaders before being published.

PERFORMING THE BASIC PEDICURE



IMPLEMENTS & MATERIALS

In addition to the basic materials on your manicuring table, you will need the following for the pedicure:

- | | | | |
|---|---|--|---|
| <input type="checkbox"/> Callus softeners | <input type="checkbox"/> Foot lotions or creams | <input type="checkbox"/> Paraffin bath (optional) | <input type="checkbox"/> Terry cloth mitts (optional) |
| <input type="checkbox"/> Currettes | <input type="checkbox"/> Foot paddle | <input type="checkbox"/> Pedicure basin or foot bath | <input type="checkbox"/> Toe separators |
| <input type="checkbox"/> Electric foot mitts (optional) | <input type="checkbox"/> Foot soak | <input type="checkbox"/> Pedicure nail files | <input type="checkbox"/> Toenail clippers |
| <input type="checkbox"/> Exfoliant | <input type="checkbox"/> Gloves | <input type="checkbox"/> Pedicure slippers | <input type="checkbox"/> Toenail nippers |
| | <input type="checkbox"/> Nail rasp | | |

PREPARATION

PROCEDURE

Perform:

P 25-1 Pre-Service Procedure See page 880



1 Check the temperature of the pedicure bath for safety. Put on a pair of clean gloves, place the client's feet in the bath, and make sure he or she is comfortable with the water temperature. Allow the feet to soak for 5 to 10 minutes to soften and clean the feet before beginning the pedicure.

2 Lift the client's foot you will be working with first from the bath. Using the towels on the footrest, on the pedicure cart, or on your lap, wrap the first towel around the foot and dry it thoroughly. Make sure you dry between the toes. If you are using a basin or portable bath, place the foot on the footrest or on a towel you have placed on your lap.



3 First, remove polish from the little toe. Then move across the foot toward the big toe. Complete polish removal is important to a quality pedicure finish.



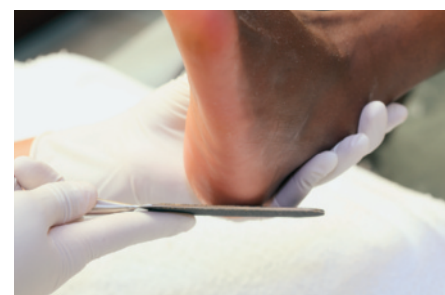
4 Carefully clip the toenails of the first foot straight across and even with the ends of the toes. The big toenail is usually the most challenging to trim. Do not leave any rough edges or “hooks” that might create an opportunity for infections.

5 Carefully use the nail rasp only on the big toe, if needed. The rasp is narrow and will only file the big toe nail in one direction. Gently draw it along the side free edge that you have just trimmed. Small, short strokes with the file will accomplish the task.



6 Carefully file the nails of the first foot with an appropriate single-use and prepped abrasive file. File them straight across, rounding them slightly at the corners. Smooth rough edges with the fine side of an abrasive file.

7 After filing, buff the nails to remove any unevenness. Next, apply cuticle remover and callus softener to heavy calluses, and then wrap the foot in a towel, and lay it aside. Remove the other foot from the water and perform steps 2 through 7 on that foot.



8 Remove the first foot from the towel wrap; use a wooden pusher to gently remove any loose, dead tissue. Next, use a foot file to smooth and reduce the thicker areas of calluses. Proceed to exfoliate the foot with a scrub to remove the dry or scaly skin. Use extra pressure on the heels and other areas where more calluses and dry skin build up.

9 Place the first foot in the foot bath and rinse off the cuticle remover and callus softener completely. Then lift the foot to above the water and brush the nails with a nail brush. Remove the foot and dry thoroughly.

10 Repeat steps 8 and 9 on the other foot.



11 Unwrap the first foot. Use the single-use, cotton-tipped wooden pusher or product dispenser to reapply cuticle remover to the first foot. Begin with the little toe and work toward the big toe.



12 Use a clean, lint-free wipe to remove excess cuticle remover. Then carefully remove the cuticle tissue from the nail plate using a wooden or metal pusher, taking care not to break the seal between the nail plate and eponychium. Use a nipper to carefully remove any loose tags of dead skin, but don't cut, rip, or tear living skin; cutting cuticles may lead to serious infection.



13 Next, if necessary, use the curette to gently push the soft tissue folds away from the walls of the lateral nail plate, and gently remove extra build-up of debris between the nail plate and surrounding tissue.

14 Dip your client's first foot into the foot bath and brush the toenails with a nylon nail brush to remove bits of debris. Dry the foot thoroughly and wrap it in a towel. Perform steps 11 through 13 on the other foot, and then wrap that foot in a towel and set it aside while performing the following steps on the first foot.



15 Apply lotion, cream, or oil to the first foot for skin conditioning and massage. Use a firm touch to avoid tickling your client's feet.

16 Perform a foot massage on the first foot as outlined in **Procedure 26-2, Foot and Leg Massage**. Then rewrap the foot and place it on the towel on the floor or step, wherever appropriate in your salon.

17 Massage the second foot.

18 Remove traces of lotion, cream, or oil from the nails of both feet with polish remover.

19 Ask the client to put on the sandals she will wear home or provide single-use pedicure slippers. Insert the toe separators, if possible. Apply a nail dehydrator. Then, apply base coat to the nails on both feet, then two coats of color, and finally a topcoat. Apply polish drying product (optional) to prevent smudging of the polish. You may want to escort the client to a drying area and offer him or her refreshment.



20 Finished look.

POST-SERVICE

Complete:

P 25-2 Post-Service Procedure See page 884

FOOT AND LEG MASSAGE

These techniques and illustrations provide instruction for massage on the feet and legs. A massage for a basic pedicure will include only the foot, while a spa pedicure will also include the leg massage, up to and including the front of the knee.

IMPLEMENTS & MATERIALS

In addition to the basic materials on your manicuring table, you will need the following for the massage:

- Gloves
- Massage oil or lotion

FOOT MASSAGE



- 1 Put on a fresh pair of gloves and rest the client's heel on a footrest or stool and suggest that your client relax. Grasp the leg gently just above the ankle and use your other hand to hold the foot just beneath the toes; rotate the entire foot in a circular motion.

- 2 While holding the ankle, place the palm of your free hand on top of the foot behind the toes. Slide the palm up to the ankle area with gentle pressure and then return to starting position. Repeat three to five times in the middle, then on the sides of the top of the foot.



- 3 Never losing contact with the skin, slide your hands so that the thumbs are on the plantar side of the foot while the fingers are gently holding the dorsal side of the foot, like holding a sandwich. Move one thumb in a firm circular movement, moving from one side of the foot, across, above the heel, up the medial side (center side) of the foot to below the toes, across the ball of the foot and back down the other side of the foot (distal side) to the original position.

4 Repeat the same motions of step 3 with the opposite hand and thumb. The base of the thumbs to the pads of the fingers should be in contact with the skin throughout the movement. Alternate this massage step with each hand and thumb and repeat several times.

5 Perform the same thumb movement on the surface of the heels, rotating your thumbs in opposite directions. Repeat three to five times.



6 Place your one hand on top of the foot, cupping it, and make a fist with your other hand. The hand on top of the foot will press the foot toward you while your other hand twists into the instep of the foot. This helps stimulate blood flow and provides relaxation. Repeat three to five times. This is a friction movement. The bottom of the foot is the only place a friction movement is performed in pedicure services.



7 Start with the little toe, placing the thumb on the top of the toe and curl the index finger underneath the toe. (Your palm is facing up.) Push the fingers and thumb in that position back to the base of the toe, then rotate the thumb and finger in a circular, effleurage movement until the index finger is arched over the top of the toe, and the thumb is underneath. Pull the toe with index finger and thumb outward, away from the foot.



8 Hold the tip of the toe, starting with the little toe, and make a figure eight with each toe. Repeat three to five times on each toe and then move to the next. After the last movement on each toe, gently squeeze the tip of each once, and then move on to the next toe.

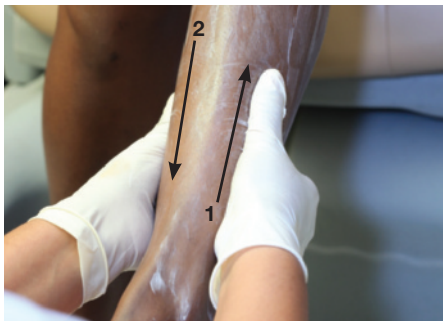
9 Return your hands to the position described in step 4 and repeat steps 3 and 4. Repeat all movements on each foot as many times as you wish, adding other movements that you like to perform, and then move to the other leg/foot.



10 End the massage with a feathering technique to provide a signal for experienced clients that the massage is ending. Finish by placing both of the client's feet onto the footrest, and firmly press the tops of the feet three times slowly for one to two seconds each, and then allow the client to relax a minute or two before moving to the next step of the pedicure.

11 Once the massage of both feet is completed, you may move on in the pedicure procedure. If you are performing a luxury pedicure, do not perform the feather off movement; slide your hands to the leg and move on to the leg massage after step 9.

LEG MASSAGE



12 Place the foot on the footrest or stabilize it on your lap, then gently grasp the client's leg from behind the ankle with one hand. Perform effleurage movements from the ankle to below the knee on the front of the leg with the other hand. Move up the leg and then lightly return to the original location. Perform five to seven repetitions, then move to the sides of the leg and perform an additional five to seven repetitions.



13 Slide to the back of the leg and perform effleurage movements up the back of the leg. Stroke up the leg, then, with less pressure, return to the original location; perform five to seven times.

14 Once the massage of both legs is completed, you may move on in the pedicure procedure.



Check out miladypro.com for additional resources and training to enhance your technical skills. Keyword: *FutureCosPro*

REVIEW QUESTIONS

- 1 List at least five unique pieces of equipment used in pedicures.
- 2 Describe two specialty materials used when performing pedicures.
- 3 What is a callus softener and how is it used?
- 4 Explain the differences between a basic pedicure and a spa pedicure.
- 5 Define *reflexology* and explain how it is used in pedicuring.
- 6 Why is cleaning and disinfection of pedicure baths important?
- 7 List the steps in a basic pedicure.
- 8 List the steps in a foot and leg massage.

STUDY TOOLS

- **Reinforce what you just learned:** Complete the activities and exercises in your Theory or Practical Workbook, or your Study Guide.
- **Expand your knowledge:** Search for websites about the topics in this chapter and make a list of additional resources.
- **Study and prepare for your quiz:** Take the chapter test in your Exam Review or your Milady U: Online Licensing Prep.
- **Re-Test your knowledge:** Take the Chapter 26 Quizzes!
- **Learn even more:** Look up in a dictionary or search the internet for the definitions of any additional terms you want to learn about.

CHAPTER GLOSSARY

basalt	p. 904	A dark, fine-grained volcanic rock used in hot stone massage.
callus softeners	p. 908	Products designed to soften and smooth thickened tissue (calluses).
curette	p. 905	A small, scoop-shaped implement used for more efficient removal of debris from the nail folds, eponychium, and hyponychium areas.
exfoliating scrubs	p. 908	Water-based lotions that contain a mild, gritty-like abrasive and moisturizers to help in removing dry, flaky skin and reduce calluses.
foot files	p. 906	Also known as <i>pedicure paddles</i> ; large, abrasive files used to reduce and smooth thicker foot calluses.
foot soaks	p. 908	Products containing gentle soaps, moisturizers, and other additives that are used in a pedicure bath to cleanse, deodorize, and soften the skin.
mask	p. 903	Also known as a <i>masque</i> ; is a concentrated treatment product often composed of mineral clays, moisturizing agents, skin softeners, aromatherapy oils, botanical extracts, and other beneficial ingredients to cleanse, exfoliate, tighten, tone, hydrate, and nourish the skin.
nail rasp	p. 906	A metal implement with a grooved edge that is used for filing and smoothing the edges of the nail plate.

pedicure	p. 900	A cosmetic service performed on the feet by a licensed cosmetologist or nail technician; can include exfoliating the skin and callus reduction, as well as trimming, shaping, and polishing toenails. A pedicure often includes foot massage.
potassium hydroxide	p. 909	An inorganic compound that degrades the protein in the callus cells.
reflexology	p. 915	A unique method of applying pressure with thumb and index fingers to the hands and feet; it has demonstrated health benefits.
salicylic acid sal-uh-SIL-ik AS-ud	p. 909	An organic acid that derives originally from the bark of willow trees.
toe separators	p. 907	Foam rubber or cotton disposable materials used to keep toes apart while polishing the nails. A new set must be used on each client.
toenail clippers	p. 905	Professional implements that are larger than fingernail clippers and have a curved or straight jaw specifically designed for cutting toenails.
toenail nippers	p. 905	Similar in design to fingernail nippers, but are larger, much stronger, and used to trim the toenail as opposed to trimming the excess cuticle.
urea	p. 909	An organic compound that has a super-hydrating effect on skin cells.