



Unit 5

Manicure and Pedicure

Manicure

A manicure is a treatment carried out to improve the condition of the hands and nails. This is done to make hands look more attractive. It takes about 45 minutes to complete the treatment. The aims are;

- Cleaning and shaping the nails.
- Care of the cuticles
- Hand massage
- Giving healthy shine to the nails.

The Procedure

Hand and Nail Inspection

This is done to check the condition of the hands and any problem areas.

Filing and bevelling

The aim is to neaten the nails, to remove any splits and catches.

Soaking

This is done to soften the skin and to prepare it for the cuticle work.

Cuticle work

This is done to push back and neaten the cuticle.

Hand massage

The aim is to moisturise the skin and to relax the client.

Buffing

This is done to smooth ridges.

Painting

To beautify the nails by adding colour and shine.



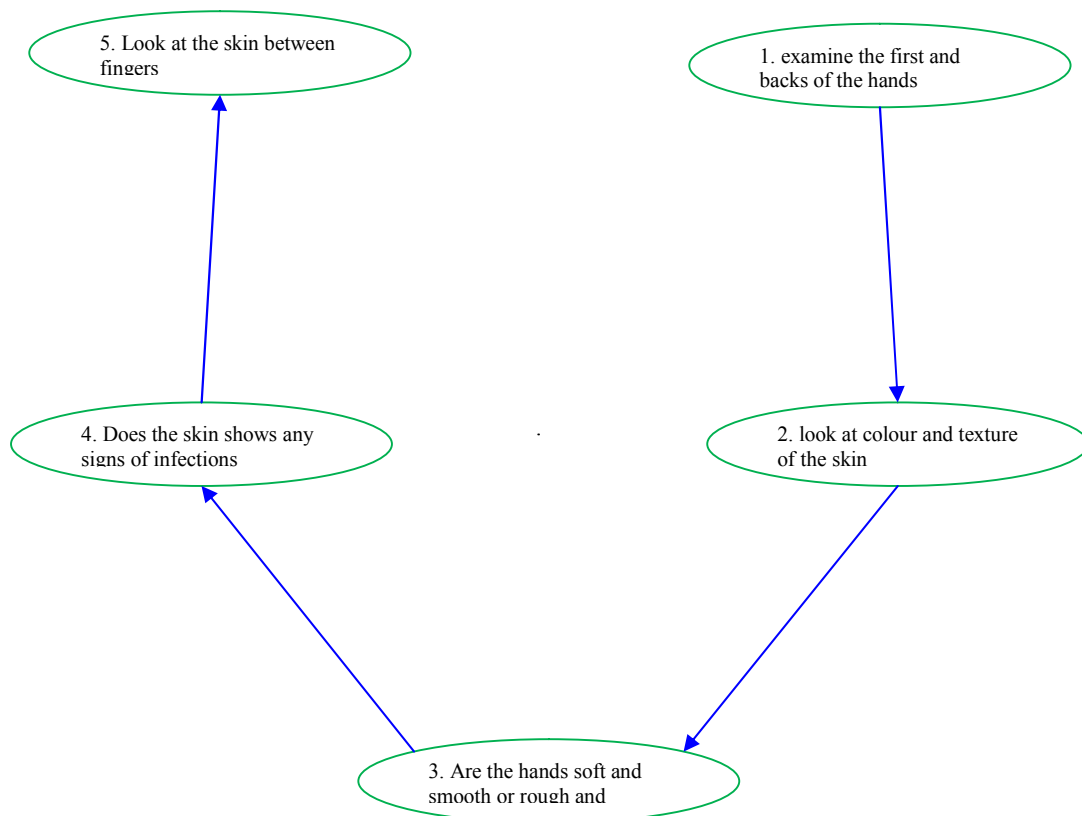
Tip
If the fingers are long and thin, select a rounded/ square shape for nails and keep the nail's length shorter. If the fingers are short and fat, the nails should be filed into an oval shape and the nail length should be longer.

Consultation

Before carrying out the manicure treatment consultation is required to assess the condition of the client's skin, nails and cuticles. So that the most appropriate equipment and products may be chosen.

Assessing the Hands

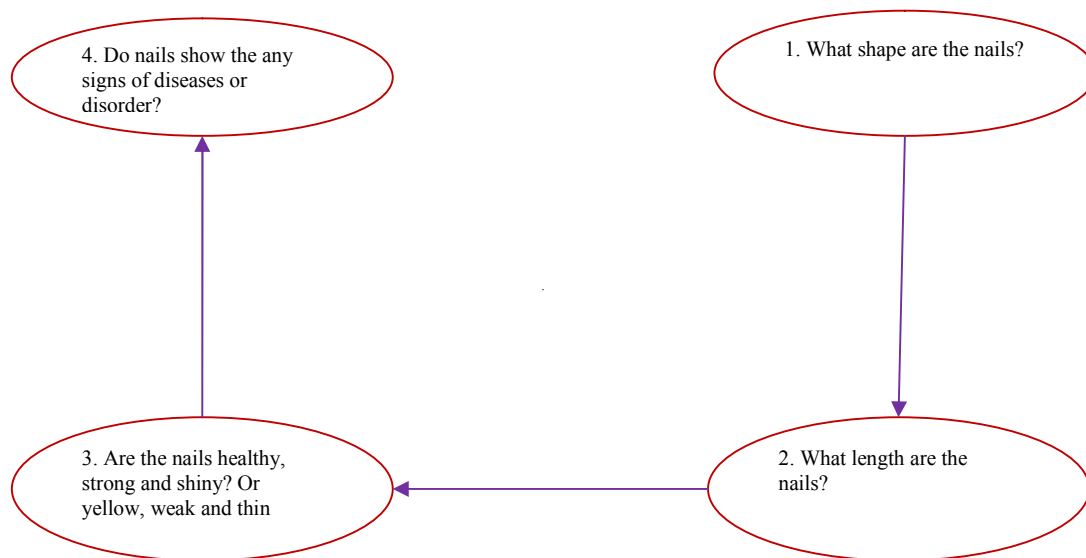
Examine the front and back of the hand. Is the skin pale? Is it thin or thick?
Are the hands soft and smooth or hard? Does the skin show any signs of infection?
Look at the skin between the fingers- are there any signs of dryness.





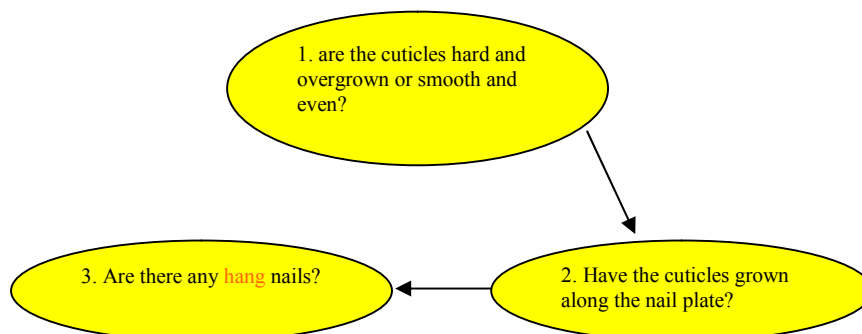
Assessing the Nails

- What shape are the nails?
- Are they strong?
- What length are the nails?
- Do the nails show any signs of disease or disorder?



Assessing the cuticles

Are the cuticles hard? Over grown? Smooth?
Have the cuticles grown over the nail plate?





When Not to Carry out a Manicure

When you see any;

- Cuts
- Bruises
- Severe nail damage

Products Materials and Equipment

- Sterilised tools in a jar filled with antiseptic.
- A bowl for client's jewellery.
- Manicure bowl filled with warm soapy water.
- Cotton wool and tissues.
- Nail filer
- A selection of products including nail varnish remover, cuticle cream, moisturiser or massage cream or a range of varnish colours.
- Nail scissors
- Buffers
- Buffing paste





The Manicure Procedure

- Wipe over the front and back of the client's hands with antiseptic.
- Roll the client's sleeves up to the elbows. Tuck tissues around them.
- Remove any existing nail polish.



- File and buff the nails of left hand.



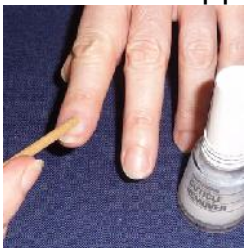
- Apply cuticle cream.



- Place the left hand in the manicure bowl containing warm water and a little antiseptic liquid soap.



- Repeat steps 2 and 3 for the right hand.
- Remove the left hand from the bowl, dry it with a towel.
- Place right hand in the manicure bowl.
- Apply cuticle remover to the left hand and push back the cuticles with a cotton wool tipped orange stick.



- Wipe the nails with cotton wool.
- Apply cuticle oil and massage with your thumbs.



- Massage both hands.
- Take cotton wool soaked in a nail polish remover and remove grease from the nail plate.
- Apply the nail polish.



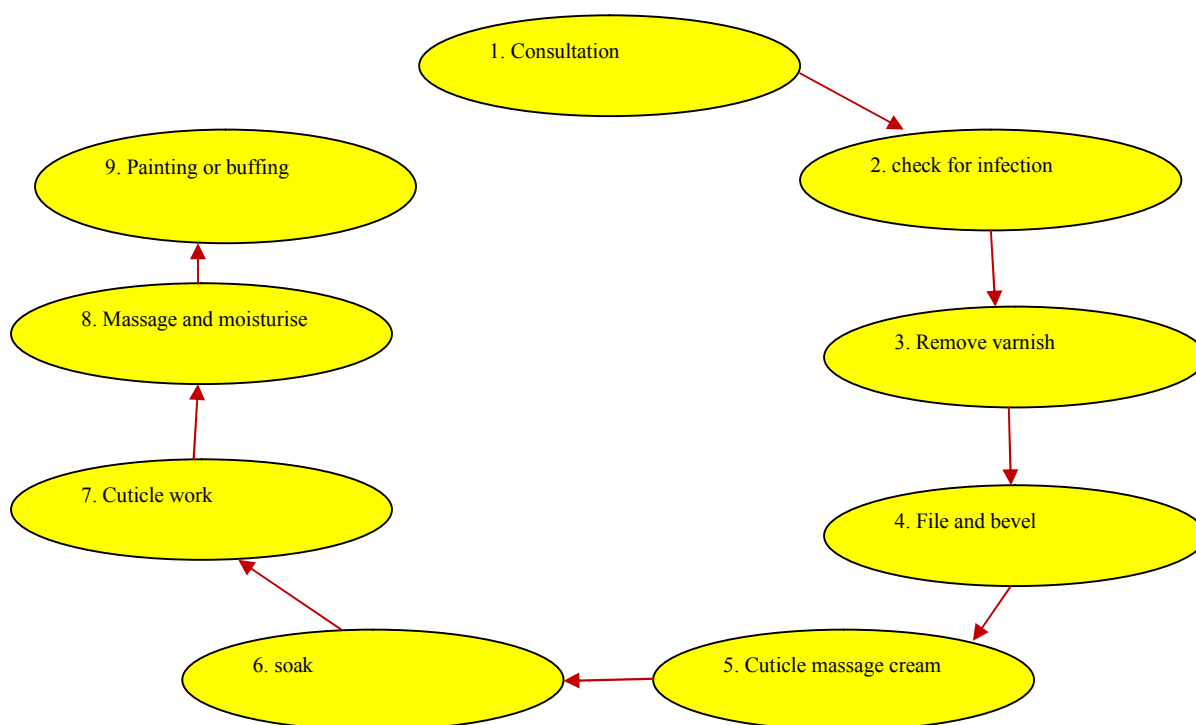
- Base coat (once)
- Polish (twice)
- Top coat (once)



If the client does not want nail polish, buff to a shine with paste or use four sided buffer.



Procedure spiral for manicure



Nail Filing

File the nail using the fine side of the emery board. Do not saw in both directions, as this will cause the nail to split. Use the file at the 45 degrees angle to the nail and a side to centre action. Use the darker and rougher side to remove excess length, and the lighter smoother side for shaping and removing rough edges. Always file the nails from the side to the centre, with emery board sloping slightly under the free edge. Use swift rhythmical strokes.

Cutting the Nails

This is done with sterilise scissors. Support the nail wall with one hand on the free edge being cut. This minimises client's discomfort. Nails can be cut in oval, square and pointed shapes. The oval shape is always recommended.

Tip
When cutting the nails, the nail plate must be held firmly and well supported so that the cutting action does not hurt the nail.

Buffing

A buffer is made of chamois and used with buffing paste to shine the nail plate. Buffing is used for the following purposes:



- To give nail plate a shine.
- To stimulate the blood supply in the nail bed, for healthy growth of nails.
- To smooth any surface irregularities.

Buffing Paste

It is the cream used to help smooth out surface irregularities, and thereby give nail a shine. It contains abrasive particles such as pumice, talc or kaolin.

Buffing is performed after filing and before the nails are soaked in the finger bowl. It can also be used as polish and on a man's nails. If buffing paste is being used, a small amount is taken; it is then applied to the nail plate. The paste is then spread using finger tips in downward strokes from the cuticle to the free edge. Six strokes per nail are enough.

Cuticle Work

Cuticle work is done to make cuticle area attractive. This is performed after soaking the nails in warm soapy water. It softens the skin in the cuticle area.

Procedure

- Take fingers out of the soapy water. Pat them dry using towel.
- Apply cuticle remover to the cuticle area and nail walls, using the applicator brush.
- Push back the cuticle very gently with the cotton wool tipped orange stick.
- Hold the cuticle knife at 45 degree to the nail plate and gently stroke it in one direction only.
- Use the cuticle nippers to remove any loose or torn pieces of cuticle, and to trim excess dead cuticle.

Remember

The cuticle remover must be wiped off thoroughly; otherwise it may carry on working and could cause soreness.

Hand Massage

Moisturising softens and smoothes the skin. It also relaxes and helps the client feel good. Hand massage is gently carried out, just prior to the nail polish application.



Massage Movements

1) Effluerage to the whole hand and fore arm_Use long sweeping strokes from the hand to the elbow. Perform on both the outer and inner side of the forearm



(Repeat step one for another five times)

2) Thumb kneading to the back of the hand and forearm Use the thumbs one in front of the other. Then move backwards and forwards in a gently sawing action. Move from the hand to the elbow. Then slide the thumbs back to the hands.



(Repeat twice)

3) Thumb kneading to the palm Repeat the same movement as in step 2.



Finger circulations, supporting the joints Supporting the knuckles with one hand, hold the fingers individually. Perform movements very gently, move from little finger to the thumb, first clock wise and then anti clock wise.(Repeat twice)





Wrist circulations Support the client's wrist with one of your hands. Put your fingers between the client's gently grasping her hand. Move wrist first clock wise and then anti clock wise. (Repeat twice)

Effluerage to the whole hand and forearm Repeat the same movements as in step one.



Treatment plan

Specialist nail treatments include base coats such as;

- Nails strengthen is used on damaged nails to strengthen and protect them against the breaking.
- Ridge filler is used on ridges to provide an even surface, allowing a smoother application of polish.

Nail Polish Application

This is done for number of reasons:

- To disguise stained nails
- To strength weak nails
- To co-ordinate with the clothes or makeup.

Tip
Base and top coats can be used if a client wants a clear varnish rather than a colour.

How to Apply Nail Polish



- Make sure that your client's nails are 'squeaky' clean. There is no dirt or grease on them.
- Prepare a cotton wool coated orange stick by soaking it in nail polish remover.



- Now starting from the thumb, apply three brush strokes down the length of the nail from the cuticle to the free edge, beginning in the centre and then either side close to the nail wall.
- Apply one base coat, two coats of polish and one top coat.

Activity

Research other types of hand and nail treatments and write down the details of your research.

Pedicure Treatment

The word pedicure is derived from the Latin word 'pedis', means foot and 'cura' means care. The treatment is similar to manicure except that it is performed on feet instead of the hands.

Consultation

Analysing the client's foot condition is very important before performing pedicure. So that the most appropriate equipment and products may be chosen.

What to be assessed:

The cuticles

Are they dry, tight or cracked or are they soft and smooth?

The Nails

Are they thickened, discoloured or stained or are they strong?

The skin

Is it dry and rough? Or is it soft and smooth?

Activity

Observe both male and a female hand carefully and write down the differences you observe.

Treatment Plan

Revitalising Foot Spa Agents

These can be found in the form of tablets or foaming soak. They are dissolved in warm water, in which the feet are placed.



Exfoliators

This is used after the immersion of the feet in the spa. It removes surface dead skin cells.

Massage Lotion

This includes refreshing essential oils such as peppermint.

Foot Mask

It is used to refresh and to cool the feet.

Foot Gel or Spray

This is applied to achieve a cooling effect.

The Pedicure Treatment

- Wash your hands.
- Wipe both of your feet with cotton wool soaked in surgical spirit
- Add a mild antiseptic liquid soap in warm water- soak feet in it.



- Take out the left foot and pat dry with a towel.
- Remove any existing nail polish.



- Cut the toenails using toenail clippers or scissors.



- File the toe nails with the coarse side of the emery board.



- Apply cuticle massage cream.



- Place the foot back in water.
- Repeat the same with right foot.
- Pat the foot dry. Apply cuticle remover.



- Push back the cuticles using cotton wool tipped orange stick.



- Use the cuticle knife and nippers where needed.
- Wipe off the remaining cuticle remover.



- Apply cuticle oil.
- Remove any hard skin.



- Now wrap the foot in a dry towel and place it on the floor.
- Repeat the same procedure with the other foot.
- Perform a foot and lower leg massage.



- Remove any grease from the nails with the nail polish remover.

Cutting and filing Toe Nails

Cut the toe nails straight across. Use nail clippers or sharp scissors. File the nails using coarse side of the emery board.

Removing Hard Skin

Excess hard skin can be removed from the feet in the number of ways by exfoliators, pumice stones, callus files, chiropody sponges, and corn planes. Always use a lot of moisturiser or foot massage lotion after removing hard skin.



Foot Massage

Foot Massage Movements

Effluerage from the foot to the knee

Perform long sweeping strokes from the toe to the knees, moving on both the back and front of the leg.



Thumb Frictions to the dorsal aspect of the foot

Perform this using thumbs one in front of the other. Then move backwards and frontwards in a gentle sawing motion.



Thumb Frictions to the plantar aspect of the Foot

Now perform same movements as in step 2 but on the sole of the foot.



Toe Circulation

Support the base of the toe with one of your hands. Move clockwise first and then anti clock wise.



Palm Kneading to the bottom surface of the foot

Place the heel of the foot into the arch of your hand and massage with deep



Circulation movements.



Finger Kneading around the ankle bone

Now massage both sides of the ankle bone. Perform circular movements.

Stroking to the top and bottom of the foot

Firmly stroke the foot from toe to ankle, using alternate hands.



Foot Treatments

Exfoliating Treatment

An Abrasive massage cream is massaged in circular movements. Exfoliation has the following effects:

- It removes dead skin



- Improves appearance and condition of the skin.

Foot Mask

The mask is applied to the feet. The can then be wrapped in warm thermal booties. This mask removes dead skin cells, improves circulation and also improves the condition of the skin.

Paraffin Wax Treatment

Paraffin wax is heated to 50-55 degree. It is then applied to the feet with a brush and is left to set for 10-15 minutes. It eases the discomfort of arthritic and rheumatic conditions, and softens the skin.

Tip

Heat the wax at least half an hour before the client arrives to ensure that it has melted properly.

Thermal Booties

These are electrically heated booties. These warm booties enable the mask to penetrate the skin of the epidermis.

After Care and Advice

- Apply moisturising lotion to the feet after bathing.
- Avoid high heels for long periods of time.
- Go bare footed where it is safe.
- Change socks daily.
- Apply talc between the toes. Advise the client on any other professional treatment you can offer.
- Advise the client on a treatment plan to improve the nail/ skin condition.
- Always file the nails straight across.