

Chapter 26

Pedicuring

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STANDARD COSMETOLOGY INSTRUCTOR SUPPORT SLIDES



“You cannot tailor make the situations in life, but you can tailor make the attitudes to fit those situations before they arise.”

– Zig Ziglar

Objectives

- Identify and explain the equipment used when performing pedicures.
- Identify and explain three materials used when performing pedicures.
- Describe a callus softener and how it is best used.
- Explain the differences between a basic and a spa pedicure.
- Describe reflexology and its use in pedicuring.
- Know why consistent cleaning and disinfection of pedicure baths must be performed.

Objectives *(continued)*

- Know and describe the steps involved in the proper cleaning and disinfecting of whirlpool foot spas and air jet basins.
- List and perform the steps in the pedicure pre-service procedure.
- Describe the proper tool and technique to use to reduce the instance of an ingrown toenail.
- Demonstrate the proper procedures for a basic pedicure.
- Demonstrate a foot and leg massage.

Pedicuring

- Cosmetic services performed on the feet by a licensed nail technician or cosmetologist that include trimming, shaping, and polishing toenails; exfoliating skin; and massaging the feet and legs

Pedicuring Tools

- Equipment: permanent tools that are not implements
- Implements: used to perform services
- Materials: disposable supplies
- Products: cosmetic products used during services

Equipment

- Pedicure station
- Pedicure stool and footrest



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Equipment (*continued*)

- Pedicure foot bath
- Pedicure carts
- Electric foot mitts
- Terry-cloth mitts
- Paraffin bath



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Implements

- Toenail clippers
- Currettes
- Nail rasp



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Implements (*continued*)

- Pedicure nail files
- Foot files or paddles
- Nippers



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Materials

- Toe separators
- Pedicure slippers
- Gloves



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Professional Pedicure Products

- Foot soaks
- Exfoliating scrubs
- Masques
- Foot lotions or creams
- Callus softeners

About Pedicures

- Choosing products
- Service menu
- Interaction during service
- Scheduling
- Series pedicure
- Spa pedicure

More About Pedicures

- Elderly clients
- Pedicure pricing
- Pedicure massage
- Reflexology
- Ergonomics

Disinfection

- Whirlpool foot spas
- Pipe-less foot spas
- Nonwhirlpool foot basins

Practical Class Procedures

- Pre-Service Procedure
- Post-Service Procedure

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Practical Class Procedures *(continued)*

- Pedicure Procedure
- Foot and Leg Massage Procedure

Summary and Review

- Name five pieces of equipment unique to pedicures.
- Name three specialty materials used when performing pedicures.
- What is a callus softener and how is it used?
- What is the difference between a basic and a spa pedicure?

Summary and Review (*continued*)

- What is reflexology and how is it used in pedicuring?
- Why is consistent cleaning and disinfection of pedicure baths so important?
- What are the steps involved in the proper cleaning and disinfecting of whirlpool foot spas and air jet basins after each client?

Summary and Review (*continued*)

- What are the steps in the pedicure pre-service procedure?
- What is the proper tool to use to reduce the instance of an ingrown toenail and how should it be used?

Summary and Review (*continued*)

- List the proper procedure for a basic pedicure.
- How are a foot and leg massage accomplished?

Congratulations!

You have completed one unit of study
toward course completion.

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