

EST 26

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Esthetician – All Trades Pedicures

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Table of Contents

| | |
|--|----|
| Objective One | 8 |
| Diabetic and Elderly / Geriatric Feet..... | 8 |
| Objective One Self-Test..... | 10 |
| Objective One Self-Test Answers | 11 |
| Objective Two | 12 |
| The Foot Soak | 12 |
| Exfoliation | 13 |
| Wrapping | 13 |
| Objective Two Self-Test | 14 |
| Objective Two Self-Test Answers..... | 15 |
| Objective Three | 16 |
| Pedicure Tools | 16 |
| Objective Three Self-Test | 21 |
| Objective Three Self-Test Answers..... | 22 |
| Objective four..... | 23 |
| Background..... | 23 |
| Preparation..... | 23 |
| Consultation..... | 23 |
| Sanitize Hands and Feet..... | 24 |

| | |
|--|----|
| Remove Polish | 24 |
| Soak Feet..... | 24 |
| Cuticle Care..... | 24 |
| Trim the Free Edge..... | 25 |
| File the Free Edge | 25 |
| Buff Nails..... | 25 |
| Filing Soles | 25 |
| Nip Cuticles and Hangnails..... | 26 |
| Apply Nail oil and Wrap..... | 26 |
| Apply Lotion and Massage..... | 26 |
| General Concepts of Massage..... | 27 |
| Repetitions and Timing | 28 |
| Foot and Leg Massage | 28 |
| Polish | 29 |
| Pedicure Completion | 30 |
| Objective Four Self-Test..... | 31 |
| Objective Four Self-Test Answers | 32 |
| Objective Five..... | 33 |
| Rasp..... | 33 |
| Credo Blade..... | 34 |

| | |
|---|----|
| Callus Remover with Metal Foot File | 34 |
| Dry Callus Reduction | 35 |
| Objective Five Self-Test..... | 36 |
| Objective five Self-Test Answers | 37 |
| Objective Six | 38 |
| Module Summary Self-Test..... | 40 |
| Module Summary Self-Test Answers | 42 |

Pedicures

Rationale

Why is it important to learn this skill?

Pedicures are staple procedures in the esthetics industry. Proper pedicure procedures can result in overall health of the foot.

Outcome

When you have completed this module, you will be able to:

Objectives

1. Describe safety concerns relative to pedicures.
2. Describe foot soaking.
3. Describe common tools and equipment.
4. Describe the basic pedicure.
5. Describe callus reduction.
6. Demonstrate a pedicure.

Introduction

Healthy feet are essential for overall body health. Performing pedicures is not just about beautifying the nails, but rather the wellness of the entire body, improving quality of life. Because of the popularity of pedicures, mastering this service will increase clientele and revenue. Pedicures also present dangers. The foot pictured to the right is in the process of healing. During a pedicure foot soak, the skin of the second toe was broken. The tiny opening became infected and gangrene resulted.



Objective One

When you have completed this objective, you will be able to:

Describe safety concerns relative to pedicures.

Diabetic and Elderly / Geriatric Feet

The diabetic foot presents two challenges for the esthetician. Firstly, skin ulcers develop from excessive pressure or injury. To make the problem worse, a decrease in the blood supply to the skin and soft tissue beneath calluses makes the foot especially vulnerable to pressure. In addition, the protective fat is lost and skin regeneration is slow as a person ages, so the tissue breaks down and ulcers develop.

The second challenge is decreased circulation. The slightest break in the skin is an easy point of entry for bacteria and fungi to cause foot infections. Healing is impaired by the decreased blood supply. Damage to soft tissue can decrease mobility, increase stiffness, and reduce the foot's ability to evenly disperse weight.

Diabetes can cause many dangerous foot conditions. These conditions include: vascular disease, fungal infection, neuropathy, structural deformities, dead skin cell build up under the nails and around the cuticles, foot ulcers, and thinning skin.

During a pedicure on a diabetic, carefully inspect the toenails. Watch for breaks in the skin around the toenails, inflammation, and how the nails are growing. Are the nails pincer? Is the free edge shorter than the skin? Is the free edge buried in the skin? Are the nails damaged from trauma? Be sure to file toenails straight across and slightly round all the edges. Toenail clippers and other sharp objects should not be used on a diabetic. It is also imperative that an ingrown toenail file is used around problem sidewalls. Only light massages should be given to a diabetic.

Elderly or geriatric feet contain the same cautions as the diabetic foot. While the foot of a diabetic would not likely have overgrown toenails, the elderly / geriatric foot may have overgrown toenails. Carefully file and cut the overgrown toenails until they are of appropriate length and height. An electric file may work best to shape these nails.

Closely examine the skin between the toes of the diabetic and elderly / geriatric clients. These clients are prone to bacterial infections from moisture sitting on the skin.

Several cautions must be observed for pregnant women. Avoid all essential oils (including sage) that increase blood circulation; these oils can increase menstrual flow and / or induce labour. Light massage is recommended; avoid the underside of the heel, the back of the heel, up the back of the ankle, and up the back of the calf. Massaging these areas can induce labour.

Objective One Self-Test

1) How should a diabetic's toenails be shortened?

2) What two major challenges are present in the foot of a diabetic?

3) How does decreased circulation effect healing?

4) While performing a foot and leg massage on a pregnant client, which areas should be avoided?

Objective One Self-Test Answers

- 1) A diabetic's toenails should be shortened with a file, not clippers and other sharp objects.
- 2) The two major challenges presented in the foot of a diabetic are ulcers and decreased circulation.
- 3) Decreased circulation effects healing by slowing it down due to decreased blood supply.
- 4) While performing a foot and leg massage on a pregnant client, avoid the underside of the heel, the back of the heel, up the back of the ankle, and up the back of the calf.

Objective Two

When you have completed this objective, you will be able to:

Describe foot soaking.

The Foot Soak

Before feet are soaked, they are sprayed with antiseptic foot spray and polish is removed to allow for a proper and thorough assessment. A good antiseptic foot spray will contain an anti-fungal agent and a mild antiseptic.

In the assessment, check the nail health for growth, colour spots, and irregularities. Continue the assessment up the foot, noting any irregularities and / or developments from the previous appointment. Pay special attention to contraindications including, but not limited to, broken skin, rashes, warts, and corns. Know the salon's policy regarding which contraindications restrict or prevent a service. If in doubt, refer the client to a physician.

Once the client has been cleared for service, prepare the foot bath. A foot soak consists of warm water and an additive. The additive can be in solution, solid, or crystal form. The additive cleanses, sanitizes, and softens the feet. When choosing a foot soak, keep in mind that crystals can be sharp to diabetic and elderly / geriatric foot. Follow the manufacturer's specifications when preparing the foot bath. Test the temperature of the water on the inside of the wrist. Feet can be cold in the winter or an air-conditioned salon, and warm water can sting like hot water would. Knowing the water temperature is important. If the client withdraws their feet, the water is too hot; if the feet are red after the foot bath, the water is too hot. Both the esthetician and the client should test the water temperature. It is important that the soak time matches the needs of the client. Diabetic and elderly / geriatric clients require shorter soaks because of their thin skin. A soak of 4 – 6 minutes is a recommended maximum. A client with thick callus can soak for up to 10 minutes. The extended soaking time will help to soften the thick skin. Over-soaking can cause the skin to retain excess water. If this occurs the skin will tear very easily. If the feet have been over-soaked, allow them to dry sufficiently before proceeding with the service. There are many spray callus softeners available to re-soften callus that has dried out during a service. In order to

maintain callus moisture levels, the feet may be sprayed during the service. This will yield better results than over-soaking the feet.

Exfoliation

An exfoliator can be applied during the soak. The client consultation will dictate whether an exfoliator is used or not. An exfoliator consists of a granular substance applied to the skin in a thin layer and rubbed against the skin to remove dead skin cells. Lift one foot out of the foot bath, apply exfoliator and rub in a circular motion. Gently rinse thoroughly. Repeat on the second foot.

Wrapping

After the foot bath, remove the feet from the foot soak and securely wrap the feet with a towel. Some estheticians wrap each foot in a separate towel; other estheticians wrap both feet in one towel. A client may have to walk to a new location in order to continue with the service. If this is the case, individual wrapping will allow them to walk. The wrapping and unwrapping of the feet is done to match the different stages of the service. During soft tissue work, such as around cuticle, keep the feet wrapped as long as possible. While working on one foot, make sure that the other is securely wrapped. During other stages, such as callus reduction, unwrap both feet to allow the skin to dry. Dry skin will not rip as easily during callus reduction.

Objective Two Self-Test

1) Which form of foot soak is recommended for a geriatric or diabetic client?

2) What is the function of the additive in a foot soak?

3) What is the purpose of an exfoliator?

4) What is the final step of the foot soak?

Objective Two Self-Test Answers

- 1) A liquid foot soak is recommended for a geriatric or diabetic client.
- 2) The function of the additive is to cleanse, sanitize, and soften the feet.
- 3) An exfoliator is used to remove dead skin cells.
- 4) The final step of the foot soak is to wrap the feet in a towel.

Objective Three

When you have completed this objective, you will be able to:

Describe common tools and equipment.

Pedicure Tools

Steel and glass are the preferred material for pedicure tools. Only these two materials can be reliably disinfected and sterilized. Some new plastics can be disinfected and sterilized, but the material eventually breaks down or sustains scratches and can no longer be disinfected or sterilized. Wood is porous and therefore can only be used once and then must be discarded.

Disinfectable **toenail files** must be made of stainless steel, diamond grit, or glass. Toenail files can also be disposable.

A **foot rasp** is a metal instrument that has very coarse teeth used to reduce extreme callus. This instrument has decreased in popularity, having been largely replaced by metal foot files and callus softener.



The terms '**foot file**' and '**foot paddle**' are interchangeable, and refer to the same instrument. The term foot paddle is preferred because the term foot file may lead some people to think of a nail file. A foot paddle is used to reduce callus, remove dry skin, and smooth cracks.

The **corn chisel** is a specially shaped, thin tool used for removing the core of a corn. The end is pointy, sharp, and scoop-shaped.



The **ingrown toenail file** is a long, thin metal instrument with grit on the ends used for smoothing the ingrown portion of the nail plate from the sidewalls.



Toenail clippers are designed to cut toenails. They are bigger than cuticle nippers, have stronger jaws that open wider, and provide better leverage than cuticle nippers. There are different types of clippers designed for specialty tasks. The clippers shown here on the left are called 'half-moon' clippers.

Flat-nosed nippers have straight blades. They are designed to only cut toenails. The flat side used against the skin ensures that no skin is cut during trimming.



Cuticle nippers are much smaller than toenail nippers. Cuticle nippers are only used to trim dead skin. Cuticle nippers are designed to only trim dead skin.

Credo blades are very useful tools when used correctly. When used incorrectly, they can easily cut into live flesh. When used correctly, a credo blade removes thin layers of excess callus.

Excavators and lifters come in a variety of shapes designed for specialty tasks. Tasks include excavating dirt and debris from between the nail plate and the nail bed. Some are designed to lift the edge of a sidewall to expose it for cleaning and/or filing.



| Pedicure Implements | |
|-------------------------------|--|
| Implements | Function |
| Nail Clippers | Shorten nails |
| Nail File | Shortens and shapes nails Emery board: smooths and shapes natural nails (disposable). Glass file: smooths and shapes natural nails (disinfectable). Metal file (diamond file): smooths and shapes natural nails; (disinfectable). |
| Cuticle Pusher (Steel Pusher) | Loosens and pushes back cuticles |
| Cuticle Nippers | Trim excess cuticle and hangnails |
| Nail Brush | Cleans the nails and surrounding skin |
| Buffer | Smooths ridges or corrugations on the nail plate |
| Curette | Removes debris from the nail margins |
| Foot File (Foot Paddle) | Removes dry, flaky skin and smooths calluses |
| Toenail Nippers | Trims thick toenails |

While pedicure implements are able to be disinfected and reused, pedicure supplies are items that are discarded after each use.

Toe separators are used to separate the toes during the polishing steps of a pedicure service. There are many different types of toe separators available, but typically a foam rubber material is the most common. Cotton or tissue can also be used to separate the toes by placing it (sometimes by twisting it) between the toes that need to be spread apart. Toe separators are not able to be disinfected and are discarded after each service.

Pedicure slippers are open-toed sandals worn instead of shoes to help protect the polish while it dries. They are placed on the client's feet before polishing the toenails. The most common pedicure slippers are made of paper or porous foam rubber. Some slippers are made of non-porous rubber or plastic and can be sanitized after each service and reused; however, paper or porous foam rubber slippers are discarded after each use. Some clients will bring their own open-toed shoes or sandals. Placing

pedicure slippers on your client's feet before inserting toe separators helps ensure that the slippers won't fall off.

| Pedicure supplies | |
|--------------------------------|---|
| Supplies | Function |
| Towels | Dry client's feet; can be folded to make a cushion |
| Cotton or Lint-Free Nail Wipes | Remove polish and oils from the nail plate |
| Cosmetic Spatula | Removes product from jars |
| Orangewood stick | Loosens and pushes back cuticles; applies cosmetics; cleans under the free edge; removes polish from sidewalls. |
| Toe Separators | Separate toes for polishing |
| Pedicure Slippers | Help protect the polish while it dries |

Towels are especially important for use during pedicures. Bare feet should never come into direct contact with either the floor or the foot rest—there should always be a towel in between, protecting the foot.

Pedicure equipment includes the furnishings and provisions necessary to provide a professional pedicure service.

Pedicure stations consist of a comfortable client chair with arm rests, a foot rest, and a chair or stool for the technician. Client chairs sometimes have massaging and heating elements for added comfort. A pedicure stool is made for the technician, and is basically a low stool that sometimes has a foot rest attached for the client. Having a low stool makes it easier for the technician to work on the client's feet without straining. If there is not a foot rest attached, a separate one can be used.

A pedicure basin or bath is used to soak the client's feet during a pedicure service. A pedicure basin needs to be large enough to completely immerse the client's feet in warm water and a foot-soaking solution. Some regulating agencies require a separate basin filled with clean water to rinse the feet after soaking, so check regulatory guidelines. Never use the foot soak to cleanse tools or come into contact with anything that has been sanitized.

There are many different types of basins or baths available for use in the salon, with some being portable and others attached to the pedicure station with running water in them. Many salons and spas have what is known as a “pedicure throne.” This means it is an all-inclusive unit that includes a client chair, a basin, or bath and a foot rest all in one. The pedicure throne is stationary, making it a fixed station connected to running water. Some pedicure thrones include jets or propellers in the basin to create a whirlpool effect, which creates a relaxing, enjoyable time for the client.

| Pedicure Equipment | |
|---------------------------|--|
| Equipment | Function |
| Glass Container | Holds supplies |
| Disinfection Container | Holds disinfection solution |
| Pedicure Station | Provides comfortable seat with arm restes, pedicure basin, foot rest, and technician stool for pedicure services |
| Pedicure basin or bath | Serves as a water container used to soak client’s feet during a pedicure service |

Objective Three Self-Test

1) How is the end of a corn chisel shaped?

2) Which two instruments can be used to reduce extreme callus?

3) How are flat-nosed nippers designed for safe operation?

4) What is the purpose of a curette?

5) What can be done to prevent a client's slippers from falling off?

6) What is a pedicure throne?

Objective Three Self-Test Answers

- 1) The end of a corn chisel is pointy, sharp, and scoop-shaped.
- 2) Extreme callus can be reduced with a rasp or a credo blade.
- 3) Flat-nosed nippers have one flat side that rests against the skin, preventing the skin from being cut.
- 4) Currettes are used to remove debris from the nail margins.
- 5) Inserting toe separators after the slippers are on can help ensure that the slippers stay on.
- 6) A pedicure throne is an all-inclusive unit that includes a client chair, a basin, or bath and a foot rest all in one.

Objective four

When you have completed this objective, you will be able to:

Describe the basic pedicure.

Background

A basic pedicure includes soaking, trimming and shaping the nails, cuticle care, callus reduction, massage, and polish. There are many different types of pedicures offered using extra products to pamper the feet, such as exfoliants, foot masks, and fresh fruit. Learning the basic pedicure will allow you to build your skills to incorporate more advanced pedicure services that will enhance your career.

When booking clients for a pedicure, advise the client to wear short or loose pants. Suggest that clients not perform hair removal on their legs for 24 hours prior to the pedicure. Hair removal can cause microscopic cuts in the skin from shaving and expanded pores from waxing. These conditions can allow some products to irritate the skin and increase the risk of infection.

Preparation

As with any service, it is important to perform SDS on all surfaces and implements. Have the station set up with products, implements, supplies, and equipment in proper order prior to the client's arrival. Bring the client to the pedicure station and complete the consultation; ask the client to remove shoes, socks, and jewelry, if applicable. Remind clients to store jewelry in a safe place, such as a pocket or purse.

Consultation

Record any information on a Client Consultation Card. Remember to discuss with your client what the objectives are for their foot care, salon, and home care options and create a plan. During the next steps, inspect both feet and toenails for contraindications and record any findings.

Sanitize Hands and Feet

Wash and sanitize your hands and the client's feet, and then apply a waterless hand sanitizer to your hands. If you feel more comfortable, wear gloves. Spray feet with a foot spray to deodorize and sanitize the feet before inspection. Remove the polish from the toenail plates (see below). Perform visual analysis of client's feet, looking for conditions such as redness, swelling, discoloration, cuts or sores, corns, and warts.

Remove Polish

Use a lint-free wipe or cotton ball that is saturated with polish remover. Place the wipe or ball on the nail plate and let it stand for a few seconds. Wipe toward the free edge. Note: if all polish is not removed, repeat this step until all traces of polish are gone. It may be necessary to put cotton around the tip of an orangewood stick and use it to clean polish away from the cuticle area. Inspect the toenail plates for any contraindications. After the client has cleared the inspection, prepare the foot soak.

Soak Feet

To create a foot soak, mix water with a solution that is designed to nourish, cleanse, and soften the skin of the feet and cuticles. Soak both feet for 4-10 minutes as per client consultation. A short, 4 minute soak is appropriate for clients with thinned skin such as diabetics and geriatrics. It is important to only use a mild soak and do not include objects such as marbles. A longer soak can be appropriate for most other clients, including those with excess callus. For some clients, such as diabetics, only use lukewarm water. Make sure to test the water yourself and have the client test the water. A rule of thumb is that if the client's feet are red after the soak, the water was too hot.

After the soak, remove both feet and dry. Place both feet on foot rest covered by towel. Take extra care to dry between the toes. Note: if the client has thinned skin, do not rub the towel across the skin; rather, gently pat the skin.

Cuticle Care

While the skin is still moist, use an excavator to graze across the cuticle and down the sidewalls. This will remove debris and dead skin cells from the nail folds. If the

eponychium still needs to be pushed back, gently use a stainless steel pusher to do so. Ensure that a fold or lip is not created. This can house bacteria and debris. Next, clean under the free edge with the same technique, moving from corner to centre. Use a gentle, non-aggressive touch. Note: Make sure not to force debris into these areas, and make sure not to break the skin. If excess cuticle remains, use cuticle softener (see EST 23).

Trim the Free Edge

Use professional-grade flat-nosed nippers (or a similar tool) to trim the free edge. If the esthetician is right handed, trim across the nails from right to left. Use short strokes to reduce pressure on the nail; trim the nails flush with the tip of the toes. The free edge from sidewall to sidewall should be straight across to prevent ingrown toenails.

File the Free Edge

Use an emery board or a steel file to smoothen the free edges. File from corner to centre. Next, use an ingrown toenail file. Gently insert the file under the sidewall and withdraw the file. Never use the file with a back and forth motion. The ingrown toenail file is used to prevent the development of ingrown toenails. If a nail plate has grown into the skin and the skin is red and swollen, do not work on the area. Use a fingertip to feel the corner of each nail. Make sure that the corners are not sharp.

Buff Nails

Use a disposable buffer (see EST 23).

Filing Soles

Filing soles can be done in two different ways, depending on how much excess callus a client has.

Nip Cuticles and Hangnails

If necessary, nip any lifted or loosened excess cuticle. Excess cuticle is defined as damaged / non-intact dead skin. White cuticle is to be removed only; translucent (clear) cuticle is live tissue. Position blades parallel to cuticle. Squeeze handles to cut. Release the nippers before moving on. Remove cuticle in one piece if at all possible. The nippers may also be used to remove hangnails. Avoid using the point of the nippers and/or pulling at the cuticles.

Apply Nail oil and Wrap

Using the dropper bottle, apply a single drop of nail oil to the cuticle of each nail on the foot. Make sure not to touch the dropper to the skin. Use the fingers to spread generously around the cuticles and under the free edge of each toenail.

Apply Lotion and Massage

Relaxation is the main goal of a massage delivered by an esthetician. Within an esthetician's scope of practice there are five basic massage movements. Each massage can incorporate the movements in different ways to provide a customized experience that suits the needs of each client. All of the movements are delivered for relaxation, not deep tissue massage. Massage should not be performed on someone with severe hypertension (high blood pressure). A client with arthritis may receive a gentle massage, but not a forceful one. Talking to a client during a massage will counteract the soothing effect that a massage is designed to induce.

Effleurage

Effleurage is a superficial massage movement made up of long, gliding strokes. It is often used as the opening stroke in massage. It introduces the client to the apprentice's touch, and can be used to apply lubricant and warm the muscles and skin. Effleurage can stimulate the nervous system and relax and sooth the body. This stroke is gently applied with open palms, forearms, or soft fists.

Joint Mobilization

This movement involves the rolling, sliding, compressing, or spinning of joints in their natural range of motion. A client's fingers, wrists, and elbow joints can be moved like this. Moving the joints after the muscles have been warmed by other techniques will help loosen the muscles.

Friction

Friction consists of short, deep, back and forth movements over a small area of muscle. Thumbs, fingers, and elbows can be used. In an esthetician's scope of practice, friction is performed in the middle of a massage, and only to the palm of the hand and sole of the foot.

Tapotement

This movement is characterized by fast tapping, patting, hacking or drumming of the client's body. Finger tips can be used within the scope of an esthetician.

Petrissage

This movement comprised of kneading, rolling, compression, squeezing, and lifting of the skin and muscles. Petrissage releases muscle tension and stretches the tendons. This movement is often performed after effleurage to increase blood flow and warm the muscles. In an esthetician's scope of practice, petrissage is performed very lightly, consisting only of gentle kneading and rolling.

General Concepts of Massage

Begin with light, soothing movements such as **effleurage**, and then progress into motions that increase muscle warmth and activity. At the end of the massage, revert back to light, soothing movements. Begin massaging each limb at its point farthest from the heart, exerting friction in the direction of the heart, on top of the limb. The return stroke is lighter, and takes place on the underside of the limb.

Start at the top side of the ankle, stroke up to the knee towards the heart, move the hand to the side of the leg and stroke downwards to the ankle with soft friction. Repeat.

Apply pressure when moving toward the heart, and relax pressure when moving away from the heart. Never apply pressure directly over bone. For example, put pressure on the topside of the limb applying friction in the direction toward the heart. The hands move to the underside of the limb, gently tapping or wiping in the direction away from the heart. Massage the entire area and use a wide variety of movements.

Make sure that the client's legs are comfortably supported in every position. They can be supported by hands or cushions or towels.

Repetitions and Timing

The duration of a leg and foot massage can vary. A massage can be limited just to the foot and ankle, or can include the leg, up to the knee. A massage can be lengthened or shortened by varying the number of repetitions. All steps of a massage must be performed. Do not shorten a massage by removing steps, as this will disrupt the flow of the service. If a massage must be shortened, reduce the number of repetitions.

The minimum time required for a basic foot and ankle massage is about 7 minutes for feet and ankles. This can be extended to a full, twenty minute massage by including the leg in the service and doubling repetitions. A basic service would only incorporate a 7 minute massage, while a spa massage would last twenty minutes. Massages can add extra income to a service. A client can pay additional money for things such as an extended massage and aroma therapy.

Foot and Leg Massage

Pre-warm lotion, oil, or cream in the hands and apply the lubricant to the client's leg. Warm up the leg and introduce your touch to the client by performing **effleurage** movements up and down the leg. Eight repetitions.

Perform **effleurage** up the topside of the leg to the knee, then perform **friction** with the pads of finger tips. Move the finger tips in a circular motion while travelling downwards on either side of the shin bone. Four repetitions.

When the ankle is reached, continue the **friction** by massaging small circles around the ankle bones (not on top of the bones) while rotating around the ankle bones. Two repetitions. Massage large circles around the ankle. Two repetitions. With one hand, bend the toes slightly downward. With the other hand, **friction** massage between the metatarsals—in a circular motion—from the knuckle to the ankle. Each toe can be gently tugged while rubbing the bottom pad with the thumb. Slowly slide down the toe while gently pulling it in a **petrissage** motion. Pull each toe from the base to the tip several times.

Two repetitions for each toe. Use the thumb and index finger to squeeze the muscle between each of the toes. Be gentle while massaging the toes of a client who has arthritis.

Perform **friction** massage on the sole of the foot by rotating thumbs in a figure 8 motion while moving from the base of the toes to the heel. Two repetitions. Massage in little circles down the sides of the foot, then long strokes with the thumbs up the middle of the sole. Two repetitions. When the thumbs are tired or sore, rotate the knuckles of the fist into the sole avoiding the heel. Approximately 30 seconds. Perform **effleurage** by alternating both hands sliding down the foot. End with cupping the heel briefly in each hand. Four repetitions. Elevate the foot with one hand. With the other hand, perform **effleurage** up to the back of the knee. Move down the back side of the leg by squeezing the top of the calf

At any time during a massage, an effleurage movement can be performed. An esthetician can forget their place in the cycle, and an effleurage can be used to keep blood moving until the esthetician remembers their place. In addition, an esthetician may develop a hand cramp. The light effleurage can be used as a small rest break until the cramp goes away.

and then releasing. Move down slightly, squeeze and release again. **Effleurage** to the heel. Alternate hands and repeat for a total of four repetitions. On the last repetition, when the heel is released, place the thumbs back on the sole. Using **friction**, focus on the arch of the foot and rub it in circular motions with the thumbs. Knuckles can also be used. From 30 seconds to 3 minutes. Perform **effleurage** by moving one hand to the top of the foot, perform effleurage up the top side of the foot until the knee and glide the hand down the side of the leg until the ankle. Perform this movement several times while decreasing pressure and speed. When the massage has ended, keep contact with the client for 10 seconds before breaking contact.

Apply powder to the client's feet at this time, if preferred.

Polish

Refer to EST 23 for the polish procedure.

Disposable slippers can be used if the client has closed-toe shoes. Insert toe separators before applying polish.

Pedicure Completion

After the pedicure is completed, escort the client to reception area, discuss retail products, rebook the next appointment, and complete the service record. Clean up the workspace as per EST 1.

Remember: remove all product from jars with a spatula and keep lids tightly closed on jars to avoid spillage and contamination. Keep labels on all containers and store products in a cool place to lengthen shelf-life. Place soiled towels in a covered container; use clean towels on each client.



In 2016, this client received a pedicure. During the service, she was cut several times. The cuts became infected, and she required surgery to remove it.

Objective Four Self-Test

1) What is included in a basic pedicure?

2) What is the proper method of drying the feet of a client who has thin skin?

3) What is the correct technique for trimming toenails?

4) What is joint mobilization, and why is it used?

5) As a general concept of massage, how is pressure applied in relation to the heart?

6) What is done with the client after the pedicure is completed?

7) Which type of massage movements can be performed on the sole of the foot and not over the ankle bone?

Objective Four Self-Test Answers

- 1) A basic pedicure includes soaking, trimming and shaping the nails, cuticle care, callus reduction, massage, and polish.
- 2) If a client has thin skin, pat it dry; do not rub the towel across the skin.
- 3) The correct technique for trimming toenails is to use short strokes to reduce pressure on the nail, and trim the nails flush with the tip of the toes.
- 4) Joint mobilization involves the rolling, sliding, compressing, or spinning of joints in their natural range of motion.
- 5) As a general concept of massage, apply pressure when moving toward the heart, and relax pressure when moving away from the heart.
- 6) After the pedicure is completed, escort the client to reception area, discuss retail products, rebook the next appointment, and complete the service record.
- 7) Hard movements such as friction, tapotement, and petrissage can be performed on the sole of the foot but not over the ankle bone.

Objective Five

When you have completed this objective, you will be able to:

Describe callus reduction.



Callus is formed by the body as a defense mechanism to protect a part of the foot from pressure or friction. Pressure can be caused by not walking properly, which can in turn be caused by misalignment of the body. Friction can be caused by ill-fitting shoes or sports. The body builds thick skin in response to the pressure and friction. Callus should not be removed completely in one treatment, because the callus is performing a function for the body. Callus is never

eliminated in one treatment; it is reduced over time. If callus is removed all at once, the body will rebuild it at a faster rate; in addition, the callus can develop fissures or painful bruising. The only permanent solution for eliminating callus is to eliminate the pressure and / or friction that caused it. Excess callus is identifiable by its rough and hard surface. It can be uneven, bumpy, white, and cracked. This outer layer is called hyperkeratosis. The outer layer is dead skin with no nerve endings or blood vessels. Underneath the outer layer is a layer of smoother callus that is yellow in colour. It includes nerve endings and blood vessels.

Callus can be reduced according to many different methods. The development of new products and tools results in changing techniques. Where cracks / fissures are present, callus reduction must be performed in the direction of the cracks / fissures. Reducing callus against the cracks / fissures may cause them to open, injuring the client and increasing the risk of infection.

Rasp

Rasps are used to only reduce extreme/bulk callus. After the feet have soaked, pat the feet dry. Hold the rasp loosely while supporting the foot with the other hand. Reduce the bulk callus by using a back and forth motion (not a see-saw motion) with the rasp.

File through most of the bulk callus and stop. At this point, the rasp is no longer the correct tool for callus reduction. Further reduction will include the use of a metal foot paddle.

Credo Blade

Credo blades can be used as an alternate to the rasp. Both tools are used to reduce the bulk callus. Credo blades are sometimes called corn planes. After the feet have soaked, pat the feet dry. The credo blade must be held so that the blade is parallel to the skin. If the edge of the blade is turned in towards the flesh, it will cut the client deeply. When used correctly, the credo blade planes thin slivers of bulk callus. Only light pressure is applied. Note: Each blade is a single-use tool and must be discarded according to local regulations. Credo blades are safe and effective tools, but the risk of harming a client deters their use. Proper education and training are essential to the correct use of a credo blade.

Callus Remover with Metal Foot File

Callus remover is a product that usually contains salicylic acid. Once applied, it begins to soften the callus for removal. Callus remover comes in two general forms: spray and serum. Each one requires its own method, as detailed below. Both of the techniques are performed after the foot has been soaked and nail care has been

completed. When using callus remover, best results are achieved with a metal foot file.

Method 1: Spray

Spray soles with callus softening spray. Spray is already diluted to be used without rinsing off of the skin. Using a metal paddle, reduce the callus with a coarse grit. Before the spray has dried, the paddle will slide smoothly over the skin. As it dries, the dead skin cells will start to roll. Keep working with the file, adding spray as needed until the rolling stops. Repeat with a fine grit paddle until the texture of the skin is very smooth. After the filing is complete, spray the entire foot with callus softener to remove any debris. Pat dry with a towel.

Method 2: Serum

Apply serum to the callused areas. Allow the serum to sit momentarily and then use a coarse metal paddle to reduce the callus. Switch to a fine metal paddle until the texture of the skin is very smooth. Spray the foot with water in order to neutralize the serum and pat dry.

Dry Callus Reduction

Dry callus reduction can be accomplished with any type of foot paddle. This method is performed without a foot soak, most commonly in conjunction with a gel service on toes. File the callus with a coarse grit paddle. The resulting dust will be fine. Use touch to feel for rough edges. When the callus is smooth, file with a fine grit paddle. At the end, spray the feet or the paddle with water or callus softening spray and re-file while wet. This final filing will result in very smooth skin; as well, it will clean the foot and add moisture before lotion is applied.

Objective Five Self-Test

1) What are the differences between the outer and inner layers of callus?

2) What motion is used to reduce callus with a rasp?

3) How is a credo blade held in relation to the skin?

4) Which step is necessary when using serum, that isn't necessary for a callus softening spray?

5) Why is water added at the end of a dry callus reduction?

Objective five Self-Test Answers

1)

| Outer Layer | Inner Layer |
|--|--|
| Rough and hard | Smoother |
| White in colour | Yellow in colour |
| Does not contain nerve endings and blood vessels | Contains nerve endings and blood vessels |

- 2) When reducing callus with a rasp, use a back and forth motion, not a see-sawing motion.
- 3) A credo blade is held parallel to the skin.
- 4) Serum must be neutralized with water, while the spray does not.
- 5) Water added at the end of a dry callus reduction to produce very smooth skin, cleanse the skin, and add moisture to the skin.

Objective Six

When you have completed this objective, you will be able to:

Demonstrate a pedicure.

Use the chart below to analyze your model's feet. If they show no signs of contraindications, move to the next portion of the practical exercise.

| Feet | Recommendations |
|--|-----------------|
| L / R | |
| <input type="checkbox"/> <input type="checkbox"/> Callus <input type="checkbox"/> <input type="checkbox"/> Fissures <input type="checkbox"/> <input type="checkbox"/> Corns <input type="checkbox"/> <input type="checkbox"/> Bunions <input type="checkbox"/> <input type="checkbox"/> Verucca <input type="checkbox"/> <input type="checkbox"/> Mycotic Nails <input type="checkbox"/> <input type="checkbox"/> Athletes Foot <input type="checkbox"/> <input type="checkbox"/> Edema <input type="checkbox"/> <input type="checkbox"/> Varicose Vein <input type="checkbox"/> <input type="checkbox"/> Ingrown Nail <input type="checkbox"/> <input type="checkbox"/> Hammer Toe <input type="checkbox"/> <input type="checkbox"/> Neuropathy <input type="checkbox"/> <input type="checkbox"/> Other | |
| Skin | |
| <input type="checkbox"/> Open lesion/broken skin <input type="checkbox"/> Mole, Wart, Skin Tag <input type="checkbox"/> Cyst, Boil, Pustule <input type="checkbox"/> Rash, Eczema, Psoriasis <input type="checkbox"/> Water Retention (Edema) <input type="checkbox"/> Cellulite (Stored Toxins) <input type="checkbox"/> Lack of Tone <input type="checkbox"/> Other | |

With the assistance of the instructor, perform a pedicure as outlined in Objective 4.

Instructor verification: _____

The following is a list of tools, products, and equipment that you may need.

| Pedicure Products | |
|------------------------------|---|
| Product | Function |
| Liquid Soap | Fights off harmful surface bacterial from the skin |
| Antiseptic Sanitizer | Reduces bacteria on the surface of the skin; aids in the prevention of cross-contamination |
| Antiseptic Foot Spray | Sanitizes feet before placing them into pedicure basin |
| Foot Soak | Softens the feet allowing for deeper penetration of skin and nail products |
| Polish Remover | Dissolves existing polish |
| Cuticle Remover | Softens dead cuticle tissue to allow gentle pushing back and to aid in its removal |
| Callus Softener | Helps soften dead skin cells for easier reduction |
| Cuticle Conditioner | Softens and moisturizes cuticles and surrounding skin |
| Moisturizing Lotion or Cream | Helps skin retain moisture and prevents or protects it from dryness |
| Massage Oil | Moisturizes and hydrates the skin |
| Polishes | <i>Base coat:</i> evens out nail plate and prevents polish from staining the nail plate <i>Nail strengthener:</i> prevents nails from chipping or breaking <i>Coloured polish:</i> creates a coloured effect on the nail <i>Top coat:</i> seals coloured polish and helps prevent chipping |
| Speed Dry (optional) | Decrease polish drying time |

Module Summary Self-Test

1) How does a decrease in the blood supply to the foot make it especially vulnerable to pressure?

2) Identify two possible problems that can occur if essential oils are used on a pregnant woman?

3) How is the water temperature of a foot bath tested?

4) What problem can be caused by over-soaking during a foot soak?

5) When is it determined if an exfoliator will be used during a pedicure?

6) Which tool is used to scrape the underside of a nail plate's side edge?

7) which type of nail file is not reuseable?

8) Can the foot soak be used to cleanse disinfected tools?

9) What is done after the polish has been removed from the nail plates?

10) Why should hair removal not be performed on legs for 24 hours prior to the pedicure?

11) What is the main goal of a foot and leg massage?

12) When is power applied to the feet during a pedicure?

13) Why should products be stored in a cool place with the lids tightly closed?

14) What can happen if callus is removed all at once?

15) An esthetician is using callus softening spray and a coarse grit paddle to reduce callus. At which point does the esthetician need to re-spray the foot with softening spray?

Module Summary Self-Test Answers

- 1) A decrease in the blood supply to the skin and soft tissue beneath calluses makes the foot vulnerable to pressure.
- 2) Using essential oils on a pregnant woman can increase menstrual flow and induce pregnancy.
- 3) The water temperature of a foot bath is tested by the esthetician on the inside of the wrist. The client should also test the temperature.
- 4) Over-soaking during a foot soak can cause the skin to retain excess water; as a result, the skin will tear easily.
- 5) During the client consultation it will be determined if an exfoliator will be used.
- 6) An ingrown toenail file is used to scrape the underside of a nail plate's side edge.
- 7) An emery board is not reusable.
- 8) No, the foot soak cannot be used to cleanse disinfected tools.
- 9) After polish has been removed, inspect the toenail plates for any contraindications.
- 10) Hair removal on the legs can cause microscopic cuts in the skin and expanded pores from waxing that may allow bacteria and infection to enter the skin.
- 11) The main goal of a foot and leg massage is relaxation.
- 12) Powder is applied after the massage.
- 13) Products should be stored in a cool place with the lids tightly closed in order to extend their shelf life.

- 14) If callus is removed all at once, it will return at a faster rate, and may develop fissures or painful bruising.
- 15) The esthetician needs to re-spray the callus when the dead skin cells begin to roll.