

Unit-3

Advance Foot Care

Learning Outcomes

Session	Topic	Outcome
1	Pedicure	You will be able to understand ● Definition of Pedicure. ● Types of Pedicure techniques. ● Precaution for Pedicure. ● Advance massaging techniques using electric massager.
2	Nail Art	You will be able to understand ● Meaning of Nail art. ● Identify the tools and material required for nail art. ● Types of Nail art application techniques.

Assessment Plan (For Teachers)

Session	Topic	Assessment method	Remarks
1.	Pedicure	Exercise: Question & Answer Practical: Display Tools and equipment for Pedicure Demonstrate & Practice.	Visit to Foot Spa's/ Salon.
2.	Nail Art	Exercise: Question & Answer Practical: Display Tools and equipment for Nail Art. Demonstrate and Practice	Visit to Nail Salon



Session – 1 : Pedicure

The word Pedicure is derived from the Latin word *pedis* meaning foot and *cura* meaning care. It is a way to improve the appearance of the feet and the nails. It provides a similar service to a manicure. The word *pedicure* refers to superficial cosmetic treatment of the feet and toenails. A pedicure can help prevent nail diseases and nail disorders. Pedicures are done for cosmetic, therapeutic and medical purposes. They're extremely popular throughout the world, primarily among women. Pedicures are not just limited to nails; usually dead skin cells on the bottom of feet are rubbed off using a rough stone called a pumice stone. Additionally, leg care below the knee became a common and now expected service included in pedicures. Leg care includes depilation via either shaving or waxing followed by granular exfoliation, application of moisturizing creams, and a brief leg massage.

Types of Pedicure

Regular Pedicure: A simple foot treatment which involves foot soaking, scrubbing, clipping of nails along with shaping them, massaging foot and calf muscles, moisturizing followed with nail paint. The regular pedicure consists of soaking feet in a warm tub of smelly salts and scrubbing with a pumice stone or foot file. This removes the dead skin around the front and back of the foot. The toes are clipped, filed and cleaned, then set out to dry so polish adheres to the nail. While toes nails dry, apply a moisturizer to the foot and calf and massage the leg. Lastly, the toes are painted.

Spa Pedicure: The spa pedicure is an upgrade to the regular pedicure because of a few extra steps during the process. Spa pedicures receive all the basics of the regular pedicure. In addition to a few extra minutes and a slightly higher price, the spa pedicure typically involves a paraffin wax, mud mask or salt scrub. Dip feet into a paraffin wax and allow the wax to cool completely before simply peeling it off and revealing smooth skin. A mud mask is similar to a face mask, but for the feet; it helps to remove dead skin and relax sore feet. Salt or sugar scrubs are another exfoliation and moisture-enhancing technique.

Paraffin Pedicure: Paraffin that is used for salon treatments is actually an alkaline (opposite of acidic) substance that contains hydrating factors for the skin. It comes in a very viscous and waxy form which is applied all over the skin on the feet and the hands (palm and back of hands). One's hands and feet are then wrapped with for the moisture to seep through the skin. Paraffin manicure and pedicures also include regular nail cleaning and shaping.

Stone Pedicure: Stone pedicures help relax and work out sore muscles, aches and pains in the feet and calves. The pedicure includes the amenities from the regular pedicure. In addition; warm to hot stones are used to rub down the foot to help loosen tight muscles. Depending on the salon, patrons may receive a foot rub with essential oil, then place their feet onto a smooth stone, or the professional may rub down the foot and calves with the stones and essential oil.

French Pedicure: A regular pedicure which ends with the "French" style of nail paint characterized by white nail polish at the nail tips with a sheer pink colour on the nail base.



Mini Pedicure: The mini pedicure is fast, quick and inexpensive. Because of the term “mini,” the pedicure does not contain the massage or exfoliation to the feet. Unknowingly, women usually give themselves mini pedicures at home because the mini pedicure is simply removing the polish, filing the nails and re-polishing the toes.

Salt Pedicure: The pedicure is carried out by the scrub of at least 20 – 30 pieces of salted rocks found in the river bed. The pedicure basically employs the means of salt and rock to scrub the skin, instead of an exfoliating or scrubbing cream. In the first step, as usual, the feet are soaked into warm water for 15-20 minutes. The feet and legs are then cleaned with salted rocks for the removal of accumulated dirt.

Fish Pedicure: Last but not the least is the fish pedicure which is gaining immense popularity day by day for its miraculous effects. In the procedure, tiny fishes are used to nibble away the accumulation of dirt and dead skin cells from your precious feet. The pedicure is known for its amazing feel good factor. As per doctors, fish pedicure has been found to bring about excellent relief from medical conditions like eczema and psoriasis.

Electric Pedicure: Rechargeable pedicure Nail Care Station for maintenance of the natural nails comes with 8 professional quality tools. Trimming Disk, Tapered Cone, Foot Cone, Emery Barrel, Felt Buffing Cone, Circular Brush and Leg and Foot Masager.



Precautions for Pedicure

Pedicure should be cautiously performed if a client has one of the following conditions

- Fever
- Broken bones
- Inflamed areas
- Skin problems – rash, Inflammation, lesions, frail skin and extreme discolorations
- High Blood Pressure



- Uncontrolled diabetes
- Infectious diseases
- Cancer
- Severe Osteoporosis
- Varicose veins
- Unstable hypertension
- Uncontrolled Diabetes with PAD or Neuropathy
- Neuropathy
- PAD (Peripheral Artery Disease)
- Warts
- Deep Vein Thrombosis
- Gout
- Ingrown nails

Massage

Foot massage during a pedicure stimulates blood flow and is relaxing to the client. The below techniques provide directions for massage of the left foot.

- **Relaxer Movement to the Joints of the Foot:** Rest client's foot on footrest or stool. Grip the leg above the ankle with your left hand. This will support the client's leg and foot. Use your right hand to hold left foot just beneath toes and rotate foot in circular motion
- **Thumb Compression - friction movement:** Make a fist with your fingers, keeping your thumb out. Apply firm pressure with your thumb and move your fist up the heel towards the ball of the foot. Work from the left side of foot and back down the right side towards the heel. As you massage over the bottom of the foot, check for any nodules or bumps. If you find one, be very gentle because area may be tender.
- **Metatarsal Scissors (a petrissage massage movement, kneading):** Place your fingers on top of foot along the metatarsal bones with your thumb underneath the foot. Knead up and down along each bone by raising your thumb and lower fingers to apply pressure.
- **Effleurage on Top of Foot:** Place both thumbs on top of foot at instep. Move your thumbs in circular movements in opposite directions down the center of the top of the foot. Continue this movement to the toes. Keep one hand in contact with foot or leg, slide one hand at a time back firmly to instep and rotate back down to toes.
- **Effleurage on Heel (bottom of foot):** Use the same thumb movement that you did in the massage technique above. Start at the base of the toes and move from the ball of



the foot to the heel, rotating your thumbs in opposite directions. Slide hands back to the top of the foot.

- **Effleurage Movement on Toes:** Start with the little toe, using thumb on top and index finger on bottom of foot. Hold each toe and rotate with the thumb. Start at base of toe and work towards the end of the toes.
- **Twist Compression (a friction movement, deep rubbing):** Place left hand on top of foot and make a fist with your right hand. Your left hand will apply pressure while your right hand twists around the bottom of the foot.
- **Effleurage on Instep:** Place fingers at ball of foot. Move fingers in circular movements in opposite directions. Massage to end of each toe, gently squeezing the tip of each toe.
- **Percussion or Tapotement Movement:** Use fingertips to perform percussion or tapotement movements to lightly tap over the entire foot to reduce blood circulation and complete massage.

Effleurage a French word meaning “to skim” or “to touch lightly on”, is a series of massage strokes used in Swedish massage to warm up the muscle before deep tissue work using petrissage.

Petrissage from French pétrir, “to knead” are massage movements with applied pressure which are deep and compress the underlying muscles. Kneading, wringing, skin rolling and pick-up-and-squeeze are the petrissage movements. They are all performed with the padded palmar surface of the hand, the surface of the finger and also the thumbs.

Session – 2 : Nail Art

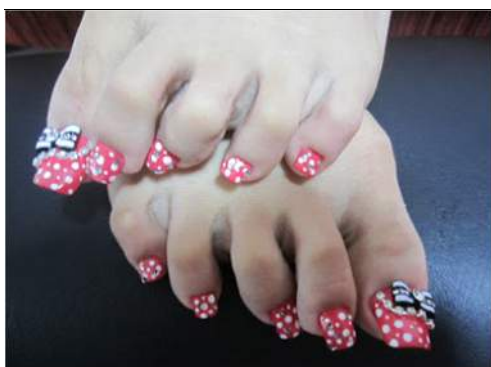
The secret behind nail art is introducing the right design to the right client, at the right time. A person's individuality can be expressed through the choice of nail art, but what pleases some people will not please others. A nail technician needs to identify a client's expectations and characteristics in order to make a suitable recommendation. There are a number of characteristics that need to be taken into consideration including the following:

- Personal preference - will influence the nature of the design and whether all ten nails are painted or perhaps just one on each hand. The preferred design may be as simple as a single coat of colour or as elaborate as a combination of colours, gems and feathers.
- Length and shape of the nail - must be taken into consideration so that you can select and recommend a design to best suit the nail. For example, a design that is horizontal on the nail will cause a short nail to look shorter, whereas a design that is vertical will enhance the length. Consideration also needs to be given to the size and shape of the hands and fingers.
- Personal style of the client should always be considered. For example, a mature client who is dressed in current, up-to-the minute fashion may feel insulted if you advise a conservative design. Likewise a young person may be conservative.
- By accurately identifying a client's individual characteristics you and the client can make the suitable choices to suit their nails and personality.



Step – 1 : Identifying why a client is having nail art

- It is necessary to find out why a client is having nail art applied so you can provide accurate advice and recommendations for the service and appropriate aftercare advice, and more effectively fulfil their expectations.
- There could be a number of reasons as to why a client wants art designs on their nails, for example:
- to enhance the appearance of their nails



- to draw attention to their hands
- because it is currently fashionable
- for a special occasion.

It is important to listen to what clients have to say and help them select the most suitable nail art design.

Prepare the service area



Prepare the service area in the same way that you prepare for a basic Manicure and Pedicure Service.



Additional tools you will need

Hand drill for nail charm	a hand drill should be supplied by the company that supplies the charms, as it is used to drill the correct size hole through the free edge of the nail for the pierced charm to go through. The other end of the drill is a wrench hole, used to screw on and tighten the bolt on the underneath of the nail.
Nail art brushes	small paintbrushes, available from art supply stores, used to paint designs on nails. Several sizes should be kept at all times. A long, bristled, thin drag brush can be used to draw thin stripes. A small, shorthaired brush or a dotting tool is best for dots and detail work. Small or medium sized brushes are used for painting backgrounds.
Paint palette	used to mix acrylic paints for freehand painting.
Polish correcting stick	pen-style implement with nail polish remover on the tip. This 'pen' can be used to remove nail polish from around the cuticle or anywhere on the finger that should not have polish.
Reusable nail form	made of aluminium, Teflon or plastic and has no adhesive backing. A reusable nail form is used to sculpt 3D designs. The design can be painted and then removed from the nail form and glued on to the nail.
Small scissor or nippers	used to trim the self-adhesive nail tape before and after being applied to the nail.
Tweezers	used when applying a gold nail or working with nail cosmetic such as feathers or lace.

Materials

In addition to the Manicure and Pedicure materials you will need the following for nail art.

Acrylic powder and liquid	can come in three different colours, white, pink and clear. The liquid combined with the powder will form the 3D sculpture.
Emulsion glue	is used when creating foil art. Emulsion glue is used to stick the foil art on to the nail.
Nail art paint	any kind of acrylic paint can be used to paint on nail art designs. Acrylic paints have a water based and are easy to apply.

Nail Cosmetics and Design Supplies

You will use these to create the actual design on the client's nails. Don't limit yourself to what is listed here; your imagination and skill are your only limits. Nail technicians should look around in nail suppliers, art shops and craft stores for ideas. Also attend any nail shows and beauty expos you can in order to keep up with new trends.



Bullion beads	tiny glass beads that are coated in different colours. They are applied to the nail by using clear nail polish and can be used one by one or in clusters. They also make effective additions to other nail art designs.
Confetti	small strips of foil that is available in many colours. It can be used to create nail design or can be combined with other materials.
Crushed shell	gives a luminous finish and can be set into gel or acrylics.
Decals	stickers designed to go on the nail. They come in endless design such as hearts, cats, stars, lips and butterflies.
Fabric shapes	dazzling fabric shapes in various designs like bow, heart and star. Flat bottom fabric shapes can be secured to nails with clear nail coating.
Feathers	are used like decals and can be combined with other art supplies.
Foil	very fragile leafing that is available in gold, silver and copper. It comes in sheets that are packaged approximately ten to a bag. The sheets should be left in the bag to prevent cracking. Foil is used to accentuate parts of the nail. For example, if half the nail is painted red and the other half in black the foil may be used to accentuate the black portion.
Foil art	thin pieces of foil on plastic backing are adhered to the nail with special emulsion glue. The plastic is pulled away after being pressed onto the dry glue and the foil is left on the nail.
Mylar flakes	brilliant glitter shapes with many reflective surface.
Rhinestones and Pearlstones	tiny gems such as rhinestones are popular and come in different shapes, sizes and colours. These give sparkle to a design and add texture. Some are holographic.
Tinsel and glitter	these tiny sparkles come in a small packs or little bottles. The bottles are easier to work with, as the glitter can be squeezed onto the nail into a specific spot. Glitter is available in many colours and can be used for creating a design or enhancing one.
Pierced nail charm	small charms are made for decorating the nail. They are applied by drilling a hole in the nail with a hand drill and bolting the charm on with a tiny wrench that is at the other end of the drill.
Striping Tape	comes in rolls of different colours, although silver, gold and black tend to be the most popular. The tape has a tacky backing and is applied to a dry polished nail.
3D nail art	is created by sculpting acrylic to create a raised design on the nail. The design can then be painted with polish and glued to the nail. There is 3D nail art available that is already prepared.



Step-2 : Prepare the client for service

Identifying client characteristics

Now that the client has been made comfortable at the nail table, it is time to find out some important information.

Creating design samples

To make nail art design samples for display, use a nail tip, an orangewood stick and some acrylic. File the end of the nail tip to smooth it. File the tip number off and buff it so that the spot is smooth. Doing this will make the nail art sample look neat and there will be no scratches under the polish.

Turn the nail tip over and place it on the table. Put a small ball of acrylic on the end of the tip and place the tip of the orangewood stick into the acrylic. Leave it to dry. When the acrylic is dry, hold the stick with the nail on it so that it is steady while you make the nail art sample or simply to practise designs.

Use your imagination to create designs. Try combining several techniques and display freehand designs related to a theme, for example, an ocean scene with trees and rocks for a holiday, or hearts for St Valentine's Day. Display as many different sample designs as you can. Do not be afraid to try anything; if a mistake is made, try again. The more sample nails you create the more you will sell.

Promoting nail art services

Once you have the skills to create a wide selection of nail designs, clients need to see what can be done. Successful nail technicians need to be good salespeople as well. They will be responsible for selling both nail art services and products that will help clients maintain their results. To be successful, the basic selling goal should be to meet the needs of the clients.

The five points to meet clients' needs and sell a nail art service are:

- 1. Know the products** - It is essential for you to have knowledge about the features and application of the products and service so that you can explain and recommend them with confidence to clients.
- 2. Know a client's needs and wants** - One of the important skills in selling is the ability to match the products and services available in the workplace to the needs of the client. You must take care to assess the client's needs.
- 3. Present products and services** - Promoting products and services and displaying them attractively will encourage sales. The key to successful merchandising is having the right products and services:
 - at the right time
 - in the right place
 - in the right quantity
 - at the right price.



This means the products and services that you sell are appropriate to the particular target market.

4. Answer clients' questions When answering a client's questions, do so with honesty and openness. Never try to sell a product or service that will not meet the client's needs. It is essential to listen carefully to the client's answers to find out:

- what the client's priority purchase is
- what the client usually spends on that type of product
- what the client's other concerns and interests are for add-on sales and future business.

Create nail designs

- The first thing you should do to prepare for most nail art services is polish the nails. This creates a backdrop for the work. Apply the base coat then two layers of colour, which must dry in between, and finish with a coat of clear polish or topcoat. This last coat is very important because without it, or if it is not dry before you begin, the polish colour will bleed through the design. When designing on nails that are weak or have ridges, ridge filler can replace the base coat. This will help make the polish and design last longer and add body to the nails to give them more strength. After applying the topcoat, let the nails dry for ten minutes before starting the nail design.

Points to remember

- Do not use ridge filler if several extra layers of polish are being applied to complete a design as it will be too thick and will never dry.
- Let each coat dry between applications to ensure smudge-free results.
- Clean mistakes on the cuticle with an orangewood stick.
- When polishing very long nails, polish the free edge first then the rest of the nail.
- Cover colour with topcoat and let it dry before continuing with design to prevent colours from bleeding into each other.

Apply Nail designs

The following information shows how to work with a range of commonly available nail art materials. Over time you will add to these. It is worthwhile for you to visit art supply and craft stores to collect art materials that are suitable for use in nail designs. To get some inspiration use the internet to search for images of the latest nail art designs or get details of a nail art competition in your state or territory.

1. Layered nail polish - By layering the polish colours it is possible to create beautiful designs, such as stripes, V shapes and multi coloured swirls. By layering the different colours while making a different line of design on each layer you create layered polish designs.

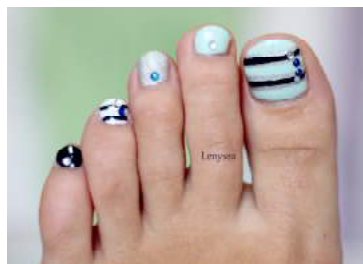


Procedure for layered polish design

You will need several colours of polish that complement each other, an orangewood stick and polish remover.

- Prepare the nails by sanitizing the nail beds.
- Apply a base coat and let dry.
- Apply one coat of coloured polish as the base colour.
- Apply second coat of base colour, making it thinner at the free edge and let it dry thoroughly to prevent smudging.
- After the base layers are dry, use a second colour to paint the end of the nail at an angle leaving a space so that the base colour is still visible. Stop here or layer several more times using another colour or switching between the two, always making sure that the polish is thinner at the free edge.

2. Nail tape application - Nails can be decorated with nail tape, which is available in different colours and thickness. Gold and silver are the most popular. The tape can be used alone or as part of another design.



Procedure for nail tape application

You will need self-adhesive nail tape, clear polish and sharp nippers or small sharp scissors.

- Prepare the nails by sanitizing the nail beds.
- Polish the nails in the regular manner. If applying nail tape over another design, the design must be dry.



- Hold the end of the tape in one hand and hold the roll of tape, sticky side down, in the other. Be careful not to touch the back of the tape or it will not be sticky enough.
- Place the tape on the nail in the desired position and cut the tape off at the end of the roll, leaving the ends long until the pattern is complete.
- Use an orangewood stick to press the tape firmly in place. Place a small drop of clear polish under the ends if they stick up, let dry a little and then press again.
- Be sure that there are no air bubbles under the tape and that the ends are well pressed down. To avoid air bubbles, do not apply the topcoat too quickly.
- Continue to apply the tape in this manner until the design is complete.
- Trim all the tape ends with nippers or scissors.
- Apply clear polish over the top to seal your work, making sure that the ends of the tape have also been covered.
- Allow to dry and check that tape ends are safe and secure. If they are not, apply another coat of clear to secure them.

3. Bullion beads



Bullion beads are used to create or enhance nail designs. The beads are available in many colours but the gold and silver are the most popular.

Procedure for bullion beads

You will need bullion beads in desired colours, clear polish and an orangewood stick.

- Prepare the nails by sanitizing the nail beds.
- Polish the nails with the chosen colour in the regular manner and allow to dry. Let the base dry completely before starting the design.
- Apply clear polish on the nail in the area where the beads are to be placed.
- Dip the wet nail surface into the beads so that they stick into the wet clear polish. Arrange the edges of the design with the orangewood stick. If covering a small area, apply the beads the same way the gemstones are applied with an orangewood stick.
- If using two different coloured sets of beads, repeat the process with the second colour. Continue the coating and dipping process until the design is complete.
- Cover the design with two coats of clear polish to seal the beads.



4. Foil Art

Every foil art design comes out differently. To make any two nails exactly the same is impossible but they can be kept similar by using the same method on each nail. The foil is supplied on thin cellophane backing. Special emulsion glue is painted on the area of the nail where you want the foil to be applied. After the glue is dry, the foil is pressed onto the nail and the cellophane backing is peeled away.



Procedure for foil art

You will need foil in desired colour or colours, emulsion glue, small scissors and an orangewood stick.

- Prepare the nails by sanitizing the nail beds.
- Polish nails in the regular manner and let polish dry completely. The foil will not work if the polish is not dry.
- Apply the emulsion glue to the area of the nail where the foil is to be applied.
- Let glue dry just until it turns clear and then gently press a cut a piece of foil onto the glue.
- Gently pull the edge of the foil away from the nail so that the colour adheres to the glue and the clear cellophane backing is removed.
- If another colour is required, press it over the same area to blend the colours. The foil will stick to the glue where the first colour did not.
- To make fancy designs, more emulsion can be added to different areas of the nail and other colours added separately.
- Cover the design with clear polish to seal and protect.

Review Questions

Q1. Write any four popular pedicures?

- a) _____
- b) _____
- c) _____
- d) _____



Q2. Write the components of an electric pedicure machine?

- a) _____
- b) _____
- c) _____
- d) _____

Q3. Write any four precautions for pedicure?

- a) _____
- b) _____
- c) _____
- d) _____

Q4. In Nail Art why top coat is important?

Q5. Write any three points to sell a nail art service?

Q6. Write the procedure of Nail tape application?

Q7. Fill in the blanks

- a) Foot Massage stimulates _____ .
- b) Pedicure should be cautiously performed if the client has _____ and _____ conditions.
- c) _____ can be used to remove nail polish from around the cuticle.

Q8. Match the following

Column A	Column B
1. Types of pedicure	1. Hand drill for nail charm, nail art brushes, Paint palette, reusable nail form
2. Foot massage techniques	2. To create different designs such as stripes, V-shape, multi-colored swirls.
3. Tools for nail Art.	3. To create or enhance nail designs
4. Layered nail polish	4. Stone pedicure, spa pedicure, electric pedicure
5. Bullion beads	5. Effleurage, petrissage, percussion movements