

Chapter 7

Performing Manicure & Pedicure



7.1 Manicure:

This is a beauty treatment given to the nails on the hands to maintain its health and form. The word "Manicure" is derived from the Latin word which is created from "Manus" or Hands and "Cura" is Care This treatment helps one to avoid wrinkles caused by the use of harsh soaps etc. The massage given in this treatment improves blood circulation and nourishes the skin. Manicure protects your nails and help become stronger if you perform the methods of nailcare regularly.

7.1.1 Classic Manicure:

It is one of the most common type of manicure. This is a softening exfoliation that removes the dead skin and reveals fresh suppleness. It makes sapped, polished, buffed and clipped nails with perfect cuticles.



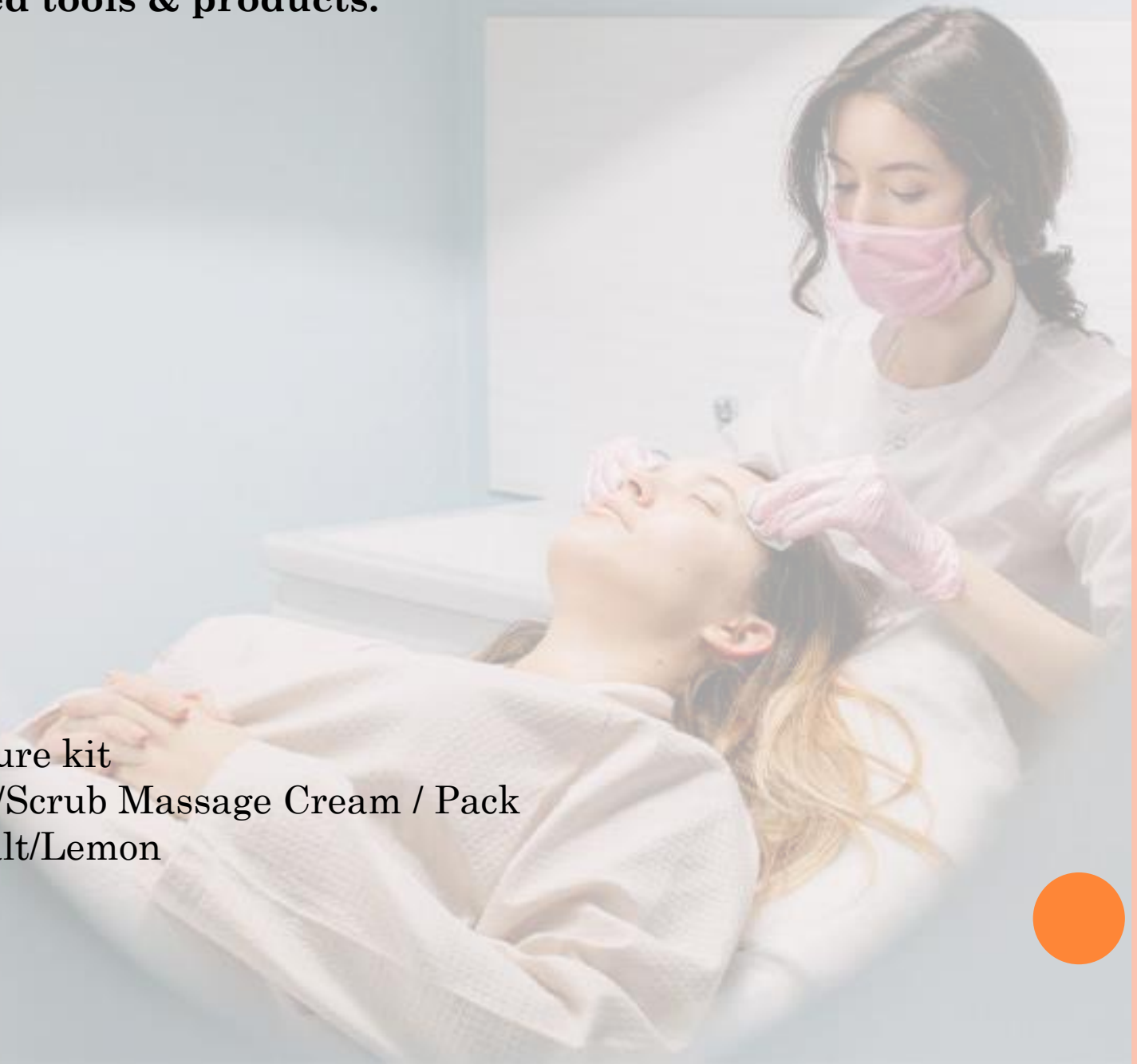
7.1.2 Required tools & products:

Tools

Manicure bowl,
Palette,
Manicure stool,
Nail cutter,
Nail filer,
Cuticle pusher,
Cuticle cutter ,
Orange stick,
Nail brush,
Pumice stone,
Foot scrapper,
Foot softener,
Nail buffer,
Towel,
Cotton,
Spatula.

Product

Classic Manicure kit
Cleansing Gel/Scrub Massage Cream / Pack
Dettol/Root Salt/Lemon
Base Coat
Nail Polish
Nail Remover



7.1.3 Manicuring procedure:

1. Suggest the client about the types of Manicure and select the product according to the clients condition of the hands.
2. Set up the trolley.
3. Clean all the materials in the disinfectant solution and place in the sterilizing unit.
4. Remove the nail polish using Nail remover.
5. Cut the nails if required.
6. File the nails.
7. Apply cuticle cream on the nails and soak the hands in hot water in which cleansing gel (shampoo Dettol, lemon and rock salt is added. Soak it for 15 minutes.
8. After 15 minutes, remove one hand from the bowl and push the cuticles by using cuticle pusher
9. Use cuticle cutter to cut the cuticle.
10. Use orange stick and remove the dirt underneath the nails.
11. Add cleansing gel to the nail brush and brush the nails with it.
12. Apply scrub and massage in circular movement for 2-3 minutes.
13. Massage the hands with massage cream.
14. Apply pack and remove within 5 to 6 minutes
15. Buff the nails with nail buffer to improve blood circulation on the nails,1
6. Apply base coat and nail polish.
17. Apply top coat



7.2 Pedicure

Pedicure is a beauty treatment for feet and toes. It removes dead cells. This cleans the legs, improves blood circulation, relaxes and relieves the stress and pain of the leg.

7.2.1 Purpose of Pedicure:

.Our feet are important part of our body and much of the load of our body is carried by it. Feet become weary from walking, standing etc. .For various reasons feet become uncomfortable and can lead to many other problems.It is necessary to keep the feet nails clean to prevent nail diseases.. .Pedicure is a part of improving one's personal appearance.

7.2.2 Classic Pedicure

Classic is a relaxation technique for foot and toes.

. This softening exfoliation removes dead skin to reveal fresh suppleness. .

It makes perfect cuticles, shaped, polished, buffed and clipped nails .

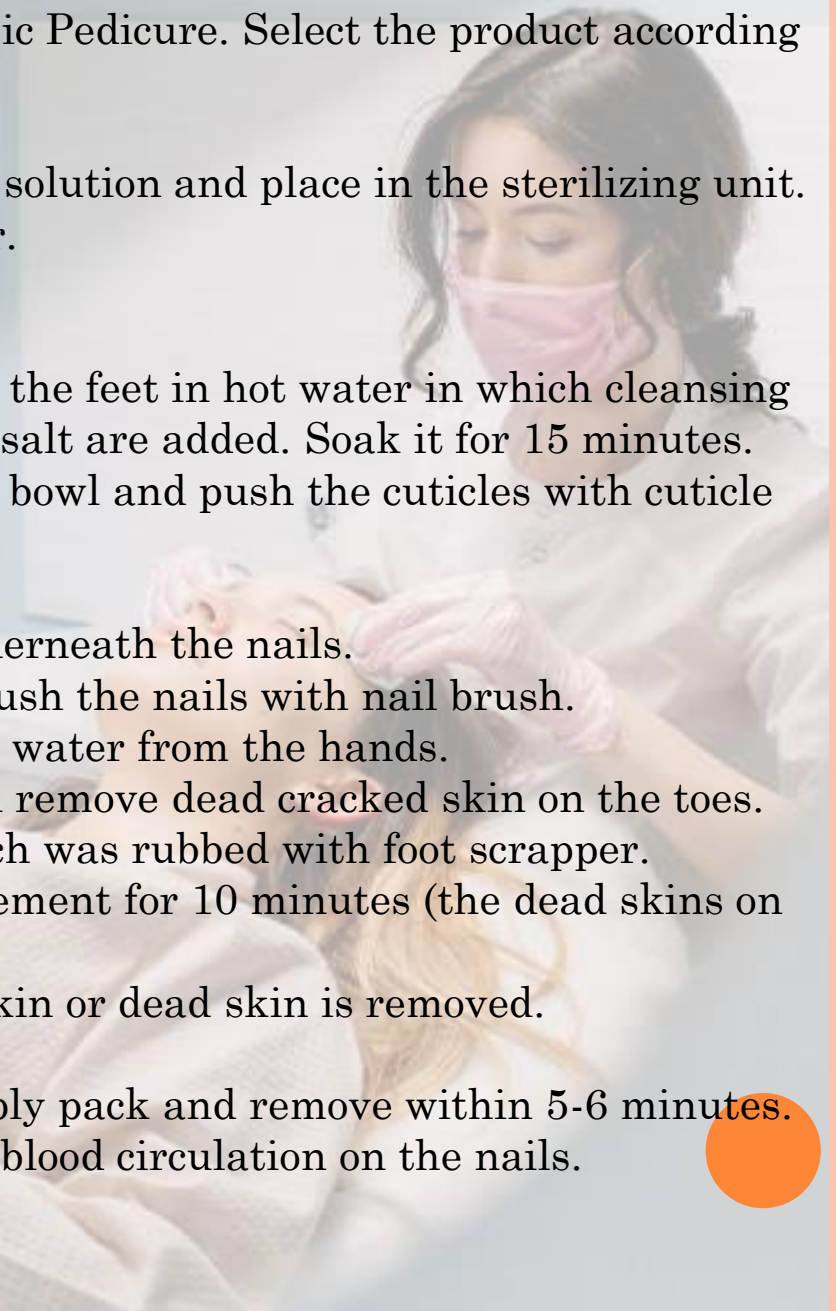
This method is mainly used to remove the dead cells and tighten the feet .

Required time duration for this kind of Pedicure is 45 minutes.



7.2.4 Procedure of Classic Manicure:

1. Suggest the client about the types of Classic Pedicure. Select the product according to the client's condition.
2. Set up the trolley.
3. Clean all the materials in the disinfectant solution and place in the sterilizing unit.
4. Remove the nail polish using Nail remover.
5. Cut the nails if required.
6. File the nails.
7. Apply cuticle cream on the nails and soak the feet in hot water in which cleansing gel (shampoo), Dettol and Lemon and rock salt are added. Soak it for 15 minutes.
8. After 15 minutes, remove one leg from the bowl and push the cuticles with cuticle pusher.
9. Cut the cuticle with cuticle cutter.
10. Use orange sticks and remove the dirt underneath the nails.
11. Add cleansing gel to the nail brush and brush the nails with nail brush.
12. Clean the legs in water and remove excess water from the hands.
13. Add Cleansing gel to the foot scrapper and remove dead cracked skin on the toes.
14. Rub pumice stone to soften the scales which was rubbed with foot scrapper.
15. Apply scrub and massage in circular, movement for 10 minutes (the dead skins on the feet will be exfoliated).
16. Use dry scrapper so that the left out dry skin or dead skin is removed.
17. Massage the legs with massage cream.
18. Without removing the massage cream, apply pack and remove within 5-6 minutes.
19. Buff the nails with nail buffer to improve blood circulation on the nails.
20. Apply base coat and nail polish.
21. Apply top coat.



7.3 Post treatment care for Manicure and pedicure

7.3.1 For Manicure:

- .Moisturize hands regularly, especially at night, before going to bed
- Exfoliate hands from time to time.
- Filing nails (if done correctly) will help to strengthen nails. File in one direction only and don't file backand forth, as this creates heat, which in turn weakens the nails.
- Nourish the cuticle with cuticle oil (e.g- Almond oil).
 - Use gloves while doing tasks around the home, including washing the dishes.
- When the polish starts chipping off, remove it with a non-Acetone nail polish remover.
- While applying nail polish, always start with a base coat. Then put two thin coats of colour and finish off with a top coat.
- If there is any kind of nail condition (such as soft or brittle nails) it would have to be treated accordingly.
- Once in a while, book a Paraffin treatment with manicure to soften the skin and the cuticle. Skin this way becomes extremely soft and the softness lasts long.



7.3.2 For Pedicure

- Leave adequate time after your treatment to allow your nails to dry.
- For pedicures wear open toe shoes if possible
- Change socks or tights daily
 - Apply moisturizing lotion daily to the feet after bathing.
 - Dry the feet thoroughly after washing, especially between the toes.
 - Apply talc or special foot powder between the toes to help absorb moisture.
 - Foot sprays containing Peppermint or Citrus oil are useful to refresh the feet during the day.
 - Massage the cuticles with cuticle cream or oil.
 - Use non-Acetone varnish remover.

