

UNIT - 3



Foot Care

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Unit Overview & Description

This unit will provide the student information about the various aspects of Body Care and Wellness.

Knowledge and Skill Outcomes

The following knowledge must be assessed as part of this Unit:

- Pedicure and Its Types
- Reflexology
- Removal of Superfluous Hair

Resource Material

1. Beauty Therapy the Foundation Level II, Lorraine Nordmann
2. Milady's Standard Nail Technology, 5th Edition
3. Manicure, Pedicure and Advanced Nail Techniques by Elaine Almond
4. Milady's Standard Cosmetology, ISBN-978-15625-3880-2



Learning Outcomes

Session	Topic	Outcomes
1	Pedicure and Its Types	<ul style="list-style-type: none"> Identify various tips of nail care and toe nail care Identify the pedicure & its benefits Differentiate between the types of pedicure
2	Hygiene and Sterilization	<ul style="list-style-type: none"> Identify various methods of sterilization and sanitation
3	Foot Reflexology	<ul style="list-style-type: none"> Understand definition of reflexology Identify benefits

Assessment Plan: (For the Teachers)

Session	Topic	Assessment Method	Remarks
1	Pedicure and Its Types	Exercise: Question & Answer Audio Visual Aids Practical demonstration by the learner	
2	Hygiene and Sterilization	Exercise: Question & Answer Audio Visual Aids Practical demonstration by the learner	
3	Foot Reflexology	Exercise: Question & Answer Audio Visual Aids Practical demonstration by the learner	

Session 1: Pedicure and Its Types

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 granular exfoliation, application of moisturizing creams, and a brief leg massage.





Benefits of Pedicure

- The health benefits are simply much more than what appears as a mere beauty treatment.
- The procedure is a potent means of exfoliation which essentially helps getting rid of the dead skin cells without causing any harm to the skin.
- The gentle massage with stones, especially the pumice stone, relieves tension in the muscles and reduces adamant muscle pain around the calves and ankles.
- The procedure further improves blood circulation which essentially keeps away most of damages and medical conditions away.
- Foot massaging certain areas may send the signals to the rest of the body and may consequently relieve the subsequent muscle tensions. This action further helps in bettering the health of the overall body.
- In many pedicures, the relieving effect may be simply more than just physical. As per experts, many scents and perfumes used in the process proves beneficial for rectifying circulation problems, improves the mood and enhances memory. For example, the scent of vanilla relaxes the nerves, the smell of sugar literally excites the body and the scent of lime when sniffed invigorates the brain.

Toe Nail Care

- Scrub your heels once a week using a body scrub to prevent hard skin building up. If the skin gets too hard and dry and has a white color, you can use a Pedi Rasp in the shower



- It is very important to keep your toe nails clean by washing them well when showering.
- Apply foot cream or rich body cream after showering, especially on the heels.
- Avoid walking on your bare feet as this can encourage bacteria growth as well as causing your heels to become hard and start cracking.
- By regularly pushing up the cuticles with an orange stick, more of the nail plate will be visible, which will ultimately make your toe nails look longer.
- By filing your nails correctly, your nails will strengthen and can be formed into an even square shape.
- When removing nail polish with cotton wool, try to avoid rubbing too hard, as this will put too much pressure on the toe nails and may effect nail growth.

Contraindications

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

- Fever
- Inflamed areas
- Skin problems – rash. Inflammation, lesions, frail skin and extreme discolorations
- High Blood Pressure
- Uncontrolled diabetes
- Varicose veins
- Unstable hypertension
- Warts
- Ingrown nails
- Recent scar tissue
- Severe bruising
- Undiagnosed lumps and swellings
- Diabetes-Permission from GP required

Pedicure should not be performed if a client has one of the following conditions

- Infectious diseases



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- Ring worm
- Nail fungus
- Severe eczema
- Athletes foot

Materials & Supplies

Tools Required

- **Emery board (nail file):** To smooth off the free edges and shape the nail. When using an emery board remember that the darker side (Coarse side) is used to file your toenails and the paler side (finer side) is used for your fingernails. Always file at a 45-degree angle from the outside in on both sides. Never use the seesaw movement as this could damage your matrix causing deformed nails to grow. For a pedicure always file the nail straight across to prevent ingrowing nails. Don't use metal files, as these will cause your nails to flake.



- **Nail cutter**
- **Cuticle cutter:** These look very much like the cuticle nippers only larger, they are designed to cut the toenails straight and not at an angle. They are very sharp and should always be kept clean like your other implements used. Cut straight across the nail, not too short always leave a small free edge. Never cut them short, as this will cause ingrowing nails, which are very painful and can become infected.

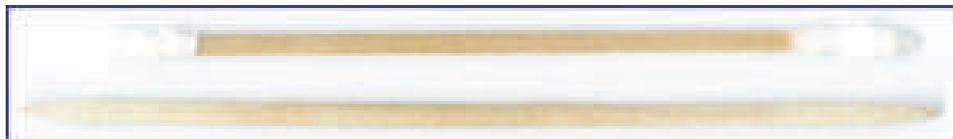




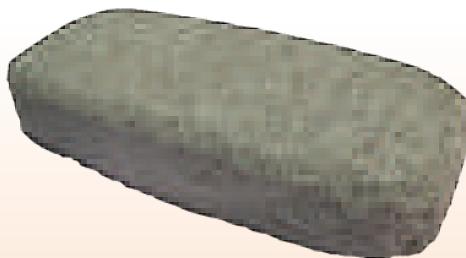
- **Cuticle pusher**
- **Nail brush**



- **Orange stick:** Orange stick is used at the end of your manicure/pedicure to clean around the nails by dipping it in your enamel remover and rubbing carefully over the enamel to be removed. You can also use it to clean under your nails if you are using a clear enamel.



- **Pumice stone**



- **Foot scrapper**
- Two basins large enough for foot bath/foot spa
- **RASP:** Is used to remove hard skin from the feet. Also used is an exfoliant or a callus file, even a pumice stone. Only ever file the hard skin in one direction

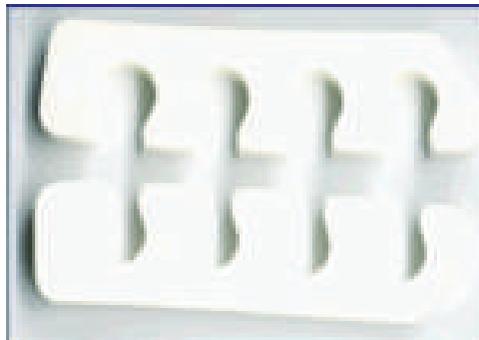


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carefully 7 – 8 strokes, if you remove too much hard skin at once this will make the foot sore.



- **Toe separator:** You can use toe dividers, which are placed between the toes, or you can use cotton wool this is used to separate the toes making sure that each toe doesn't knock the other when drying, it also makes it easier to apply the enamel.



Materials and supplies required

- Cotton
- Towel
- Plastic sheet
- Exfoliator
- Nail enamel remover
- Liquid soap or shampoo
- Luke warm water
- Antiseptic lotion
- Cuticle cream
- Massage cream
- Nail polish
- Foot powder
- Hydrogen peroxide



Preparation of Client & Procedure

Following are the key steps in client preparation for the procedure

- Advise the client to remove footwear for consultation
- Discuss and agree on the services that are acceptable to meet the client's needs
- Remove any existing nail polish, restoring nails to natural condition
- Clean the treatment area to identify the condition of nails and skin
- Establish and record the condition of clients' nail and skin
- Recognize contra indications and take necessary actions
- Prepare the work area for client to meet legal, hygiene and treatment requirements.

Pedicure Procedure

Always remember to keep your implements clean: if they are left dirty they may harbor germs and cause infections.

Preparation

- Before we begin, make sure you are properly prepared. Disinfect all hard surfaces, then wash your hands with soap and water and sanitize them with an instant hand sanitizer
- Make certain your rolling cart is fully stocked with a disinfection tray, Spa Pedicure products, other pedicuring products, implements, tools, towels and polishing products.



Trim the nails

- All pedicure clients should have filled out the consultation form (client profile) covering medical history and other important information. Remember, you must proceed with caution if a client is diabetic, calling the client's physician for clearance



Procedure

- Begin by placing a clean, sanitized terry towel in your lap, and remove one foot from the water. Pat the foot dry and remove the enamel from the toenails.
- Gently massage for 2 to 3 minutes, concentrating on areas of extreme dryness, then rinse and pat dry.
- Wrap the foot in a clean towel.
- Unwrap the first foot and run the Callus Smoother over all calluses to reduce and smooth. Use a circular motion to reduce calluses in layers until the skin is pink and pliable. Rinse the foot and towel dry.



Exfoliate the feet

- Do not return the foot to the bath as you use the Callus Smoother on the other foot. When both feet are clean, exfoliated, and dry, you are ready to proceed to the next portion of the service.
- Gently push back and remove non-living (true) cuticle from around the proximal and lateral nail folds, staying away from the eponychium.
- Trim the corner of the big toenail at a 45° angle. Using firm 'balance-point' positioning and holding the toenail trimmer like scissors- between thumb and middle finger, leaving the index finger free for balance- slide the tip of the trimmer under the corner at a 45° angle, so you can see the trimmer on the other side of the nail. Make sure you don't leave a hook or spike behind on the lateral nail edge.
- Guide a curette, small spoon tool or orangewood stick along the lateral nail edge in the direction of nail growth. Do this on both sides of the nail to remove non-living tissue and debris.



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- After all five toenails have been pedicured, rinse the foot in the bath and pat dry.

Moisturize

- Cover the entire foot up to the top of the ankle, leaving no bare spots. Then wrap it in a clean, dry terry towel and let this foot rest while you work on the other foot.
- Pedicure the second foot in the same manner as the first.
- Cover the second foot with moisturizer, wrap it in a clean, dry terry towel and let this foot rest while you return to the first foot.



- Place the pedicure tools back into the disinfection unit.
- Unwrap the first foot and completely rinse the entire masque from the foot, using a soft brush or cloth if needed. Pat dry.
- Apply Nail Enamel – begin by placing toe Separators between the toes, apply one thin coat of base coat and allow it to dry, apply a thin coat of nail enamel and after it dries completely apply a one coat of top coat.
- Allow enough time for enamel completely cure and then apply foot powder on the soles.

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.



Give Massage manipulation

- **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.



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- **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.

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 toe nails 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 nails 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.

Review Exercise

1. List the tools and supplies used in pedicure.
2. List any 05 points of toe nail care.
3. Paraffin wax pedicure is recommended for which type of skin condition?



4. Identify the type of pedicure:-

a)	White nail polish at the nail tips	
b)	Rubbing down calves and foot with stone and essential oil	
c)	Use of salt or sugar scrub and application of mud mask on foot	
d)	Application of warm wax on heels and feet to treat cracked heels	

5. Identify the following tools

a)		
b)		
c)		
d)		
e)		



6. Fill in the blanks:

- a) The word pedicure is derived from _____ word
- b) Trim the big toe nail at _____ angle
- c) Before applying nail paint, place _____ between the toes
- d) Paraffin wax used for pedicure is _____ substance that contains hydrating factors.

7. Give numbering to the following steps of pedicure in right order

1.	Apply nail paint and top coat	
2.	Disinfect the foot	
3.	Give massage manipulations	
4.	Soak the feet in warm soapy water	
5.	Trim and file the nails	
6.	Exfoliate the dead skin cells	
7.	Remove old nail paint	

8. Write six contraindications where pedicure should be cautiously performed

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____

Checklist for Assessment Activity

Use the following checklist to see if you've met all the requirements for assessment activity.

PART A

- Explain the procedure of performing pedicure.
- Explain as how to choose material and supplies for pedicure.



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- Explain the benefits of doing pedicure.
- List massage manipulations on foot.

PART B

Discussed in class the following: -

- Benefits of doing pedicure.
- Benefits of doing different types of pedicure.
- Benefits of massage manipulation on foot.

PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to do perform various massage manipulations .		
Able to differentiate between different types of pedicures.		
Able to list benefits and precautions to be taken while giving these treatments.		
Able to perform complete procedure of pedicure.		

Session 2: Hygiene and Sterilization (Same for Manicure also)

Sterilization is a term referring to any process that eliminates (removes) or kills all forms of microbial life, including transmissible agents (such as fungi, bacteria, viruses, spore forms, etc.) present on a surface, contained in a fluid, in medication, or in a compound such as biological culture media. Sterilization can be achieved by applying the proper combinations of heat, chemicals, irradiation, high pressure, and filtration.

All your tools must be washed in warm soapy water, then rinsed and then dried thoroughly before sterilizing them. This removes any debris and prevents contamination of the sterilizing method.

Few techniques for sterilizing of tools are

- **Autoclave:** High pressure steaming at a minimum of 121 degrees celsius for 15 minutes. The autoclave method is suitable for stainless steel and glass tools
- **Ultraviolet:** Used mainly to store already sterilized equipment. The UV method is only effective on the surfaces it touches, so the tools will need to be turned over



- **Glass Bead:** Glass beads are heated to 190 degrees celsius to 300 degrees celsius. They are kept at this temperature for 30- 60 minutes before use. Suitable only for very small items such as tweezers and cuticle pushers.
- **Chemical Sterilizers:** The most common chemical sterilizer is Barbicide. The tools are totally immersed in a solution of Barbicide or another chemical and water. Always follow the instructions to the letter. The chemicals are extremely strong and can cause harm to the skin, so be careful when handling them. Also always dry the tools well when removed from the solution.

Disinfectant

Disinfectants are substances that are applied to non-living objects to destroy microorganisms that are living on the objects. Disinfection does not necessarily kill all microorganisms, especially resistant bacteria spores; it is less effective than sterilization, which is an extreme physical and/or chemical process that kills all types of life. Disinfectants are different from other antimicrobial agents such as antibiotics, which destroy microorganisms within the body, and antiseptics, which destroy microorganisms on living tissue. Disinfectants are also different from biocides — the latter are intended to destroy all forms of life, not just microorganisms. Disinfectants work by destroying the cell wall of microbes or interfering with the metabolism.

Suggested methods of hygiene and sterilization for specific tools for Manicure & Pedicure

- **Beautician**
 - ◆ Hand wash with soap
 - ◆ Wear gloves for manicure and pedicure
 - ◆ Clean uniform
 - ◆ Keep nails short and filed
 - ◆ Hand sanitizer at the start of every treatment
 - ◆ Hair tied back
 - ◆ No jewellery
- **Client**
 - ◆ Jewellery to be removed for area being treated, hands or feet as the case may be



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- ◆ Hand sanitizing
- ◆ Foot soaking
- ◆ Hands and feet to be checked for contra-indications
- **Trolley**
 - ◆ Always disinfect with surgical spirit at the end of the working day.
 - ◆ Always cover with couch roll.
- **Nail File**
 - ◆ Re-usable on clean hands but not indefinitely
 - ◆ Disposable when finished with
- **Orange Stick**
 - ◆ Disposable or re-usable when covered with cotton wool, but not indefinitely
- **Hoof Stick**
 - ◆ If plastic, chemical sterilization
 - ◆ If wooden, same as Orange stick

Any sterilization method is fine for the following

- Cuticle Nipper
- Nail Brush
- Cuticle Knife

Chemical sterilizing, e.g. Barbicide for the following

- Pedicure Callous File
- Manicure Bowl

Chemical and Ultraviolet methods (to be disinfected between clients with surgical spirit)

- Foot Bath
- Scissors

Autoclave, Ultraviolet, chemical and glass bead methods

- Toe Separators



Disposable, or wipe with surgical spirit between clients

- Nail Clippers

Review Exercise

1. Fill in the blanks

- Sterilization is a term referring to any process that _____ or _____ all forms of microbial life, including transmissible agents.
- UV stands for _____ rays.
- Autoclave's High pressure steaming at a minimum of _____ degrees celsius for _____ minutes.
- Autoclave method is suitable for _____ and _____ tools
- The most common chemical sterilizer is _____ .

2. Write the correct steps for decontamination of tools before sterilization.

Step 1: _____

Step 2: _____

Step 3: _____

3. Write the different techniques of sterilization of tools.

- _____
- _____
- _____
- _____

4. Match the following:

Autoclave

Glass Bead

Chemical Sterilizers

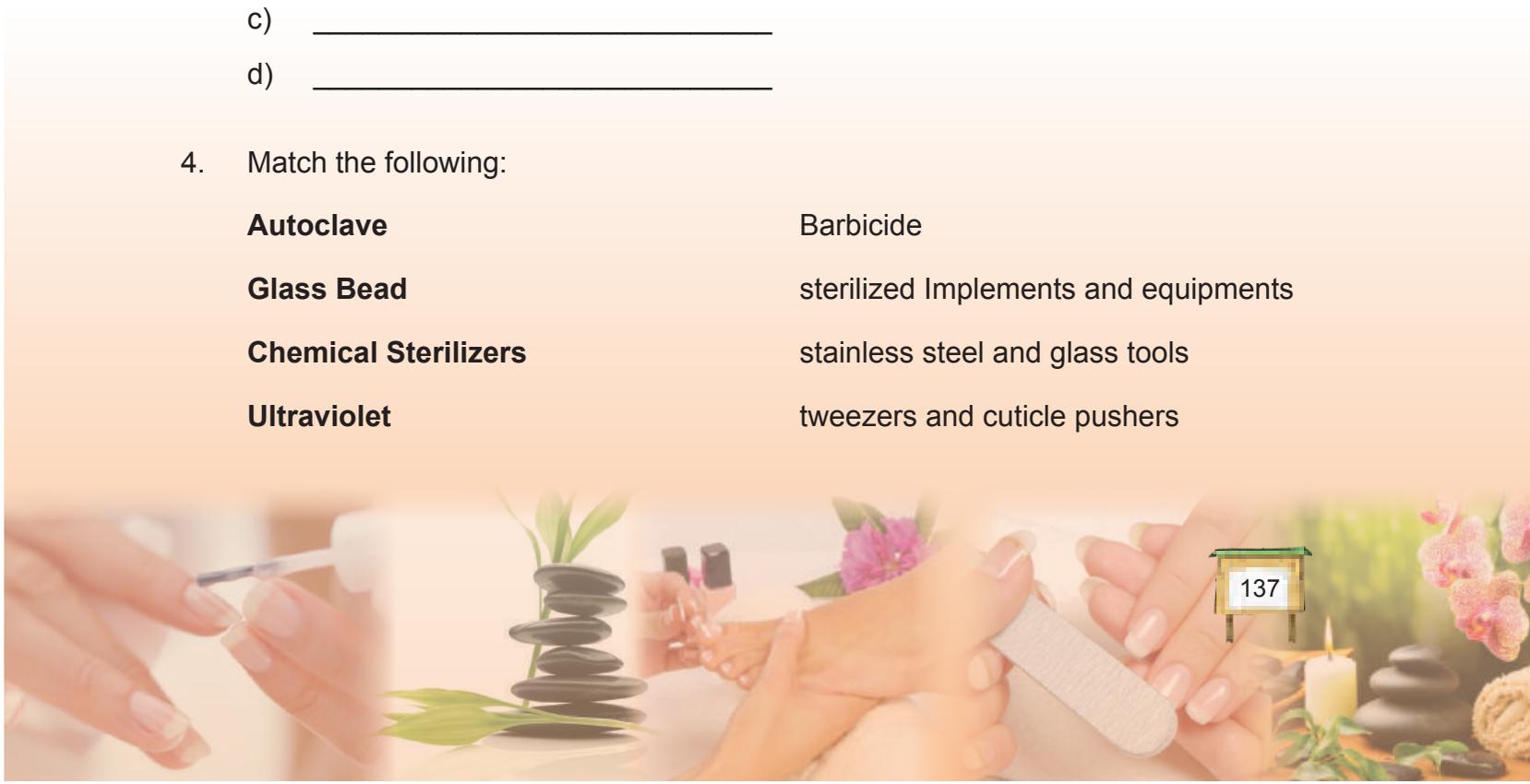
Ultraviolet

Barbicide

sterilized Implements and equipments

stainless steel and glass tools

tweezers and cuticle pushers



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Checklist for Assessment Activity

Use the following checklist to see if you've met all the requirements for assessment activity.

PART A

- Explain the meaning of hygiene and sterilization .
- Explain the different techniques used for sterilizing tools in beauty and wellness sector.

PART B

Discussed in class the following: -

- Different methods used to sterilize tools and equipments.
- How to sanitize the work area.

PART C : Performance Standards

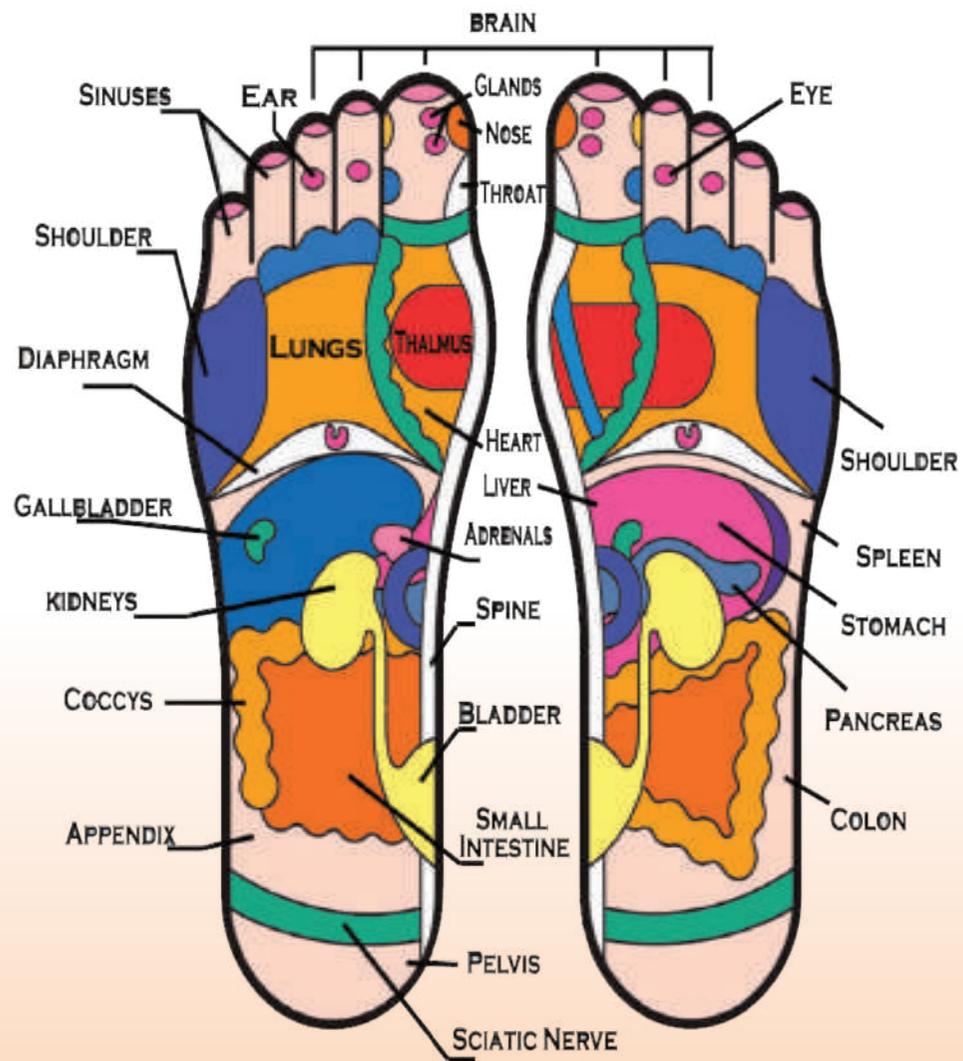
The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to use various methods of sterilization.		
Able to differentiate between different types of sanitation and sterilization techniques.		
Able to list precautions to be taken while doing sterilization in the work area.		

Session 3: Foot Reflexology

Use thumb pressure on reflex points as shown in the picture to gain the benefits.



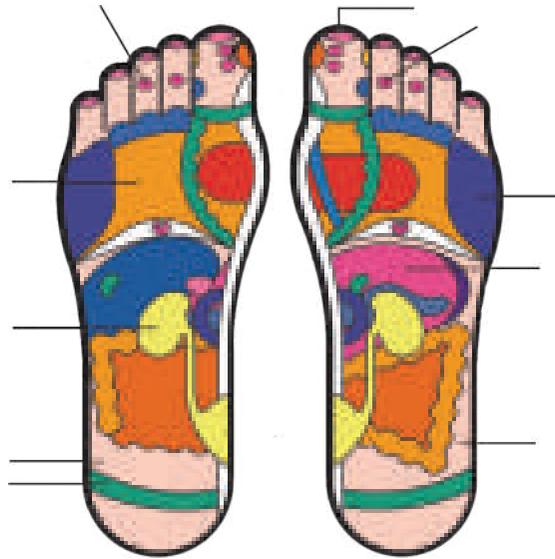


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5. Fill in the blanks:-

- a) Reflexology improves _____ and helps in promoting the natural function of the related body part.
- b) Reflexology divide the body in _____ equal vertical zones.
- c) _____ is applied on various reflexes using thumb.
- d) Reflexology can improve the _____ of the body.

6. Identify the following reflexology on foot.



7. Write down five conditions which can be treated with reflexology.

1. _____
2. _____
3. _____
4. _____
5. _____



8. Write down five benefits of using reflexology on foot

1. _____
2. _____
3. _____
4. _____
5. _____

Checklist for Assessment Activity

Use the following checklist to see if you've met all the requirements for assessment activity.

PART A

- Explain the meaning of reflexology.
- Explain different reflexology areas on foot associated with different body parts.

PART B

Discussed in class the following: -

- Benefits of doing reflexology on feet.
- Use of reflexology for curing different body conditions..

PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to identify different reflexology areas on feet.		
Able to list benefits of doing reflexology.		
Able to list conditions which can be benefited by giving reflexology treatment.		

Excercise Questions Unit-3

Theory Questions

1. Define pedicure and its benefits
2. What are the contra-indications of pedicure?



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3. Write down five massage manipulation for pedicure.
4. What are the hygiene and sterilization methods to be used for pedicure.
5. Write down the benefits of reflexology

Practical Questions

1. Demonstrate the complete procedure of pedicure
2. Demonstrate the various massage movement for pedicure
3. Demonstrate foot reflexology on client
4. Demonstrate the procedure of sterilizing the tools & implements used in pedicure.

Activity

Suggest treatment you would suggest to the customers.

Client's condition	What will I suggest
Dry and cracked heels	
Chapped Nail Paint	
Foot Muscular pain	

