



# Manicure and Pedicure

## Objective

To learn the technique of giving a manicure and pedicure.

## Manicure

Manicure is a good treatment for hands. It makes them smooth, neat and beautiful. The hands and nails are given detailed attention and care.

## Materials

Warm water, emery board, scrub, orangewood sticks, towels, nail clippers, cuticle clippers, cotton, cuticle cream, cuticle softener, hand lotion, nail polish remover, nail brush.

All instruments should be placed on a pad soaked in disinfectant (Detol) in the tray or drawer of the table.

## How to do a manicure:

1. Seat the client comfortably, and place a towel on the lap.
2. Remove old nail polish carefully.
3. Wash the hands with warm, soapy water, and clean nails gently using a soft brush.
4. Trim and shape nails as per clients requirements.
5. Place the patron's left hand in a bowl of warm, soapy water.

6. File the nails on the patron's right hand.
7. Remove the left hand from the water. Carefully dry the fingertips and gently push the cuticle back with towel.
8. With a cuticle cutter or cotton-tipped orangewood stick, gently push back the cuticle with a lifting, circular motion from the corner to the centre of the nail.
9. Immerse the right hand in the warm soapy water.
10. Apply cuticle cream or oil to the left hand. Using a cotton-tipped orangewood stick, apply the oil or cream around the base and sides of the nail. Massage into the fingertips with your thumb. These products soften and lubricate the cuticle and are recommended as an overnight treatment for nails that are dry and brittle.
11. Apply nail whitener under the free edge if needed for a whitening effect. Apply the product carefully with an orange wood stick. Avoid using an excess amount to prevent it from smearing the fingers.
12. Apply hand cream and gently spread it over the entire hand. Rotate the top of hand, palm, and wrist, then slide out to the fingertips and rotate.
13. Remove the patron's right hand from the water.
14. Brush the nails. Place the fingers of the left hand in the finger bowl. Remove the cuticle cream or oil and nail white from the nails by brushing with a downward motion from the base to the fingertips.
15. Thoroughly dry the nails and re-examine them.
16. Apply base coat, starting with the thumb, then the little finger, then the ring, middle, and index fingers. This will allow each finger to move out of the way for the next one and will prevent smearing the base coat.
17. Brush and clean the nails of the right hand and apply base coat.
18. Apply nail polish to the left hand then to the right hand.
19. Remove excess polish. Dip a cotton-tipped orangewood stick in remover and carefully go around each cuticle.
20. Apply top coat. For added protection, brush the top coat under



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the tips of the nails.

21. Clean up, deposit emery board and all disposable materials in the refuse container.
22. Sanitize all instruments.

**How to apply Nail Polish**

For a smooth polish application, hold the brush with the thumb and index finger and steady your hand with your little finger. Apply the polish quickly with long, light, even strokes. Make sure there is enough enamel on the brush so that it will flow freely from the base to the tip of each nail, but be careful not to overload the brush.

**Procedure:**

1. First brush the centre of the nail from the base to the tip.
2. Stroke around the base of the nail, close to, but not touching, the skin, and down one side of the nail.
3. Stroke down the other side of the nail.
4. Wipe across the tip of the polished nail with your thumb or with a tissue wrapped around your index finger to create a hairline unpolished area. This helps to prevent chipping of the enamel.
5. When the first coat of polish is dry to the touch, apply a second coat.
6. Apply a top-coat sealer over the nail plate and under the tip of the free edge. The top coat must be applied quickly and lightly because it dries rapidly.

**Precautions:**

1. Be sure the consistency of the polish is thin enough to flow evenly and smoothly. If the polish is too thick, add 2 or 3 drops of polish solvent several hours before using it to ensure even thinning.
2. Apply polish quickly in long even strokes for a smooth application.
3. Avoid dabbing. This thickens the application and will cause the surface of the nails to be bumpy rather than smooth.

4. Remove all traces of polish from the skin with a cotton-tipped orangewood stick dipped in polish remover rather than smoothening it with the finger or thumb.
5. Be sure each coat of lacquer is dry to touch before applying another coat. If polish is not completely dry, it will partially dissolve, leaving irregular bumpy areas.
6. Dry the polish naturally. Heat causes bubbles to appear, and the polish will be uneven.
7. Avoid thick applications of polish, because thick coats peel easily.
8. After each manicure, clean the mouth of the polish bottles before replacing the caps. Use a cotton-tipped orangewood stick dipped in polish remover. This prevents air from seeping into the bottles and keeps the polish fresh for a longer period. It also makes the bottles easier to open.

### **Pedicure:**

A pedicure may be considered a luxury treatment. It makes the feet feel more comfortable and helps to eliminate rough scales. It also beautifies the feet and toenails and thus is part of the patron's grooming.

### **Materials**

Warm water	Towel	Moisterizer
Disinfectant Solution	Cuticle Softener	Foot cream
Orangewood sticks	Cuticle cream	Two terry towels
Toenail clippers	Polish remover	
Cuticle nippers	Cotton	
Emery board	Nail polish	

### **How to do a Pedicure**

1. Soak the patron's left foot in the disinfectant solution for 3 or 4 minutes. The right foot remains on a towel placed on the floor.
2. Dry the left foot, holding it in your lap while drying.
3. Place the right foot in the disinfectant solution.



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4. Remove nail polish from the left foot.
5. Shape the nails by filing them straight across. If the nails are long, shorten them with toenail clippers and then file to smooth the edges.
6. Use cuticle softener around the nails of the left foot. Work gently to remove excess cuticle, using a cotton-tipped orangewood stick. Do not use a steel cuticle lifter, because the toe could easily be injured.
7. Apply cuticle cream and massage it into the cuticle around the nail.
8. Clean under the free edge of the nail with the cotton-tipped orangewood stick.
9. Apply hand lotion or foot cream and massage the foot, paying special attention to rough areas such as the heels.
10. Dry the right foot.
11. Repeat steps 2 through 9 on the right foot. Place the left foot on the floor.
12. Hold the left foot at the edge of the pan, using the nail brush to remove the cuticle cream.
13. Trim the cuticle with cuticle nippers if necessary.
14. Space the toes by placing folded cotton between them.
15. Use alcohol to clean the surface of the toe nails.
16. Apply a base coat.
17. Repeat steps 12 through 16 on the right foot.
18. Apply nail polish to the toes of both feet.
19. Allow polish to dry thoroughly. Wait for 15 or 20 minutes before allowing the patron to put on their shoes.
20. Clean up: Wash tools with soap and water and then disinfect them. Discard all materials that cannot be disinfected.

## **Foot Massage**

### **Procedure for foot massage:**

1. Apply lotion or cream to the foot.
2. Start by placing both thumbs on the instep bracing the front with the fingers on the bottom of the foot. Using a firm rotating movement, working down to the centre of the toes.
3. Slide back to the instep and repeat the same movement.
4. Continue to massage until you have covered the top of the foot completely.
5. Holding the heel of the patron's foot in your left hand, rotate each toe three times.
6. With the foot in an upward position, massage the sole of the foot from the heel to the toes by rotating them in small circles with your thumbs.
7. Slide your right hand to the ankle and rotate the foot.
8. Repeat steps 1 through 7 on the other foot.

## **Hand Massage**

Hand massage is an important part of every manicure. It not only relaxes the patron, but also stimulates blood circulation and help keep the hand flexible and the skin smooth.

### **Procedure for Hand Massage**

1. Apply a hand lotion. Holding the patron's hand in the palm of your hand, apply the lotion to the back of the patron's hand. Gently distribute the lotion to the wrist and the fingers.
2. Place the patron's elbow on the manicuring pillow. Hold the hand in an upright position, supporting it with your left hand. With your right hand, slowly bend the patron's hand back and forth. This helps to limber the wrist and relax the hand. All manipulations are repeated three times.
3. While the hand is in this position, place the cushions of your thumbs in the palm of the patron's hand and massage in a circular movement from wrist to fingers.

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4. Rest the patron's arm on the manicuring table and put her hand in yours. Grasp each finger between your thumb and index finger and rotate it in a circular motion.
5. Hold the patron's hand in yours with both thumbs on the back of her hand at the wrist. Massage in a circular sliding movement down the back of the hand, following the line between the bones from the knuckles to the wrist. Slide back to wrist and give it a wringing motion.
6. Rotate each finger in a circular motion, beginning at the base and working up to the fingertip. Slide back and, with your thumb and fingers, pull down toward the fingertip in a tapering motion.
7. Repeat steps 1 through 6 on the patron's other hand.

**Precautions for manicure and pedicure**

1. Ensure proper hygiene. Use clean and fresh tools for each client.
2. Seat the client comfortably.
3. Be very careful when trimming nails and cuticle. Apply an antiseptic ointment in case you have injured the area.
4. Wipe and dry hands and feet after every step.