

4

Manicure and Pedicure

4.1 Introduction

Many of us let our fingers do the walking and our hands do the talking – but yet do not consider them in our beauty rituals. Next to our face there is no other part of our body that is so much in the public eye as the nails. In this lesson you will study about nails, care of nails and treatment of nail diseases and disorders.

4.2 Objectives

After reading this lesson you will be able to :

- Know nail and its structure
- List cosmetics, equipments and implements required for manicure and pedicure
- Do different types of manicure and pedicure
- Learn diseases and disorders of nail
- Understand foot problems

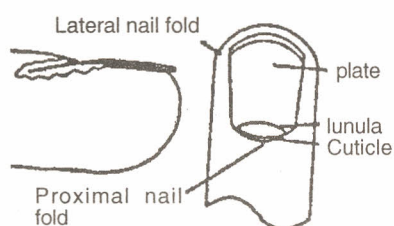
4.3 Nails

Nail is an appendage of the skin. It is a horny extension of the skin. The visible part is only half of the structure. Nails are made from keratin and its condition is dependent on the body's overall health. Nails grow about $\frac{1}{4}$ inch per month. So a new nail takes about four months to reach the tip from the cuticle. A high-protein diet, rich in iron, vitamin B, iodine and calcium will keep nails healthy. The technical term for nail is onyx and the study of nail is called onychology.

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Structure of Nail

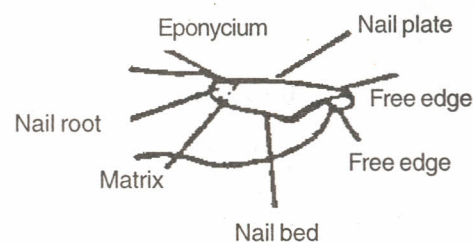
Nails are flat horny structures and their function is to protect the extremities of fingers and toes. They are similar in structure to the epidermis and hair, being formed by cells containing keratin and being very compact.



Structure of the nail

Nails arise from a fold, the lower portion of which forms the matrix and the upper portion the nail wall. The matrix is the portion in which the nail germinates and contains the nerve and blood supply; the cells grow forward and become horny. A white crescent shape is visible at the base of the nail and is known as the lunula; the colour is due to the reflection of light at the junction of the matrix and nail bed. The nail is composed of various parts-

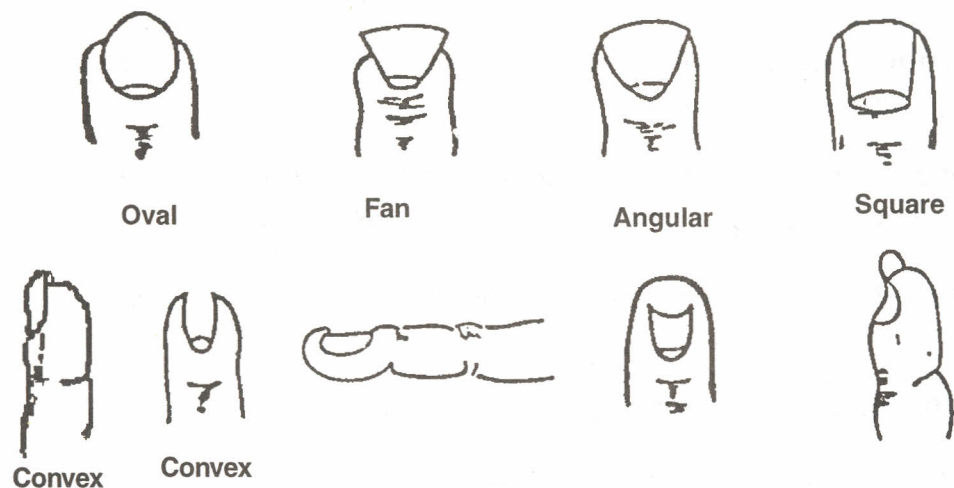
1. The nail plate
2. The nail bed to which the nail is attached
3. The free edge' it is whitish in colour because of a reflection of light
4. The root



Structure of the nail

Under the nail plate there are ridges which correspond with depressions in the nail bed.

Whilst the nail bed is similar to the matrix, it plays no part in the reproduction of the nail plate. Around the nail base there is a fold of skin called eponychium or cuticle and the scarf skin under the free edge which can be observed when the nail has been filed is the hyponychium. The pink colour of the nail is due to its transparency and nails with a blue tinge denote poor circulation.

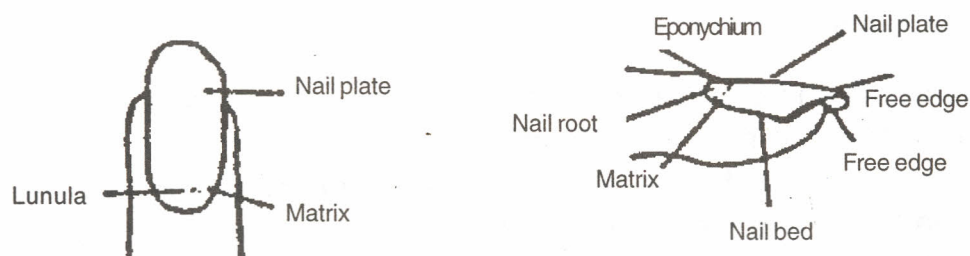


Various types of nails

Various shapes of nails are:

Roofed, concave, convex, oval narrow, angular, square, arched, fan.

Nail Structure



Matrix : It is that part of the nail which lies below the fold of the skin. From this portion the nail emerges from the flesh. This part of the nail is called the matrix. It is supplied with blood vessels.

Nail plate : The visible part of the nail is referred as the nail plate. The pink colour comes from the blood vessels in the nail bed.

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Nail bed : The underlying flesh of the entire plate is called the nail bed.

Nail root : The nail root is attached to the matrix and is enriched with blood vessels and nerves.

Cuticle : The cuticle is the tough fold of skin that forms at the base and sides of the nail plate and under the free edge.

Eponychium : The cuticle at the base and sides of the nail plate and under the free edge.

Hyponchium : The portion of the cuticle beneath the free edge.

Free edge : The part of the nail plate which extends beyond the finger tips.

Lunula : It is a light coloured, crescent shaped area at the base of the nail.

Disorders and Diseases of the Nail

Like the beautician, the manicurist must appreciate her limitations in the treatment of nail conditions. At most she should be able to recognize, but not treat them, and her job is to see that all her instruments, etc., are kept sterilized in order to prevent rather than cure disease.

Paronychia and onychia paronychiasis is the inflammation of tissues surrounding the nail plate. Onychia is inflammation of the nail bed and matrix. It may be the result of some foreign body's being lodged beneath the nail wall or free edge, a splinter, for instance. The commonest causes are harsh unskilled treatments by an untrained person.

Onychocryptosis or ingrowing nail is caused by the edge of the nail plate piercing the nail groove. An irritation arises and acute inflammation may occur.

Onychauxis is thickening of the nail and it becomes rough and irregular. The nail lacks luster and is dirty yellow in colour, but retains its normal shape.

Onychogryphosis is similar to onychauxis but the symptoms are more marked and the nail is deformed. The basic difference between the two is that the former usually affects all the nails reflecting some constitutional factor whilst the latter is usually the result of damage to the nail.

Onchorrexia or reeded nails. These can be hereditary, the result of eczema or psoriasis or, in some cases defective circulation. In general it is associated with chronic skin diseases and the prospect of any improvement is very slight. It can be an occupational disease resulting from handling alkalies or drying materials.

Onychophosis or calloused nail groove is often caused by client's picking in the grooves of the nails. It can be treated by softening the area and scraping the softened tissue away with a cuticle knife.

Onychomadesis is a spontaneous separation of the nail from its bed until it falls off.

Oncholysis is a gradual separation of the nail plate at the free edge.

Onychatrophia is a condition in which the nails diminish in size and become atrophied, thick and brittle. It is due to constitutional disorders, nervous diseases and inflammatory diseases of the skin.

Leukonychia or white markings on the nails are usually caused by some damage producing fractures in the compact structure of the nails allowing the air to collect between the cell spaces. As it so often affects women it is considered to be the result of manicuring.

Beau's lines are transverse ridges and associated with pathological conditions, infectious diseases or nervous shock, frost bite, illness and high temperatures. There is a sudden and temporary cessation of the function of the matrix affecting the normal production of nail cells as the health of the client improves and the nail grows upwards, the ridges move towards the free edge disappearing as they do so.

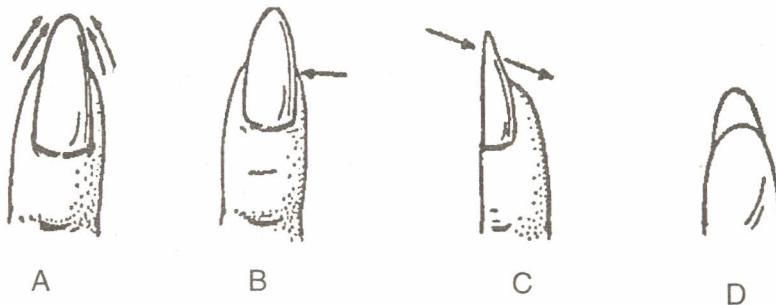
4.4 Manicure

It is the treatment of hands and nails. At one time manicuring treatments were considered a luxury enjoyed only by the rich. Today it is an

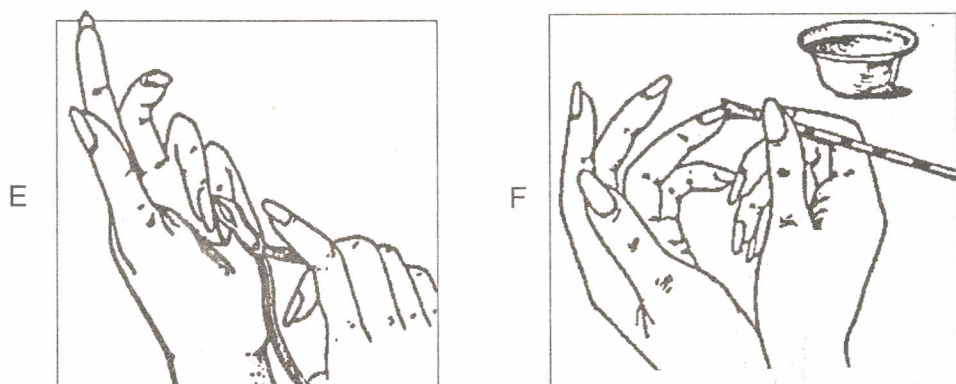
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essential part of beauty treatment for both men and women.

Meaning : Manicure is a Latin word. This word can be broken up into two words 'manus' meaning hands and nails and 'cure' meaning care. So the meaning of manicure is the care of hands and nails.



Filing Nails



Cuticle Clipping and Cleaning of Nails

Manicure

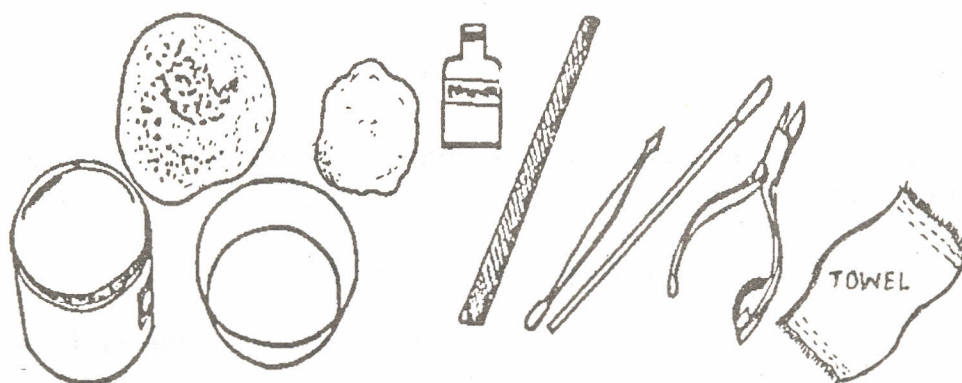
So many women have come to regard manicuring as care of the nails that they are rather inclined to forget that the word manicure means "care of the hands" also. Hands can be a great age-and-job give-away. All should be encouraged to take care of their hands at home in between manicures. There are many good hand-creams and lotions to choose from, to help the skin stay soft and supple, as well as barrier creams that act as an invisible glove to be used. Preparations used to harden and strengthen brittle nails and for patching split ones are to be found in most chemists. A manicurist must concentrate on giving

a thoroughly professional manicure in every sense of the word. Her work does not just depend on knowing how to apply polish but also on practicing complete hygiene in everything she uses and in care of the nails. Within limitations she can treat certain nail conditions but she should advise her client to visit a doctor if there seems any cause for alarm.

Requirements for a Manicure Table

Eight pieces of equipment –

1. Manicure table with drawer and place for bowls
2. Client's chair
3. Operator's chair
4. Manicure pad on which to rest client's hand
5. Bowl for warm water
6. Towel for pad
7. Cotton wool and tissues
8. Tray for preparations



Tools for Manicure

Eight instruments –

1. Spatula

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2. Emery board
3. Orange sticks
4. Hoof stick
5. Cuticle knife
6. Cuticle scissors
7. Clippers
8. Buffer

All instruments should be placed on a pad soaked in disinfectant (e.g. Dettol) in the drawer of the table.

Eight different preparations –

1. Polish remover
2. Cuticle cream
3. Cuticle oil
4. Cuticle softener
5. Basecoat
6. Polish
7. Sealer
8. Hand lotion

(In order to make requirements simple to remember, observe that they have been grouped in numbers of eight.)

1. Spatula is used to remove cuticle cream from container.
2. The ideal emery board is 6 inch long with a fine and coarse side; the coarse side for quick results when the nails are too long and need reshaping, the fine side for just tidying up. A steel file must not be used.
3. Orange sticks are handled more easily when they are as long as the emery board and they have a variety of uses in manicure. Tipped with cotton wool and dipped in polish remover they can

be used for this purpose by the operator to ensure that she does not remove the polish from her own nails. (Another method of preventing this is to grasp a piece of cotton wool between the first and second fingers half-way down.) Orange sticks are also used to apply oil to the cuticle, again tipping the stick with cotton wool before dipping it in the oil, and for cleaning under the nails.

4. Cuticle knife is seldom employed and is necessary only when a neglected cuticle has grown up the nail and adheres obstinately to it.
5. Clippers and scissors are used to remove hang – nails or dead cuticle left behind on the nail. Thick cuticles must never be cut as this only thickens them further; constant manicuring and the use of cuticle remover is the only treatment.
6. Hoof stick has a rubber end similar in appearance to a hoof and its purpose is to gently press back and give shape to the cuticle; dipped in warm water and rubbed over the nail, it serves to remove any grease.
7. Buffer finishes the actual manicure of the nails before polish when applied it gives a smooth even surface to the nail. It is a boat-shaped pad with a handle above, covered with chamois leather held on by a wire frame for easy removal. It is essential to keep this leather perfectly clean, so several should be handy and it will be an economy to buy a sheet of chamois leather and cut it into strips shaped to cover the pad.

The preparations required are placed in a tray similar to a cutlery tray and there are several types which are supported by stands. These stands have handles enabling the operator to carry them around and as the tray itself is large enough to carry many small bottles, the client is able to choose the colour of polish from a well stocked tray.

Cosmetics Required for Manicure

The following Cosmetics are required.

- **Alcohol:** For sanitizing the tools and implements, 10% alcohol is required for sanitation.
- **Nail polish remover:** For removing old nail polish. It contains

Notes

acetone and has a drying effect.

- **Warm soapy water:** For removing stains and dirt from hands and nails.
- **Cuticle softener:** It softens the cuticle and makes it easier to lift it.
- **Cuticle cream or oil:** It is used for treating dry cuticles and brittle nails.
- **Cuticle lotion:** It is used to treat dry cuticle and brittle nails.
- **Hand lotion:** it is used to softening the skin and to replace natural oil.
- **Hot oil:** It is used to give hot oil manicure.
- **Base coat:** It is applied before applying nail polish. It adheres quickly to the nail. It also protects the nail from stain.
- **Nail polish:** It is used to give shine and colour to nails.
- **Top coat:** It is a liquid applied on top of the nail polish to give a film touch.
- **Nail whiteners:** Nail whiteners usually come in cream or paste form and are used for bleaching and whitening the free edge.
- **Alum solution:** Due to its astringent property, it stops bleeding.
- **Nail strengthener:** It adds strength to the nail. It is applied on the nails in same way as polish is applied.

Intext Questions 4.1

- I. 1. Cuticle softener is used to
 - i. Sanitize hands
 - ii. Treat dry cuticles
 - iii. Soften the cuticle
 - iv. Bleach the free edge
2. Top coat is applied
 - i. Before nail polish

- ii. After nail polish
 - iii. After base coat
 - iv. Before base coat
3. Nail polish remover contains
- i. Alcohol
 - ii. Acetone
 - iii. Oil
 - iv. Thinner
- II. Indicate whether the following statements are true (T) or false (F):
- i. Emery board is used to clean the nails
 - ii. Orange wood sticks are used to push down the cuticles
 - iii. Alum solution is good for bleaching purpose
 - iv. Alcohol is used for sanitizing the tools and implements for manicure

Procedure

The client should be seated comfortably on the chair opposite the operator and her hands placed on the pad, which has been covered with a soft towel. The manicure pad will be found to have one end higher than the other, the client's wrist rests on the shallow end; the fingers will then dangle over the high end enabling the operator to hold the fingers without straining them upwards. Each finger should be grasped between the operator's thumb and second finger whilst the first finger acts as a little ledge for the first bend of the client's finger underneath.

A Manicure Routine (Twenty Minutes)

The manicurist should –

1. Observe the condition of the nails and make up her mind whether the client is right – or left – hand.

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2. Remove polish from the nails of both hands starting at the little finger following right through. Use a small piece of cotton wool soaked in polish-remover; to avoid staining the skin surrounding the nail take care not to allow the cotton wool to overlap the nail. Press the cotton wool gently on to the nail, leave for a few seconds enabling the remover to dissolve the polish before sliding the cotton wool off the nail; one stroke should be sufficient. Fresh pieces of cotton wool are necessary for each nail if the polish is fairly strong in colour, or if several coats have been applied; in all events do not let the wool get too soiled before discarding for a fresh piece.
3. Shape the nails with an emery board commencing at the little finger. If the client is right-handed file the nails of the left hand first, if left handed file the nails of the right hand first. This gives the second hand a chance to soak in the water longer – the “working hand” needs the extra cleansing. Always file from the side towards the centre of the nails, the way they grow, never, never backwards and forwards as this causes splitting and the nails are likely to “layer”. Do not file the sides of the nails but leave a “shoulder” to protect the sides of the fingers and prevent the nails becoming ingrown.
4. Apply cuticle cream to the cuticles gently massaging it in with the ball of the thumb.
5. Place client’s fingers in a bowl of warm soapy water; a small nail brush in the water will give her something to play with and an opportunity to clean her nails whilst they are soaking.
6. Shape the nails of the second hand – the working one.
7. Remove first hand from the water and replace with the second one.
8. Dry the first hand and apply cuticle oil to cuticle with an orange stick that has been tipped in cotton wool and dipped in oil.
9. Work round the cuticle with cuticle knife if necessary, lifting it gently from the nail, the edge of the knife must point downwards on to the nail.
10. Remove oil with cotton wool. Apply cuticle remover to each nail as oil is removed, one finger at a time, working from the little

- finger to the thumb. In this way the remover has a few minutes in which to do its work (a small brush is usually supplied with the remover) then work around the cuticle with an orange stick tipped with cotton wool, finally removing dead cuticle still adhering to the nail with clippers or scissors.
11. With pointed end of the orange stick remove dirt and grease from under nails. Lightly tip the end with cotton wool to avoid scratching the nail underneath. These scratches become ingrained with dust, etc., which is very difficult to remove.
 12. Dip rubber end of hoof stick in water and rub under nails gently and over the nails gently pressing back the cuticle.
 13. Dry nails and buff with buffer.
 14. Examine nails removing with clippers or scissors any hangnails or hyponichium (the cuticle or scarf skin beneath the free edge and often left after filing).
 15. Remove any trace of grease on the nail with polish-remover.
 16. Apply base coat and leave nails to dry.
 17. Remove working hand from water and proceed as from No.7 to No.16.
 18. Apply polish to nails of first hand. As there is usually rather too much polish on the brush when first removed from the bottle commence with the thumb, then proceed to the little finger. (The operator can keep her hand steady by resting her little finger on the hand holding her client's finger). Allow to dry while applying polish to the nails of the second hand when a further coat can be applied. It is advisable to use a very light stroke with brush in order to avoid a patchy look especially at the curve of the nail.
 19. Apply a fast seal over the polish and under free edge enclosing the nail in a sort of envelope – helps to prevent chipping.
 20. Massage a little hand lotion into the hands.

Oil Manicure for Brittle Nails and Neglected Cuticle

In place of cuticle cream and soaking the finger tips in water as in step 4 of the above routine, the nails and cuticles should be cleaned with cotton wool dipped in cologne, and immersed in warm olive or almond oil and kept warm by using a double steamer. A single egg poacher makes a suitable receptacle; the cup can be used to hold the oil, and the finger-tips placed in this. Then procedure continues from No. 6 but oil is substituted for water.

Repairing Split or Broken Nails

A small piece of tissue paper and a little spirit gum can be used to repair split nails or to cap a fragile tip; Revlon have a kit especially for this purpose. A piece of tissue paper slightly larger than the split is torn off; it is covered with gum and placed over the nail tea or tip and tucked under the nail with an orange stick; when it is dry the patch is smoothed with cushion of thumb moistened with polish remover.

HAND AND ARM MASSAGE

Arm Massage

The most convenient time to give a hand and arm massage is whilst the client is sitting comfortably at the manicure table, after the manicure has been completed but before the polish has been applied.

Roll client's sleeve well above the elbow or if she wishes the top of her arm massaged ask her to remove the top part of her dress. Each part is attended to separately.

The masseuse cleanses the entire arm and hand with cleansing milk, removes it with cotton wool squares that have been dipped in warm water and dries the arm and applies a light massage cream. The movements are the following –

1. Rest the elbow on one hand and effleurage with the other right to the shoulder six times; change hands and effleurage up the other side of arm six times; this movement can best be performed by wrapping the hand round the arm sliding quite firmly up the arm, turning the hand when it reaches the top of

the arm and sliding gently down to the elbow again on the inside of the arm.

2. Slide up the arm with one hand and petrissage down to the elbow by grasping the flesh and lifting it from its underlying structure but do not pinch; keep all the hand in contact with the flesh and the movement becomes a suction and can be achieved by pushing the flesh towards the top of the arm, lifting it into the palm of the hand and then letting go, gradually traveling to the elbow; repeat three times each side of the arm. This type of petrissage is called fulling.
3. Slide both hands from elbow to top of arm and holding arm between the hands make a full circle with thumbs of both hands gradually traveling back to the elbow; repeat three times. Turn arm round and repeat on inside of arm three times. This is friction.
4. Holding arm lightly with both hands roll it between the hands very quickly up and down the arm several times. This movement is excellent for breaking down fatty tissue and firming flabby arms. Slide down to wrist with both hands.
5. Resting wrist on one hand follow exactly the above movements on the lower part of the arm up to and including No. 4.
6. Bend elbow, cup in palm of one hand holding wrist with the other, make little circles on elbow with the hand six times clockwise, six times anticlockwise.
7. Grasp elbow firmly with hand and rotate arm in a wide circle six times clockwise and six times anticlockwise.

Hand Massage

1. Effleurage from the finger-tips to wrists with thumbs of both hands laid horizontally along back of client's hand. When the thumbs reach the wrist turn them under the hand and slide down the palm back to the finger-tips. Repeat six times.
2. Effleurage up the back of each finger from tips to wrist using thumbs of each hand alternately. Repeat three times for each finger.

Notes

3. Effleurage from tip of fingers to wrist on the inside of the hand using your finer-tips to do so. Repeat three times for each finger.
4. Screws. Hold hands with fingers and thumb of one hand at the palm, grasp finger-tip with fingers of the other hand and screw by twisting your wrist; screw only one way, relax to get back to original position; six screws will take you from the tip of the finger up its length, then slide off finger with a slight pull. Repeat three times for each finger.
5. Bends. Grasp finger-tips between your finger-tips and thumb still holding client's hand as above, bend each knuckle separately. Repeat three times for each finger.
6. Twists. Grasp finger-tip as above and rotate fingers in wide circle six times clockwise and six times anticlockwise.
7. Press-ups. Place your first and second fingers on the bottom knuckle of client's finger at the back and your thumb on the tip of her finger underneath, gently press entire finger backwards then let it spring back. Repeat three times for each finger.
8. Bend client's elbow and place on manicure table, lay your hand on hers, palm to palm and thumb and fingers matching, grasp her wrist with your other hand, fingers round the front and gently press hand backwards in the same manner as you did the fingers, six times.
9. Keep your grasp of the wrist and slip the fingers of your other hand between hers, rotate the hands with a wide circle six times clockwise and six times anticlockwise.
10. Effleurage with both hands from finger-tips to elbow twice and on the third effleurage turn one hand sideways and vibrate from elbow to finger-tips to finish.

It is quite a good plan to perform a couple of effleurage movements (as in (1)) in between each completed following movement.

SPECIAL MANICURE

Hot Oil Manicure

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This manicure is for dry and brittle nails. In this type of manicure the

fingers are soaked in warm oil. Olive oil or cuticle oil may be used for this purpose.

Electric Manicure

In this manicure, electric equipment are used instead of hand operated equipment.

Booth Manicure

A manicure which is given away from the manicure table is called booth manicure.

Manicure for Men

The equipment, materials and procedure is same as for a plain manicure. It is given up to the polish application. Men's nail are never kept pointed or oval shaped. They are usually short, more round or square. Instead of nail polish men's nails should be buffed. It gives a natural shine to the nails and increases blood circulation. While buffing, take care not to cause friction on the nail and surrounding tissues.

Intex Questions 4.2

1. Hot oil manicure is given for
 - i. Weak nails
 - ii. Dry nails
 - iii. Dry and brittle nails
 - iv. Thin nails
2. Buffing should be given to
 - i. Men's nails
 - ii. Women's nails
 - iii. Square nails
 - iv. Corrugated nails

Disorders and Diseases of Nails

1. Onychorrhexis

This is also known as split nails. It comes off the skin very easily. They are caused by insufficient care of the cuticle or bad filing.

Causes

- a. Incorrect care of nails
- b. Lack of protection while using detergents
- c. Incorrect diet
- d. Incorrect manicure
- e. After effect of illness
- f. General debility or weakness

Treatment

- Regular and correct manicure
- Use a nourishing cuticle cream rightly
- Supplement your diet with vitamin B and unflavoured gelatin.

2. Corrugation

It is also called wavy ridges.

Causes

- a. Due to the uneven growth of the nail
- b. After prolonged illness

Treatment

1. Regular and correct manicure
2. Buffing the nails

3. Hypertrophy

Another name for it is **onychais**. It is the thickening of the nail specially the toe nails.

Causes

- a. Wearing tight fitting shoes.
- b. When the toe nails are not cut properly
- c. Heredity

4. Atrophied or Onchotrophy

The nails become very thin and fragile.

Causes

- a. Lack of keratin
- b. Heredity

Treatment

It is a contagious disease and should never be treated in a beauty saloon. Always consult a doctor.

Intext Questions 4.3

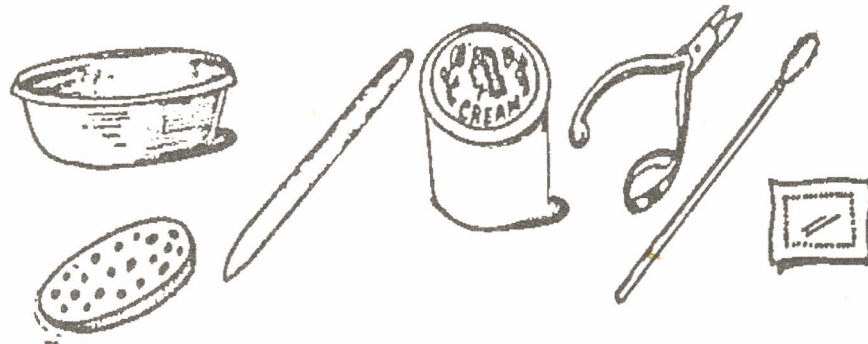
1. State whether the following are True (T) or False (F):
 - i. Split nails come off the skin very easily
 - ii. Corrugation occurs due to lack of calcium
 - iii. Atrophied nail becomes very thick
 - iv. Tinea linguim is a contagious disease of the nails
2. Hypertrophy occurs due to
 - i. Tight fitting shoes
 - ii. Lack of keratin
 - iii. Long illness
 - iv. Uneven growth of the nail
3. Atrophied nails are
 - i. Very thick
 - ii. Very thin

Notes

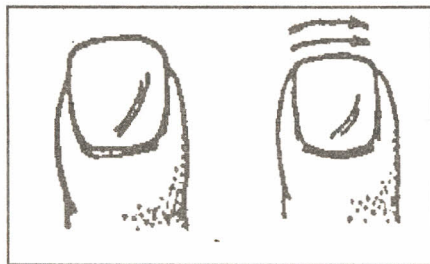
- iii. Ingrown nails
- iv. Weak nails

4.5 Pedicure

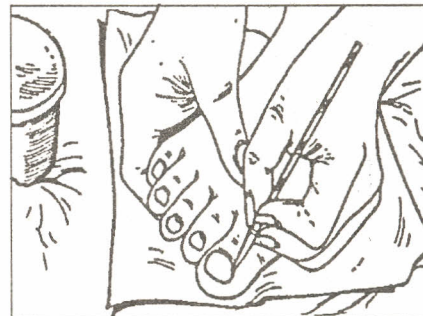
A pedicure may be considered a luxury treatment. It makes the feet feel more comfortable and helps to eliminate rough scales. It also beautifies the feet and toe nails and thus is part of the patron's total grooming.



A. Tools for Pedicure



B. Filling and Shaping of Nails



C. Cuticle Removal

Foot Problems

1. Athlete's foot

This is a fungal infection that attacks the toe nails and the

spaces between the toes, making the skin feel sore and peel away.

Treatment

An oral anti-fungal agent may be needed for several months. Try to keep the spaces between the toes dry with powder.

2. Corns (Calluses)

These pads of thick, hard skin on the toes and the soles of the feet are the body's way of protecting a part that takes a lot of friction and pressure. Tight, ill-fitting shoes may give rise to painful corns, on the little toe especially.

Treatment

Wearing a cornplaster may ease the pressure on a troublesome corn but if this does not help it may be wise to have the corn treated by a doctor.

3. Ingrowing toe nails

Sometimes a toe nail instead of growing straight outwards, curves upwards and bites into the flesh at the sides of the toe, causing pain or discomfort.

Causes

1. The toe is broad and plump and the toe nail small.
2. Wearing tight fitting shoes.

Treatment

1. Never cut the nails away at the sides or cut them too short.
2. Avoid tight fitting shoes.

Intext Questions 4.4

1. Corn is
 - i. Thickening of nails
 - ii. Thickening of the skin on the toes of the feet

Notes

- iii. A fungal infection
- iv. Bit toe
- 2. Ingrowing nails occur due to
 - i. Thick nails
 - ii. Broad and plump toe
 - iii. Thin nails
 - iv. Not proper caring

4.6 What have you learnt

Manicure — Care of hands

Cosmetics required

Equipments

Hot oil

Electric

Booth

Nails — Structure

— diseases

Pedicure — Care of foot

— Foot problems.

4.7 Terminal Questions

1. Describe the nail structure with the help of a diagram.
2. Define any four disorders of the nails.
3. What do you understand by special manicure. Explain.
4. List the cosmetics require for manicure.