



## PEDICUTING CHAPTER 26 RESOURCE

### SUMMARY

Pedicures are used to provide an important relaxation ritual to guests while exfoliating the feet and trimming, shaping, and polishing the toenails. It is important to be able to identify the presence of chronic illnesses, disorders, and diseases of the feet to avoid causing harm to your guests. Pedicures, like manicures, require knowledge and possession of cleaned and disinfected equipment, implements, materials, and professional pedicure products.

### COMMENTARY

This chapter requires a lot of categorization and physical manipulation. Practice the steps to a perfect pedicure and foot/leg massage and learn which equipment, implements, materials, and professional pedicure products are required and you'll be well on your way!

### CHAPTER OUTLINE

#### 1. Equipment

- a. Pedicure station - includes a comfy chair with armrest + footrest for guest, ergonomic chair for cosmetologist/nail technician
- b. Pedicure stool and footrest - usually low for ergonomic design for the nail technician
- c. Pedicure foot bath - stainless steel basin, ceramic bowl, or automated whirlpool styles
  - i. Bath is filled with warm water and a soak
  - ii. Feet are completely immersed
  - iii. Can be portable, which requires manual emptying and refilling
  - iv. Can be a technician stool + foot bath unit
  - v. Premium feel can be established by the throne-design chair, whereby the foot bath is fully plumbed as a whirlpool and the pedicure chair for the guest is attached. This may have a built-in massager and/or warmer for the guest
  - vi. Some foot baths with the throne-design chair attached also have automated cleaning and disinfection cycles
- d. Pedicure carts - used to maintain an organized supply
- e. Electric foot mitts - used to ticket upgrade with conditioning lotion or mask followed by plastic wrap/cover
- f. Terry cloth mitts - often applied over paraffin + cover to hold in heat and increase product penetration into the skin
- g. Paraffin bath - review ch.25 study guide to learn more
  - i. Do not re-melt and reuse paraffin on multiple guests because this can cause cross-contamination leading to spread of communicable diseases

# Milady Standard Study Guide

**Liyang Dong**



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### **Table of Contents Milady Standard Study Guide**

1. Understanding the eBook Milady Standard Study Guide
  - The Rise of Digital Reading Milady Standard Study Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Milady Standard Study Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Milady Standard Study Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Milady Standard Study Guide

- Personalized Recommendations
- Milady Standard Study Guide User Reviews and Ratings
- Milady Standard Study Guide and Bestseller Lists
- 5. Accessing Milady Standard Study Guide Free and Paid eBooks
  - Milady Standard Study Guide Public Domain eBooks
  - Milady Standard Study Guide eBook Subscription Services
  - Milady Standard Study Guide Budget-Friendly Options
- 6. Navigating Milady Standard Study Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Milady Standard Study Guide Compatibility with Devices
  - Milady Standard Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Milady Standard Study Guide
  - Highlighting and Note-Taking Milady Standard Study Guide
  - Interactive Elements Milady Standard Study Guide
- 8. Staying Engaged with Milady Standard Study Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Milady Standard Study Guide
- 9. Balancing eBooks and Physical Books Milady Standard Study Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Milady Standard Study Guide
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Milady Standard Study Guide
  - Setting Reading Goals Milady Standard Study Guide
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Milady Standard Study Guide

- Fact-Checking eBook Content of Milady Standard Study Guide
- Distinguishing Credible Sources

### 13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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