



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

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