

BACK to basics

BASIC PEDICURE PART 1



Massage lotion, dish for lotion, wooden spatula, towel for the feet, towel to wrap the feet, pH balancer, lint-free wipes, manicure brush, pedicure bowl, dappen dish, top coat, base coat, nail lacquer color, nail product remover, polish corrector brush, orangewood stick

WHAT YOU NEED

Get your client comfortable in her pedicure chair ready to soak her feet in warm soapy water.

GETTING PREPARED

PREPARING FOR PEDICURE SERVICE



1 Prepare the pedicure bowl by filling with warm water & then soak your client's feet in this water after seating them.



2 Dry the client's foot & use a refreshing sanitizing spray under the soles, across the top of the feet & toenails, then all the way up to the knees.



3 Use a cotton pad & product remover to wipe away any old nail polish from the toenails. Press the cotton pad down on the nail plate & pull towards you.

Alisha Rimando



Alisha Rimando is recognized as one of the nail industry's leading experts in training & education. In her 28 years experience, her work has been described as "ground-breaking" as she has been a platform artist & motivational speaker for thousands of promotional & educational events, & competed in hundreds of nail competitions around the globe winning the *World Nail Championship* in 2005 in *Pink & White Sculptured Nails*. She is the featured artist in many training videos, including hosting the current *Milady Standard Nail Technology* DVD Series.

Alisha's expertise & application techniques have been featured in more than 150 beauty & trade publications as a contributing author world wide such as *Teen Vogue*, *Bridal Guide*, *Self*, *Fitness*, & *Seventeen* magazines, as well as numerous industry trade magazines like *Nails*, *Nailpro*, *Scratch (UK)* & *Stylish Nail (Japan)*. Her career took an additional leap in 2008 as a contributing author to *Milady Nail Technology* & *Standard Cosmetology* textbooks, a consistent honor she engages with each new edition.

Through the years, Alisha has worked with R&D chemists to develop nail enhancement products, nano technology skincare, cuticle treatments, polish collections & natural nail treatments. Alisha's artistic creations have been sought after for numerous ads & campaigns as well as garnered celebrity status being featured with Jennifer Hudson in her video "Spotlight" & leading teams at NYC Fashion Weeks.

Her passion for educating the nail community takes her on another adventure with the conception & development of *GlossaryLive.com*



Alisha Rimando

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FILING & TRIMMING



4 Trim & even the length of the toenails.



5 Choose a file & buffer. If they need to be assembled, do so in front of your client. File each toenail straight across using a 100-grit file.



6 Gently buff the edge of the toenails straight across.

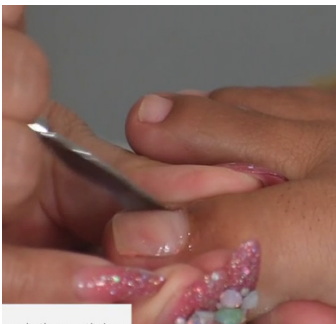


7 Use an orangewood stick, wrapped with cotton, to apply cuticle remover to each toenail, focusing on the lateral walls. Then place the foot back into the pedicure bowl & repeat all the steps on the second foot.

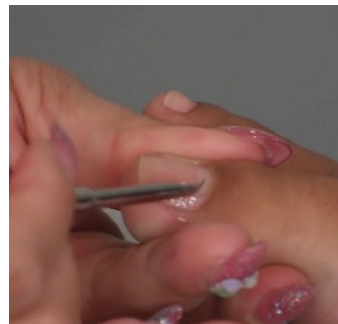
PRO TIPS

• Trim & file toenails straight across & file in one direction as you finish filing the nails. Everything on the toenail should be done straight across because the toenail is very hard & strong and if you cut it at an angle, as it grows, it will cut right into the skin, so do not cut the corners out of the nail.

CUTICLE WORK



8 After soaking the foot, gently push back the cuticles.



9 Gently scrape away any excess cuticle or dead skin attached to the nail plate.

PRO TIPS

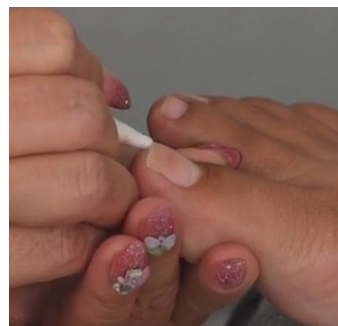
- Be gentle while pushing back the skin on the toenails, since your client may have an ingrown toenail & it could be painful as you work with the pusher.
- Not removing every bit of dead skin & excess cuticle off the nail plate will cause the polish to chip.
- Educate your clients on shampooing their cuticles at home to maintain the health of their nails & cuticles.



10 Gently scrub toenails with a nylon brush & soapy water to get all the debris off the nail plates.



11 Wrap a disposable towel or gauze around the thumb & cleanse or shampoo the cuticle.



12 Clean under the free edge of the nails using the end of an orangewood stick wrapped in cotton. Repeat cuticle work on the second foot.



13 Using cuticle nippers, cut away any hanging dead skin or cuticle. Do not pull or tear, only cut.



14 Gently buff the surface of the toenail to smooth out any ridges or imperfections.



15 Feel the sole and around the sides of the foot, to see where the callus' are, then apply your chosen callus remover product directly onto those areas. Meanwhile protect surrounding skin from this product.



16 Use a callus removal paddle to gently rub over the entire foot, giving extra attention to callused areas of the sole. Put the foot back into the water & then take the second foot out ready to remove its callus'.



In this workbook you have learned how to care for the toenails and feet during a basic pedicure service. This service entailed soaking the feet, cleaning all tissue and debris from the lateral folds and cuticle area, trimming and filing the length of the toenails, buffing the surface of the nails to smooth out ridges while also eliminating hard callus' from the soles. The feet and nails are now ready for the next stage of the service.