

BACK to basics

BASIC PEDICURE PART 2



WHAT YOU NEED

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.

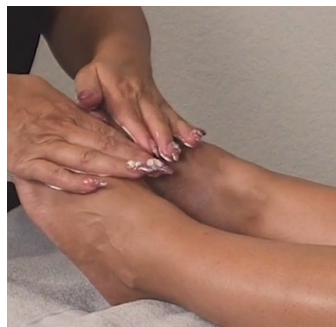
GETTING PREPARED

Get your client comfortable in the pedicure chair ready for their massage experience.

PEDICURE MASSAGE



1 Apply lotion or cream to your hands & warm it by rubbing your hands together.



2 Place your hands at the feet before you start. Massaging both legs at the same time, especially during a short massage, provides a deeper relaxation & increases the value of the service.



3 Start by sliding both hands from the toes to the knees, applying pressure as you move towards the heart.

PRO TIPS

• Keep time during your services to ensure you give your client the time they've paid for and always stay on schedule. Make sure you provide exactly what the client has booked. If it's a 5-minute massage, give the full 5-minutes. This also allows room to upsell to 20-30 or 60-minute massages.

Alisha Rimando



Alisha Rimando is recognized as one of the nail industry's leading experts in training and education. In her 28 years experience, her work has been described as "ground-breaking" as she has been a platform artist and motivational speaker for thousands of promotional and educational events, and competed in hundreds of nail competitions around the globe winning the *World Nail Championship* in 2005 in *Pink and 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 and application techniques have been featured in more than 150 beauty and trade publications as a contributing author world wide such as *Teen Vogue*, *Bridal Guide*, *Self*, *Fitness*, and *Seventeen* magazines, as well as numerous industry trade magazines like *Nails*, *Nailpro*, *Scratch (UK)* and *Stylish Nail (Japan)*. Her career took an additional leap in 2008 as a contributing author to *Milady Nail Technology* and *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 and natural nail treatments. Alisha's artistic creations have been sought after for numerous ads and campaigns as well as garnered celebrity status being featured with Jennifer Hudson in her video "Spotlight" and leading teams at NYC Fashion Weeks.

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



Alisha Rimando

GLOSSARYLIVE

USA

alisharimando.com

IG: @alisharimando



4 Use less pressure as you pull back towards the toes.



5 Create large circular motions from the toes to the knees.



6 Slide down the soles of the feet to massage the heels.



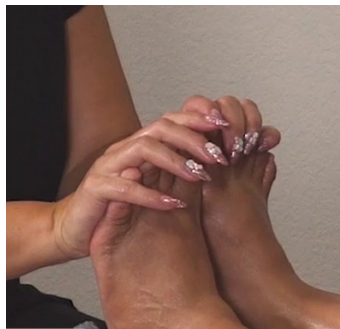
7 Use circular motions around the heel, the ankle bone & on the top of the foot.

PRO TIPS

- Take the massage nice and slow, as it's better for you as the masseur, & it adds to the sense of relaxation being experienced by the client.

PRO TIPS

- Take the massage nice and slow, as it's better for you as the masseur, & it adds to the sense of relaxation being experienced by the client.
- Clearing your mind & sharing positive energy during a service will benefit your client & ensure a memorable experience.



8 Stretch the calf by gently pushing the toes towards the client.



9 Slowly press the feet down to continue the stretch.



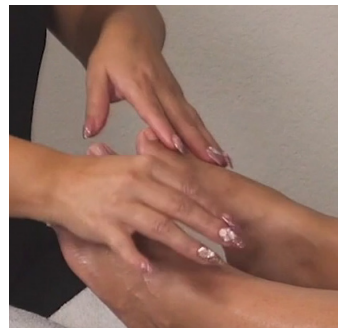
10 Press the sole & top of the foot creating a 'hand sandwich' & pull to the toes.



11 Gently pull each toe from the base to the tip.



12 Relax the ankle by making small circles around the lower end of the fibula bone, also called the lateral malleolus.



13 Lightly feather off the skin to finish.



14 Close the massage by covering their legs with a clean towel, leaving the toes exposed.

PRO TIPS

- Soften the pressure as you near the end of the massage.
- Not removing every bit of dead skin & excess cuticle off the nail plate will cause the polish to chip.

PREPARE FOR POLISH



15 Clean each nail with acetone to remove lotion & oils.



16 Wrap cotton onto the tip of an orangewood stick & use nail cleanser or alcohol to remove all lotion & oil from the nail plate.



17 Using the orangewood stick, cleanse the cuticle area & lateral folds with alcohol.



18 Use nippers to remove any small pieces of dead skin or cuticle that may be remaining.

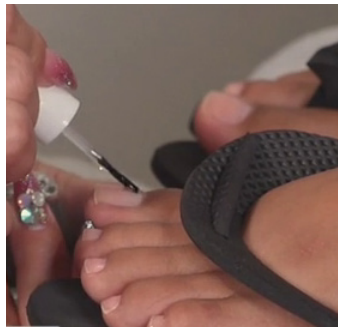
PRO TIPS

- Carefully remove all lotion & oil from the nail grooves, corners, edges & underneath the nail so the polish adheres well.

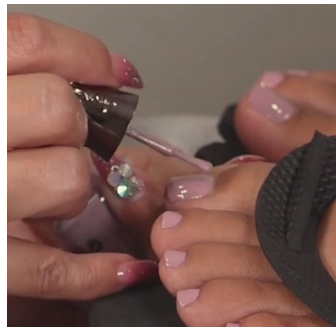
POLISHING THE TOES



19 Put pedicure slippers or the client's sandals on the client at this point before you start to polish the toes.



20 Apply a thin layer of base coat.



21 Apply 2 coats of polish color making sure you seal the free edge. Take a few seconds here to clean up your work area, while the polish gets a little time to start drying.



22 Now apply the top coat by floating it onto the nail & seal the free edge as you go. Let your client sit back & relax for 10-minutes while her polish dries & complete the service with a small drop of nail oil on each toe.



In this workbook you have learned how to deliver a two-handed massage for a relaxing spa pedicure service. The nails were then cleaned of all oil and lotion residue before being painted with a base coat, two layers of nail polish color and a top coat. To complete the treatment, the client was invited to sit and relax for 10-minutes to allow her polish to dry before nail oil was dropped onto each toe.