



208

Provide pedicure treatments

Pedicures are popular treatments that can instantly improve the appearance of the nails and skin of the feet. Techniques include shaping the nails, treating the cuticles, massaging the feet and applying nail enamel. The leg and foot massage carried out during the pedicure is softening and nourishing to the skin as well as totally relaxing for the client. In this unit you will also learn about specialised treatments, which are a hit with clients and can be used to further enhance the condition of the nails and skin. These treatments can be chosen to target your client's needs and can include foot exfoliation, paraffin wax, foot masks and may even include heat treatments such as hot oil and thermal booties. The client's lower legs and feet will feel cared for, fresh and luxuriously soft.

Assignment mark sheet

Unit 208 Provide pedicure treatments

Your assessor will mark you on each of the practical tasks in this unit. This page is used to work out your overall grade for the unit. You must pass **all** parts of the tasks to be able to achieve a grade. **For each completed practical task, a pass equals 1 point, a merit equals 2 points and a distinction equals 3 points.**

What you must know

Task 1a: produce an information sheet

Task 1b: produce a fact sheet

Task 1c: anatomy and physiology

Or tick if covered by a GOLLA online test

Tick when complete

What you must do

Task 2: provide a pedicure treatment

Grade

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Points

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Overall grade

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Candidate name:

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Candidate signature:

Date:

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Assessor signature:

Date:

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Quality assurance co-ordinator signature
(where applicable):

Date:

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External Verifier signature
(where applicable):

Date:

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What does it mean?

Some useful words are explained below

Aftercare advice

Advice given to the client following a manicure in order for the client to benefit from the effectiveness of the treatment.

Contra-action

An unfavourable reaction that may occur either during or after the manicure treatment, eg skin swelling.

Contra-indication

A condition that will prevent the pedicure being carried out, eg tinea pedis.

Disinfection

The process of destroying some but not all micro-organisms.

Exfoliators

Slightly abrasive products used to remove the uppermost layer of skin cells.

Foot masks

Nourishing, moisturising products applied to the feet for a period of time. To increase absorption, feet are placed in hot booties.

Hard skin

Thick, yellow-coloured skin usually found on the soles of the feet around the heel and under the ball of the foot; can be treated with exfoliators, soaking and foot rasps.

Heat treatments

Products such as hot oil or paraffin wax, or equipment such as thermal booties, used to heat the feet and aid absorption of products.

Horizontal ridges

Ridges that run from side to side across the nails. Sometimes they are so deep they form furrows.

Ingrowing toenail

A common condition where the corners of the nail plate grow into the nail walls, causing swelling and pain.



Longitudinal ridges

Ridges that run from the cuticle to the free edge of the nail; very common on the toenails.

Paraffin wax treatment

Covering the feet in a warm paraffin wax liquid, building up several layers to retain the heat and wrapping in towels for a period of time. This will moisturise, soften and nourish the feet.



Pedicure tools

A variety of tools used during a pedicure to reduce nail length, carry out cuticle work and remove hard skin.

Pterygium

Over-growth of the cuticle, sometimes covering the whole of the nail plate, particularly if the nail is tiny, for example the little toenail.

Sterilisation

The process of destroying all micro-organisms and their spores.

When the client books a pedicure, recommend that they bring flip-flops or open-toed sandals to wear home so they will not smudge their polish.

Revision tip

To remove nail length, clip or cut nails straight across to prevent them growing into the nail walls, and then smooth the edges with an emery board.



Follow in the footsteps of... “ Thuy Duong

Thuy is currently studying her NVQ Level 2 Beauty Therapy at the London College of Beauty Therapy. She aims to complete her NVQ Level 3 at LCBT too. Thuy has always wanted to enter the beauty therapy industry and feels that her college has helped her through all the live working salon experiences and industry talks she has attended. Thuy's ambition is to open her own beauty salon, with the latest treatments available. **Look for the pink quote marks to see what she has to say to you!**

What you must know

You must be able to:

- 1 describe salon requirements for preparing yourself, the client and the work area
- 2 describe the environmental conditions suitable for pedicure treatments
- 3 describe different consultation techniques used to identify treatment objectives
- 4 explain the importance of carrying out a nail and skin analysis
- 5 describe how to select products, tools and equipment to suit the client's treatment needs, skin and nail conditions
- 6 identify nail and skin conditions
- 7 describe the contra-indications which prevent or restrict pedicure treatments
- 8 state how to communicate and behave in a professional manner
- 9 describe health and safety working practices

Continues on next page



Massage upwards to aid venous blood flow and reduce any ankle swelling by stimulating the lymph flow.

- 10 explain the importance of positioning yourself and the client correctly throughout the treatment
- 11 explain the importance of using products, tools, equipment and techniques to suit the client's treatment needs, nail and skin conditions
- 12 describe how treatments can be adapted to suit the client's treatment needs, nail and skin conditions
- 13 describe the different massage techniques and their benefits
- 14 state the contra-actions that may occur during and following treatments and how to respond
- 15 state the importance of completing the treatment to the satisfaction of the client
- 16 state the importance of completing treatment records
- 17 state the aftercare advice that should be provided
- 18 describe diseases and disorders of the nail and skin
- 19 describe the structure and functions of the nail and skin
- 20 describe the structure and function of the muscles of the lower leg and foot
- 21 describe the structure and function of the bones of the lower leg and foot
- 22 describe the structure and function of the arteries and veins of the lower leg and foot
- 23 describe the structure and function of the lymphatic vessels of the lower leg and foot

Image courtesy of Professionals

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To maintain a good posture throughout the treatment, make your chair slightly lower than the client's chair.



Why not put on a pedicure 'spring offer' as feet have been tucked away for the winter and could do with some care and attention before being exposed!

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Always support the weight of your client's leg and foot. This will make the treatment more relaxing and comfortable for them.

Pedicure



Soaking feet in a foot bath will allow hard skin to be removed more easily.



Pretty feet are a summer essential, but pedicures can make clients feel pampered all year round.

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Let your client take the lead in choosing a nail polish colour, but give your opinion if they ask for it.

cure

Always use a base coat to prevent staining of the nail plate, particularly if a dark colour is being used.



What you must do

Practical observations

This page shows what you need to do during your practical task. You can look at it beforehand, but you're **not** allowed to have it with you while carrying out your practical task. You must achieve **all** the criteria; you can achieve 1 mark, 2 marks or 3 marks for the criteria indicated with *****.

- 1 Prepare yourself, the client and the work area for pedicure treatment
- 2 Use suitable consultation techniques to identify treatment objectives *****
- 3 Carry out a nail and skin analysis
- 4 Provide clear recommendations to the client *****
- 5 Position yourself, the client and the equipment correctly throughout the treatment
- 6 Follow health and safety working practices
- 7 Communicate and behave in a professional manner
- 8 Select and use products, tools, equipment and techniques to suit the client's treatment needs, nail and skin conditions *****
- 9 Use and adapt correct massage techniques to meet the needs of clients *****
- 10 Apply base coat, varnish and top coat evenly without flooding the cuticles and nail wall
- 11 Complete the treatment to the satisfaction of the client *****
- 12 Record the results of the treatment with the client
- 13 Provide suitable aftercare advice *****

Totals

Grade

Candidate signature and date

Assessor signature and date

Conversion chart

Grade	Marks
Pass	13–15
Merit	16–21
Distinction	22–25

Please tick when all pre-observation requirements have been met.

Provide pedicure treatments

1			
1	2	3	
1			
1	2	3	
1			
1			
1	2	3	
1	2	3	
1			
1	2	3	
1			
1	2	3	

What you must do

Practical observations descriptors table

This table shows what you need to do to achieve 1, 2 or 3 marks for the criteria indicated with * on the previous page.

	1 mark	2 marks	3 marks
2 Use suitable consultation techniques to identify treatment objectives	Basic consultation carried out. Examples: closed questions used throughout, questioning covers contra-indications.	Good consultation carried out. Examples: open and closed questions, positive body language, questioning covers contra-indications, general health, lifestyle and expectations.	Thorough consultation carried out. Examples: open and closed questions, positive body language, questioning covers contra-indications, general health, lifestyle and expectations.
4 Provide clear recommendations to the client	A basic treatment plan is recommended. Examples: objectives of the treatment identified.	A good treatment plan is recommended. Examples: objectives of the treatment identified, taking into account skin and nail condition and client expectations.	A thorough treatment plan is recommended. Examples: objectives of the treatment identified, taking into account skin type/condition, general health, medication, client lifestyle, expectations, occasion established, colour preferences and current use of manicure products.
8 Select and use products, tools and equipment to suit client's treatment needs, skin and nail conditions	Selects and uses products, tools and equipment to suit treatment objectives. Example: Product choice adapted to suit skin and nail conditions.	Selects and uses products, tools and equipment to suit treatment objectives. Examples: Consistent finish across all of the nails, communicates with the client throughout to confirm satisfaction at every stage.	Selects and uses products, tools and equipment to suit treatment objectives. Examples: Consistent finish across all of the nails, provides explanation to client about products, tools and equipment selected and confirmed client's satisfaction at every stage.

Continues on next page

What you must do

Practical observations descriptors table (continued)

This table shows what you need to do to achieve 1, 2 or 3 marks for the criteria indicated with * on the previous page.

	1 mark	2 marks	3 marks
9 Use and adapt correct massage techniques to meet the needs of the client	Adapts the massage to suit skin type and skin and nail condition.	Adapts the massage to suit skin type and skin and nail condition. Varies the rate, rhythm and time.	Adapts the massage to suit skin type and skin and nail condition. Varies the rate, rhythm time and pressure.
11 Complete the treatment to the satisfaction of the client	The treatment is completed within the agreed time and brought to a satisfactory close.	The treatment is completed within the agreed time and the client is shown the result.	The treatment is completed within the agreed time, brought to a satisfactory close, the client is shown the result, result adapted if necessary, client is assisted where necessary.
12 Provide suitable aftercare advice	Basic aftercare advice is provided including possible contra-actions.	Good level of aftercare advice to include homecare products and future treatments.	Excellent aftercare advice given, including homecare products, application and removal techniques and future treatment and recommendations.



Give specific and detailed aftercare advice to your clients. This will make them feel extra special and they will request you as their therapist next time.

Comment form

Unit 208 Provide pedicure treatments

This form can be used to record comments by you, your client, or your assessor.



Image courtesy of Professionals

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Remember the client's soles! A pedicure isn't just about making the top of the feet look pretty. Thorough exfoliation and hard skin removal ensures the client will return to your salon.