

# 110

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## Providing basic pedicure treatment

Feet and nails that are well cared for, are important for comfort and look good too. Pedicures are a popular treatment within the beauty and nail industry, so it is an important skill for a beauty therapist/nail technician to have. This unit will help you learn how to carry out a visual study of the feet and nails, and spot anything that will affect the treatment to follow. Knowledge covered will help you understand how to recognise contra-actions and the best way to deal with them during a treatment. You'll also learn to use different products and equipment, which will help you to select the correct ones when carrying out pedicure treatments.

# Assignment mark sheet

## Unit 110 Providing basic pedicure treatment

This page is used to record when you pass the 'What you must know' and 'What you must do'. The practical task is not graded in this unit. A pass equals 1 point, a merit equals 2 points and a distinction equals 3 points.

| What you must know        | Tick when complete | Grade |
|---------------------------|--------------------|-------|
| Task 1: information sheet |                    |       |

| What you must do              | Tick when complete |
|-------------------------------|--------------------|
| Task 2: practical observation |                    |

### Complete overall

Candidate name:

Candidate signature: Date:

Assessor signature: Date:

Quality assurance co-ordinator signature (where applicable): Date:

External Verifier signature (where applicable): Date:



Image courtesy of Walsall College

## What does it mean?

Some useful words are explained below

### Base coat

Applied before the coloured nail varnish to smooth the nail, cut down on staining, and help prevent early chipping or wearing off of the colour.

### Basic structure of the nail

The basic structure of the nail is made up of the nail plate, nail wall, cuticle, and free edge.

### Contra-actions

An unwanted reaction to a treatment, for example erythema (redness), irritation (itching), or swelling.



### Cuticle cream

Moisturising cream that is used to soften and nourish the cuticle.

### Erythema

This is where the skin appears red. It can be caused by an allergy to a product or just a firm massage.



### Factors

Influences that may prevent or restrict the treatment to follow, for example nail length and condition.

### Foot and leg lotion

Used to moisturise the skin on the foot and lower leg.

### Methods of sterilisation

The most reliable methods are dry heat and steam sterilising, but other methods are ultraviolet and heat destruction. You will use these to remove any germs from your tools and equipment.



### Nail shapes

These include oval, rounded and square.



### Salon requirements

As well as health and safety requirements, the salon will have its own policies and procedures that must be followed.

### Top coat

Gives a shine to the coloured nails and helps to make the varnish last longer.

## What you must know

### You must be able to:

- 1 Outline the salon's requirements for client preparation, preparing yourself and the work area
- 2 State the importance of carrying out a visual study of the feet and nails to identify factors that will influence the treatment
- 3 Identify typical nail shapes
- 4 Identify the basic structure of the nail
- 5 State possible contra-actions and how to respond

#### Revision tip

Find out about different foot and nail products that are on sale in the salon and in the shops so you will be able to recommend suitable products to your clients.



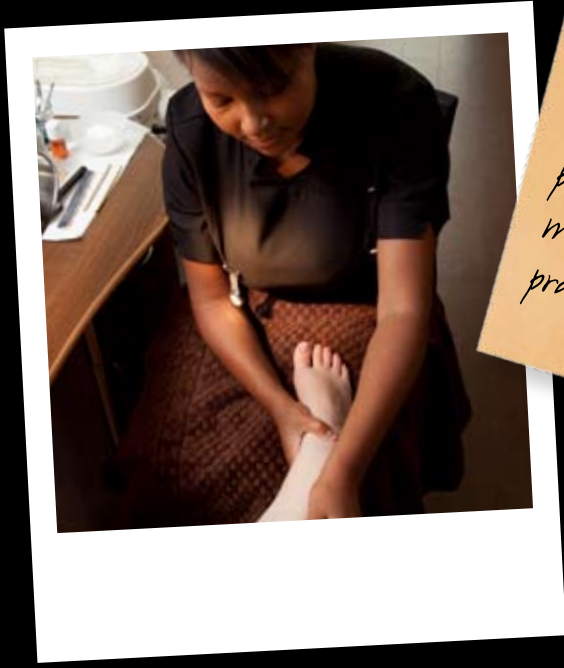
Image courtesy of Calgel





# Ped

Make yourself a chart with images of the different things that may restrict or prevent a pedicure treatment taking place.



Practise pedicure treatments on yourself and your friends as the practice will give you more confidence for your practical assessment.

# icure

# 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. The practical task is not graded in this unit.

- 1 Selected appropriate work area
- 2 Ensured work area is clean, safe and fit for purpose
- 3 Selected appropriate tools/products and equipment
- 4 Ensured tools are clean, safe and fit for purpose
- 5 Prepared tools and products
- 6 Sanitised the hands of self and feet of client
- 7 Carried out a visual inspection of feet and nails
- 8 Recognised any problem areas
- 9 Sought clarification with supervisor that treatment can go ahead
- 10 Removed existing nail varnish from both feet, if appropriate

| Tick when complete |
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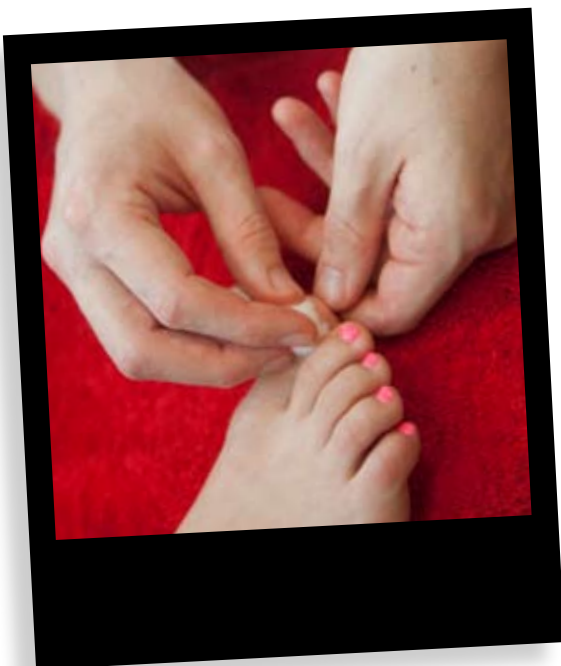


Image courtesy of The London College of Beauty Therapy



- 11 Filed the nails in the correct direction

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- 12 Carried out superficial foot and lower leg massage correctly

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- 13 Softened cuticle and soaked feet

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- 14 Followed correct procedure for varnish application (base coat, varnish, top coat)

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- 15 Varnish covers all of the nail without flooding the cuticle or nail wall

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- 16 Tools and equipment are cleaned and put away

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- 17 Work surfaces cleaned and stored, if appropriate

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- 18 Completed treatment plan

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- 19 Communicated and behaved in a professional manner

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- 20 Followed safe and hygienic working practice

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Candidate signature and date

Assessor signature and date

| Tick when complete |
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## Comment form

# Unit 110 Providing basic pedicure treatment

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

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### Revision tip

Think about the way you speak and listen to people, and about your body language. Do you give out a professional image at all times?

Image courtesy of Naitiques

