

SUBJECT: PEDICURING

LESSON OBJECTIVES:

Upon completion of the lesson, the student will be able to.

- Identify the equipment and materials needed for a pedicure and explain.
- List the steps in the pedicure pre-service procedure.
- Demonstrate the proper procedures and precautions for a pedicure.
- Describe the proper technique for trimming the nails.
- Demonstrate the ability to perform foot massage properly.
- Understand proper cleaning and disinfecting of pedicure equipment.

Inspirational thought for the day: “Only those who dare to fail greatly can ever achieve greatly.” – Robert Francis Kennedy

I) PEDICURES

A) Supplies

- 1) Pedicuring station
- 2) Pedicuring stool and footrest
- 3) Pedicure basin or bath
- 4) Toe separators
- 5) Foot file or paddle
- 6) Toenail clippers
- 7) Liquid soap
- 8) Foot lotion, oil, or cream
- 9) Pedicure slippers

B) Implements

- 1) Pedicure Instruments
 - (a)
- 2)