1. A(n) __________ is a cosmetic service performed on the feet by a licensed cosmetologist or nail technician, can include exfoliating the skin, ____________, and trimming, shaping, and polishing the toenails.

2. Pedicures are merely manicures on the feet.
   ______ True ______ False
   
   Rationale:
   
   
3. Pedicures present more potential for damage to clients than do manicures.
   ______ True ______ False
   
   Rationale:
   
   
4. List some reasons why pedicures are beneficial.
   a) ____________________________________________
   b) ____________________________________________
   c) ____________________________________________
   d) ____________________________________________
why study PEDICURING?

5. In your own words, explain why cosmetologists should study and thoroughly understand pedicuring.

---

Learn the Tools and Materials Used During Pedicures

6. Name the four types of nail technology tools the cosmetologist will use during the pedicure service.

1) 

2) 

3) 

4) 

7. Some permanent equipment for performing pedicures differs from that used for standard manicures.

_____ True  _____ False

Rationale:

---

8. Which of the following pieces of pedicure equipment is considered optional?

_____ a) Paraffin bath  _____ c) Pedicure cart

_____ b) Pedicure footrest  _____ d) Pedicure foot bath
9. Give four examples of pedicure foot baths in increasing order of sophistication.

1) 

2) 

3) 

4) 

10. Contrast electric foot mitts with terry cloth mitts.
11. List some pedicure-specific implements.
   a) ____________________________
   b) ____________________________
   c) ____________________________
   d) ____________________________
   e) ____________________________
   f) ____________________________

12. Describe how to use a nail rasp during the basic pedicure procedure.
   ____________________________
   ____________________________
   ____________________________
   ____________________________
   ____________________________

13. Identify the materials unique to pedicuring, as well as their uses.
   a) ____________________________
   b) ____________________________

14. Name the professional products that are unique to pedicuring.
   a) ____________________________
   b) ____________________________
   c) ____________________________
   d) ____________________________
   e) ____________________________

15. ____________________________ are products that are put into the water in the pedicure bath to soften the skin on the feet during the soak time.

16. Exfoliating scrubs are usually ____________________________-based lotions that contain a(n) ____________________________ as the exfoliating agent.

17. What are some popular ingredients in masks?
   ____________________________
18. Callus softeners are applied directly to the client's calluses and are left on for a short period of time, according to the manufacturer's directions.

_____ True      _____ False

Rationale:

Know All About Pedicures

   a) 
   
   
   
   
   b) 
   
   
   
   
   c) 
   
   
   
   

20. Discuss the benefit of short pedicure services.

   
   
   
   
   

21. Why should female clients avoid shaving their legs for the 48 hours preceding a pedicure?

   
   
   
   
   

248  CHAPTER 26 | PEDICURING
22. If the client's feet are in bad shape, you should work as long as necessary to get them in optimal condition in only one service.

_____ True    _____ False

Rationale:

23. Discuss the concept of the series pedicure, and give an example.


24. List the steps below for a basic pedicure. The first two steps have been listed to help you get started.

a) Check the temperature of the pedicure bath for safety. Put on a pair of clean gloves, place the client's feet in the bath, and make sure he or she is comfortable with the water temperature. Allow the feet to soak for 5 to 10 minutes to soften and clean the feet before beginning the pedicure.

b) Lift the client's foot you will be working with first from the bath. Using the towels on the footrest, on the pedicure cart, or on your lap, wrap the first towel around the foot and dry it thoroughly. Make sure you dry between the toes. If you are using a basin or portable bath, place the foot on the footrest or on a towel you have placed on your lap.

c)

d)
25. The basic pedicure is the basis for all other pedicure services. For example, in the basic pedicure, the massage is performed on the foot only, while in the upgrade to a ________________, the massage is performed on the foot and the lower leg ________________.

26. Older people need less regular foot care than younger people.

____ True ______ False

Rationale:

27. For an elderly client receiving pedicure services, a microscopic opening, or ________________, can be fatal.

28. What is another great way to upgrade your pedicure service and price?
29. According to client salon surveys, ______________ is the most enjoyed aspect of any nail service.

30. Massage given during manicures and pedicures focuses on therapy.

   ______ True  ______ False

   Rationale:

31. During the client consultation, you should acknowledge and discuss any medical condition your client listed that may be ______________ for a foot and/or leg massage.

32. Foot and/or leg massage is contraindicated for clients with severe, ________________________________________

33. Describe how to grasp the foot when performing a pedicure.

   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________

34. Explain how to use lotion or oil during a foot and leg massage.

   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________

35. The bottom of the foot is the only place a friction movement is performed in pedicure services.

   ______ True  ______ False

   Rationale:
36. What is the role of feathering in foot and leg massage?

37. Describe the subject of the accompanying figure.

38. **ACTIVITY:** Place the following procedural steps for a Foot and Leg Massage in the appropriate order.

<table>
<thead>
<tr>
<th>Step</th>
<th>Procedure</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Place one hand on top of the foot, cupping it, and make a fist with the other hand. The hand on top of the foot will press the foot toward you while your other hand twists into the instep of the foot (friction movement). This helps stimulate the blood flow and provides relaxation. Repeat three to five times.</td>
</tr>
<tr>
<td></td>
<td>End the massage with a feathering technique to provide a signal for experienced clients that the massage is ending. Finish by placing both of the client’s feet onto the footrest, and firmly press the tops of the feet three times slowly for one or two seconds each, and then allow the client to relax a minute or two before moving to the next step of the procedure.</td>
</tr>
<tr>
<td></td>
<td>Put on a fresh pair of gloves and rest the client’s heel on a footrest or stool and suggest that your client relax. Grasp the leg gently above the ankle and use your other hand to hold the foot just beneath the toes; rotate the entire foot in a circular motion.</td>
</tr>
<tr>
<td></td>
<td>Place the foot on the footrest or stabilize it on your lap, then gently grasp the client’s leg from behind the ankle with one hand. Perform effleurage movements from the ankle to below the knee on the front of the leg with the other hand. Move up the leg and then lightly return to the original location. Perform five to seven repetitions, then move to the sides of the leg and perform an additional five to seven repetitions.</td>
</tr>
</tbody>
</table>
Hold the tip of the toe, starting with the little toe, and make a figure eight with each toe. Repeat three to five times on each toe and then move to the next. After the last movement on each toe, gently squeeze the tip of each once, and then move on to the next toe.

While holding the ankle, place the palm of your free hand on top of the foot behind the toes. Slide the palm up to the ankle area with gentle pressure and then return to starting position. Repeat three to five times in the middle, then on the sides of the top of the foot.

Perform the same thumb movement on the surface of the heels, rotating your thumbs in opposite directions. Repeat three to five times.

Return your hands to the position described in step 4 and repeat steps 3 and 4. Repeat all movements on each foot as many times as you wish, adding other movements that you like to perform, and then move to the other leg/foot.

Slide to the back of the legs and perform effleurage movements up the back of the leg. Stroke up the leg, then, with less pressure, return to the original location; perform five to seven times.

Repeat the same motions of step 3 with the opposite hand and thumb. The base of the thumbs to the pads of the fingers should be in contact with the skin throughout the movement. Alternate this massage step with each hand and thumb and repeat several times.

Start with the little toe, placing the thumb on the top of the toe and curl the index finger underneath the toe. (Your palm is facing up.) Push the fingers and thumb in that position back to the base of the toe, then rotate the thumb and finger in a circular, effleurage movement until the index finger is arched over the top of the toe, and the thumb is underneath. Pull the toe with index finger and thumb outward, away from the foot.

Once the massage of both feet is completed, you may move on in the pedicure procedure. If you are performing a luxury pedicure, do not perform the feather off movement; slide your hands to the leg and move on to the leg massage after step 9.

Never losing contact with the skin, slide your hands so that the thumbs are on the plantar side of the foot while the fingers are gently holding the dorsal side of the foot, like holding a sandwich. Move one thumb in a firm circular movement, moving from one side of the foot, across, above the heel, up the medial side (center side) of the foot to below the toes, across the ball of the foot and back down to the other side of the foot (distal side) to the original position.
39. Give a brief overview of reflexology.

40. List the two reasons professional, hands-on training is essential in reflexology.
   1) 
   2) 

41. When giving a pedicure, pay attention to your body's positioning and make sure you are working ______________.

Properly Clean and Disinfect Foot Spas

42. The disinfecting procedures for manicuring and pedicuring have been developed by the ________________, a group of nail-care company representatives, and the ________________, a group of professional nail technicians, for cleaning and disinfecting all types of pedicure equipment.