



9065

MANICURE AND PEDICURE
TREATMENTS (11)

30S/30E/30M

An Esthetics Course

9065: MANICURE AND PEDICURE TREATMENTS (11)

30S/30E/30M

Course Description

The emphasis in this course is on manicures and pedicures, massage, treatments, gel nail polish services, and intermediate nail art.

Goal 1: Describe and demonstrate appropriate **personal and public sanitation** and **health and safety practices**.

GLO 1.1: Describe and demonstrate **personal and public sanitation**.

SLO 11.1.1.1: Describe and demonstrate personal and public sanitation.

GLO 1.2: Describe and demonstrate **health and safety practices**.

SLO 11.1.2.1: Explain the procedure and precautions before performing a pedicure. (C7.2)

- safety

SLO 11.1.2.2: Identify precautions used when performing massages.

SLO 11.1.2.3: Recognize the need for and apply personal protective equipment (PPE) for manicure and pedicure services/treatments.

SLO 11.1.2.4: Identify manicure and pedicure products that may be classified as prohibited, restricted, or controlled.

SLO 11.1.2.5: Demonstrate the safe use of a Credo knife.

GLO 1.3: Maintain a **safe and organized workstation**.

SLO 11.1.3.1: Demonstrate the application of guidelines to maintain a clean and orderly manicure and pedicure workstation.

SLO 11.1.3.2: Complete regular safety checks at the manicure and pedicure workstation.

GLO 1.4: Demonstrate an awareness of safety as it pertains to the *Trade Safety Awareness Manual*.

No applicable SLOs.

Goal 2: Describe and demonstrate knowledge and skills related to **pre-service.**

GLO 2.1: Describe and demonstrate the process of **preparing the workstation.**

SLO 11.2.1.1: Describe, discuss, and list supplies needed to perform a basic pedicure. (C7.1)

- equipment
- implements/equipment
- materials
- professional products
- electric file

SLO 11.2.1.2: Identify, prepare, and assemble the products needed to perform gel nail polish services.

SLO 11.2.1.3: Demonstrate and complete a minimum of two of each of the following manicure treatments. (C5.5)

- spa manicure
 - hot-oil manicure
 - paraffin treatment
 - treatment trends
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GLO 2.2: Describe and demonstrate the process of **preparing the client.**

SLO 11.2.2.1: Discuss the types of manicure treatments. (C5.2)

- spa manicure
- hot-oil manicure
- paraffin treatment
- treatment trends

SLO 11.2.2.2: Discuss the procedure for a man's manicure. (C5.3)

- buffing
- callous removal

SLO 11.2.2.3: Analyze the shape of hands and describe the support that various nail shapes will offer the client's hand.

SLO 11.2.2.4: Discuss the manicure/pedicure procedure with the client.

SLO 11.2.2.5: Describe and demonstrate client preparation for manicure and pedicure treatments.

SLO 11.2.2.6: Describe and demonstrate client preparation for gel nail polish services.

Goal 3: Describe and demonstrate knowledge and skills related to **service**.

GLO 3.1: Describe and demonstrate **esthetics services**.

SLO 11.3.1.1: Describe massage techniques. (C2.2)

- effleurage (stroking)
- petrissage (kneading)
- deep rubbing (friction)
- tapotement (percussion)

SLO 11.3.1.2: Demonstrate and complete a minimum of 10 hand and arm massages using various techniques. (C2.4)

SLO 11.3.1.3: List and describe supplies needed to perform a manicure. (C4.1)

- equipment
- implements
- materials
- professional products

SLO 11.3.1.4: Explain the steps and procedures for performing a basic manicure. (C4.2)

- pre-service
 - arrange and sanitize implements and tables
 - table set up
- service
 - technician wash/sanitize hands
 - client wash/sanitizes hands
 - client consultation
 - complete record card
 - nail enamel removal
 - appropriate nail shape for client
 - cuticle work
 - massage
 - nail enamel application
- post-service
 - rebook client
 - advise on home care

- SLO 11.3.1.5: Demonstrate and complete a minimum of 15 basic manicures. (C4.3)
- SLO 11.3.1.6: Describe and identify various foot massage techniques. (C6.2)
- effleurage (stroking)
 - petrissage (kneading)
 - deep rubbing (friction)
 - tapotement (percussion)
- SLO 11.3.1.7: Demonstrate and complete a minimum of 10 foot massages using various techniques. (C6.4)
- SLO 11.3.1.8: Explain the steps and procedures for performing a basic pedicure. (C7.3)
- pre-service
 - arrange and sanitize implements and tables
 - table set-up
 - service
 - technician wash/sanitize hands
 - client consultation
 - prepare water and basin to soak
 - complete record call
 - nail enamel removal
 - nail shaping and filing
 - identify and perform required cuticle work
 - callous removal
 - massage foot and leg
 - nail enamel application
- SLO 11.3.1.9: Demonstrate and complete a minimum of 15 basic pedicures. (C7.4)
- SLO 11.3.1.10: Identify and treat corns and calluses.
- SLO 11.3.1.11: Discuss and perform various nail enamel applications.
- SLO 11.3.1.12: Discuss various gel nail polishes and demonstrate the application techniques.
- SLO 11.3.1.13: Demonstrate the maintenance and removal of gel nail polish.
- SLO 11.3.1.14: Shape toenails square to prevent ingrown nails.
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Goal 4: Describe and demonstrate knowledge and skills related to **post-service.**

GLO 4.1: Describe and demonstrate the post-service steps that the technician performs **while the client is in the salon.**

SLO 11.4.1.1: Advise the client on home maintenance of manicures and pedicures.

GLO 4.2: Describe and demonstrate the post-service steps that the technician performs **after the client leaves the salon.**

SLO 11.4.2.1: Discuss and demonstrate post-service sanitation procedures.

Goal 5: Demonstrate the **operation, maintenance, and storage of equipment, tools, implements, materials, products, and consumable items.**

GLO 5.1: Demonstrate the **operation of equipment, tools, and implements.**

SLO 11.5.1.1: List, describe the purpose of, and demonstrate the use of equipment, tools, and implements (e.g., Credo knife) needed to perform a variety of manicure and pedicure treatments.

SLO 11.5.1.2: Demonstrate the operation of implements and equipment. (B2.11)

- manufacturer's instructions

SLO 11.5.1.3: Demonstrate the appropriate operation of tools and equipment required to perform advanced manicure and pedicure services/treatments.

SLO 11.5.1.4: Describe grit and demonstrate the correct use of buffers in the appropriate order, including the block buffer and two-, three-, and four-way buffers.

SLO 11.5.1.5: Describe and demonstrate the use of an electric file to perform a pedicure.

SLO 11.5.1.6: Describe the types and correct use of electric file bits, including carbide, diamond, sanding, mandrel, and buffing bits.

SLO 11.5.1.7: Discuss the purpose and disposal of sharp-edged objects.

GLO 5.2: Demonstrate the **use of materials, products, and consumable items.**

SLO 11.5.2.1: Discuss massage products. (C2.3)

- product application

SLO 11.5.2.2: Describe products used for various manicure treatments. (C5.4)

- manufacturer's instructions
- techniques

SLO 11.5.2.3: Describe massage products. (C6.3)

- product application
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GLO 5.3: Demonstrate the **maintenance and storage of equipment, tools, implements, materials, products, and consumable items.**

SLO 11.5.3.1: Describe and demonstrate the basic care, maintenance, and storage requirements for equipment, tools, and implements used to perform manicure and pedicure services/treatments.

SLO 11.5.3.2: Practise sanitizing and sterilizing implements, equipment, and other supplies. (A7.7)

Goal 6: Demonstrate an understanding of the **evolution** of the esthetics industry, including its **technological progression and emerging trends.**

GLO 6.1: Describe the **evolution** of the esthetics industry, including its **technological progression and emerging trends.**

SLO 11.6.1.1: Discuss the history of nail care. (B1.1)

- the ancient people and appearance
- materials used for lengthening and covering the nails
- trends from past and present
- trend-setting roles of movie films, television, and news media

SLO 11.6.1.2: Discuss manicure and pedicure trends.

Goal 7: Demonstrate an understanding of **career opportunities** in esthetics.

GLO 7.1: Describe **apprenticeship and career opportunities** and **professional organizations** in the esthetics industry.

SLO 11.7.1.1: Identify and research local professional nail technology/esthetics/hairstyling organizations.

SLO 11.7.1.2: Discuss and create career goals.

SLO 11.7.1.3: Compile the information required for a resumé and gather information and pictures for a portfolio.

SLO 11.7.1.4: Describe the Manitoba Esthetician Apprenticeship Program. (A1.2)

- concept and significance of skills stewardship
 - to the trade
 - to trainees
 - to journeypersons
 - to employers
- practical training: on-site component of program
 - roles/responsibilities of employer and journeyperson(s)
 - roles/responsibilities of Apprenticeship Training coordinator
 - roles/responsibilities of trainee, including record-keeping regarding job experience
- technical training: off-site component of program
 - roles/responsibilities of instructors (including related-area faculty)
 - roles/responsibilities of trainees: occupational analysis, task checklist, list of key tasks by area
- professionalism
 - attitude
 - work ethic
 - teamwork
 - eagerness to learn
- attendance requirements
- progression requirements
- reporting of grades
- other (as may be specified by instructor and by Apprenticeship Manitoba)

GLO 7.2: Review and demonstrate the knowledge and skills required to pass the **Provincial Nail Technician Examinations**.

No applicable SLOs.

Goal 8: Describe and demonstrate transferable **cross-curricular knowledge and skills** as they relate to esthetics.

GLO 8.1: Read, interpret, and communicate information related to esthetics.

SLO 11.8.1.1: Define and compare *non-verbal communication* and *verbal communication*.

GLO 8.2: Apply knowledge and skills related to esthetics from **the arts**.

SLO 11.8.2.1: Demonstrate creating fine lines (vertical, horizontal, diagonal, and curved) using a striper brush.

SLO 11.8.2.2: Demonstrate creating dots, ranging from small to large, using a dotter.

SLO 11.8.2.3: Demonstrate nail art designs by recreating designs from photographs and/or step-by-step designs.

SLO 11.8.2.4: Create basic nail art designs using two- and three-tone application techniques.

SLO 11.8.2.5: Create original nail art designs using a minimum of three colours, a striper brush, and a dotter.

SLO 11.8.2.6: Enhance nail art designs with balanced placement of gems, rhinestones, or other nail art accessories.

SLO 11.8.2.7: Demonstrate balance in nail art designs.

SLO 11.8.2.8: Describe and demonstrate airbrush designs.

GLO 8.3: Apply knowledge and skills related to esthetics from **the sciences**.

SLO 11.8.3.1: Describe and identify the bone structure of the arm, wrist, hand, ankle, foot, and leg. (C1.1)

SLO 11.8.3.2: Describe and identify the parts of the muscle. (C1.3)

SLO 11.8.3.3: Describe and identify the nerves (sensory and motor) of the arm, hand, foot, and leg. (C1.4)

SLO 11.8.3.4: Describe the function and growth of nails. (B3.3)

SLO 11.8.3.5: Explain the structures beneath the nail. (B3.5)

- nail bed
- matrix
- lunula

SLO 11.8.3.6: Describe the skin surrounding the nail. (B3.6)

- cuticle
 - nail fold or mantle
 - nail grooves
 - nail walls
 - eponychium
 - perionychium
 - hyponychium
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GLO 8.4: Apply knowledge and skills related to esthetics from **mathematics**.

SLO 11.8.4.1: Demonstrate the correct brush angle for nail polish application.

SLO 11.8.4.2: Describe and demonstrate the angle of the electric file.

SLO 11.8.4.3: Demonstrate accurate client-scheduling skills, allowing sufficient time for all treatments and services.

Goal 9: Demonstrate an awareness of **sustainability** as it pertains to the esthetics industry.

GLO 9.1: Describe the impact of **sustainability** on the **health and well-being** of estheticians and their clients.

SLO 11.9.1.1: Identify occupational health hazards for nail technicians and their clients, and demonstrate methods of prevention during manicure and pedicure services/treatments.

SLO 11.9.1.2: Discuss the benefits of hand and arm massage. (C2.1)

- contra-indication
- reflexology

SLO 11.9.1.3: Discuss the purpose of manicure treatments. (C5.1)

- nail and skin analysis

SLO 11.9.1.4: Discuss the benefits of foot and leg massage. (C6.1)

- contra-indication
- reflexology

SLO 11.9.1.5: Identify the effects of wellness components, such as posture, exercise, rest, relaxation, stress management, hygiene, and nutrition, on the success of a nail technician.

GLO 9.2: Describe the esthetics industry's **sustainability practices** and their impact on the **environment**.

SLO 11.9.2.1: Discuss the use of a sharps-disposal container.

SLO 11.9.2.2: Demonstrate the safe disposal of electric file bits after each use with clients.

GLO 9.3: Describe **sustainable business practices** within the esthetics industry.

SLO 11.9.3.1: Identify techniques used to promote economically sustainable manicure and pedicure services/treatments during financially difficult times.

SLO 11.9.3.2: Describe to clients the time and financial costs required to maintain manicure and pedicure services.

Goal 10: Demonstrate **ethical and legal standards** as they pertain to the esthetics industry.

GLO 10.1: Practise **ethical and legal standards** as they pertain to esthetics.

SLO 11.10.1.1: Practise discretion and confidentiality in acquiring and managing client information.

Goal 11: Demonstrate **employability skills** related to the esthetics industry.

GLO 11.1: Demonstrate **fundamental employability skills**.

SLO 11.11.1.1: Discuss qualities of effective communication. (A3.4)

- verbal
 - telephone etiquette
- non-verbal
 - facial expression
 - body language
 - gesture
 - movements
 - eye contact and distance
- cross-cultural communication

- written
 - record date on record card
 - computer data file

SLO 11.11.1.2: Demonstrate the ability to solve problems, to adapt to difficult situations, and to work as part of a team.

SLO 11.11.1.3: Demonstrate preparedness for work.

SLO 11.11.1.4: Demonstrate acceptance of diversity among colleagues and clients.

SLO 11.11.1.5: Establish and maintain professional relationships with supervisors/teachers, co-workers, and clients.

SLO 11.11.1.6: Demonstrate an understanding of cultural proficiency within the esthetics industry.

SLO 11.11.1.7: Demonstrate critical thinking skills in the selection and use of manicure and pedicure tools and implements.

GLO 11.2: Demonstrate an understanding of the **business operation** of a salon.

SLO 11.11.2.1: Record information during a client consultation and analysis.

SLO 11.11.2.2: Establish, maintain, and store records of services/treatments performed.

SLO 11.11.2.3: Explain the importance of the philosophy, policies, and procedures of the salon.

SLO 11.11.2.4: Describe and demonstrate skills required to recommend and sell products and services.
