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Certificate in Manicure & Pedicure

Learning Outcomes

Learning Outcomes of the Qualification's Units:

- Unit: iUBT429 Manicure & Pedicure

Purpose of this document:

This document outlines the learning outcomes for each unit within the Certificate in Manicure & Pedicure. It provides learners, tutor, and assessors with a clear understanding of the knowledge, skills, and competencies to be achieved upon successful completion of the qualification.

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Unit – iUBT429: Manicure & Pedicure

LO1 Be able to carry out a consultation and understand and recognise contra-indications, diseases and disorders:

Being able to explain and demonstrate the importance of consultation and communicating with the client tactfully and accurately: Checking for contra-indications; Noting the condition of the nails; Noting the shape of the nail; Planning a treatment programme; Discussing any homecare and aftercare.

Being able to explain and demonstrate how to check for contraindications and recognise any nail diseases and disorders: Transverse ridges; Vertical ridges; Beau's lines; Blue nail; Psoriasis; Eczema; Tinea pedis; Paronychia (Whitlow); Sepsis; Leuconychia; Flaking; Onychorrhexis; Pitting; Pterygium; Onychia; Hang nail; Lamella dystrophy; Onychomycosis (Tinea Ungium); Onychoptosis; Onychatrophia; Onychogryphosis; Onychauxis; Onychocryptosis; Onychophagy; Koilonychia; Warts; Verucca; Loss of skin sensation; Diabetes; Allergies; Chilblains; Corns; Cuts; Abrasions; Broken bones.

Being able to understand and recognise those general contra-indications to manicure and pedicure requiring medical permission or the client to sign an informed consent form prior to the treatment and those contra-indications that restrict treatment:

Contra-indications requiring medical permission – in circumstances where medical permission cannot be obtained, clients must sign an informed consent form stating that the treatment and its effects have been fully explained to them and confirm that they are willing to proceed without permission from their GP: Haemophilia; Any condition already being treated by a GP, dermatologist or another practitioner; Medical oedema; Arthritis; Nervous/Psychotic conditions; Recent operations on hands or feet; Diabetes; Inflamed nerve; Undiagnosed pain; Acute Rheumatism.

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Contra-indications that restrict treatment: Fever; Infectious or contagious diseases; Under the influence of recreational drugs or alcohol; Diarrhoea or vomiting; Any known allergies; Undiagnosed lumps and bumps; Inflammation; Cuts; Severe Bruising; Abrasions; Scar tissues (2 years for major operation and 6 months for a small scar); Recent fracture (minimum 3 months); Sunburn; Repetitive strain injury; Carpal Tunnel Syndrome; Severely bitten or damaged nails; Nail separation; Eczema; Psoriasis.

LO2 Be able to perform manicure and pedicure treatments:

Being able to explain and demonstrate how to sanitise client's hands: Wiping hands with sanitiser, checking out for contra-indications.

Being able to explain and demonstrate use of the following products and tools: Nail enamel remover; Nail scissors; Clippers; Emery boards; Cuticle massage cream/oil; Cuticle remover; Hoof stick/tipped orange wood stick; Cuticle knife; Cuticle nipper; Buffers; Pedicure rasp (hard skin removal); Hard skin remover (for pedicure); Massage oil/cream; Buffing paste; Nail strengtheners; Base coat; Nail enamels (Frosted, Cream, Light, Dark, French manicure); Top coat; Quick driers.

Being able to explain and demonstrate use of specialised nail treatments: Hot oil; Paraffin wax; Hand masks; Foot masks; Exfoliation; Thermal mittens/boots.

Being able to explain and demonstrate how to file the nails correctly according to the nail shape: Hold the file at a 45-degree angle to the nail; Use the file in one direction only, i.e. side centre; Follow the shape of the cuticle as a guide; Toenails to be filed straight across; Bevel nails where appropriate.

Being able to explain and demonstrate how to decide upon the correct nail shape: Follow the shape of the cuticle; Abide by the client's wishes (Oval, Square, Pointed, Almond, Round).

Being able to explain and apply cuticle cream or oil: Ensure that product is taken from any containers with use of either a spatula, orange wood stick or similar; Tops should be replaced on bottles; Apply cuticle cream/oil to the cuticle area and massage in; Minimise wastage; Soak the hand/foot.

Being able to explain and apply cuticle remover and demonstrate use of the hoof stick, tipped orange wood stick, cuticle knife and nippers: Ensure that product is taken from any containers with use of either a spatula, orange wood stick or similar; Tops should be replaced on bottles; Apply the cuticle remover to the cuticle area; Use the hoof stick in small circular movements; Use the wet cuticle knife in small circular movements flat against the nail; Use the cuticle nippers on any 'dead' cuticle left adhering to the nail plate.

Being able to explain and demonstrate how to massage the hand and lower arm/foot and lower leg demonstrating the classical massage movements where appropriate: Massage medium (Hand cream or Oil) performing Effleurage, Petrissage, Tapotement (pedicure only), Passive movements.

Being able to explain and demonstrate removal of any excess product: Hot compress or damp cotton wool; Toner; 'Squeak' the nail clean with enamel remover.

Being able to explain and demonstrate buffing: Ensure that paste is taken from any containers with the use of either a spatula, orange wood stick or similar; Apply a small amount of paste in the centre of the nail (size of a pin head); Buff in one direction only from the matrix to the tip of the nail.

Being able to explain and apply base coat and top coat: Apply base/topcoat to the nail in 3-5 strokes.

Being able to explain and apply two coats of enamel, smoothly, evenly and ensuring a hairline gap around the nail wall: Apply 2 coats of coloured enamel in 3-5 strokes per nail; Ensure a hairline gap is left around the nail; Ensure the enamel is not on the skin or cuticle.

Being able to explain and demonstrate use of minimal correction to ensure a good finished result: Remove any enamel which may be on the skin or cuticle with enamel remover and use either an orange wood stick or cotton bud.

Being able to explain and demonstrate correct hygiene throughout the treatments: Tools must be sterilised/sanitised before use in either – Autoclave, Glass bead, UV cabinet , Chemicals; Tools should be wiped with sanitiser or equivalent before going from hand to hand; Products must only be taken from containers with a spatula, orange wood stick or cotton bud; Tops must be replaced on products; Tools must be replaced in the steriliser after use.

Being able to understand how to work within time limits acceptable to industry: 30 minutes for a full manicure, and 40 minutes for a full pedicure.

Being able to explain and demonstrate how to update client records accurately: Check details from the previous visit to note any changes, particularly any contra-indications; Note the condition of the nails, treatment and colour of enamel.

Being able to briefly explain nail technology systems: Gel, Acrylic, Fibre glass, Silk wraps.

LO3 Knowing the skeletal system in relation to manicure and pedicure treatments:

Being able to explain the position (with the aid of diagrams) of the following bones:

Lower arm and hand: Ulna, Radius, Carpals, Metacarpals, Phalanges

Lower leg and foot: Tibia, Fibula, Tarsals, Metatarsals, Phalanges

LO4 Knowing the circulatory and lymphatic systems in relation to manicure and pedicure treatments:

Being able to explain (with the aid of diagrams) the position of the following:

Arteries of the lower arm and hand: Radial, Ulnar

Veins of the lower arm and hand: Basilic, Cephalic

Arteries of the lower leg and hand: Anterior tibial, Posterior Tibial Veins of the lower leg and foot: Anterior tibial, Posterior Tibial.

Being able to explain the position and function of the following lymph nodes:

Lower arm: Supratrochlear

Lower leg: Popliteal

LO5 Knowing the structure of the nail:

Being able to explain the position and function of the following structures: Free edge; Hyponychium; Eponychium; Peronychium; Lunula; Mantle; Cuticle; Nail plate; Nail bed; Nail fold; Matrix; Nail wall.

Being able to explain the process by which the nail grows: Formed in the matrix; Consists of 3 layers /or 3 main parts (Nail Root/Matrix, Nail plate , Free edge); Grows forward and dovetails into the nail bed – the nail plate lies on the nail bed (the dermis) which contains nerves and blood vessels. It is made up of cells which are pushed forwards from the matrix – stratum germinativum, new cells are produced from the matrix into stratum spinosum. Partly keratinised cells, which are losing fluid and contain a nucleus, that is beginning to disintegrate from the nail in the area of the lunula – stratum granulosum. Dead horny keratinised cells make up the nail plate – stratum lucidum and stratum corneum.

Being able to explain the factors which affect nail growth: Health; Age; Diet; Medication; Climate; Damage; Lifestyle.

Being able to explain the following nail diseases and disorders: Transverse ridges; Vertical ridges; Beau's lines; Blue nail; Psoriasis; Eczema; Tinea Ungium; Tinea Pedis; Paronychia (Whitlow); Sepsis; Leuconychia; Flaking; Dry/Brittle nails; Pitting; Pterygium; Onychia; Hang nail; Lamella dystrophy; Onychomycosis; Onychatrophia; Onychogryphosis; Onychauxis; Onychocryptosis; Onychophagy; Koilonychia; Warts; Verucca; Loss of skin sensation; Diabetes; Allergies; Chilblains; Corns; Cuts; Abrasions; Broken bones.

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LO6 Knowing the muscular system in relation to manicure and pedicure treatments:

Being able to explain (with the aid of diagrams) the position and action of the following muscles:

Lower Arm: Supinator Radii Brevis, Flexor Carpi Radialis, Extensor Carpi Radialis, Extensor Carpi Ulnaris, Flexor Carpi Ulnaris, Flexor Carpi Digitorum, Extensor Carpi Digitorum, Muscles of Thenar eminence, Muscles of Hypothenar eminence.

Lower Leg: Gastrocnemius, Soleus, Tibialis Anterior, Peroneus Longus, Flexor Digitorum Longus, Extensor Digitorum Longus, Tendon of Achilles.

LO7 Know the circulatory and lymphatic systems in relation to manicure and pedicure treatments:

Being able to explain (with the aid of a diagram) the position and function of the following:

Epidermis: Stratum Corneum, Stratum Lucidum, Stratum Granulosum, Stratum Spinosum (Malpighian Layer), Stratum Germinativum (Basal Layer).

Dermis: Blood supply, Lymphatic Supply, Hair follicle, Hair, Sebaceous gland, Sweat glands (Eccrine and Apocrine), Sensory nerve endings, Dermal papilla, Erector Pili Muscle.

Subcutaneous/Adipose Layer: the structure and function of the fatty layer found underneath the Dermis.

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Case Studies / Portfolio of evidence containing:

5 treatment evidence (on 5 different clients) to be treated with a manicure or pedicure: 1 of which must include a French polish and 1 a specialised treatment with a buffed finish.

They should include: Consultation; Medical history; Treatment details; Client feedback; Aftercare and home care advice including retail recommendations.

Treatments should be evidenced through the consultation form.