

# Pedicures

Putting your best foot forward

by Patricia Shannon



**A Pedicure is a way to improve the appearance of the feet and your nails.**

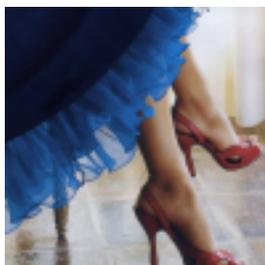
# **I LOVE PEDICURES!**

**There...I said it...I have come out of the closet!  
I am a pedicure junkie! I would have one every day if I could!**



I haven't always been like this. I remember not so long ago that I didn't want anyone to look at my feet. I don't have ugly feet, I just had a lot of calluses and I didn't want anyone to see them.

I had been looking for a way to work out of my home so I decided to go to school and become a Nail Technician. In my experience as a Nail Tech I don't remember one single client who was not embarrassed about something to do with their feet. Whether it was calluses, corns, bunions, a toenail or maybe a funny looking toe - they all had some reason to hide their feet!



***Stop hiding and come steppin out with great looking feet!***

Who hasn't come home from a hard day at work and your feet are so extremely tired? A pedicure can revive you and your feet. Most people are stress junkies. Yes, I have my hand up right now! I am one of them but the body has a way of telling us when we need to give up the stress and renew the energy. What better way than to soak your feet and then have a foot massage.

A Pedicure is a way to improve the appearance of the feet and your nails. It basically is a manicure for the feet. The word pedicure comes from the Latin word pes, which means foot, and cura, which means care. It also means the care of the feet and the toenails. A pedicure can be helpful because it can prevent nail diseases and nail disorders.

Wow

In this eBook I will give you all kinds of tips and techniques that I have learned to get your nails and feet looking great! Read tips on having a pedicure at a nail salon or spa and for having a pedicure at home.



I have learned that taking care of your nails,  
whether it is finger nails or toe nails,  
it is very important to keep them healthy!

There is a quote that says

"The eyes are the window to the soul"

**I say**

"Your nails are the window to your health"

Look at your nails...what do you see? Healthy nails are smooth, shiny and translucent pink. Systemic problems in the body can show in the nails as nail disorders or poor nail growth. If you notice something that is out of the ordinary have it checked out by your Nail Technician or by your Physician.



If you have never had a pedicure given by a professional Nail Technician I would highly recommend it at least once.

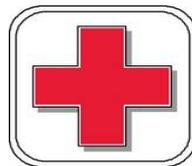
But where do you go to get a Pedicure? I always like to start with asking my friends where they go. Word of mouth goes a long way with me. If my friends are happy then I will probably be happy too!

You can also search the Yellow Pages or the Internet and find a Salon or a Spa that offers pedicures.

## A Pedicure is a Pedicure is a Pedicure...BUT IS IT REALLY???



Call the Salon or Spa and ask what type of Pedicures are offered. There are many types of Pedicures available, such as an the Basic Pedicure, a Spa Pedicure to an Ultimate Spa Pedicure and some places will have Theme Pedicures. Ask what the difference between the services are and the what the cost is. Where will the Pedicure be given? A Spa might offer having the Pedicure in a room that is in a quiet environment versa a Nail Salon where the pedicure is given out in the open. How much time will the Pedicure take? Are there any extra services offered? What kind of products will be used? You will want to know this if you are allergic to anything. A good salon or spa will offer to customize a pedicure just for you but make sure to ask for this ahead of time.



Do you have a medical condition that the Nail Tech needs to know about? Do you have a heart condition, high blood pressure, a diabetic or are you pregnant?

These conditions will effect what kind of Pedicure you can have!

## Lets start by talking about the difference in Pedicures

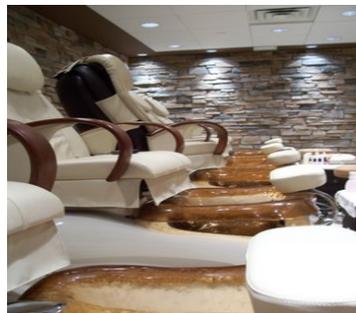
**A BASIC PEDICURE** - should include your feet relaxing in a soak of warm, aromatic water. Your pedicure should also include a lower leg massage & exfoliation. Cost ranges from \$20 - \$50

**A SPA PEDICURE** - is like a basic pedicure except it ends with a warm paraffin foot treatment. Cost ranges from \$25 - \$75

**AN ULTIMATE SPA PEDICURE** - is a very luxurious experience and no detail should be ignored. The pedicure should be a little over an hour of ped-pampering delight with a soak of those precious feet in a whirlpool jet tub with essential aroma therapy oils. It should also include callus-softening and removal, cuticle and nail shaping, and an exfoliating scrub with a foot mask. Then a relaxing foot and lower leg massage should follow. Finished with bathing the feet in warm paraffin and placing them in heated booties for the softest, smoothest skin imaginable. Cost ranges from \$50 to \$150.

## The Pedicure Chair

A Pedicure chair is a specialized chair that has a foot basin with a jet whirlpool attached. The chair part usually will recline and offer a vibrating back massage with heat.



# TAKE NOTICE



Here are a few things that you should notice upon arriving for your appointment.

## *When you arrive look around*

Was it easy to find the Salon or Spa? Was there ample parking, if you drove? Were you greeted by a receptionist or anyone promptly? Did you have to wait a long time or was the Salon/Spa respectful of your precious time? Is there a place for clients to wait comfortably? Are the employees friendly yet professional? Does the Salon/Spa sell Nail Products? Or do they offer Nail Education?

## *Cleanliness*

This is my #1 thing I look at no matter what Salon or Spa I go to! Does the Nail Tech clean and disinfect the nail implements and areas between clients? Does the Nail Tech wash their hands before working on you? Do they wear latex disposable gloves? Are there any strong odors coming from the nail products and is there a ventilation system?



Bacteria and other infectious agents can be more than what you bargained for, so make sure you feel comfortable with the cleanliness of the Salon/Spa. Having your nails done in an unclean environment is only asking for trouble later on down the line.

Here are a few words you should be aware of and their meanings.

**Bacteria** - organisms not able to be seen except under a microscope, found in rotting matter, in air, in soil and in living bodies, some being the germs of disease

**Viruses** - an ultramicroscopic (20 to 300 nm in diameter), metabolically inert, infectious agent that replicates only within the cells of living hosts, mainly bacteria, plants, and animals: composed of an RNA or DNA core, a protein coat, and, in more complex types, a surrounding envelope.

**Fungus** - any of a diverse group of eukaryotic single-celled or multinucleate organisms that live by decomposing and absorbing the organic material in which they grow, comprising the mushrooms, molds, mildews, smuts, rusts, and yeasts, and classified in the kingdom Fungi or, in some classification systems, in the division Fungi (Thallophyta) of the kingdom Plantae.

**Mold** - a growth of minute fungi forming on vegetable or animal matter, commonly as a downy or furry coating, and associated with decay or dampness.

**Mildew** - a disease of plants, characterized by a cottony, usually whitish coating on the surface of affected parts, caused by any of various fungi.

**Parasites** - An organism that grows, feeds, and is sheltered on or in a different organism while contributing nothing to the survival of its host.

Bacteria



## **TIP:**

If you witness anyone at a Nail Salon or Spa having unsanitary practices, such as not disinfecting anything that has been used on someone else before you, or not cleaning the Nail Tech area along with the client area after each use you might want to ask some questions or look for a better Salon or Spa.

## **Happy Feet = Happy Me**

Do not be embarrassed about your feet! If you have any questions about your feet, anything that you feel is not normal do not hesitate to consult with your Nail Technician or your Physician. Most disorders of the feet can be taken care of without too much hassle or time involved.



## **THE BOTTOM LINE**

A Pedicure should be a calming experience. I have had many Pedicures all over this great land and each Salon or Spa and Nail Tech is different. Do not let a bad experience sway your decision to keep from having such a treat for your feet. Keep searching until you have found your favorite Salon/Spa and your favorite Nail Tech and then put them on your speed dial because chances are real good that you'll become real good friends!

# DIY TIME!

## LET'S GET STARTED

First thing is to find a place in your home for you to have your Pedicure that works for you. I would suggest finding a place that is calming without too many distractions. This time should be about taking care of you and your feet.

This is about relaxation. Play some relaxation music and have an aroma therapy candle burning. Turn off your phone!

Finish getting ready for a pedicure by gathering and setting up a tray or basket of things you will need.

Here is a sample list of what I set out

- Hand Towels
- Lint Free squares
- Toenail Clippers
- Nail Files
- Lotion
- Cuticle Cream
- Cuticle Pusher
- Orangewood Sticks
- Acetone
- Antibacterial Soap
- Foot Bath
- Block Buffer
- Toe Separators
- Foot File
- Foot Cream
- Pedicure Slippers
- Colored Nail Polish
- Base Coat Polish
- Top Coat Polish
- Fast Drying Spray
- Cuticle Oil



WOW! That sounds like a bunch of stuff doesn't it, however you will need each and every item. I store these items in a plastic carry basket and when I am giving myself a Pedicure I put a hand towel down on a TV type tray and lay out the items so I can reach the item I need without going through a basket of stuff.

## Here is what a pedicure is:

- Soak Feet
- Polish Removal
- Apply Cuticle Cream
- Trim & File Nails
- Exfoliate
- Callus Removal
- Apply Lotion to foot and lower leg and massage
- Apply a heavy cream to the heel of the foot
- Paraffin Wax Dip
- Base Coat
- Polish Color (apply 2 coats)
- Top Coat
- Apply a fast drying nail polish spray
- Apply cuticle oil

Fill a foot basin with warm water and put a tablespoon of antibacterial soap into the water. I recommend [Gena Pedi Soak Foot Bath](#) which you can purchase at [Sally's Beauty Supply](#). This soap contains Tea Tree Oil for healing, cleansing and renewal. You only need just a little bit of this highly concentrated soap.

Put both your feet into the warm water for about five to ten minutes. When its time to start on your toes just pick a foot and dry it with one of the hand towels. I like to put on a callus softener now so it has time to work while you work on your nails. Apply the softener wherever you have calluses and wrap your foot up with the towel leaving your toes exposed.

Place cuticle cream on each nail along the cuticle line and massage in. Use the cuticle pusher to push the cuticles back but be very careful not to rip the cuticle. This process might also push up some dead skin. After you have finished this process wipe the excess cuticle cream off the cuticle and nail. There are implements called Cuticle Nippers and these can be used to nip away anything that is left including hangnails.

## **DO NOT CUT YOUR CUTICLE!**

Grab your nail file now and lets get those nails all looking alike. There is one rule about filing your nails.

## **DO NOT FILE YOUR NAILS BACK AND FORTH!**

You are not sawing wood and this is not a Lumberjack competition! If your nails are splitting this could be the reason. Your nails are made of Keritin which is a class of tough, fibrous proteins that are the main structural component of hair and nails. The twining and cross-linking produce strength and toughness.

Filing your toe nails should be done after you have soaked for a few minutes. File your nail from outer corner to the middle of the nail and then from the other corner to the middle. Your nail should be shaped straight across and slightly rounded at the corners. This shape will help keep your nails strong.

The next step is a favorite part for most people which is the sugar or salt scrub or a foot mask. There are some great brands of scrubs out there and I have used them but you can also make a very nice scrub with ingredients that you have in your kitchen. I will give some recipes at the end of this book. If you don't like the idea or feeling of a scrub you might be interested in a clay mask. Both feel simply fabulous!

The sugar scrub can be used by applying the sugar scrub and then start massaging it around the foot and ankle areas for a few minutes. This process helps exfoliate. Use warm water to rinse the scrub from your foot.

The clay mask can be applied to foot and ankle area. Cover with a plastic wrap and then cover with a warm towel. After about 10 minutes rinse with warm water.

## CALLUSES

A callus is a hardened or thickened part of the skin. Do not cut a callus off. If you have calluses that are bothering you or cause you pain please consult your physician.

For the DIYer I recommend a foot file which will look almost like a kitchen food grater. The beauty supply stores usually carry many different types of files and stones and callus softener that will help to reduce calluses.

By now the callus softener that you applied should be ready to come off. Use the foot file and remove as much of the callus that is comfortable to you. Please remember to use whatever instructions that came with any implements that you use and do not try to remove the whole callus at one time, it didn't get there in one day so do a little bit each time you care for your feet.

## HALFWAY DONE...

It's time to repeat everything you just did to the other foot.

Keep your feet wrapped in dry towels to keep them warm but if you are more comfortable air drying, then by all means do that! There are really no rules...well, except for the "NO SAWING" rule...otherwise go with what makes you feel good.



## LOTION AND MASSAGE TIME!

What is it about lotion being rubbed into your feet that feels so good!!! The foot and leg massage is an important part of the pedicure and this technique helps to relax the person having the treatment. You can have your lotion warm or cold for this part. I like to mix it up according to the season. Put your lotion in the refrigerator for an hour or two and then revive your feet with a blast of coolness. Or maybe you would like to have your lotion warmed up a bit. It takes just a few seconds in the microwave so be very careful not to get it too hot. Put the lotion on your foot and start massaging it in. Your skin will determine how much lotion you need. Take as long as you want with this part.

There are three basic forms of hand manipulation utilized in therapeutic massage.

Effleurage - a light or hard stroking movement

Petrissage - compression movements including kneading, squeezing and friction

Tapotement - use the sides of the hands to strike the skin and underlying tissues in rapid succession

Massage is a subject that I feel should be left to the experts to talk about so I recommend getting a book on the subject of massage to learn the proper techniques. Sure you can just rub them BUT if you had an option of knowing exactly what you are supposed to be doing so that it could be beneficial to you wouldn't you want to know?



## PAINTING THE TOES

As with anything you paint it is all about the prep work. Use a lint free swab or square and a small amount of acetone and clean the toenails of any oils or lotions that may remain. Let dry. A clean surface will help the nail to accept the polishes.

I have been asked numerous time about using a base coat and a top coat. I highly recommend using both! A Base Coat will protect your natural nail from absorbing any color from the nail polish. A Top Coat will protect your polish from chipping.

First apply a good base coat. Let dry. Next apply two coats of your favorite colored nail polish, letting each coat dry between polishing. Finish with one or two coats of a good top coat. Let the polish dry for a few more minutes and then apply a fast drying spray. Let your nails dry completely before putting your shoes back on...unless you are wearing pedicure shoes or flip flops. Don't ruin a good pedicure by smudging the polish. Drying time is different for everyone but a good hour should be good for the nails to be completely dry.



**YOU ARE DONE!!!**

*Congratulations! You did it! I bet your feet look and feel great!*

## TIPS:

You can purchase most of the products that you will need at Sally's Beauty Supply.

Put a quarter cup of milk to your foot bath along with essential oils & salts. The lactic acid in the milk loosens dead skin.

Apply the polish over the front nail edge. This prevents chipping.

Applying a base coat before applying dark colored nail polish will help keep your nails from turning the dark color of the nail polish applied.

Using nail bleach will help whiten the nail.

Invest in a good heavy foot cream for the callused areas of your feet.

If you have hangnails it is because your cuticles are dry. Use cuticle oil at least once everyday.

Apply some nail art or some gems to add flare to your nails.

Add marbles to your foot bath to help massage your feet as you soak. The marbles can be chilled in the summertime to help cool your feet down.

Applying two coats of colored nail polish shows a truer color.

Put toe separators on before filing nails or polishing.

Ask for a gift certificate to your favorite salon or spa for gift ideas.



# RECIPES:

## Summertime Lemon Shake-Up Pedicure

Start the Pedicure with a soak in a foot bath filled with warm water, tea tree soap and sliced lemons. Follow with all the steps for a regular Pedicure. A Lemon Sugar Scrub can be easily made by combining lemon juice and sugar and mix to a thick paste. Apply the scrub to feet and ankles and massage and rinse. Use lemon scented lotion to finish this summertime Pedicure!

## Peaches and Cream Pedicure

Add a ½ cup of milk to your foot bath including several drops each of vanilla nut and peach essential oils. Follow with all the steps for a regular Pedicure. Apply an orange colored foot mask and then wrap with a plastic wrap and cover with a towel. Sit for about ten minutes then remove and rinse. Follow with peach scented lotion and finish with an awesome shade of peach colored nail polish.



## Hot Chocolate Pedicure

Add a ½ cup of milk to your foot bath including 3 tablespoons of powdered cocoa and a few drops of Chocolate Essential Oil. Perform your Pedicure as you normally would.

### Chocolate Foot Mask

3 Tablespoons Cocoa Powder

1 egg white

1/4 cup milk

Place the following ingredients in a blender and blend until smooth. Apply to foot and ankle and then wrap with a plastic wrap and cover with a towel. Sit for a couple of minutes then remove and rinse.

### Chocolate Sugar Scrub

3 Tablespoons Cocoa Powder

3 Tablespoons Sugar

1/4 cup milk

Apply to foot and ankle and massage for a few minutes. Rinse.

Finish the Chocolate Pedicure with a chocolate scented lotion and polish the toes with a dark chocolate brown nail polish.



## **Oatmeal Apple Foot Scrub**

½ cup of oats

½ cup diced apple

1/4 cup honey

Combine ingredients in a bowl and massage onto feet and leave on for 2-3 minutes, rinse with warm water.

## **Natural Foot Scrub**

2 tablespoons oatmeal

2 tablespoons cornmeal

2 tablespoons wheat germ

Mix ingredients and add just enough water to make a paste. Massage paste onto feet and let stand for 2-3 minutes. Rinse with warm water.

## **Sugar Scrub**

½ cup sugar

2 tablespoons honey

2 teaspoons vanilla extract

Mix all ingredients and then massage into feet and ankles and rinse with warm water.

Note:

You can add essential oil to this sugar scrub such as Rose, Orange Blossom, Lemon, Lavender, Cinnamon or whatever scent you prefer.

**Let your imagination go wild  
with different ingredients.**

**Try a Strawberry and Cream Pedicure  
or a Rose Petal Pedicure.**

**Your feet will love you for it!**



# 38 Firefly Lane

Hello everyone,  
My name is Patricia and I run an eBay store called  
**38 Firefly Lane**  
Stop by and see what I have listed this week.  
I buy most of my items from LIVE AUCTIONS  
or ESTATE SALES and then resell them on eBay.  
This also means I sell a little bit of this and a little bit of that.  
Stop by often as items are always changing.

Thanks for purchasing this eBook!  
Enjoy the PEDICURE!



A special thank you to Brad and to Danna for believing in me!

and to my PEDICURE Friend for life ~ Heather ~

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