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| Title | **Perform manicure and pedicure** | | |
| Level | **1** | **Credits** | **6** |

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| Purpose | To develop competency for pedicure and manicure and the selection of the products which are used in manicure and pedicure, to give skill and knowledge required for providing nail and cleansing services and selection of products for these services. |

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| Classification ISCED | 1012 Hair and beauty services |

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| Available grade | Competent / Not yet competent |

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| Modification history | N/A |

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| **Competency Unit** | **Performance Criteria** | **Knowledge and understanding** |
| **F-1: Prepare the client for manicure/pedicure treatment.**  This unit describes the skills and knowledge required for the preparation of the client for manicure and pedicure services according to the need of clients. | * 1. Prepare the client and work area for a basic manicure/pedicure treatment.   2. Prepare treatment areas according to Health and Hygiene requirements.   3. Carry out a visual study of the hands and nails to identify factors that will influence the treatment.   4. Identify contraindications.   5. Identify skin and nail conditions   6. Recognize different nail shapes. | 1. **1**Explain the procedure of preparing the client for treatment: (protecting the client’s cloths, removing jewelry/accessories as appropriate, storing the client’s valuables in a safe place.)    1. Explain the importance of preparing client and work area.    2. Explain different nail shapes.   **K-3** Explain different skin/nail conditions. |
| **F-2: Identify the nail/skin disorder and diseases.**  This unit describes the skills and knowledge required for the identification of the nail/skin disorder and diseases for the treatment of manicure and pedicure. | * 1. Demonstrate contraindications and recognize any nail diseases and disorders.   2. Use suitable consultation techniques to identify treatment objectives.   3. Carry out a nail and skin analysis.   4. Identify the factors which effect the nail growth.   5. Sanitize client’s hands and feet. | * 1. Explain contraindications of nails (Blue nail, Eczema, Hang nails, Warts, Diabetes, Allergies, Corns, Cuts, Hemophilia, Severe burns, Sunburn, severely bitten or damaged nail, nail separation, recent surgery, fungal infections, discoloration, skin irritation etc.)   2. Explain suitable consultation techniques (noting the condition of the nails, noting the shape of the nail, planning a treatment programme, discussing any home and after care.)   3. Identify skin types and conditions, nail type and conditions, natural nail shape |

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|  |  | * 1. Explain different factors which effect the nail growth. (Health, Age, Diet, Medication, Climate, Damage, Lifestyle.)   2. Explain the procedure of sanitizing the client’s hand and feet, (Wipe the hands/feet with sanitizer, checking for contraindications)   3. Importance of sanitizing the client’s hand and feet. |
| **F-3: Select the suitable Equipment, implements and cosmetics for the treatment of manicure and pedicure.**  This unit describes the skills and knowledge required for the selection and use of suitable equipment, implements and cosmetics for the treatment of manicure and pedicure. | * 1. Identify, select and use the products, tools and implements needed to perform manicure and pedicure treatment.   2. Identify different soothing products according to skin type.   3. Select and use different nail art products. | * 1. Explain effects of using different wax and other products for manicure and pedicure.   2. Explain why it is important to have clean and sanitize equipments and implements.   3. Explain the importance of soothing products. |
| **F-4: Provide manicure and pedicure treatment.**  This unit describes the skills and knowledge required for providing nail care and cleansing services (generally known as manicure and pedicure | * 1. Demonstrate different massage manipulation.   2. Perform specialized treatments for hand and feet.   3. Evaluate nail and skin condition and note areas of hands and nails requiring special treatment   4. Prepare foot bath and exfoliate feet with appropriate products. | * 1. Explain the importance of different specialized treatments for hand and feet.   2. Explain different massage manipulation.   3. Explain the importance of pressure points of hands and feet.   4. Explain procedure of nail filing. |

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| services) | * 1. Perform nail cutting and shaping/filing without cuts to skin.   2. Apply cuticle cream and clean cuticle area of excess dead skin and cuticle   3. Apply foot buffing with foot file on the sole of the foot.   4. Select and explain the correct nail shape.   5. Perform massage for required amount of time using smooth and flowing movements   6. Apply a foot mask and remove leaving no residue.   7. Prepare toenails for base coat, polish and top coat or high shine buff.   8. Clean and tidy workstation.   9. Prepare manicure bowl with appropriate product to perform a manicure treatment.   10. Perform nail cutting of the nail free edge and shaping to suit the client.   11. Apply cuticle cream and remover; clean the cuticles of excess dead skin and cuticle.   12. Exfoliate the hands lower arms including the elbow to remove dead skin cells in preparation of the hand mask. | * 1. Explain the procedure for reporting any cuts, product allergy and infections promptly to the appropriate person.   2. Explain why buffing and foiling is important for manicure and pedicure.   3. Importance of massage with cuticle cream.   4. Explain the importance of manicure and pedicure.   5. Explain the procedure of exfoliate the hand s and feet.   6. Importance of preparing the client’s records.   7. Importance of paraffin wax.   8. Corrective measure for shaping and filing the cuticle.  1. **13**Explain effects of using different wax and other products for manicure and pedicure.    1. Importance of exfoliation.    2. Explain the procedure of scrubbing.    3. Explain the procedure of nail filing (Hold the file at a 45 degree angle to the nail, Use the file in one direction, and follow the shape of the cuticle as a guide, Toe nails to be filed straight across. |

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|  | * 1. Perform scrubbing and buffing.   2. Apply hand mask to the hand and lower arms including the elbow.   3. Apply the base coat, nail polish and top coat or high shine buff of the nails.   4. Perform minimal correction to ensure a good finished result.   5. Perform different types of manicure/pedicure e.g. hot oil manicure, paraffin wax manicure and French manicure.   6. Perform correct hygiene throughout the treatments.   7. Identify different types of product allergy, cuts and infections.   8. Demonstrate procedures to ensure any cuts, product allergy and infectious treated and covered with appropriate soothing products.   9. Execute the procedure of manicure and pedicure with scheduled formulate time duration according to industry standards.   10. Maintain client’s records accurately. | * 1. Describe the shape of the cuticle, abide by the clients wishes, Oval, Square, Pointed, Almond, Round.   2. Explain the procedure of massage with cuticle cream (Soak the hand/foot, apply cuticle cream or oil to the cuticle area and massage in, ensure that product is taken from any containers with use of either a spatula, orange wood stick or similar.   3. Explain finishing details, (Remove any enamel which may be on the skin or cuticle with enamel remover and use either an orange wood stick or cotton bud).   4. Explain the procedures of different manicure/pedicure techniques.   5. Explain standard time for manicure and pedicure. (40 minutes full manicure and 50 minutes full pedicure) |
| **F-5: Perform nail Art**  This unit describes the skills and knowledge required to apply a range of nail art products and | * 1. Follow health and safety practices.   2. Select products, tools and equipment for basic nail art techniques.   3. Evaluate the client’s needs and provide guidance | * 1. Explain Treatment details (client care, communication, correct posture of client and nail artist, hygiene and a professional approach to the client throughout the treatment.)   2. Explain color schemes. |

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| hand painted designs | that best suits the client.   * 1. Apply nail art products and equipment sequentially, according to manufacturer’s instructions   2. Perform different nail art designs and techniques. (Use products, tools, equipment and techniques to suit client treatment needs and nail conditions)   3. Demonstrate the fixing and removing of artificial nails.   4. Advise client of maintenance requirements for decorated nails   5. Complete the art work in accordance with the planned job.   6. Exhibit artistic sense in the application of designs   7. Record the results of the treatments. | * 1. Explain safety measures for manicure and pedicure treatment.   2. Describe different equipment and products used in nail art techniques.   3. Describe the procedure of different techniques   e.g. colored polishers, flat stones, painting techniques, dotting, striping, marbling, free hand, glitters, foiling and color blending   * 1. Explain the procedure of fixing and removing of artificial nail.   2. Describe ingredients and effects of products used for nail art   3. Importance of conclusion of treatment in appropriate manner to meet client’s need. |