

Top techniques

There is a variety of hand and foot massage techniques that can be used on clients depending on what their requirements are. Before adding massage to your hand and foot services, it's imperative that accredited training is completed before working on clients. Training will introduce you to the best techniques that can be incorporated into your services.

Explore some techniques and massage styles...

Helping arthritis

For arthritis, massage can be beneficial for increasing the elasticity and flexibility of the muscles surrounding joints." states Julie Fox. "The service must use gentle, fluttering movements on the joints if they are not in severe condition. Do not use deep pressure."

Deep tissue massage

"The technique usually involves slow strokes, direct pressure or friction with the fingers, thumbs and occasionally elbows," explains Nicholas de Faria. "Using firm pressure, it targets chronic tension deep in the muscles. A not-professional may use the technique on one hand and leg to soothe."

Tension relief

Hands and feet often hold a lot of tension, explains Emma Williams. "You can work deeply to open up the palm surface of the hands, as well as use your thumbs to work the tough plantar fascia of the feet," says Emma. "Accurately locating the correct pressure points and knowing how they relate to the rest of the body creates best results from these treatments."

"A variety of techniques are used during hand massage such as friction, finger pointing, skin rolling and acupressure which will increase relaxation for clients. Hand massages should focus around the muscles located within the hand."

Reflexology

"Energy foot therapy, commonly known as reflexology, includes massaging, acupressure or pushing on parts of the feet, hands and sometimes the ears," explains Nicholas de Faria. "The theory is that these areas correspond to the body's organs and systems."

"Several studies indicate that reflexology may reduce pain and psychological symptoms, such as anxiety and depression, and enhance relaxation and sleep."

"There are reflexology and meridian points that could bring about relief in a pregnant client," says Nicholas de Faria. "I always recommend that therapists seek specialist training prior to working on expectant clients."



Swedish massage

One of the most well-known styles, the practice includes working deep pressure to muscles and rubbing in a circular motion. "If performed correctly, it can help detoxify the body and increase oxygen flow in the blood," states Nicholas de Faria.

Product picks



Mavex Switzerland Foot & Hand Velvet Dry Oils £POA/RRP £16 each www.mavex.co.uk



4

Apply and seal the surface of the finished nail with a clear top coat. This will protect the nail and prevent it from chipping and peeling.

Top Coat
 £2.99 + VAT
www.purellacolor.com

5

The essential tool for manicure and pedicure is a specially shaped metal nail file. The tool can also be used for the application of nail form, nail art and nail art.

Top Tip
 "Always use your tool for its intended purpose to prevent damage. For example, do not use a nail file to shape the nail, as the file may break and be used for further use, as well as cause damage to the client's nail."

Steve Payne, George Beauty Group educator

Top Coat
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An essential tool & designed to offer perfect control and accuracy when applying the surface coat to a treatment. The pen is used to be increased and replacement treatment and aftercare and more needed. It is used to use with 10-15% top coat. The main of the 10-15% top coat.

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These are essential tools for the manicure and pedicure. They are used to shape the nail and remove the nail polish. They are also used to apply the nail polish and to remove the nail polish.

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Top Coat
 £2.99 + VAT
www.purellacolor.com

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Mavex Nail File & Case
 £1.50 + VAT/RRP £3
www.mavex.uk

Ideal for professional use and for retailing, this 180/240-grit file serves to both shorten and smooth nails.

15

The essential tool for the manicure and pedicure. It is used to shape the nail and remove the nail polish. It is also used to apply the nail polish and to remove the nail polish.

Top Coat
 £2.99 + VAT
www.purellacolor.com

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Top Coat
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www.purellacolor.com



Love Gel Professional Gel Polish

Name: Cleoara Radu
Job title: Owner
Favorite product:
 "My favorite product would have to be our Structure Base Coat Gel. Its formula contains builder gel and primer and can be used alone or as a base for our Love Gel gel polish range. It provides extreme strength and durability to nails and can be used on both natural nails or for extensions. We currently stock six shades."

Love Gel Structure Base Coat Gel
 0123 www.lovelgel.com



Flirtis Gel Polish

Name: Sofia Ince
Job title: Owner
Favorite quality: "Even though Flirtis is mainly known for its soft and sheer ranges, it has been offering other ranges including Nerving, evening and nude for years. One of the key attributes of the nail range is ease of application, alongside the fact the range is a 200ml bottle, as well as 150 and 100ml pots. The gel polish can be applied as a natural nail overlay or over acrylic or hard gel nail enhancements."



Flirtis Gel Polish - Softest Ever Gel
 0123 + 01 www.flirtis.co.uk

PRO TIP!

"Improper preparation and removal, mixing systems and not using the correct lamp are often the main causes of any service breakdown," Natallye Al-Faraj explains. "Cutting corners or missing out important steps in order to save time is not the right approach, either."

PRODUCT FOCUS 9 TOP TOOLS

Upgrade your kit with these handy additions...



1. **180-grit nail file** - For shaping and smoothing the nail plate.
 2. **240-grit nail buffer** - For smoothing the nail surface.
 3. **100% cotton gloves** - For hygiene and protection.
 4. **1/2" nail brush** - For cleaning the nail plate.
 5. **1/4" nail brush** - For cleaning the nail plate.
 6. **1/2" nail brush** - For cleaning the nail plate.
 7. **1/4" nail brush** - For cleaning the nail plate.
 8. **1/2" nail brush** - For cleaning the nail plate.



AFTERCARE AWARE

A common mistake is not to be aware that not all aftercare products are created equal. It's not just about the product, but the way it's used. For example, using a cream-based product on a nail that's been treated with a gel polish can cause the product to peel off. It's important to use the right product for the right job.

To ensure best knowledge of understanding the nail and the service given, but also ensuring your client they are not being taken outside of your service. It's to get the longevity of their service and the health of their nail and surrounding tissue. By sharing the knowledge, it will show they care and do what they can to ensure the chance of return to you. It will also normalise your reputation as a salon. Remember your client that make up a healthy nailcare routine done your best and in a short time.

PRODUCT FOCUS 6 AFTERCARE PICKS

Next clients away with these handy products from homecare...



1. **100% cotton gloves** - For hygiene and protection.
 2. **1/2" nail brush** - For cleaning the nail plate.
 3. **1/4" nail brush** - For cleaning the nail plate.
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