

14 Massage

"Adding a massage to a pedicure treatment can help to reduce stress and ease tension, achiness and pain," says Shona Wright. "It's a reflexologist, and it shows our reflex points is reflected and mapped in our feet. A pedicure with massage can boost the client's mood."



Original Lotus Lotion
100% Regenerating Foot Oil
 £116.00 + VAT
www.magnetika.co.uk
 Use the lightweight, silky oil to naturally hydrate, repair and regenerate dry, damaged, flaky and cracked skin on the feet and also relieve long-lasting foot odour. Spray and massage into feet for best results.

Light Therapy Ultra Spa Oil
 £117.00 + VAT
www.lighttherapy.co.uk
 The blend of natural and essential oils helps reduce tension, relax your muscles and uplift the spirit. Massage into feet alone or in combination with Ultra Therapy lotion.



The Saffron Spa Butter
 £28.00 + VAT
www.magnetika.co.uk
 Containing orange seed and olive butter to hydrate the skin. The Saffron Spa Butter from made into the skin during foot massage services.



15 Combat corns & calluses

"Clients who struggle with calluses and thickened skin should consider regular pedicures to manage these conditions," says Jennie Parbury.

Get The Spa Treatment
Softer Softer So!
 £112.50 + VAT
www.opi.com
 The foot-soaking formulation before soaking and moisturising ingredients. The free extract protects the skin, while olive oil, lavender and chamomile soothe.



Mavex Calluspeeling® Swiss Pedicure System £112.50 + VAT
www.mavex.uk

Remove dead skin and calluses in 15 minutes with the Mavex Calluspeeling® Swiss Pedicure System. It negates the use of blades or drills: ideal for trainees and existing professionals. Mavex products feature a high concentration of active ingredients, including plant extracts from alpine herbs.



16 Soothe dry, itchy skin



Get The Spa Treatment
Smoothing Skin £116.00 + VAT
www.opi.com
 Soothing chamomile to soothe itchy skin. The lotion softens the feet and feet to allow easier drainage. The treatment lotion can be used to gently exfoliate the skin with moisturising liposomes before and instantly lift crystals.

100% All Purpose & Condition Lotion £116.00 + VAT
www.magnetika.co.uk
 The luxurious lotion includes moisturising crystals of olive, saffron and soothing chamomile to leave skin feeling soft and beautifully scented. Great to absorb. It has a non-sticky finish.

17 Target tough skin



100% New 100% Foot Cream
 £112.50 + VAT
www.mavex.uk
 Inside the feet with the foot cream, which targets tough skin and allows absorption with 100% olive, chamomile, chamomile, chamomile, chamomile, chamomile, chamomile, chamomile. The ingredients also help in softening the skin, which helps to reduce itching results.



18 Reduce inflammation

Get The Spa Treatment
Softer Softer So! £112.50 + VAT
www.opi.com
 The soothing cream is perfect for clients dealing with discomfort from swollen feet. It contains liposomes provides to penetrate quickly and absorb for skin, and softens the skin leaving with positive results.

19 Contraindications & your right to refuse

"Your technicians should not perform a pedicure if the client has a broken bone or sprain in the foot or leg and any contraindications. They should also avoid the service if they aren't qualified to deal with a condition presented," says Shona Wright.
 "As a nail technician, it's important to know when something isn't right" stresses Jennie Price. "We cannot diagnose conditions and must refer clients to a GP if we have concerns and see a potential contraindication. This could be a change in colour or texture, discoloration, inflammation, swelling or redness."
 "Some conditions can be checks for us to treat, such as clients with diabetes or clients who have varicose, as these are highly contagious," says Hannah Clayton. "I would advise clients to seek medical advice and treatment. Then accept a booking once the problem is treated."

20 Address discolouration

Footage For Feet System
 £11.95 + VAT
www.mavex.co.uk
 Deal with discolouration and lifting of nails with Footage For Feet System. The advanced spray contains a powerful anti-fungal agent to use on nails or on peeling skin between the toes.



22 Marketing matters

"We often use Instagram to market pedicure services, but our clients use our best advertisement," says Ella Wilson and Ella Dargan. "Whenever a client has a pedicure, they encourage other clients in the salon to book one. Most clients say their favourite parts are the foot soak and exfoliation of the mud mask." "Regularly create video content for social services, focusing on the city gilly parts of the treatment so that clients know what to expect," explains Jenna Pedlow. "Take the photos before and after images and client testimonials."



24 Comfort factor

Salon and spa owners offer indulgence and comfort to clients with a relaxing pedicure chair, ergonomically designed to suit your professional needs. Add soft footrests to enhance the effects of products.

180° Pro Relaxer
 From £24.95 + VAT
www.mavex.co.uk
 Maximise the benefits of your products by supporting the feet in the after-product application. Then relaxing into the 180° Pro Relaxer footrest. The fabric is removable and reusable.

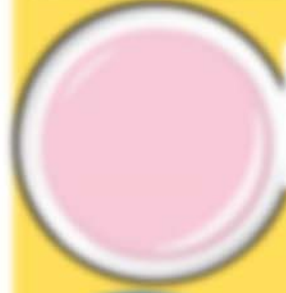


180° Footing Pedicure
 From £11.75 + VAT www.mavex.co.uk
 With 25 options for fabric and complete features, the Footing Pedicure System is a removable and adjustable chair that looks and operates well.



21 Deal with damaged toenails

"Toenail trauma is very common and is caused through abuse or impact," says Marie Espino. "Depending on the severity of the trauma, damage can cause loss of the nail and infection." "There is a lot of clients that are very active, with toenails that have been damaged from running and walking and feet burnable dropped on them," shares Hannah Clayton. "If toenails are damaged in any way, I remove them and, if safe, perform a basic pedicure with rubber top and oil to keep."



Lift White Pedicure Star Plus in Pink Pot
 £11.20 + VAT www.mavex.co.uk
 Specifically designed to correct fungal infections, Lift White Pedicure Star Plus is a 30-day care that helps to correct deformities and discolouration to the toenails.



"Some of my clients do a lot of running, which results in bruising or sometimes loss of nails from the impact and pressure," explains Pam Stone. "I always recommend leaving nails if the correct, but I also offer toenail reconstruction, allowing me to create a temporary nail lasting six to eight weeks, without causing damage to the natural nail underneath."



23 Heal dry skin & heels

"Dry, cracked and split skin can become sore and painful," warns Lisa Stone. "The skin can easily become infected, so regular pedicures will exfoliate, smooth and moisturise, eliminating and reducing dry skin to help prevent future problems."

Ella Wilson and Ella Dargan reveal results from removing hard, dry and cracked skin from heels.



Mavex Intensive Repair Foot Cream
 £14.50 + VAT/RRP £29
www.mavex.co.uk

This healing and repairing cream is formulated with extracts from medicinal plants and herbs to soothe dry feet and hard skin, and reduce the thickness of calluses and corns.



Footage For Feet
 £13.95 + VAT
www.mavex.co.uk
 Suitable for delicate clients, the Footage For Feet is a moisturising and cleaning solution for pedicure treatments. The formula is pH balanced with use and will neutralise regularly to soothe the skin.



25 Diabetes focus

Clients with diabetes are at a higher risk of developing foot problems due to frequent blood sugar levels, which can damage the sensitivity in their feet. Reduced blood supply to the feet, due to the impact diabetes can have on blood circulation, can cause delayed healing of cuts and sores, swelling of feet, cramps and pain.

"If your client has diabetes, you should always ask GP advice before carrying out a pedicure," says Lisa Stone. "Diabetes can have many problems with their feet, soaking them and using white socks that could cut off the blood flow to remove them, so good care should be taken." Scan here to find out more.

