

iUBT292 – Manicure and pedicure

URN – D/617/0220

Guided Learning Hours: 50

Learning outcome	Assessment criteria	Taught content
LO1 Be able to carry out a consultation and understand and recognise contra-indications, diseases and disorders	1.1. The learner will be able to explain and demonstrate the importance of consultation and communicating with the client tactfully and accurately	To include: • 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
	1.2. The learner will be able to explain and demonstrate how to check for contra-indications and recognise any nail diseases and disorders	To include: • 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
	1.3. The learner will be 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 of the hands or feet - Diabetes - Inflamed nerve - Undiagnosed pain - Acute rheumatism • Contra-indications that restrict treatment - Fever - Infectious or contagious diseases - Under the influence of recreational drugs or alcohol - Diarrhoea and 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 fractures (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	2.1. The learner will be able to explain and demonstrate how to sanitise client's hands	• Wipe the hands with sanitiser, checking for contra-indications
	2.2. The learner will be able to explain and demonstrate use of the following products and tools	To include: • Emery boards • Cuticle massage cream/oil • Cuticle remover • Hoof stick/tipped orange wood stick • Cuticle knife • Cuticle nipper • Buffers • Pedicure rasp (hard skin removal) • Nail scissors • Clippers • Nail enamel remover • 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
	2.3. The learner will be able to explain and demonstrate use of specialised nail treatments	To include: • Hot oil • Paraffin wax • Hand masks • Foot masks • Exfoliation • Thermal mittens/boots
	2.4. The learner will be able to explain and demonstrate how to file the nails correctly according to the nail shape	To include: • 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
	2.5. The learner will be able to explain and demonstrate how to decide upon the correct nail shape	To include: • Follow the shape of the cuticle • Abide by the client's wishes • Oval • Square • Pointed • Almond • Round
	2.6. The learner will be 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 or oil to the cuticle area and massage in • Minimise wastage • Soak the hand/foot and repeat on the other hand/foot

	2.7. The learner will be 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
	2.8. The learner will be 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 - Cream, Oil - Effleurage - Petrissage - Tapotement (pedicure only) - Passive movements
	2.9. The learner will be able to explain and demonstrate removal of any excess product	• Hot compress or damp cotton wool • Toner • 'Squeak' the nail clean with enamel remover
	2.10. The learner will be 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
	2.11. The learner will be able to explain and apply base coat	• Apply base coat to the nail in 3-5 strokes
	2.12. The learner will be 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
	2.13. The learner will be able to explain and demonstrate application of the topcoat	• Apply top coat over cream enamel in 3-5 strokes per nail
	2.14. The learner will be 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

	2.15. The learner will be 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
	2.16. The learner will be able to understand how to work within time limits acceptable to industry	30 minutes full manicure 40 minutes full pedicure
	2.17. The learner will be able to explain and demonstrate how to update client records accurately	- Check details from the previous visit - Note any changes, particularly any contra-indications - Note the condition of the nails - Note the treatment and colour of enamel
	2.18. The learner will be able to briefly explain nail technology systems	To include: - Gel - Acrylic - Fibre glass - Silk wraps

LO3 Know the skeletal system in relation to manicure and pedicure treatments	3.1. The learner will be 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
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LO4 Know the circulatory and lymphatic systems in relation to manicure and pedicure treatments	4.1. The learner will be 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 foot - Anterior Tibial - Posterior Tibial • Veins of the lower leg and foot - Anterior Tibial - Posterior Tibial
	4.2. The learner will be able to explain the position and function of the following lymph nodes:	• Lower arm - Supratrochlear • Lower leg - Popliteal

LO5 Know the structure of the nail	5.1. The learner will be 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
	5.2. The learner will be able to explain the process by which the nail grows	• Formed in the matrix • 3 layers • Grows forward and dovetails into the nail bed
	5.3. The learner will be able to explain the factors which affect nail growth	• Health • Age • Diet • Medication

		• Climate • Damage • Lifestyle
	5.4. The learner will be able to explain the following nail diseases and disorders:	To include: • 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
LO6 Know the muscular system in relation to manicure and pedicure treatments	6.1. The learner will be 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 structure of the skin in relation to manicure and pedicure treatments	7.1. The learner will be 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/Malphigian - Stratum Germinativum/Basal layer • Dermis - Blood supply - Lymphatic supply - Hair follicle - Hair - Sebaceous gland - Sweat gland ▪ Eccrine ▪ Apocrine - Sensory nerve endings

		- Dermal papilla - Erector Pili muscle
	7.2. The learner will be able to explain the Subcutaneous/Adipose layer	• The structure and function of the fatty layer found underneath the Dermis

Evidence of treatments

Evidence of 5 treatments

A range of 5 clients to be treated for manicure or pedicure, 1 of which should include a French polish

These are internally assessed by the college lecturer and verified by the VTCT Skills Practical Examiner

To include:

- Consultation
- Medical history
- Treatment details
- Client feedback
- Aftercare and home care advice including retail recommendations

Treatments should be evidenced through the consultation form. See www.vtctskills.org.uk for a sample consultation form and evidence of treatments guidance form

Document History

Version	Issue Date	Changes	Role
v1	01/05/2018	First published	Qualifications Manager
v2	30/08/2019	Amended product coding	Qualifications and Regulation Co-ordinator
v3	16/06/2026	Rebranding	Development Administrator