

## BHAB105 Manicure and Pedicure

ECTS Value: 2 ECTS  
Self-Study Hours: 24

Contact Hours: 10  
Assessment Hours: 16

### Module Description

In this unit, learners will learn how to perform basic and specialized hand and foot treatments, including paraffin wax, thermal mittens/booties, hot oil, masks and scrubs. Learners will also learn how to conduct a consultation and recognise contra indications, disease and disorders of the nails, hands and feet.

Learners will be trained to perform manicures and pedicures using appropriate tools and products, different massage techniques, and application of nail polish in accordance with adequate hygiene standards. Course participants will also learn how to refer the clients to other practitioners in case of conditions and disease/disorders requiring medical treatments.

### Overall Objectives and Outcomes

By the end of this module, the learner will be able to:

#### Competences

- a) Follow adequate standard hygiene procedures including disinfection of tools;
- b) Demonstrate the ability in performing manicure and pedicure and applying nail polish according to nail shape and length, following appropriate standard procedures;
- c) Provide adequate homecare advice.
- d) Create engaging lessons and resources on manicures and pedicures.

#### Knowledge

- a) Explain the anatomy and physiology of the hand and foot;
- b) Demonstrate knowledge of manicure and pedicure procedures;
- c) Describe diseases and disorders of the hands and feet and contra indications to the treatment;
- d) Identify tools and equipment used during manicure and pedicure;
- e) Outline appropriate hygiene procedures to be followed during the treatments;
- f) Demonstrate knowledge of hand and foot massage;
- g) Explain the effects of massage.

- h) Identify appropriate teaching approaches for the design and delivery of lessons on manicures and pedicures.

## Skills

- a) Planning treatment process according to client's needs and preferences;
- b) Preparing all necessary tools and products for manicure and pedicure;
- c) Applying different manicure and pedicure techniques (filing/buffing/cuticle removal);
- d) Applying massage techniques to hands and feet.
- e) Evaluate teaching approaches in the creation of lessons and resources related to hand and foot treatments.
- f) Give feedback to students on their performance.

## Mode of Delivery

This module adopts a blended approach to teaching and learning. Information related to the structure and delivery of the module may be accessed through the IfE Portal. For further details, kindly refer to the Teaching, Learning and Assessment Policy and Procedures found on the Institute for Education's website.

## Assessment Methods

This module will be assessed through: Practical, Theoretical Assignment and Practical Tasks.

## Suggested Readings

1. Cressy, S. (2010). Beauty Therapy Fact File (5<sup>th</sup> Edition). UK: Pearson Education Limited.
2. Tucker, L. (2011). An Introductory Guide to Anatomy and Physiology. UK: EMS Publishing.
3. J. Harris-Roberts, J. Bowen, J. Sumner, M. Stocks-Greaves, L. Bradshaw, D. Fishwick, C. M. Barber, (2011) Work-related symptoms in nail salon technicians, *Occupational Medicine*, 61 (5), pp.,335–340
4. Garbaccio, J.L. and De Oliveira, A.C. (2015). Adherence and knowledge about the use of personal protective equipment among manicurists. *Revista brasileira de enfermagem*, **68**(1), pp. 46-53.
5. Milady (2014). Milady Standard Nail Technician (7<sup>th</sup> Ed.). UK:Cengage Learning Inc.
6. Hiscock, J., Lovett, F., Anderson, L. and Kniveton, L. (2011). Work-based learning, Beauty Therapy. UK: Pearson Education Ltd.