

Pedicure Guide

Healthy steps for healthy feet and nails



Pedicure Tools

In addition to trimming the nails, you should clean around and under the nails to relieve pressure.



Nail Files

Disinfecting after every use is important to prevent nail fungus and infection.



Bacteria

The body cannot heal cracks if there is dirt or stains in the crack.

Importance of Self Care

Healthy feet begin with a philosophy of prevention and preservation. It isn't easy to keep up with all the personal responsibilities required of us in a world that moves twice as fast as it used to. It is easy to put others needs before our own. Sometimes we might need to help someone we love who can no longer reach their feet. But you still need to keep yourself healthy too.

1

HEALTH

Healthy feet are vital for mobility. A problem can be debilitating.

2

PREVENTION

Prevention and preservation is easier than recovery.

3

EQUIPMENT

The right tools make quick work of the care required for healthy feet.

Foot care means more than just pretty nails and can stave off more severe conditions in immune-compromised or diabetic patients.

How Much Time

It doesn't take too much time to be kind to yourself. If we can't love ourselves, how do we expect others to like us?

The most straightforward way to begin caring for your feet is to make sure you dry them thoroughly when you get out of the shower or bath. Letting them air dry is NOT the same. You must rub your foot on the towel, and I will tell you why. People don't think about how the build-up occurs. Our skin produces new skin cells every day in the basal layer of the epidermis. The cells move up through the layers at varying rates of speed depending on how old we are. When we are young, say in our 20's it takes three weeks for the new cells to reach the surface. That layer then sheds, but if not exfoliated by bathing, we get clogged pores and rough areas. When we are in our 40's it takes about five weeks for that same new layer of

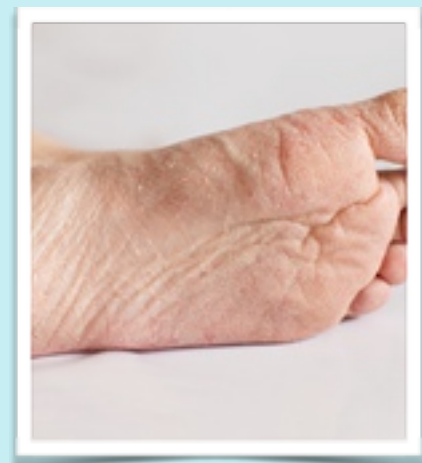


skin cells to move to the surface, and in our 60's about seven weeks. As we age, the skin on the surface has had so much time to become dehydrated, cracked, and built up. If we don't rub it off when we get out of the shower, that skin that was ready to come off dries and adheres right back where it was. That is how we get the build-up in the nail walls and under the nails too. You could prevent and decrease discomfort from cracked heels and impacted toenails by simply rubbing away the shedding cells before they dry back into place. Sounds crazy, right! But it is true.

WHEN IS DRY SKIN NOT DRY SKIN AT ALL

Did you know that there are people who have Athlete's Foot and don't even know it? They confuse the condition with dry skin. A sign of this condition is when the skin on the bottom of the foot has small circles that seem to peel but won't come off all the way. Or little pieces of skin that appear to stand up off the foot. If you have been moisturizing with no results or waiting for this dry skin to go away on its own, it won't. You can talk to your doctor, or the Mayo Clinic suggests using a product at home to self-treat before making a trip to the doctor.

["Restore A Nail" is a great product for this issue.](#)



“How Can I Take Better Care of My Feet and Nails at Home”

I have been a licensed Nail Technician for 30+ years. I rarely get to treat myself by getting a pedicure in the salon. I know how it feels to put yourself last and not pay attention to your feet. I can remember when I first became a nail technician, and we didn't have stainless steel tools. It would take forever to do my nails. I was always frustrated because I thought they still looked raggedy. My nail polish never looked smooth because you could tell there was still some skin on the nail plate. Then the nail polish would chip so easy because of the skin left on the nail plate! I couldn't imagine having to give anyone a pedicure service if I had to go back to using cotton-tipped orange-wood sticks. You cannot remove any excess skin on the nail plate or around the nails with that thing!

I use all Meticulous Manicurist pedicure tools at home on myself. The only time I get any quiet time to myself is when I lock myself in my bathroom, so being in there longer to do my feet is fine with me! I keep all my tools in a glass bale closure jar filled with 99% alcohol, so they don't rust and disinfect them after each use. You can also use our disinfectant tray with the Barbicide disinfectant. I try to get a pedicure in the salon at least three times a year; there is something to be said about having someone else take care of you now and then.

But if you can't get to one of my trained certified Meticulous Manicurist Nail Technicians, here is the link to my playlist on YouTube for reference. <https://www.youtube.com/watch?v=EalW0eldg0k&list=PL0miE13Qwih-Jc9KZU7-3Keu5T34dM9f9>

Pedicure Essentials

1. Cuticle Remover
2. Toenail Nippers
3. Cuticle Pusher
4. Diamond Grit Nail File
5. Ingrown Sidewall Cleaner
6. Ingrown Toenail Rasp
7. Mini Buffer Blocks

Pedicure Extras

1. Callus Remover
2. Callus Remover Applicator Brush
3. Foot file for calluses
4. Foot Soak
5. Tangerine Sea Salt Scrub
6. Amber Dropper Bottle

Nail Polish

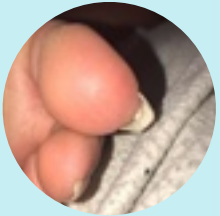
1. Base Coat
2. Polish Color
3. Top Coat
4. Cuticle Oil
5. Acetone
6. Cotton
7. MM #2 Clean Up Brush

Cosmetic Toenail Supplies

1. Electric File
2. Ceramic Med/Fine Cone Bit
3. Silicone Toe Correction Devices

What not to worry about

There are a few situations that may look troubling but they are nothing to worry about.



Hyponychium

The hyponychium is the area under the nail at the tip of the finger where the nail attached to the nail bed.



Nail Damage

Do you have a strange line across your nail?



Restore A Nail

All natural nail restoration solution.

There is an area under the nail called the hyponychium. The hyponychium is a protective barrier that prevents microorganisms from penetrating the nail bed. Our hyponychium is as unique as our fingerprints. Not everyone's attaches in the same spot. They can end just below the tip of the finger or toe, or they can adhere to the back of the nail plate. They won't grow far up the nail and will peel away and become dry to allow nail growth. Keeping your nails moisturized and free of excess dry skin will help prevent the hyponychium from growing too far up the back of the nail. Nail damage causes a hiccup in nail growth. You will see this hiccup when the nail begins to grow after the damage has been done. Surface cosmetic filing can disguise the line and blend the new growth with the nail above the line. Adding moisture to the nail can provide nutrients to the matrix and improve the speed at which the nail

grows. Restore a Nail is the perfect product for prevention, preservation and restoration of the nails.

“Restore a Nail has restored and reversed thousands of nail issues”

I was shocked to see how quickly Restore A Nail reversed yellow toenails, dehydrated toenails, ingrown toenails even fungal toenails. I have people from all over sending me photos and thanking me for providing the only product that has ever worked for their toenail issues.

We provide innovative and effective foot care products for professionals and home use. They are suitable for all skin conditions. And are safe for all skin types and diabetic friendly. The products have been tested extensively and have proven results. If you are looking for a product to help with nail fungus, athlete's foot or cracked heels, visit my online store to purchase. www.themeticulousmanicurist.com/shop

“Are you ready to sit down and give yourself some self care?”

I have written out step-by-step instructions for you. You could also follow along to one of my pedicure tutorials on YouTube,
The Meticulous Manicurist Nail Tutorials.

Step-by-Step Pedicure

Healthy steps for healthy feet and nails

Soak Your Feet

1

There are layers of skin that need to be exfoliated on your feet and around your nails. Soak your feet for 5-10 minutes in warm water with a foot soak or Epsom salt to soften the skin.

The excess skin will cause pressure under and around the nail if not removed.



Apply Callus Remover to the Bottom of Foot

2

Bring one foot out of the water and dry with a towel. Apply callus remover with the Meticulous Manicurist applicator brush to the bottom of the feet and any hard, dry areas you should exfoliate. Wrap the foot in a towel, leaving the toes exposed.

Callus remover can sting open sores or cuts so avoid those areas if you have any.



Apply Cuticle Remover & Clean Under Nails

3

Cuticle remover dissolves the excess skin around and under the nail. Buildup under the nail can make it hard to tell how much free edge you should trim. Removing this buildup provides more space to insert the tools and work more efficient.



Trim and File Nails

4

Use the Meticulous Manicurist Toenail Nippers to remove nail growth. Insert the tip of toenail nipper half the length of the blade on the side of the toenail and squeeze. Scoot over and trim the nail in the shape of the attachment point. Leave 1/8" of free edge to protect the vulnerable live tissue under the nail. Use the Meticulous Manicurist Stainless Steel Diamond Grit Nail File to smooth the edges and perfect the shape of the nail.

Nails that are left too long can cause trauma if they hit the end of your shoe.



Clean Cuticles and Nail Plate

5

Use the Meticulous Manicurist Cuticle Pusher to remove the dissolved excess skin around the cuticle area and nail plate. Place the beveled edge flat on the nail surface and move in a small circular motion down the sidewalls and around the cuticle area.



Step-by-Step Pedicure

Healthy steps for healthy feet and nails

Clean Sidewalls

6

Use the Meticulous Manicurist Ingrown Sidewall Cleaner to remove buildup from the nail grooves and sidewalls. Use the Meticulous Manicurist Ingrown Nail Rasp to pull any stubborn skin out of the sidewalls and file any rough nail edges in the nail groove.



The excess skin will cause pressure under and around the nail if not removed.

7

Buff the Surface of the Nail

Apply Imperial Feet Nail Mycosis to the nails. Use the mini white buffer block to buff the surface of the nail. Buffing removes stains & ridges that hold onto stains & remove surface dehydration. Buffing will also help remove any excess skin adhered to the cuticle area that has not come away.



Remove Callus Remover & File Bottom of Foot

8

You must rub the bottom of the foot with a towel to remove the callus remover and surface layer of excess skin that the callus remover dissolved before you begin to file the bottom of the foot. The file will become clogged and slippery immediately, and it will take you forever to file the excess skin away from the foot.



Moisturize

9

Apply lotion to the foot and leg and gently massage to improve circulation and increase blood flow.



Apply Nail Polish

10

Clean the nail plate with cotton and nail polish remover to remove all lotion and oil residue from products used during the pedicure. Apply Meticulous Manicurist All About That Base Coat, two coats of your polish color and Top of the World Top Coat.



Visit meticulousmanicurist.com for more free information about pedicure services, nail services, and artificial nail services.

[Visit Both my YouTube Channels](#)

Where you will find free detailed information about any nail situation you may encounter.

The Meticulous Manicurist Nail Tutorials

<http://bit.ly/meticulous-youtube>

The Meticulous Manicurist Acrylic Nails and Mancicures

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