

# Manicure and Pedicure Technician



## Manicure and Pedicure Technician

Regular manicures and pedicures provide great benefits for your client's overall health and wellbeing.

Increase blood circulation

During any manicure or pedicure, your client receives a relaxing massage of the hands and feet. This helps to improve blood circulation and improves mobility for the joints.

With regular manicures and pedicures, the chances of your clients nails developing fungi and other infections are reduced. Our hands, especially, are exposed to a lot of elements and products on a daily basis. It's a good idea to have a deep cleaning so the dead skin cells on your hands can be removed. That encourages new cell growth, leaving nails stronger and healthier.

They are a great way to relax

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# THE TRAINING CENTRE OF WELLBEING LIMITED

MANICURE AND PEDICURE  
TECHNICIAN





## ABOUT THE COURSE

COST: £250

DURATION: 2 classroom days

ACCREDITATION: IPHM

ENTRY REQUIREMENTS: None

HOME STUDY: 20 hours

## MORE INFORMATION

With regular manicures and pedicures it can help to keep skin and nails smooth and soft, and help prevent dry, cracked skin that leaves painful sores and potential scars.

## IS THIS COURSE FOR YOU?

This course is for complete beginners with an interest in beauty and manicure/pedicure using non toxic and vegan friendly products.

## WHATS INCLUDED?

Your training includes:

Full printed manual, natural and chemical free training materials, classroom sessions, practitioner handbook, support with case studies.

## CURRICULUM

Health and safety  
Sterilisation and disinfection  
Appearance of the therapist  
Ergonomics  
Structure of the skin  
Muscles of the hand  
Muscles of the arm  
Bones of the hand  
Bones of the arm  
Muscles of the foot  
Bones of the foot  
Structure of the nail  
Contraindications  
Nail diseases  
Nail disorders  
Nail shapes  
Setting up your work area  
Consultation form  
Manicure treatment  
Hand massage  
Foot massage  
Pedicure treatment  
Nail painting tips  
Aftercare

Accredited by the International Practitioners of Holistic Medicine