

Manicure and Pedicure Technician



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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

CONTACT US
41 Owston Road
Carcroft
DONCASTER
South Yorkshire
DN6 8DA
01302 965660

e: enquiries@aspectacademy.co.uk

THE TRAINING CENTRE OF WELLBEING LIMITED

MANICURE AND PEDICURE
TECHNICIAN





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

ABOUT THE COURSE

COST: £250
DURATION: 2 classroom days
ACCREDITATION: IPHM
ENTRY REQUIREMENTS: None
HOME STUDY: 20 hours

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.

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.

Accredited by the International Practitioners of Holistic Medicine