

## **Cosmetology grade 10**

### **Disease causing micro-organisms**

Just as there is a technical name for the nail, onyx, there is a technical name for nail disease. Onychosis (on-ih-KOH-sis) is the technical term for nail disease.

#### **Causes of infection**

Infection of skin and nail can occur in two different ways – by direct or indirect contamination.

Direct contamination is when infection passes straight from one person to another. Can you think of some examples of how this can happen? Write in this space.

Direct contamination means coming into contact with someone who is ill and who is, sneezing and coughing. You can also get the disease by touching the infected skin.

Indirect contamination is caused when the infection passes from one person to another through unclean objects. Can you think of some examples of how this may happen?

Bacteria are all around us: some are disease causing and others are harmless. Those that are harmful to us are called pathogens which are types of bacteria, viruses and fungi.

Fungal diseases feed off the waste products of the skin and grow well in warm, damp places, for example between the toes. Examples of fungal diseases are: ringworm and athlete's foot.

Bacterial infections cause inflammation of the skin tissue. An example is an infectious and inflammatory condition of the tissues surrounding the nails.

Unclean implements could be the cause of bacterial infection. Viral Infections are different from bacterial infections as they penetrate into the cells of the body to survive.

Viral disease cannot be treated with antibiotics. Examples are verrucae/warts that grow on the feet. They are contagious and usually contracted from walking barefooted in changing rooms.

Hand warts are contracted from contact with persons, for example shaking hands. Warts are also contracted from infected towels and surfaces.

#### **Viral Infections**

Verrucae are small skin growths or warts. They are contagious and are found on the hands, fingers, knees and/ or sole of feet.

Hand warts are contracted from contact with persons, for example shaking hands. Warts are also contracted from infected towels and surfaces.

## Types of Massage movements

### Effleurage

A slow, stroking movement that induces relaxation. It is applied to begin and complete a massage. It is also applied during massage between more vigorous movements.

### Petrissage

Petrissage is a compression movement or kneading movement, which exerts pressure on the muscle. It is applied to contracted muscles to relax them. Petrissage also breaks down fatty deposits and tones muscles.

### Tapotement

A percussion type movement usually applied as a series of brief, brisk movements. It stimulates blood and lymph flow.

### Frictions

Frictions are small circular movements of the thumb or finger pads, which are used to push muscles against the bone, thereby breaking up nodules or adhesions present in the tissues. The movements are directed at the underlying tissues and as such the circles made do not move over the surface of the skin but create their movement beneath the skin.

Hand massage is carried out after cuticle work and before nail polish application. Hand massage has the following effects:

- moisturises the skin
- increases blood circulation
- keeps a range of movement in the joints
- eases discomfort from arthritis
- induces relaxation
- removes dead cells (desquamation)

### Procedure for hand and arm massage

1. Apply effleurage to the hand and forearm using long, sweeping strokes from the hand to the elbow; anterior and posterior sides. Repeat five times.

2. Apply frictions to the back of the hand and forearm using both thumbs.

Repeat two times.

3. Knead the palms of the hand as in step 2. Repeat two times.

4. Rotate fingers while giving support to the joints. Move from little finger to thumb. Rotate clockwise and then anti clockwise. Repeat four times on each finger.

5. Rotate the wrist by placing your fingers between the client's fingers while supporting client's wrist with your other hand. Rotate the wrist, first clockwise then anticlockwise. Repeat two times.

6. Apply effleurage as in step one. Repeat five times

#### Contra-indications to Massage

Massage should be avoided in the following circumstances:

- over very hairy areas
- over recent wounds and scars
- over bacterial inflammation
- over internal inflammation, such as an arthritic 'flare-up'
- over varicose veins.

**Callus softeners** -products designed to soften and smooth thickened tissue (callus)

**Exfoliating Scrubs** - water based lotion that contain a mild , gritty like abrasive and moisturizer to help in removing dry, flaky skin and reduce calluses.

#### Section 1: Pedicure - The treatment

**Products and tools needed: all tools used for manicure are required as well as: pedi spa; foot file; toenail clipper, foot rasp; pedicure slipper; foot cream; foot powder, paper towel and cotton.**

#### Procedure

**Ensure all implements have been disinfected and/ or sterilised and that you are wearing protective clothing including gloves.**

- 1. Set up your workstation. Arrange the top tray as you did for manicure.**
- 2. Seat you client. You will need to sit lower than your client.**
- 3. Sanitize client feet**
- 4. Place client feet in foot spa or foot bath to soak for 5 minutes**

- 5. Place towel over your lap, remove client foot and dry**
- 6. clip nails and file straight across**
- 7. push back cuticle with cotton wooden stick, apply foot softener and place back into water**
- 8. repeat steps 5-7 on the other foot**
- 9. loosen and trim cuticle with cuticle trimmer. Only use nipper if necessary**
- 10. exfoliate the foot with the foot scrub. Use extra pressure on the heels and other areas such as the foot bottom where excess callus and dry skin build up.**
- 11. apply liquid foot scrub and use your hands to saturate it all over the foot. From top to the bottom.**
- 12 use the nail bush to brush the toes and nails and rest it on the foot bath.**
- 13. repeat step 9- 12 on the other foot**
- 14. rinse feet with fresh water and dry. Place feet on the mat**
- 15. inspect the nails to ensure all dead cuticle and callus is removed, use trimmer of nipper if necessary**
- 16. use buffing block to buff nail plate**
- 17. apply cuticle oil or lotion**
- 18. Massage one foot at a time**
- 19. Remove trace of oil or lotion from nail plate with remover.**
- 20. Insert toe spacer in toes and put on base coat**
- 21. Polish giving nail two polish coats and then top coat.**
- 22. After care service given to client**
- 23. clean up area and sanitize foot bath and implements.**