

CPD Manicure & Pedicure Course Specification

Course Overview

Manicure and Pedicure treatments are among the most popular services within the beauty industry, helping clients maintain healthy, well-groomed hands, feet and nails while promoting relaxation and wellbeing. This comprehensive course provides learners with the theoretical knowledge and practical skills required to safely and professionally perform manicure and pedicure treatments while maintaining high standards of client care, hygiene and professionalism.

Suitable for complete beginners as well as experienced beauty professionals wishing to expand their treatment portfolio, this course combines theory with extensive practical training to prepare learners to confidently deliver professional manicure and pedicure treatments.

Course Content

During this course, learners will cover:

- Introduction to Manicure and Pedicure Treatments
- History and Development of Manicure and Pedicure
- Benefits of Manicure and Pedicure Treatments
- Anatomy and Physiology of the Hands, Feet and Nails
- Structure and Growth of the Nail
- Health, Safety and Hygiene
- Infection Prevention and Control
- Consultation Procedures
- Patch Testing Requirements (where applicable)
- Contraindications and Contra-actions
- Relevant Legislation and Industry Standards
- Safe Disposal of Sharps
- Product Knowledge



- Preparing the Treatment Area
- Professional Manicure Procedure
- Professional Pedicure Procedure
- Nail Shaping and Cuticle Care
- Hand and Foot Massage Techniques
- Professional Client Care
- Aftercare Advice and Maintenance

Course Structure

This course consists of a balanced combination of theory and practical training.

- **Theory:** 50%
- **Practical:** 50%

Learners will first develop the underpinning knowledge required to perform manicure & pedicure treatments safely before progressing to practical application.

The practical element includes:

- Tutor-led demonstrations
- Supervised hands-on practice
- Individual tutor feedback and guidance
- Professional manicure and pedicure techniques
- Safe treatment procedures and client care

Entry Requirements

This course is suitable for complete beginners and no previous beauty qualifications are required.

It is ideal for:

- Individuals starting a career in the beauty industry.
- Beauty therapists wishing to expand their treatment portfolio.
- Therapists looking to refresh or update their existing skills.
- Salon owners and mobile beauty professionals.

Learning Outcomes

By the end of this course, learners will be able to:

- Explain the principles, history and benefits of manicure and pedicure treatments.
- Understand the anatomy and physiology of the hands, feet and nails relevant to the treatment.
- Conduct professional client consultations and determine suitability for treatment.
- Identify contraindications, contra-actions and appropriate treatment modifications.
- Apply effective health, safety, hygiene and infection prevention procedures throughout the treatment.
- Demonstrate the safe and professional manicure and pedicure techniques.
- Perform nail shaping, cuticle care, hand and foot massage, and complete treatments to a professional standard.
- Provide clients with appropriate aftercare advice to maintain healthy hands, feet and nails.
- Work professionally while complying with current legislation, industry standards and best practice.