**Training Curriculum Beginner Manicure & Pedicure**

Module 1:

Introduction to Nail Care

History and importance of manicure and pedicure

Roles and responsibilities of a nail technician

Overview of tools, products, and equipment

Module 2:

Health, Safety, and Hygiene

Salon sanitation and sterilization procedures

Personal hygiene and professional presentation

Identifying and preventing infections

Contraindications (e.g. fungal infections, open wounds)

Module 3:

Anatomy and Physiology

Structure of the hand, foot, and nail

Nail growth cycle

Common nail and skin disorders (basic level)

Module 4:

Tools and Products

Identification and use of manicure/pedicure tools

Nail care products: lotions, creams, nail polish, etc.

Proper handling and maintenance of tools

Module 5:

Basic Manicure Procedures

Nail trimming and shaping

Cuticle care

Hand massage techniques

Nail buffing and polishing

Application of base coat, polish, top coat

Module 6:

Basic Pedicure Procedures

Foot soaking and exfoliation

Nail and cuticle care for toenails

Callus removal (basic)

Foot massage techniques

Nail painting

Module 7:

Client Consultation and Care

How to conduct a client consultation

Understanding client needs and preferences

Aftercare advice

Building client trust and communication

Module 8:

Practical Training and Assessment

Hands-on practice on live models or mannequins

Step-by-step guided sessions

Hygiene checks and tool handling

Final assessment: complete manicure & pedicure on a client

Module 9 (Optional):

Introduction to Nail Art

Basic nail art designs (dots, lines, stickers)

Use of simple tools (dotting tool, striping brush)

Exam at the NVTI