



1-Day Course Program

Combined SMART pedicure using a pododisc



Training from 10:00 to 19:00 with a lunch break. Get ready to work hard!

- You will master the step-by-step algorithm of **combined pedicure**, achieve smooth and thin polish application under the cuticle, learn how to remove old product, work with an e-file and scissors, use a pododisc, and understand different types of drill bits
- You will learn to perform pedicures cleanly and safely, and will be able to properly **treat the cuticle and feet**
- You will learn how to perform minor nail plate **repairs and rebuild broken nail** corners
- **We will provide** only the essential theory with diagrams and a demonstration of each step on a model
- **We will provide all necessary tools and materials**
- You will practice on a model

Course Program

What exactly to expect?

10:00 Introduction. Only brief and clear theory with demonstration of each step using diagrams and a model:
(diagram – model – diagram – model)



We explain how to work with the e-file, which drill bits to use, and what materials are necessary



We break down step by step the algorithm of combined pedicure, including removal of old product and application of new gel polish



We break down step by step the algorithm of foot treatment using a pododisc



Full pedicure demonstration on a model by the instructor

13:30 Question Session



14:00 – Lunch break

15:00 – Practice on a model

Working through all stages of the combined pedicure with gel polish application and foot treatment using a pododisc.

- Removal of old product
- Shaping the nail
- Cuticle lifting
- Cuticle treatment
- Cutting with scissors
- Preparing the nail plate for application
- Base coat application
- Color application under the cuticle
- Foot treatment with pododisc
- Foot polishing with pododisc
- Foot polishing with pododisc using oil

18:00 – Photo report: taking memorable photos
Photos for your portfolio

18:15 – **Workstation cleaning guidelines**

Disinfection and preparation of tools for
sterilization for the next day's work

18:30 – **Presentation of personalized certificate**