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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Chapter 14 : Pedicuring Study Guide

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| **1.** How long should a client visit the salon for weekly callus reduction treatments | **A.** relaxation |
| **2.** What are pedicure slippers typically made of? | **B.** masks |
| **3.** Mineral clay, moisturizing agents, skin softeners, aromatherapy oils and botanical extracts are formulated into skin products that serve as\_\_\_\_\_\_\_\_\_ for the feet | **C.** increases circulation |
| **4.** Which of the following products are specifically designed to soften and smooth thickened tissue? | **D.** month |
| **5.** Clients should be encouraged to schedule regular pedicure appointments every | **E.** polish remover |
| **6.** Massage given during a pedicure is meant primarily for | **F.** currette |
| **7.** Which term refers specifically to a unique method of applying pressure with the thumb and index fingers to the hands and feet that demonstrate health benefits? | **G.** equipment |
| **8.** Which of the following is not a broad spectrum labeling requirement for an EPA -registered hospital disinfectant? | **H.** antiseptic |
| **9.** Exfoliating scrubs are massaged on the foot and leg to: | **I.** stainless steel or ceramic |
| **10.** When performing a basic pedicure , it is recommended that you use\_\_\_\_\_\_\_\_\_\_ to remove traces of lotion , cream , or oil fro the toenails | **J.** nail rasp |
| **11.** Friction should only be used for what part of the foot? | **K.** the bottom of the foot |
| **12.** Massaging the leg of the client with severe , uncontrolled hypertension is potentially dangerous because it: | **L.** 4-6 weeks |
| **13.** Which term refers to permanent tools used to perform nail services, other than implements? | **M.** foam or rubber |
| **14.** Basin soaks are generally made of ? | **N.** reflexology |
| **15.** A \_\_\_\_\_\_\_\_\_\_ is an implement with a small , scoop -shaped end that allows for more efficient removal of debris from the nail folds, eponychium, and hyponychium areas | **O.** Callus softener products |
| **16.** A \_\_\_\_\_\_\_\_\_\_\_\_\_ is a metal file with an edge that can file the nail plate in only one direction | **P.** remove dry skin |