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PEDICURE SAFETY AWARENESS FOR THE CANADIAN CONSUMER

General tips for the consumer prior to having a pedicure:

1. Do NOT shave or wax your legs for 48 hours prior to any pedicure. Shaving the legs can produce very small nicks in the skin or leave open pores. Waxing will also leave open pores. These can allow bacteria to enter during a foot soak and thus might be a cause of infection.
2. If you have an open wound on your legs or feet, do not have a pedicure. These need medical attention. If you require foot care, see a licensed medical specialist such as a Podiatrist (DPM)

Observations of the salon/spa:

There are observations that you can make when entering a salon/spa to help determine safety for having a pedicure. It is also important to ask the person that does your pedicure some questions. If you are uncomfortable with either your observations or what you hear, you might consider going to another facility.

1. Does the pedicure area including chairs, foot bath and table, as well as the rest of the salon/spa look clean? Does it have adequate ventilation or are there strong chemical smells? If you are not comfortable, then find another spa.
2. Do the pedicurists have advanced education and qualifications such as CMP (Certified Master Pedicurist) and is a member of a Professional Association such as the International Pedicure Association, IPA. Infection control is part of any advanced education. Look to see if certificates are displayed and ask if you don't see any. *
3. Does the pedicurist give a brief assessment before starting the pedicure. This includes examining your feet, asking you a few relevant health questions and documenting findings before starting a pedicure. Pedicurists should wash their hands with soap and water before touching the clients' hands or feet. It is also recommended that a pedicurist wear gloves for both your own and their protection.

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4. Ask how they clean and disinfect the foot tub/whirlpool foot bath, what type of products they use and how often they clean and/or disinfect the tub. A DIN registered disinfectant with a fungus, virus and bacteria (TB) claim should be used.
5. Ask if metal implements are cleaned and either disinfected or sterilized between clients.
6. Ask if tools and supplies that cannot be disinfected by immersion, e.g. wooden files, orangewood sticks, nail buffers, gloves etc. are disposed of after every client.

****** Manitoba, New Brunswick and Nova Scotia require licensing for pedicurists. If you are in one of these provinces, make sure that the technicians licenses are visible

If all these requirements are met, then you can feel comfortable in having a pedicure in this salon/spa.

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