

# Pedicure

## SAFETY TIPS

Manicurists and cosmetologists are licensed and regulated in California by the Board of Barbering and Cosmetology. The Board works to ensure that manicurists and cosmetologists follow state law and established infection control standards.

Here are some tips consumers can keep in mind when receiving a pedicure:



For questions, comments, or complaints,  
contact the Board.

### BOARD OF BARBERING AND COSMETOLOGY

1625 N. MARKET BLVD., SUITE 202  
SACRAMENTO, CALIFORNIA 95834  
[www.barbercosmo.ca.gov](http://www.barbercosmo.ca.gov)  
(800) 952-5210



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## SAFETY TIPS

See Something

Say Something

[www.BarberCosmo.ca.gov](http://www.BarberCosmo.ca.gov)



## BEFORE YOUR PEDICURE

- Don't shave your legs before your appointment. Shaving makes you more susceptible to nicks and cuts, which are gateways for bacteria.
- If you have broken skin or lesions on your lower legs—DO NOT GET A PEDICURE.

## SHOP SENSE

- Make sure the salon you choose to patronize is well ventilated.
- Look around to see if the salon is clean, free of trash, and set up with clean, sanitized tools.
- Make sure the manicurist or cosmetologist license is displayed at the licensee's workstation and that it has not expired.

## WHILE AT THE SALON

- Ask your licensee how the foot spas are cleaned. If they hesitate or refuse to answer, you may want to consider taking your business elsewhere.
- You have the right to view the pedicure cleaning log. Ask to see it. Make sure the foot spa was cleaned before you receive your service.
- Licensees should wash their hands before serving you. If they don't, ask the licensee to do so.
- Do not allow any nail products that contain methyl methacrylate (MMA) to be used on you. This ingredient can be identified by its strong odor. If you are in doubt, ask your licensee if the product being used is MMA-free.
- Try to avoid breathing in fumes from nail products. Strong fumes can irritate your eyes, skin, and lungs.
- Never allow a licensee to use any razor-edged tool to remove a callus. Your licensee should smooth a callus, not remove it.

**REMEMBER**—If you **See** Something not quite right **Say** Something, first to your licensee and then to the salon owner. If there is no resolution, **Say Something** to the Board by calling **(800) 952-5210**.

Let's work together for a safe, healthy, salon experience.

Ensuring the health and safety of California consumers by promoting ethical standards and by enforcing the laws of the barbering and beauty industry.

