



Spring Cleaning

Follow these tips and tricks for keeping your salon—and your manicure and pedicure equipment—in tip-top condition.

By Ilona French

Ah, springtime—the season of growth. Snow melts. Days lengthen. A buzz seems to reverberate through the air. And clients bring their feet out of hiding and show off their toes again.

During this time of year, the urge may strike to clean every nook and cranny of your salon—even those hard-to-reach vents and awkward baseboards. But as you prepare for the task, don't forget the health and safety concern that tops everyone's list: properly cleaned and disinfected manicure and pedicure equipment. Any time is the right time to look closely at the methods you use to sanitize and disinfect pedicure thrones, foot spas and implements after each client.

Many state boards have adopted more stringent foot spa disinfection procedures to help prevent the spread of disease. Paul Bryson, Ph.D., director of research and development for North Hollywood, California-based OPI Products, explains, "There are anecdotal reports of everything from foot fungus to plantar warts being spread. But the really dangerous bacteria are *Mycobacterium fortuitum* (responsible for scarring lesions) and *Staphylococcus aureus* (aka staph infection). And that's why you need to clean and disinfect. Clients' lives are literally on the line."

Keeping your salon clean involves not only zapping the dust and grime you can see on the surface, but also obliterating robust microbes that can't be seen by the naked eye. So tie back your hair, put on your yellow rubber gloves and get down to the nitty-gritty with this information to help keep your salon clean and your clients safe.

Education

When was the last time you brushed up on sanitation and disinfection methods? Get answers to your burning questions by educating yourself through the online *Nailpro* Nail Institute, a convenient alternative to classroom education.

“State Rules Made Simple,” a one-hour online webinar, is ideal for techs, salon/spa owners and managers who want to learn how to keep clients safe and state inspectors happy. The lesson plan includes the following information:

- How to put together a sanitation program without breaking the bank
- How to market these procedures to clients
- What steps are necessary for every aspect of salon services, and what types of products to use
- Information on pedicures

Also available is the recently released four-part online series, The NNI Online Pedicure Safety Course.

The prerecorded lessons are conducted by Nancy King, *Nailpro* education director and industry expert in salon safety. Log on to www.nailpro.com to get started.

The Three Ps: Proper Pedicure Procedures

Cleaning pedicure equipment is serious business, especially because improper procedures could lead to grim health and safety concerns for clients and scrupulous regulatory investigation of your salon by the state—not to mention a severe hit to your business if a regrettable incident occurs in your salon.

Many states are working on implementing newer, stricter procedures for cleaning and disinfecting pedicure equipment, while others already have stringent rules in place.

To make the complex language easier to understand no matter which state you do business in, the International Nail Technicians Association (INTA) and the Nail Manufacturers Council in the Professional Beauty Association have created recommendations for cleaning and disinfecting pedicure equipment in a document titled “Pedicure Equipment Cleaning and Disinfecting Procedures.” Nail techs are encouraged to incorporate these steps into their regular cleaning schedules and to display the procedures in employee areas. The procedures comply with regulations in all 50 states, and though they may be more rigorous than your state requires, they’re designed to keep your clients safe.

Download the procedures from the INTA’s website, www.chicagomidwestbeautyshow.com, and keep copies handy for everyone in your salon.

INTA
INTERNATIONAL NAIL TECHNICIANS ASSOCIATION

NMC
NAIL MANUFACTURERS COUNCIL

Pedicure Equipment Cleaning and Disinfecting Procedures

Cleaning and Disinfecting Pedicure Equipment

These are recommended procedures for cleaning and disinfecting all types of pedicure equipment, including whirlpool units, air-jetted basins, air-spas and all non-whirlpool basins, spas, bowls and tubs. In all cases described below, we recommend using an EPA-registered hospital-grade disinfectant that the label claims is a bactericide, virucide and fungicide. Always read the fine print cleaning procedure is performed in the salon pedicure cleaning log.

At least once each week:

1. Do not drain the disinfectant solution - Turn off the unit and leave the disinfecting solution in the unit overnight.
2. In the morning drain and rinse.
3. Soak the basin with clean water and flush the system.

"Pipe-less" foot spas

For units with footplates, impellers, impeller assemblies and propellers.

After every client:

1. Drain all water from the basin.
2. Remove impeller, footplate and any other removable components according to the manufacturer's instructions.
3. Thoroughly scrub impeller, footplate and/or other components and the areas behind each with a liquid soap and a clean, disinfectant brush to remove all visible residue. Then reinsert impeller, footplate and/or other components.
4. Soak the basin with water and circulate the correct amount (read the label for mixing instructions) of the EPA-registered hospital disinfectant through the basin for ten minutes.
5. Drain, rinse and wipe dry with a clean paper towel.

Whirlpool foot spas and airjet basins

After every client:

1. Drain all water from the basin.
2. Scrub all visible residue from the inside walls of the basin with a brush and liquid soap and water. Use a clean and disinfectant brush with a handle. Brushes must be cleaned and disinfected after each use.
3. Rinse the basin with clean water.
4. Soak the basin with clean water and circulate the correct amount (read the label for mixing instructions) of the EPA-registered hospital disinfectant through the basin for ten minutes.
5. Drain, rinse and wipe dry with a clean paper towel.

At the end of every day:

remove the screen and any other removable parts (a screwdriver may be necessary) and then:

1. Clean the screen and other removable parts and the area behind these with a brush and liquid soap and water to remove all visible residue and replace properly cleaned screen and other removable parts.
2. Fill the basin with warm water and circulating detergent (designed for use in hot water) and circulate the circulating detergent through the spa system for five to ten minutes (follow manufacturer's instructions). If excessive foaming occurs, discontinue circulation and let soak for the remainder of the ten minutes.
3. Drain the soapy solution and rinse the basin.
4. Soak the basin with clean water and circulate the correct amount (read the label for mixing instructions) of the EPA-registered hospital disinfectant through the basin for ten minutes.
5. Drain, rinse and wipe dry with a clean paper towel.
6. Allow the basin to dry completely.

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Restock Your Arsenal

While many tried-and-true products clean and disinfect implements, foot spas and other equipment, manufacturers continue to update, rework and introduce brand-new formulas. Keep in mind that some instruments and supplies cannot be disinfected—cotton pads, sponges, orangewood and birchwood sticks, and some nail files and buffer blocks—and must be disposed of immediately after use.

Check with your state board for your state's safety requirements; then consider putting some of these new products on your spring cleaning shopping list:



Dr. Fish's **AF Remedy** line offers technicians a natural choice for disinfection rather than a chemical one. Anti-Fungal Antiseptic Cleanser does away with odor-causing surface bacteria and helps prevent possible infections. The cleanser may be added to foot soak to disinfect. Anti-Fungal Antiseptic Spray may also be used on feet and inside shoes to protect against infections, and it is designed to disinfect pedicure thrones.

212/757-7437, www.afremedy.com.



The new **Disinfection Machine** from Kupa includes a timer for ultrasonic vibrating. Techs can program the vibration to last for 10 minutes; when it stops, disinfection is complete. The vibrating implement and electric file bit

disinfection machine may be used with any disinfection solution. The unit is small enough to include on a manicure table, yet large enough to hold implements and electric file bits. 800/994-5872, www.kupainc.com.



Let's Dance from Medicool is an EPA-registered, tuberculocidal, hospital-grade disinfectant that is effective in 10 minutes. Formulated to meet new standards implemented by

some state boards, all-purpose Let's Dance is suitable for disinfecting whirlpool foot spas, regular footbaths, nail stations, finger bowls and the rest of the salon. The 8-ounce Let's Dance concentrate makes 16 gallons of disinfectant, which fills the 32-ounce spray bottle 64 times (the average spray bottle provides approximately 100 applications). You'll completely and economically disinfect the salon, with an average cost of 20 cents to fill the spray bottle. 800/433-2469, www.medicool.com.

Elements by Mika Antibacterial Hand Soap and **No-Rinse Hand Sanitizer** from Mika International come in attractive 8-ounce and 1-gallon bottles and nourish the skin while killing germs. Both formulas contain soothing extracts of aloe vera and ginseng, and protect hands with vitamins A and E. The Refreshing Lime Tea fragrance makes the experience a



pleasant one for you and your clients. 866/398-7410, www.elementsbymika.com.



The new and improved **Clean Prep** sanitizer from Orly International helps protect against infections and features isopropyl alcohol, which thoroughly sanitizes not just hands and feet, but also manicure tools, accessories and nail stations. Clean Prep, which contains a combination of acetone and hydrolyzed wheat protein in a nonaerosol form, comes in a convenient 4-ounce bottle with a spray pump, or a professional, economical 16-ounce refill size. 800/275-1111, www.orlybeauty.com.



A bottle of Pro Spa **Spa Chair Disinfectant** makes cleaning pedicure chairs and spas quick and easy. The foaming spray is hospital-grade and EPA-registered,

killing 99.99 percent of germs and controlling the growth of mold and mildew without scouring or scratching. Just spray and wipe clean. 800/630-4776, www.prospa1.com.



Part of the **Chakra Care System**, Spa Ritual Visionary Cleanser is a multi-purpose spray that sanitizes treatment surfaces and tools. The sanitizer

energizes with French juniper berry essential oil and removes oils and residue to ensure proper nail treatment and lacquer adhesion. 877/SPA-RITUAL, www.sparitual.com.



The Ultronics **KaVoKLAVE II** is ideal for the sterilization of manicure and pedicure implements. The compact autoclave is equipped with a cassette system, which makes it easy to sterilize one setup of implements at a time. The sterilizer is easy to use and requires no maintenance. 800/262-6262, www.ultronicsusa.com.

Five Steps to a Cleaner Salon

Has dust collected on the tops of your retail shelves and on the bottles? Can the floors tell stories about last week's clients? Would every square inch of your salon pass a white glove test? Now that winter is almost over, it's time to roll up your sleeves and breathe life into your salon with some good, old-fashioned spring cleaning.

"Spring cleaning is just another term for deep cleaning, whether it's your nail station, equipment or the entire salon," says former salon owner Eva Szilagyi from the Mission Viejo, California-based Mitchell Anthony Salon. "It's important to keep the salon clean and tidy all year long; but in the springtime, the weather is just right so you can be comfortable while going the extra mile to freshen up the salon."

"Spring is a great time to clean, right before the big rush of summer pedicures," says Jamie Churchill, owner of J-Me's Nails & Boutique in Raleigh, North Carolina. "Brighten up the salon or spa to get people in the mood for different services and colors."

We asked industry professionals for some handy tips and tricks for keeping the salon clean. Use these ideas during your own spring cleaning ritual, but also incorporate them year-round.

Step 1: Cut Down on Clutter

Even if you pride yourself on cleaning the salon regularly, the space can look unsightly when plagued by everyday items that don't seem to have a place. The solution? Throw away items that haven't been used in a while, or at least put these items into storage bins and hide them until you need them again.

Tips & Tricks: "I try to walk into my area with the eyes of my clients," says Joni Smith, owner of Tranquility

Nail Spa in McKinney, Texas. "What do I see immediately? Is it appealing? Does it look messy? I try to keep things to a minimum and utilize storage cabinets, carts, etc. to keep things nice and neat. I buy decorated storage containers to keep supplies looking attractive while they are exposed to clients' eyes."

"I look at what is selling and what isn't selling," says Jill Feinberg, owner of Beauty 101 in Hopkins, Minnesota. "I put the products that aren't selling in different spots to get customers to notice them. I throw out any old products that I haven't used and try to organize back bar products so they are more easily noticeable and to create more room."

"Newly ordered products are always coming in, and countless magazines arrive in the mail," Szilagyi says. "I like to put supplies and products away and throw away boxes and packaging immediately. I go through the magazines frequently and recycle any that are outdated. That always keeps things looking tidy."

Step 2: Make a Clean Sweep

Banish dust bunnies and make the salon glisten by regularly cleaning floors, mirrors, windows, tables and chairs. Create a cleaning schedule and stick to it. If your salon is too big for you to do all the work yourself, ask employees to chip in or hire a professional—the investment will pay off in the long run. Don't forget to wash plants, wipe dust from light fixtures and baseboards, clear cobwebs from ceiling corners, replace dingy towels, and clean behind and around furniture, inside cabinets and other hard-to-reach places.

Tips & Tricks: "I love using duster wipes; they're great at picking up nail dust," says Churchill. "Two years ago, I lost two points on my state board sanita-



tion grade because of dust in the ceiling vents and bathroom vent. The wipes work great in those hard-to-clean areas."

"I find blinds to be the biggest challenge," says Szilagyi. "I dust them regularly with a soft cloth until the big cleaning day. Then I take them down, lay them flat on the ground and give them a gentle scrubbing. I use a broom dipped in soapy water and gently brush each individual section. Then I hose them off and hang them up to dry."

"I use EPA products for every surface, commercial-grade Windex for windows, and on the floor I use a fresh coat of liquid floor stain," Smith says. "I use my vacuum to keep the dust bunnies at bay, and I vacuum daily to pick up dirt instead of sweeping."

Step 3: Organize the Reception Area

The reception area is the first thing clients see as they step into your salon, so make sure that what they see is impressive. Are retail products displayed in an organized fashion? Is the check-writing surface dust-free? And how about behind the desk? Clients often peek behind the counter, so be sure that appointment books and other papers aren't scattered everywhere. Clean the computer screen, keyboard and mouse, as well as the

telephone and the cash register. Check that cubbyholes aren't jam-packed with miscellaneous items.

"We constantly move and change the jewelry, retail and gift displays to keep things interesting," says Treaane See, owner of Trendy's Day Spa in Okotoks, Alberta, Canada. "We have changed the layouts of our reception and retail areas many times. Moving things around invites clients—old and new—to have a look around each time they visit. This also helps with the

overall cleaning, since everything gets a thorough cleaning when we rearrange and spots that are missed with the usual routine are addressed."

Also, don't forget to brighten up your newly clean space. "Besides cleaning daily, I bring in fresh, seasonal flowers weekly and display them on the counter," says Szilagyi.

Step 4: Clean the Back of the Salon

The back of the salon is often a magnet for a mess because clients don't often travel in that direction, and it's easy to forget to clean it after a long day or busy week. Give the washer and dryer, lockers, sinks, restrooms and employee lunch table a good scrub. Put away or dispose of anything you've "hidden in the back" because there wasn't any place for it in the front of the salon.

Tips & Tricks: "Doing the spring cleaning here can be tricky," says Szilagyi. "Sometimes it's hard to know what is needed and what to throw away. I tell employees when I will be cleaning and ask them to put away their things before I get started."

"Every few months, I go in on a Sunday and tackle the back room," explains See. "That room is definitely a catchall for things we plan to deal with later and sometimes never get to. Here we store all of the display materials and extra stock, do the laundry and take our breaks. Making this a routine job every few months definitely controls the clutter."



Step 5: Decorate for Spring

Now you've gotten to the fun part! Once the salon sparkles, use your creativity to decorate for the season.

Tips & Tricks: "Decorating the salon with a spring theme is great for retail items," says Feinberg. "It gets customers to notice the retail area."

"I like to use the colors of spring and decorate every station with silk flowers," says Szilagyi. "At the counter, I place a candy dish that's full of spring-colored treats."

"I use one wall to display beautiful polishes," says Smith. "Use them as an art piece. Pick a lot of spring colors and place them according to hue; it really makes a great focal point in your room."

"We frame our posters, and we change them to accent the season," Churchill says. "I like to pull from the colors in the posters to decorate. I also like to change my doormat for each season. This helps invite window shoppers into the salon."

"One great display idea is to use different colors and textures of fabric," explains See. "We bring out yellows and greens for spring, and place some inexpensive artificial flowers and a few Easter eggs here and there—and suddenly, it's spring!"

Ilona French, a former cosmetologist, is a writer and editor based in Southern California.

A Clean Slate

Set the foundation for a clean salon (and tools and equipment) by understanding the different meanings of the terms sanitize, disinfect and sterilize, which are often misused. So what's the distinction?

Sanitization or **cleaning** (they can be used interchangeably) involves physically removing all visible debris by using one or more of the following methods: brushing by hand; washing or scrubbing with liquid soap, detergent or antiseptic; using an ultrasonic cleaner; or using a solvent. Cleaning reduces the level of microbial contamination.

Disinfection refers to the use of chemicals that destroy pathogens on implements and other inanimate surfaces, which renders an item safe for handling, use and disposal. Disinfection kills most disease-carrying microorganisms, but not necessarily their spores.

All disinfectants must be mixed, used and disposed of according to the manufacturer's instructions.

Appropriate disinfectants include the following:

- EPA-registered hospital disinfectant (bactericide, fungicide and virucide) solution
- EPA-registered tuberculocidal disinfectant solution
- Alcohol (70 percent or higher isopropyl concentration)
- Bleach (10 percent solution)

Note: Before items can be properly disinfected, they must first be cleaned.

Sterilization kills all microorganisms, including their spores. This step is considered the most effective for destroying bacteria, fungi and viruses. The best way to sterilize nondisposable implements (and as states become stricter, the only acceptable way) is with an autoclave.