

Functional Integration as a Source of Methodological Innovation in Professional Pedicure: The MILANOVA SPA Pedicure Method Developed

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Abstract

Professional pedicure services in the United States are expanding alongside broader wellness and personal care markets, yet a persistent methodological gap exists: the technical, foot-skin-care, and experiential dimensions of professional pedicure service are routinely delivered as disconnected stages rather than as an integrated professional system. This study examines the MILANOVA SPA Pedicure, a practitioner-developed protocol created by Liudmyla Nikohosian, a licensed nail technician, salon owner, and educator based in Florida. The research investigates how the deliberate functional integration of professional e-file pedicure techniques, structured foot skin care, and SPA service components into a single reproducible protocol addresses the fragmentation prevalent in conventional pedicure practice. Employing a case study approach supported by a systematic literature review and practitioner documentation analysis, the study identifies the methodological principles underlying the protocol, evaluates its structural attributes relative to existing service models, and discusses its implications for service standardization, professional training, service consistency, and client experience. The analysis suggests that functional integration may support greater service consistency, structured documentation, and a more coherent premium client experience. The results are relevant to practicing nail technicians, salon educators, and beauty service managers seeking structured, evidence-informed approaches to professional pedicure service delivery.

Keywords: Professional Pedicure, Service Standardization, Spa Protocol, E-File Pedicure Techniques, Functional Integration, Beauty Service Quality, Foot Care Methodology, Nail Technician Training, Professional Pedicure Methodology.

Introduction

The professional nail and foot care industry in the United States has undergone notable expansion over the past half-decade. According to IBISWorld [1], the combined U.S. hair and nail salon industry reached approximately \$90.4 billion in market value in 2024, growing to an estimated \$90.9 billion in 2025. Within this sector, the nail salons segment specifically generated \$12.9 billion in 2025, reflecting a compound annual growth rate of 7.8 percent between 2020 and 2025 [2]. The global pedicure market, valued at \$1.8

billion in 2025, is projected to reach \$2.9 billion by 2034, driven by rising wellness awareness and demand for premium personal care [3]. North America accounts for approximately 34 percent of global pedicure service consumption, with the United States functioning as the region's primary growth engine [3].

Against this backdrop of sustained commercial expansion, a structural professional challenge persists: pedicure services are typically delivered as a sequence of loosely related stages, namely nail trimming, cuticle

management, basic skin exfoliation, and cosmetic finishing, without integration into a unified therapeutic and experiential protocol. Consumers increasingly expect services aligned with wellness and self-care principles rather than purely cosmetic maintenance [4]. Mintel [4] identifies mind-body wellness integration as a defining trend for the global beauty and personal care industry in 2024 and beyond. At the same time, personalization has emerged as a central expectation: consumers seek treatments adapted to their individual condition rather than standardized but impersonal routines [5]. The tension between personalization demands and the operational need for reproducible service protocols defines the central challenge for practitioners developing premium pedicure methodologies.

Academic scholarship in this area reflects the industry's gaps. A bibliometric analysis of beauty salon research across 35 years of Web of Science publications [6] identifies occupational health, service quality, and consumer experience as dominant research clusters, but notes the near-complete absence of studies examining practitioner-developed service methodologies or the integration of technical and wellness dimensions within salon services. Research on service design in beauty and wellness contexts highlights the role of structured, human-centered protocols in achieving consistent quality outcomes [7], yet applied research addressing specific pedicure methodology development remains scarce.

The scientific gap this study addresses is therefore twofold: the absence of documented frameworks for functionally integrating professional e-file pedicure techniques, structured foot-skin care, and SPA experiential service into a single professional pedicure protocol, and the resulting dependence of service outcomes on individual operator discretion rather than reproducible methodology.

This study examines the MILANOVA SPA Pedicure, a professional protocol developed by Liudmyla Nikohosian, a licensed nail technician, salon owner, and educator based in Florida, United States. The method was developed through professional practice informed by European e-file pedicure techniques, direct client work across diverse foot conditions, and systematic observation of client expectations within the U.S. beauty services market. The methodological contribution of this work lies in a documented analytical application of functional integration as a principle of professional pedicure protocol design.

The research hypothesis proposes that the deliberate functional integration of technically distinct pedicure components into a structured protocol may support more consistent service delivery, individualized care, and premium service positioning compared with fragmented delivery. The **goal** of this study is to describe and analyze the MILANOVA SPA Pedicure protocol as an example of practitioner-driven methodological innovation, evaluate its structural properties, and propose a replicable framework for functionally integrated pedicure service design.

The study carries practical relevance for nail technicians and salon educators developing training curricula, for salon managers seeking to introduce premium service lines adapted to U.S. consumer expectations, and for researchers studying service quality and standardization in the personal care sector. The protocol also contributes to broader conversations about how immigrant entrepreneurship and cross-cultural professional knowledge transfer can generate methodological innovation within the U.S. beauty industry.

Limitations. This study rests on a single practitioner-developed case, which limits statistical generalizability. The primary data source is practitioner documentation and professional observation rather than a controlled clinical trial or large-scale consumer survey. These constraints are characteristic of applied case study research in emerging professional methodology areas and do not diminish the analytical or practical value of the findings; rather, they define the appropriate scope of interpretation.

Materials and Methods

This study employs a qualitative case study design supplemented by a systematic literature review. The case study approach is appropriate given the nature of the research object: a practitioner-developed professional protocol whose attributes, internal logic, and implications are best examined through descriptive and interpretive analysis rather than experimental measurement [8]. The protocol examined, the MILANOVA SPA Pedicure, was developed and implemented in a professional salon setting in Florida, United States.

Three complementary methodological approaches structure this inquiry. The first is a systematic literature review covering academic publications indexed in Scopus,

Web of Science, and PubMed, along with authoritative market research reports, between 2020 and 2025. The review targeted four thematic domains: the structure and quality of professional pedicure and foot care services; service standardization and protocol development in the personal care and beauty sector; consumer behavior and expectations within the U.S. premium wellness market; and the use of e-file technology in European professional pedicure practice. Searches combined terms including "professional pedicure," "pedicure protocol," "service standardization beauty," "nail technician training," "spa foot care," and "consumer satisfaction beauty salon."

The second approach is practitioner documentation analysis. The source material comprises the protocol description provided by the method's author, including step-by-step procedural specifications, client assessment criteria, equipment requirements, product application guidelines, and home care recommendation structures. This documentation was analyzed to identify functional relationships between protocol components, the underlying rationale for integration, and the method's applicability across diverse client profiles.

The third approach involves a comparative analysis of conventional and integrated pedicure service models, conducted by mapping the MILANOVA SPA Pedicure against a typical non-integrated pedicure service model across dimensions derived from the service quality literature, including technical precision, skin care integration, client comfort, service reproducibility, experiential quality, and hygiene safety.

The study draws on three categories of sources. Primary sources include the practitioner documentation of the MILANOVA SPA Pedicure protocol authored by Liudmyla Nikohosian, which constitutes the central object of analysis. Secondary academic sources comprise peer-reviewed journal articles and conference proceedings retrieved from Scopus, Web of Science, and PubMed, totaling 12 publications meeting inclusion criteria.

Secondary market sources include reports from IBISWorld, Technavio, Kentley Insights, Grand View Research (GMI), and market intelligence platforms, which supply quantitative context on industry scale and trends.

The analysis applies a service design lens informed by the work of Patricio et al. [7] on human-centered service integration, and the quality management literature applied to beauty salons [9]. Service quality dimensions follow the SERVQUAL framework dimensions of reliability, responsiveness, assurance, empathy, and tangibles, adapted for the technical and experiential specifics of professional pedicure services. The comparative evaluation uses a scoring model developed by the authors on a five-point scale across six quality dimensions, based on practitioner observation and literature benchmarks.

Results and Discussion

Understanding the commercial and behavioral environment in which the MILANOVA SPA Pedicure operates is essential to evaluating its methodological relevance. The U.S. nail salon sector has demonstrated resilient growth, expanding from approximately \$6.8 billion in 2020 to \$12.9 billion in 2024 and a projected \$14.0 billion in 2025, representing a 7.8 percent CAGR [2]. The pedicure segment specifically accounted for a meaningful share of this growth, driven by rising demand for wellness-oriented foot care and premium service experiences [3]. Within the health and wellness spa market, North America reached \$27.1 billion in 2025 [10], with foot care and pedicure services representing a growing subcategory as spas integrate more specialized treatment offerings.

The following chart presents the trajectory of U.S. nail salon industry revenue from 2020 through 2025, illustrating the sustained expansion of the professional nail care market and the commercial opportunity for premium integrated services such as the MILANOVA SPA Pedicure.

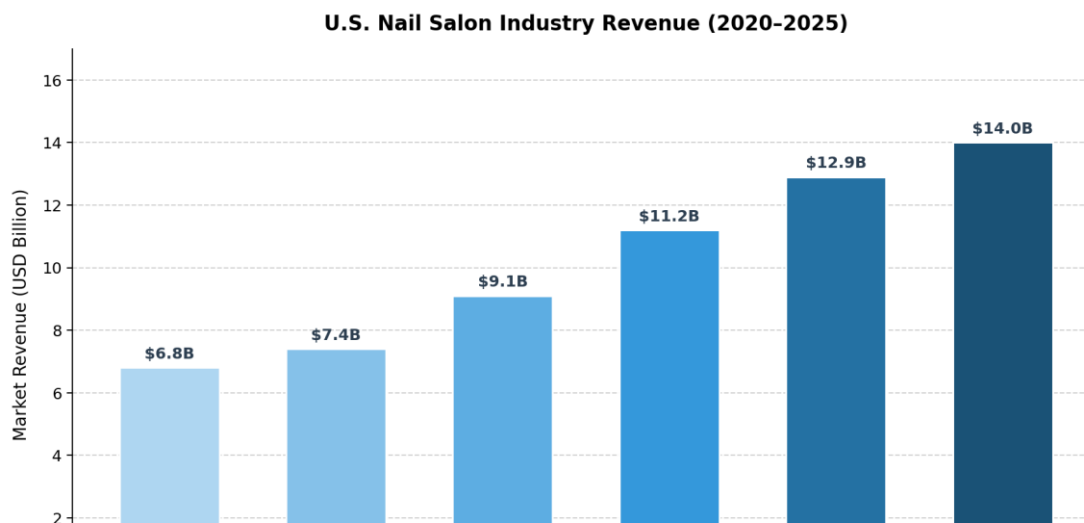


Figure 1. U.S. Nail Salon Industry Revenue (USD billion), 2020–2025 (composed by the author based on [1, 2]).

Consumer behavior data reinforce the commercial case for premium integrated services. According to Mintel [4], U.S. beauty consumers in 2024 prioritize efficacy and tangible value over price alone, with 85 percent of prestige beauty consumers ranking quality above price, reviews, or brand heritage [11]. Personalization has become a non-negotiable expectation: the NIQ 2023 Beauty Innovation Report [5] documents a structural shift from standardized service offerings to customized treatment plans that address individual client conditions. Within the pedicure market, Technavio [12] notes that the industry is professionalizing, with greater emphasis on hygiene protocol compliance and nail technician certification as consumer expectations rise.

This market context establishes a clear demand signal for methodologically structured, premium pedicure services capable of delivering personalized, reproducible results. The MILANOVA SPA Pedicure was developed in direct response to precisely these conditions, combining technical rigor with a client-centered, adaptable service framework.

The MILANOVA SPA Pedicure is an integrated professional protocol developed by Liudmyla Nikohosian, a licensed nail technician, salon owner, and educator based in Florida. The method was conceived and refined through professional practice over multiple years, drawing on European hardware pedicure traditions, clinical observation of diverse client foot conditions, and analytical assessment of U.S. client expectations regarding service quality and comfort.

The protocol's defining characteristic is functional integration: each procedural stage is assigned a specific therapeutic and experiential function, and the stages are

sequenced to achieve cumulative effect rather than representing independent steps performed in arbitrary order. This design directly addresses the fragmentation prevalent in conventional pedicure delivery, where nail processing, skin care, and experiential service elements are typically executed as independent, loosely related actions without a unifying protocol logic.

The following flowchart illustrates the eight-stage structure of the MILANOVA SPA Pedicure protocol, demonstrating the logical sequence from initial assessment through finishing and home care instruction.

Figure 2. MILANOVA SPA Pedicure: Integrated Protocol Flowchart (author's development).

MILANOVA SPA Pedicure

Two-Stage Integrated Professional Protocol

STAGE I — PROFESSIONAL COMBINATION PEDICURE (E-FILE)

1. **Initial Assessment and Sanitary Preparation**
Assessment of the condition of the toenails and foot skin, followed by sanitary preparation for the procedure.
2. **Removal of Existing Coating, Cuticle Processing, and Nail Preparation**
Removal of the existing coating, cuticle processing, and preparation of the nail plates.
3. **Smart Pedicure Using a Pododisc**
Foot-skin processing using a PODDisc,

adapted to the visible condition of the skin.

4. **Standard Completion of Stage I**

The first stage is considered complete once the toenails and surrounding nail area have been cosmetically processed to a clean, neat, and finished condition.



STAGE II — STRUCTURED SPA FOOT CARE

1. **Controlled Hydration**

Controlled hydration of the foot skin.

2. **Targeted Additional Care for Dry, Rough, and Hardened Skin, as Needed**

When necessary, additional care is performed on specific areas of dry, rough, or hardened skin according to the condition of the skin.

Additional dry-skin care using a remover and a professional foot file is not required for every client and is performed only when needed.

3. **Skin Conditioning and Moisturizing**

Conditioning and moisturizing of the foot skin.

4. **Mandatory Massage**

Massage as a required component of the structured SPA foot-care stage.

5. **Procedure Completion**

Final completion of the SPA foot-care stage and finishing care.



COATING OPTIONS

The procedure may be performed:

Without Coating
With Regular Polish
With Gel Polish

The coating application sequence is determined by the type of service and the coating system used.

The MILANOVA SPA Pedicure is structured as a two-stage integrated professional protocol. Stage I consists of a Professional Combination Pedicure (E-File), while Stage II consists of Structured SPA Foot Care. Each stage follows a defined professional sequence, while allowing individualized adaptation according to the visible condition of the toenails and foot skin.

Stage I — Professional Combination Pedicure (E-File).

This stage begins with an initial assessment and sanitary preparation. It includes removal of any existing coating, cuticle processing, nail preparation, and Smart Pedicure using a pododisc according to the visible condition of the foot skin. Stage I is considered complete when the toenails and surrounding nail area have been cosmetically processed to a clean, neat, and finished condition.

Stage II — Structured SPA Foot Care. This stage includes controlled hydration, targeted additional care of dry, rough, or hardened skin when needed, skin conditioning and moisturizing, mandatory massage, and final finishing care. Additional dry-skin processing using a remover and a professional foot file is performed only when required by the visible condition of the skin and is not mandatory for every client.

The procedure may be completed without coating, with regular polish, or with gel polish. The coating application sequence is selected according to the type of service and the coating system used.

A comparative analysis of the MILANOVA SPA Pedicure protocol and a typical non-integrated pedicure service model highlights differences across structural, technical, and experiential dimensions. Table 1 presents this comparison across seven attributes informed by the service quality and beauty industry literature.

Table 1. Comparative Analysis of Conventional Pedicure and MILANOVA SPA Pedicure Service Models (composed by the author based on [6, 9, 13]).

Service Attribute	Conventional Pedicure	MILANOVA SPA Pedicure
Service Structure	Fragmented, stage-independent	Two-stage integrated professional protocol
Nail Processing Technology	Manual files and basic tools	Professional combination pedicure (e-file) with manual techniques
Skin Care Integration	Minimal or absent	Structured SPA foot care integrated as Stage II of the protocol
Client Assessment	Not standardized; operator-dependent	Structured initial assessment directing all stages
Callus Management	Coarse filing; variable intensity	Smart Pedicure with pododisc, with additional dry-skin care performed only when needed
SPA/Experiential Component	Optional or absent	Mandatory structured SPA foot-care stage including massage
Service Reproducibility	Operator-dependent; variable across visits	Structured, repeatable protocol designed to support service consistency across sessions

The comparison framework displayed as Figure 3 below visualizes the same distinctions in a side-by-side layout, making the systemic nature of the differences easier to assess.

Figure 3. Comparative Framework: Conventional vs. MILANOVA SPA Pedicure Service Models (author's development).

Comparative Framework: Conventional vs. MILANOVA SPA Pedicure Service Models

Conventional Pedicure	Category	Integrated SPA Pedicure
Fragmented stages	Service Structure	Two-stage integrated professional protocol
Manual files, basic tools	Nail Processing	Professional combination pedicure (e-file) with manual techniques
Minimal or absent	Skin Care Integration	Structured SPA foot care integrated as Stage II of the protocol
Not standardized	Client Assessment	Structured initial assessment
Rarely used	Hardware Technology	Central to every procedure
Optional / absent	SPA Components	Mandatory structured SPA foot-care stage including massage
Operator-dependent	Reproducibility	Structured, repeatable protocol designed to support service consistency

Figure 3. Comparative Framework: Conventional vs. MILANOVA SPA Pedicure Service Models (author's development).

The most significant structural difference is the shift from operator-dependent, stage-independent execution to a protocol-driven, functionally integrated system. In conventional pedicure delivery, the quality of each stage depends primarily on the individual technician's judgment and habit. In the MILANOVA SPA Pedicure, the initial assessment provides a structured professional basis for adapting the subsequent components of the protocol. This creates what can be termed protocol coherence: the property of a service system in which each component contributes to and is shaped by the overall therapeutic and experiential goal, rather than existing as an isolated procedure.

To provide a structured comparative assessment, the author developed a five-point evaluation model across six service-quality dimensions: technical precision, skin-care integration, client comfort, service reproducibility, premium experience delivery, and safety and hygiene. The scores were assigned based on practitioner observation, documented service characteristics, and relevant service-quality literature [9, 14]. The model is intended as a descriptive comparative tool rather than a validated clinical or psychometric scale.



Figure 4. Comparative Service-Quality Profile: Typical Non-Integrated Pedicure Model vs. MILANOVA SPA Pedicure (author-developed descriptive assessment model based on practitioner observation and [9, 14]).

The radar profile illustrates the author's comparative assessment of the two service models across the six selected dimensions. Within this descriptive framework, the MILANOVA SPA Pedicure demonstrates stronger integration of structured foot-skin care, service reproducibility, premium service experience, and technical organization. These differences reflect the protocol's

integrated two-stage structure rather than independently validated quantitative superiority.

Practitioner observation in a Florida salon setting supports the practical relevance of these differences. The protocol was adapted to clients presenting with varying levels of skin dryness, rough or hardened skin areas, different cuticle conditions, and sensitivity, while maintaining the

same overall two-stage structure. The structured initial assessment enabled the practitioner to document visible nail and foot-skin conditions across visits and to provide individualized home-care recommendations based on the client's current cosmetic care needs.

The MILANOVA SPA Pedicure has been implemented as the primary premium pedicure offering at the author's salon in Florida. Professional salon implementation demonstrates the protocol's practical relevance: the service is positioned at a premium price point relative to standard salon pedicure offerings, reflecting the higher skill requirement, longer service duration, and quality of products and equipment

employed.

Repeat client use has been observed in professional practice, consistent with literature indicating that personalized and technically differentiated beauty services may support stronger client loyalty [15].

Table 2 summarizes the key commercial and operational parameters of the MILANOVA SPA Pedicure implementation, drawing on practitioner documentation and established industry benchmarks for premium nail services [2, 16].

Table 2. Operational Parameters of the MILANOVA SPA Pedicure: Implementation Summary (composed by the author based on [2, 16])

Parameter	Specification / Observation
Service Format	Premium standalone pedicure service; two-stage integrated professional protocol
Target Client Profile	Clients with varied nail and foot-skin care needs; wellness-oriented premium consumers
Equipment Base	Professional e-file equipment, manual tools, and PODDisc system
Average Session Duration	60–90 minutes (individualized by initial assessment)
Commercial Positioning	Premium segment; price point above conventional salon pedicure
Client Retention Signal	Repeat client use observed in professional practice
Patent Status	Patent application filed by author; authorship protection in progress
Training Application	Protocol used as basis for technician training and skill standardization

These parameters demonstrate that the MILANOVA SPA Pedicure functions not merely as a practitioner's personal workflow but as a transferable professional system with commercial implementation, established pricing, documented professional use, and formal intellectual property protection efforts initiated by the author.

The principal theoretical contribution of this study is the articulation of functional integration as a distinct methodological principle in professional pedicure design.

Functional integration, as applied in the MILANOVA SPA Pedicure, refers to the deliberate design of a professional service protocol in which technically distinct procedural domains—specifically professional e-file pedicure techniques, structured foot-skin care, and SPA experiential service—are not simply placed in sequence, but are organized so that each component performs a defined function within the overall service structure. The intensity and execution of individual components are

guided by the initial client assessment while remaining within the protocol's two-stage integrated framework.

This principle distinguishes the MILANOVA SPA Pedicure from two common alternatives. The first alternative is the fragmented conventional pedicure, in which stages are performed without a unifying protocol or interoperability of components. The second is the additive hybrid service, in which SPA elements are appended to a conventional pedicure without redesigning the overall protocol logic. The functional integration approach requires that the protocol be designed as a whole, with explicit functional assignments for each component, before implementation.

The literature on service design supports this distinction. Research on human-centered service innovation [7] identifies integration as a core mechanism through which service quality transcends the performance of individual components. Studies of service standardization in beauty contexts [9, 17] confirm that structured protocols with embedded assessment mechanisms produce more consistent client outcomes than operator-dependent execution. The MILANOVA SPA Pedicure instantiates these principles at the level of a specific, commercially operational professional service.

A distinctive element of the MILANOVA SPA Pedicure is the integration of European apparatus pedicure techniques within a U.S. salon service context. European professional e-file pedicure practice, particularly as developed across parts of Europe and Eastern Europe, has historically emphasized the use of precision electric rotary instruments for nail and periungual processing, offering substantially greater control and safety than manual filing techniques [18]. U.S. salon pedicure practice has been slower to adopt hardware apparatus techniques, with most mainstream nail technician training programs devoting limited hours to rotary equipment use [19].

The author's professional formation within the European hardware pedicure tradition, combined with direct practice experience with U.S. clients, provided the methodological foundation for developing a protocol that brings European technical precision to the premium U.S. salon context. This represents a form of professional knowledge transfer with practical significance: it enables U.S. practitioners trained in the MILANOVA SPA Pedicure to offer clients a level of technical precision and skin care integration that is rare in the domestic market.

The Technavio nail salon market analysis [12] documents the growing trend toward service professionalization in U.S. nail salons, including increased certification requirements and technology adoption. The MILANOVA SPA Pedicure aligns with this trend and anticipates its trajectory: as regulatory and consumer quality standards continue to rise, structured, protocol-based services with embedded technical and care-related components are likely to play an increasingly important role in the premium segment.

Based on the analysis of the MILANOVA SPA Pedicure's structure and implementation outcomes, the following practitioner-oriented recommendations emerge. These recommendations are directed at nail technicians, salon managers, and beauty education providers considering the adoption of functionally integrated pedicure protocols.

The first recommendation concerns initial assessment as a non-negotiable protocol foundation. The structured client foot assessment at the outset of every session is the mechanism through which individualization operates within a standardized protocol. Without a documented, consistent assessment process, the remaining protocol components lose their adaptive capacity and revert to operator-dependent execution. .

The second recommendation addresses hardware competency as a prerequisite for protocol adoption. The hardware processing stages of the MILANOVA SPA Pedicure require proficiency with professional e-file equipment and appropriate bits and attachments. Training programs preparing technicians to deliver the protocol must include substantive hands-on hardware practice, moving beyond the cursory electric file instruction common in standard U.S. cosmetology curricula [19, 20].

The third recommendation involves documentation across client visits. The protocol's reproducibility advantage is better supported when visible nail and foot-skin conditions are recorded at each visit, allowing comparison over time and refinement of service parameters. Digital client records adapted to professional pedicure documentation would support this practice.

The fourth recommendation is the formal integration of home care instruction as a protocol stage rather than an optional post-service conversation. Client adherence to

home care recommendations directly affects the duration and quality of results between appointments. Structuring home care instruction as a mandatory protocol component, with standardized guidance adapted to individual assessment findings, supports service outcomes and client engagement.

Table 3 presents a structured summary of these recommendations alongside their rationale and expected outcomes, drawing on the service quality and beauty industry literature.

Table 3. Practitioner Recommendations for Functionally Integrated Pedicure Protocol Adoption (composed by the author based on [9, 14, 15, 17])

Recommendation	Rationale	Expected Outcome
Formalize initial foot assessment	Assessment is the individualization mechanism within the protocol	More consistent, client-adapted service delivery across visits
Invest in hardware training	Hardware precision is central to technical quality differentiation	Improved safety, precision, and service quality
Maintain longitudinal client records	Documentation across visits supports protocol refinement and demonstrates service consistency	Improved documentation continuity and stronger evidence of service consistency over time
Structure home care as protocol stage	Client adherence between sessions extends and protects service outcomes	Support for maintaining service results between visits
Certify protocol as a training module	Structured methodology enables consistent multi-practitioner delivery in salons	Scalable, reproducible premium service offering

These recommendations collectively address the operational path from individual practitioner methodology to scalable salon service system. The MILANOVA SPA Pedicure, as developed and implemented by its author, demonstrates that this path is achievable within the U.S. salon context, provided that training, documentation, and protocol adherence are treated as professional standards rather than optional enhancements.

The broader industry implications of the MILANOVA SPA Pedicure are significant in two respects. The first concerns the standardization of premium pedicure services as a category. The nail salon industry in the United States operates without widely adopted professional standards for premium or integrated pedicure service delivery [6, 20]. The MILANOVA SPA Pedicure provides a documented, professionally implemented protocol that could serve as a reference model for developing such standards, adaptable by beauty school curricula and salon certification programs.

The second implication concerns the professional

development of nail technicians as skilled practitioners rather than commodity service workers. The literature consistently identifies professional competency and individualized skill as the primary drivers of client loyalty in beauty service contexts [15, 17]. A protocol system like the MILANOVA SPA Pedicure, when adopted as a training framework, elevates the technical and professional knowledge base required for premium pedicure delivery, supporting the professionalization trajectory that the industry's regulatory and consumer quality trends demand [12, 19].

For the U.S. beauty market specifically, the development and diffusion of integrated pedicure protocols represents an opportunity to address a structural service quality gap. The premium wellness consumer segment identified by market research [11, 4] is prepared to pay significantly above market-average prices for services that demonstrably deliver high technical precision alongside structured foot-skin care and premium experiential value. The MILANOVA SPA Pedicure directly occupies this

positioning and, through its structured protocol logic, offers a replicable model for other practitioners seeking to enter the premium segment.

Conclusion

This study examined the MILANOVA SPA Pedicure, a professional pedicure protocol developed by Liudmyla Nikohosian, a licensed nail technician, salon owner, and educator in Florida, United States. The central research goal was to describe and analyze the method as an instance of practitioner-driven methodological innovation, evaluate its structural properties relative to conventional pedicure service delivery, and articulate the principle of functional integration that distinguishes it from existing approaches.

The findings are consistent with the study's hypothesis that deliberate functional integration of professional e-file pedicure techniques, structured foot-skin care, and SPA experiential service within a two-stage integrated protocol may support more consistent service delivery, individualized care, and premium service positioning compared with non-integrated service delivery. The protocol's two-stage structure, grounded in a structured initial assessment that guides the subsequent components of the service, reduces dependence on individual operator discretion and supports a more reproducible professional workflow.

The methodological contribution of this work resides in a documented analytical application of functional integration as a methodological principle applicable to professional pedicure protocol design. This contribution addresses a gap identified in the beauty salon research literature, where practitioner-developed service methodologies and the integration of technical, foot-skin-care, and SPA service dimensions have received limited scholarly attention despite their practical relevance and commercial significance.

The practical significance of these findings is multi-directional. For nail technicians, the MILANOVA SPA Pedicure offers a structured reference methodology for delivering premium pedicure services with consistent, reproducible service delivery. For salon managers and educators, it provides a framework for developing training curricula and service standards in the premium nail care segment. For the U.S. beauty industry more broadly, the protocol demonstrates how cross-cultural professional knowledge transfer, specifically the adaptation of European

hardware pedicure traditions to the U.S. market context, can generate methodological innovation with practical and commercial relevance within the U.S. beauty industry.

Commercial implementation in the author's Florida salon demonstrates the practical applicability of the MILANOVA SPA Pedicure as a premium professional service, with repeat client use observed in practice.

Future research should examine the replication of the functional integration framework across multiple salon contexts and practitioner profiles, developing standardized outcome measurement tools for premium pedicure services and quantifying client satisfaction differentials between integrated and conventional delivery models. Such research would strengthen the evidence base for professional standard development in the U.S. nail care industry and support the broader professionalization agenda that consumer expectations and regulatory trends increasingly demand.

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