

SPAPEDICURE™

Earth SpaPedicure

ESCAPE. EXHALE. RELAX.

Embrace the earth's warmth. Her vitamins and minerals protect and fortify. A sense of calm envelops the air as subtle tones of clay and minerals are released. Clients meld with earth as their centers become one.

STEP 1:

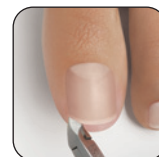
Cleanse



1. Begin every service with a refreshing hand wash with liquid soap and warm water. Sanitize your hands with **CoolBlue™**.
2. Add a scoop of **Earth Mineral Bath** to a foot bath and agitate with your hands to dissolve, or add 2-3 scoops to a motorized whirlpool tub.
3. Soak feet for 3-5 minutes to cleanse and soothe.
4. Remove one foot and towel dry.

STEP 2:

Remove Color, Reduce Length & File



1. Remove color using a plastic-backed, lint-free pad and **ScrubFresh™** or acetone-based polish remover.
2. Re-assess the length and shape to determine redesign needs.
3. Trim length with a properly cleaned and disinfected nail clipper or sharp nipper. Follow the natural C-curve of the nail with small cuts when trimming. Trim the corner of each toenail at a 45° angle, double-checking deep corners to ensure there are no hidden areas of growth.
4. Refine the shape of the natural nail with the 240-grit side of a **Kanga™ File** or **Boomerang Padded File**. File the extension edge of toenails parallel to the end of the toe. Gently round the corners to help prevent ingrown toenails.

STEP 3:

Cuticle Removal



1. Apply a pearl-size drop of **CuticleAway** evenly around the cuticle area of each nail.
2. Gently slide a cuticle pusher along the nail plate toward the eponychium area and along the lateral folds to lift and loosen any cuticle. Wipe excess CuticleAway from the nail plate and surrounding skin using a plastic-backed, lint-free pad.
3. Use a curette to check and remove any cuticle hiding along the sidewalls and the corners of the eponychium area.
4. Use a manicure nipper to carefully remove the loosened cuticle tissue, as well as any loose pieces of dead skin or hangnails.
5. Place the foot back in the bath to neutralize and remove CuticleAway.
6. Repeat color removal, length reduction, filing and cuticle removal on the other foot.

STEP 4:

Exfoliate



1. To slough away dead skin cells and stimulate the senses, massage a scoop of **Earth Warming Scrub** onto the top of one foot and leg up to the knee, using both hands. Moisten your hands in the foot bath to activate the relaxing warm sensation for your client.
 - a. **Effluorage.** Hold the ankle with one hand and perform a long, effluorage stroke with your free hand up the front of the calf and down the back of the leg applying even pressure to exfoliate dry skin. Switch hands and repeat three times.
 - b. **Petrissage.** Next, start at the ankle, and with your thumbs on the top of the calf and your fingers on the back of the leg, work toward the knee, alternating hands with deep friction or squeezing movements to stimulate the client's senses. Repeat three times.
 - c. **Vibration.** Finish exfoliation on the ankles and top of the foot with quick, circular vibration movements. Move from the ankle to the knee three times.
 - d. Place foot into the foot bath. Rinse off any excess Earth Warming Scrub. Repeat exfoliation steps on other foot and leg.

For Extra Exfoliation (optional add-on)

1. Smooth **Sea Scrub** along the sole and heel of the foot.
2. Gently massage for 2-3 minutes.
3. Rinse in footbath.
4. Repeat on other foot.



For Intense Callus Treatment (optional add-on)

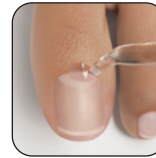
1. Carefully apply **Sea Serum™** to calluses and dry spots on the foot with a plastic-backed cotton pad or spatula. Rinse fingers after applying.
2. Wrap the foot in a clean towel and let sit for 5 minutes.
3. Unwrap the foot and run a **Callus Smoother** over callused areas in circular motions to reduce and smooth calluses.
4. Rinse and towel dry the foot.



STEP 5:

Moisturize

1. Remove the first foot from the bath and dry with a clean towel. Squeeze a pearl-size drop of **Cuticle Eraser™** onto each eponychium and thoroughly rub into skin.
2. Without removing the Cuticle Eraser, apply one drop of **SolarOil™** to the base of the nail plate and surrounding tissue. Massage thoroughly into nails and skin.
3. To moisturize and stimulate the senses, spread a thin, even coat of **Earth Moisture Masque** onto the foot and ankle using your hands or a soft disinfected applicator brush.
4. Wrap foot in a warm, clean towel and repeat on the other foot.
5. After 5 minutes, unwrap both feet and place back into the foot bath for about 30 seconds to soften the masque. Wipe clean with a disinfected or disposable sponge or washcloth.
6. Remove feet from tub and towel dry. Wrap both feet and, if possible, move the tub to the side and cover with your ritual tray.



STEP 6:
Massage



1. Unwrap one foot and rest the heel on your lap.
2. Rub **Earth Hydrating Lotion** into your palms and smooth from the foot to the knee.
 - a. **Effleurage.** Hold the ankle with one hand and perform a long, effleurage stroke with your free hand up the front of the calf and down the back of the leg applying even pressure to exfoliate dry skin. Switch hands and repeat three times.
 - b. **Petrissage.** Next, start at the ankle, and with your thumbs on the top of the calf and your fingers on the back of the leg, work toward the knee, alternating hands with deep friction or squeezing movements to stimulate the client's senses. Repeat three times.
 - c. **Vibration.** With quick, circular vibration movements, move from the ankle to the knee three times.
 - d. **Friction.** Slide your hands down to the ankle and support the heel with one hand. With the other, slide up the bottom of the foot and place the tip of your index finger on the fleshy base between the big and second toe. Very slowly, with some pressure, slide your index finger downward between the toes, rotating your finger. Repeat this step between all toes three times.
 - e. **Petrissage.** Slide one hand to the top of the foot for support and, with the other, form a fist and use slow circular petrissage movements to work the entire arch and heel. Repeat this step three times.
 - f. **Friction.** Using the same hand, slide your thumb across the ball of the foot several times.
 - g. Resting the heel of the foot on a pad or your knee, wrap both hands around the arch and top of the foot, with your fingers on top and your thumbs on the sole of the foot. Slowly squeeze the foot while sliding thumbs in opposite directions from side to side, soothing the muscles of the arch and ball of the foot. Repeat three times.
 - h. **Effleurage.** Keeping one hand on top of the foot for support, rotate your other hand to use the heel of your palm on the arch of the foot. With firm pressure, massage from the ball of the foot to the heel. Repeat this three times.
 - i. **Friction.** Continue supporting the foot and slide your hand to the big toe and squeeze in a downward motion toward the tip. Do this to each toe and repeat three times.
 - j. **Tapotement.** Finish the massage with a feather-light fingertip stroke up the top of the foot and leg to the knee, then down the back of the leg. Repeat three times.
3. Wipe away any excess Earth Hydrating Lotion with a clean towel and wrap the foot to keep it warm. Repeat massage on the other foot.

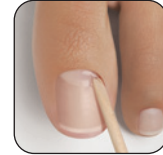
For Dry, Cracked Heels (optional add-on)



1. Apply **Cucumber Heel Therapy** to heels and other dry areas.
2. Recommend Cucumber Heel Therapy as part of your client's home-care regimen to help keep heels soft between services.

STEP 7:

Final Refinement and Finish



1. Pull back the lateral folds (sidewalls) of the nails with your fingers and use a pusher to double check for cuticle and gently remove any stubborn remnants.
2. Gently nip away any leftover cuticle you missed earlier.
3. Smooth any deep ridges on the big toenail with the smooth side of a **Koala Buffer™**. When servicing the regular pedicure client, only smooth new nail growth with each appointment - this will prevent over-thinning the nail plate

For a High Gloss Buff



1. Buff to a high shine with **Girlfriend™ Buffer**, **Glossing Buffer** or **Glossing Block**.

For Color



1. *Gently* remove the shine from the nail plate, in the direction of the nail plate growth, with the 2400 grit side of a Girlfriend Buffer.
2. Use **ScrubFresh™** to remove oil and debris from the nail plate.
3. Apply a thin coat of **Toughen Up™**, **Stickey™** or **Ridge Out™** base coat.
4. Apply 2 coats of nail color and allow to dry for 5 minutes.
5. Seal and protect with a coat of **Super Shiney™** or **Air Dry** top coat. Remember to seal edges to extend wear.
6. After 1 minute, spray each nail with **SolarSpeed Spray™** to quick-dry nails and condition the skin.

PRODUCTS REQUIRED

- CoolBlue™ 1 pump
- Earth Mineral Bath 0.50 oz
- ScrubFresh™ as needed
- CuticleAway 1 pearl-size drop per nail
- Earth Warming Scrub 1.25 oz
- Cuticle Eraser 1 pearl-size drop per nail
- SolarOil 1 pearl-size drop per nail
- Earth Moisture Masque 1.16 oz
- Earth Hydrating Lotion 0.23 fl oz
- Girlfriend™ Buffer 1 buffer
- Toughen Up™/Stickey™/Ridge Out™
 Base Coat 1 thin coat
- Nail Color 2 thin coats
- Super Shiny™/Air Dry Top Coat 1 thin coat
- SolarSpeed Spray™ 1 spray per foot
- Glossing Buffer or Glossing Block 1 buffer

ACCESSORIES/EQUIPMENT REQUIRED

- Foot bath
- Towels
- Sponge
- Polish remover
- Plastic-backed, lint-free pads
- Nail clippers
- Cuticle pusher
- Cuticle nippers
- Curette
- Toe separators

OPTIONAL PRODUCTS

- Sea Scrub 1.35 oz
- Sea Serum™ 0.2 fl oz
- Callus Smoother 1 callus smoother
- Cucumber Heel Therapy 0.1 oz