

SPAPEDICURE™

# Marine SpaPedicure

EXCITE. ENERGIZE. REFRESH.

An inspired system born of the sea. Marine botanicals and sea salts energize. Quartz crystals and menthol cool. A service designed to refresh and revitalize – like a brisk barefoot walk in the surf. Feet reborn. Spirit satisfied.

### STEP 1:

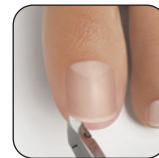
## Cleanse



1. Begin every service with a refreshing hand wash with liquid soap and warm water. Sanitize your hands with **CoolBlue™**.
2. Stir contents of **Marine Mineral Bath** and add 1 scoop to a foot bath or 2-3 scoops to a motorized whirlpool tub. Agitate with hands to dissolve.
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.

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**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.

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**STEP 4:**

## Exfoliate



1. To slough away dead skin cells and stimulate the senses, massage a scoop of **Marine Salt Scrub** onto the top of one foot and leg up to the knee, using both hands.
  - a. **Effluerage.** Hold the ankle with one hand and perform a long, effluerage 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 Marine Salt 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)

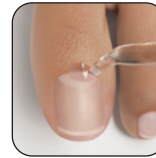
1. Carefully apply **Sea Serum™** to calluses and dry spots on the foot with a plastic-backed cotton pad or spatula. Rinse fingers after applying.
2. Wrap the foot in a clean towel and let sit for 5 minutes.
3. Unwrap the foot and run a **Callus Smoother** over callused areas in circular motions to reduce 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 **Marine Cooling 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 **Marine Hydrating Oil** 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 thumb on the fleshy base between the big and second toe. With even pressure, slide your thumb downward between the toes, then slide back, pinching the fleshy area between your thumb and index finger. Repeat this step three times between all toes on the foot.
  - 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. Using the same hand, slide your thumb across the ball of the foot several times.
  - g. Bend the toes over the thumb of your other hand.
  - h. With the palm of your hand, glide over the sole of the foot from the heel through the arch with firm pressure.
  - i. Slide back down the foot with the knuckle of the same hand. Repeat steps h and i three times.
  - j. Continue supporting the foot and slide your hand to the big toe. With a downward motion, squeeze the toe toward the tip. Repeat on all toes three times.
  - k. 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 Marine Hydrating Oil 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.

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**PRODUCTS REQUIRED**

- CoolBlue™ . . . . . 1 pump
- Marine Mineral Bath . . . . . 0.25 oz
- ScrubFresh™ . . . . . as needed
- CuticleAway . . . . . 1 pearl-size drop per nail
- Marine Salt Scrub . . . . . 1.32 oz
- Cuticle Eraser . . . . . 1 pearl-size drop per nail
- SolarOil . . . . . 1 pearl-size drop per nail
- Marine Cooling Masque . . . . . 0.24 oz
- Marine Hydrating Oil . . . . . 0.19 oz
- Girlfriend™ Buffer . . . . . 1 buffer
- Toughen Up™/Stickey™/Ridge Out™  
    Base Coat . . . . . 1 thin coat
- Nail Color . . . . . 2 thin coats
- Super Shiney™/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

