

30 DAYS in the TREATMENT ROOM DAY 21

THE ULTIMATE SOLE RELIEF FOOT FACIAL

For most skin types except extremely sensitive or with rosacea

TREATMENT TIME: 50 minutes

SUGGESTED RETAIL PRICE: \$40-70

PRODUCTS

- Tension Relief Foot Soak
- Invigorating Bath & Shower Gel
- Sole Relief Foot Scrub
- Sole Softening Foot Masque
- Foot + Leg Smoothing Lotion
- Pro-Gel 30 Glycolic Acid (*optional*)
- Seawater Hydrating Mist
- Phyto-Lipid Massage Lotion

CLIENT PREPARATION

Fill pedicure bath (or whirlpool) with 2-3 tablespoons of **Tension Relief Foot Soak**. Add a capful of **Invigorating Bath & Shower Gel** to water and swirl to disperse foam.
NOTE: When using a hydrotherapy or whirlpool tub do not use **Invigorating Bath & Shower Gel**.

CLEANSING

1. Lightly mist feet with an alcohol-based sanitizing spray or as required by your state sanitization guidelines. If needed, remove nail polish.

ANALYSIS

Not applicable

TREATMENT

1. Soak feet in whirlpool/pedicure bath 5-10 minutes.
2. Clip and file toenails using a smooth abrading surface (240-grit) to avoid disrupting the nail plate layers. Apply **Foot + Leg Smoothing Lotion** to cuticles and gently push back along the nail plate to loosen cuticles. Nip if necessary or allowed by state board guidelines.
3. Apply **Sole Relief Foot Scrub** to polish the skin on the lower legs. Allow the scrub to remain for two minutes, then remove with a warm damp towel.
4. Continue exfoliating if necessary with **Sole Relief Foot Scrub** applied to the feet emphasizing heels and calluses. Use pumice stone or sanitized micro-plane to buff remaining callused skin. Rinse each foot thoroughly and towel pat dry.
OPTIONAL STEP: Using a gauze or plastic-backed pad apply **Pro-Gel 30** to dry callused areas on the bottom of feet and heels only. Allow the calluses to soften for 5 minutes then remove with dampened gauze pads or towel.
5. Apply a thick layer of **Sole Softening Foot Masque** (approx. 1 Tbsp. each foot) to each towel-dried foot, wrap in plastic and/or warm towels and allow to penetrate for 5 minutes. Rinse thoroughly and towel dry.
6. Apply **Foot + Leg Smoothing Lotion** and perform massage 5-7 minutes on each leg and foot. **NOTE:** If client is sensitive to AHA's, **Phyto-Lipid Massage Lotion** may be used.
7. Remove any residual oil from nails by lightly misting toes with **Seawater Hydrating Mist** and wipe clean with cotton pads.

COMPLETION

Complete service with light buffing. Apply base coat, two coats of polish and topcoat, if desired.

RECOMMENDED CLIENT HOME CARE

- Recommended retail home care should include:
- **Tension Relief Foot Soak**
 - **Sole Relief Foot Scrub**
 - **Sole Softening Foot Masque**
 - **Foot + Leg Smoothing Lotion**