

CND® SPA PEDICURE

60-90 MIN CND's 4-step system lets you customize services with a choice of fragrance moods and specialized treatments for deeper care.

Featuring:

GARDENIA WOODS™ an indulgence of rich moisture that hydrates skin with a botanical blend of soothing chamomile and purifying sandalwood. Leaves skin luxuriously soft with every touch.



BRIGHT CITRON™ experience a revitalizing ritual to awaken skin's natural glow. Restore radiance with a botanical blend of hydrating honey and purifying kaffir lime. Brightens up every mood.



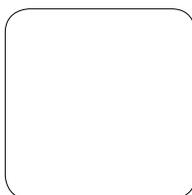
STEP 1:

Cleanse

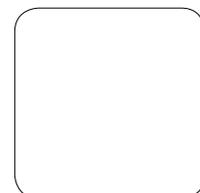
1. Wash your hands with soap and water and towel dry.



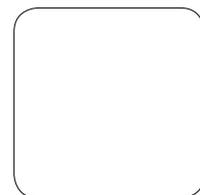
2. Massage **COOLBLUE®** Waterless Hand Cleanser into your hands to cleanse skin and help prevent transmission of germs.



3. If applying **SHELLAC®** Brand 14+ Day Nail Color, wash client's feet with liquid soap and warm water. Towel dry. Proceed to Step 2.



4. Add a small amount of **Soak** to the pedicure tub. Agitate with hands to dissolve.



5. Soak feet for 3-5 minutes to cleanse. Remove one foot and towel dry.

STEP 2:

P - Perform a Pedicure

1. Remove any existing nail color from the natural nail using an acetone-based polish remover (**SHELLAC® Nourishing Remover** or **SCRUBFRESH®** Natural-Nail Surface Cleanser) and a plastic-backed lint-free pad.



2. 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.



3. Refine the shape of the natural nail with the 240-grit side of a **Kanga™ File** or **Koala Buffer™**. File the extension edge of toenails parallel to the end of the toe. Gently round the corners to help prevent ingrown toenails.



4. Apply a small amount of **CuticleAway™** Cuticle Remover evenly around the cuticle of each nail. (To prevent product contamination, do not touch soft tissue with the product applicator. It is also important not to “rub” cuticle remover in with the finger; this can lead to over-exposure for the Nail Professional.)



5. *Gently* slide a **cuticle pusher** or orangewood stick along the nail plate toward the cuticle area and along the lateral fold to lift and loosen any non-living tissue from the nail plate. Remove any excess **CuticleAway™** from the nail. Use a **curette** to remove non-living tissue up to the eponychium and lateral folds.



6. Scrub nails thoroughly with soap and a damp brush, then rinse with warm water to remove the cuticle remover and soap; towel dry.

7. Use a **manicure nipper** to carefully remove any loosened, non-living tissue, as well as any loose pieces of skin or hangnails. Use a gentle touch during cuticle removal to protect the seals. Never cut living tissue as it can lead to infection.



8. Repeat color removal, length reduction, filing and cuticle removal on the other foot.

STEP 3:

Apply SHELLAC® Brand 14+ Day Nail Color (optional)

1. For a comprehensive tutorial of **SHELLAC®** Brand 14+ Day Nail Color application techniques see the **SHELLAC®** Brand Application & Removal Step-By-Step.

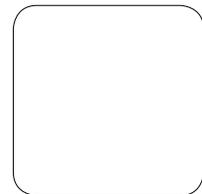


STEP 4:

Exfoliate

Effleurage

1. To slough away dead skin cells and gently polish the skin, massage a scoop of **Scrub** onto the top of one foot and leg up to the knee, using effleurage.

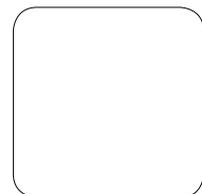


- a. Hold the client's ankle with one hand and perform long **effleurage** strokes with opposite hand up the front of the calf and down the back of the leg, applying even pressure. Allow working hand to finish at ankle. Alternate hands and repeat for a total of three times.

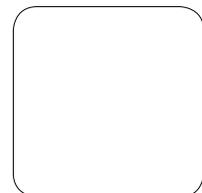


Targeted Friction

2. Use **targeted friction** to concentrate on areas of extreme dryness, rough spots or calluses on the foot.



- a. Create small circular movements with fingertips, traveling up the foot and leg to the knee. Open hands and glide down the foot and leg to the toes. Repeat this step three times.



- b. Place foot into the foot bath. Rinse off any excess **Scrub**. Dry with a clean towel and wrap to keep warm. Repeat exfoliation on other foot and leg.



Intense Callus Treatment (optional)

3. Carefully apply **CUCUMBER HEEL THERAPY™ Callus Smoother** to calluses on the foot with a plastic-backed, lint-free pad or spatula. Rinse fingers after applying. (It is important not to “rub” the product in with the fingers; this can lead to over-exposure for the Nail Professional.)
4. Wrap the foot in a clean towel and allow to sit for 5 minutes.
5. Unwrap the foot and exfoliate callused areas of the foot with a **Foot File** in circular motions to reduce and smooth calluses.
6. Rinse and towel dry the foot. Wrap to keep warm and repeat on opposite foot.



STEP 5:

Condition & Moisturize

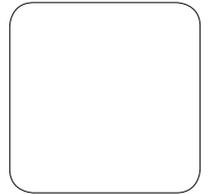
1. Apply a small amount of **CUTICLE ERASER® A.H.A. Cuticle Treatment** onto the eponychium and thoroughly rub into skin.



2. Without removing the **CUTICLE ERASER®**, apply a drop of **SOLAROIL® Nail and Cuticle Conditioner** to the base of the nail plate and surrounding tissue. Massage thoroughly into nails and skin. Leave on nails through next step.



3. Spread a thin, even layer of **Masque** onto the foot and ankle using a disinfected facial applicator brush to coat evenly.



4. Wrap foot in a warm, clean towel and repeat on the other foot.



5. After five minutes, **compress** the foot and ankle six times to start the removal process. Immerse towel-covered feet back into the foot bath for about 30 seconds, **knead** the foot to soften the mask and use towel to gently remove the remaining mask.

6. Remove feet from tub and towel dry. Wrap both feet in a clean warm towel.

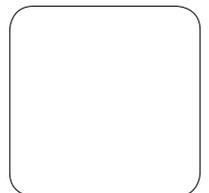
STEP 6:

Hydrate & Massage

Energetic Effleurage (Lomilomi)

1. Ease stress and tension with **Energetic Effleurage (Lomilomi)**.

- a. Warm enough **Lotion** between your palms to thoroughly massage the feet and legs up to the knee.



- b. Hold the client's ankle with one hand and perform long **energetic effleurage** strokes with opposite hand up the front of the calf and down the back of the leg, applying even pressure. Allow working hand to finish at ankle. Alternate hands and repeat for a total of three times.



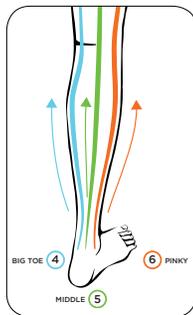
Energy Lines

2. Massage the **Six Energy Lines** along the front and back of the leg, to identify areas of fatigue. For a stimulating massage move more quickly along the lines. For a relaxing massage, move slowly along the lines.

- a. Hold the ankle to support the client's leg. Place thumb at the base of the big toe and press up, along the energy line, one inch at a time to the knee. Repeat this technique on the remaining energy lines of the middle toe and pinky toe.



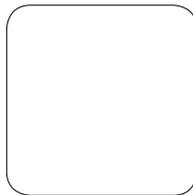
- b. Repeat the steps on the back of the leg. Place fingers and follow the line of the big toe starting at the top of the inside ankle. Press up, along the energy line, one inch at a time to the knee. Repeat this technique on the remaining energy lines of the middle toe and pinky toe.



Spread

3. **Open and spread** the client's foot using **deep friction** movements to stimulate circulation.

- a. Place thumbs on ball of the client's foot and fingers on the metatarsal area. Grasp the foot and work the thumbs outwards using **deep friction** movements, aiming to **open and spread** the metatarsal bones.

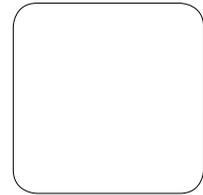


Energy Points

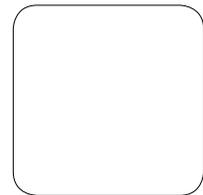
4. Massage **Energy Points** on the bottom of the foot to target stress and tension. Place thumb on points and work the pressure from point to point gently pressing each to relieve stress and tension. Move more quickly at each point for a more stimulating massage. Move more slowly at each point for a relaxing massage.



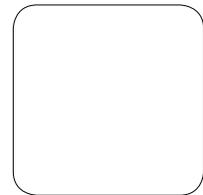
- a. Press and lift, one inch at a time, along the outside of client's arch from top of heel to base of big toe (corresponds to **spine**).



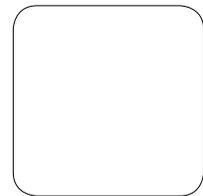
- b. Press pad of the foot beneath the big toe (corresponds to **neck**).



- c. Press the tip of the big toe, followed by all toe tips (corresponds to **head**).



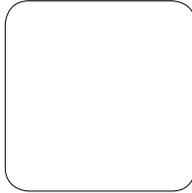
- d. Press the outside of the foot, under the pinkie (corresponds to **shoulder**).



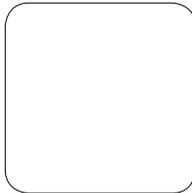
Stretch & Rotation

5. **Stretch** and **rotate** the foot and leg to alleviate tension.

- a. Cup one hand under the heel, behind the ankle, to brace the foot and leg. Grasp the ball of the foot with the other hand and gently **stretch** towards the client and away. Repeat three times.



- b. **Rotate** the foot slowly at the ankle three times in each direction.



Moisturizing Treatment For Dry, Cracked Heels (optional)

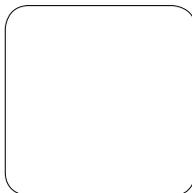
Petrissage

1. Stimulate the skin and underlying tissue with **knuckling/kneading petrissage** movements.

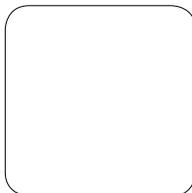
- a. Apply a small amount of **CUCUMBER HEEL THERAPY™** Intensive Treatment to the bottom of foot.



- b. Hold the top of the foot with one hand to support. Use the **knuckles** of the other hand to **knead** the entire bottom of the foot.



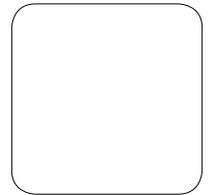
- c. Form a fist and use slow circular **petrissage** movements to work the entire arch and heel. Repeat this step three times.



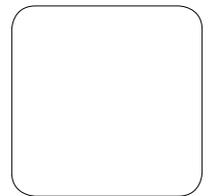
Energetic Effleurage (Lomilomi) & Cupping

6. Finalize the massage with **energetic effleurage (Lomilomi)** strokes and **cupping**.

- a. Hold the client's ankle with one hand and perform long **energetic effleurage** strokes with opposite hand up the front of the calf and down the back of the leg, applying even pressure. Allow working hand to finish at ankle. Alternate hands and repeat for a total of three times.



- b. On the final repeat place working hand on the top of client's foot and slide the opposite hand to the bottom of the foot, **cup** and hold the foot to finalize the massage.



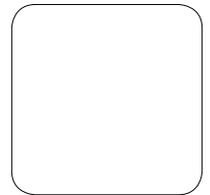
- c. Wipe away any excess **Lotion** with a clean towel and wrap client's foot to keep it warm. Repeat massage on the other foot.



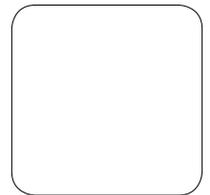
Transverse Friction

2. Work the bottom of the foot using **transverse friction** to stimulate circulation and work the underlying soft tissue.

- a. Starting at the heel apply pressure with thumbs using **transverse friction** movements, in a criss-cross pattern gradually working up towards the ball of the foot.



- b. Apply firm slow pressure, with thumbs, down the center of the foot from the ball to the heel. Repeat steps a & b three times.



- c. Wrap the foot in a clean warm towel. Repeat massage techniques on opposite foot.



STEP 7:
Finish

E - Eliminate Surface Contaminants and P - Purify Nail Plate Layers

1. **E - Eliminate** surface contaminants and **P - Purify** nail plate layers.
 - a. Double check for stubborn cuticle and debris by pulling back the lateral folds (sidewalls) of the nails with your fingers and use a **curette** to gently remove any remnants.
 - b. Thoroughly cleanse and temporarily dehydrate the nail plate layers with **SCRUBFRESH®** using a lint-free, plastic-backed pad. *Gently* pull lateral folds back and scrub thoroughly to be sure all areas of the nail are completely clean.



High Shine

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



VINYLUX® Weekly Polish

1. For a comprehensive tutorial of **VINYLUX® Weekly Polish** application techniques see the **VINYLUX® Weekly Polish System Application Step-by-Step**.



PRODUCTS REQUIRED

- COOLBLUE®**
Soak: **GARDENIA WOODS™**
or **BRIGHT CITRON™**
- SHELLAC® Nourishing Remover**
CuticleAway™
- Scrub: **GARDENIA WOODS™**
or **BRIGHT CITRON™**
- CUCUMBER HEEL THERAPY™**
Callus Smoother
- CUTICLE ERASER®**
- SOLAROIL®**
Masque: **GARDENIA WOODS™**
or **BRIGHT CITRON™**
- Lotion: **GARDENIA WOODS™**
or **BRIGHT CITRON™**
- CUCUMBER HEEL THERAPY™**
Intensive Treatment
- SCRUBFRESH®**
- CND® Files & Buffers**
- SHELLAC® Base Coat***
- SHELLAC® Color Coat***
- XPRESS5™ Top Coat*** or
SHELLAC® Top Coat*
- VINYLUX® Weekly Polish***
- VINYLUX® Weekly Top Coat***

ACCESSORIES/EQUIPMENT REQUIRED

- Hand soap
 - Foot bath
 - Towels
 - Plastic-backed, lint-free pads
 - Nail clippers
 - Cuticle pusher
 - Orangewood stick
 - Manicure nippers
 - Curette
 - Foot File*
 - Disinfectable facial applicator brush*
- *Optional