

CND® SPA MANICURE

60 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. Prepare for a service by cleansing hands thoroughly with soap and water; towel dry.
2. Have the client wash their hands with soap and water and towel dry.



STEP 2:

P - Perform a Manicure

1. Massage **COOLBLUE®** Waterless Hand Cleanser into the client's hands to cleanse skin and help prevent transmission of germs.



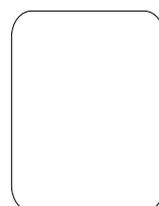
2. Remove any existing nail color from the natural nail using an acetone-based polish remover (**SHELLAC® Nourishing Remover** or **SCRUBFRESH®** Natural-Nail Surface Cleanser) and a plastic-backed, lint-free pad.
3. If nails are dry and brittle, fill a bowl with enough warm water and a small amount of **Soak** to fully immerse the fingertips.*



If nails are thin and flexible, trim length and shape the extension edge with the 240-grit side of a **Kanga™ File** or **Koala Buffer™** prior to placing the hands into the bowl.



4. After 1-2 minutes, remove hands from the bath and dry (trim and shape nails if not already done).

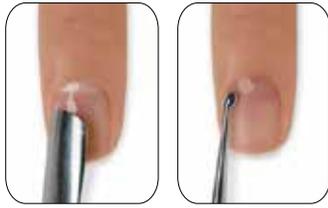


5. Apply a small amount of **CuticleAway™** Cuticle Remover evenly around the cuticle of each nail. (To prevent product contamination, do not touch soft tissue with the product applicator. It is also important not to "rub" cuticle remover in with the finger; this can lead to over-exposure for the Nail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



*If applying **SHELLAC®** Brand 14+ Day Nail Color, perform this step after Step 3: Apply **SHELLAC®** Brand Nail Color

6. **Gently** slide a **cuticle pusher** along the cuticle area and along the lateral folds to lift and loosen any non-living tissue from the nail plate. Remove any excess **CuticleAway™** from the nail and use a **curette** to remove non-living tissue up to the eponychium and lateral folds.



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

8. 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.



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 hand and arm up to the elbow, using **effleurage**.



* Dry P.E.P. is an excellent option for clients with great natural nails, who do not build excessive cuticle between services. Eliminating the wet cuticle treatment can shorten the service time and increase adhesion for some clients.

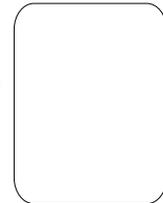
a. Hold the client's wrist with one hand and perform long **effleurage** strokes with opposite hand up to the top of the arm and down the back of the arm, applying even pressure. Allow working hand to finish at wrist. Alternate hands and repeat for a total of three times.



Targeted Friction

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

a. Create small circular movements with fingertips, traveling up the hand and arm to the elbow. Open hands and glide down the arm to the fingertips. Repeat this step three times.



b. Rinse the hand with the water from the bowl and remove **Scrub** with a moist, soft sponge. Dry with a clean towel and wrap to keep warm. Repeat the exfoliation steps on the other hand.



STEP 5:

Condition & Moisturize

1. Apply a small amount of **CUTICLE ERASER®** A.H.A. Cuticle Treatment onto the eponychium and thoroughly rub into the 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** to one hand and arm using a disinfected facial applicator brush to coat evenly.



4. Wrap hand and arm with plastic wrap to provide a gentle warming effect and facilitate easy removal.



5. Cover with a clean towel and repeat on other hand. For faster penetration, insert the wrapped hands into heated manicure mitts.



6. After five minutes, **compress** the hand and arm six times and **knead** the towel to start the removal process. Remove the towel and plastic wrap. Wipe away excess **Almond Illuminating Masque** with clean water and a warm moist towel. Dry with a clean towel.

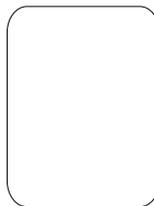
STEP 6:

Hydrate & Massage

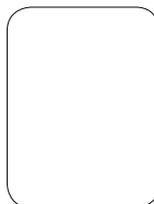
Energetic Effleurage (Lomilomi)

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

- a. Warm enough **Lotion** between palms to thoroughly massage client's hands and arms up to the elbow.



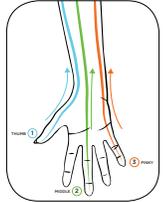
- b. Hold the client's wrist with one hand and perform long **energetic effleurage** strokes with opposite hand on the top of the arm up to the elbow and then down the back of the arm, applying even pressure. Allow working hand to finish at wrist. Alternate hands and repeat for a total of three times.



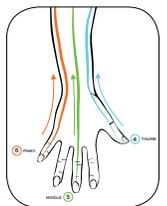
Energy Lines

2. Massage the **Six Energy Lines** along the inside and outside of the arm. For a stimulating massage move more quickly along the lines. For a relaxing massage, move slowly along the lines.

- a. Hold the wrist (palm up) to support client's arm. Place thumb at the base of the client's thumb and press up, along the energy line, one inch at a time to the elbow. Repeat this technique on the remaining energy lines of the middle finger and the pinky finger.



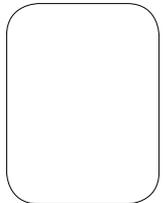
- b. Turn palm down and repeat the steps on the outside of the arm, starting with thumb, then middle and finally the pinky.



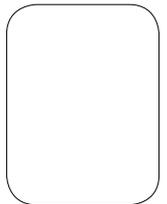
Spread

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

- a. Turn the client's hand palm side up. Open pinky and ring fingers of one hand and slide between pinky and ring of client's hand. Slide the other pinky and ring fingers between index and thumb of client's hand.



- b. Open client's palm, **spread** the hand and massage with thumb using **deep friction** movements to stimulate circulation. Feel for tension and work each muscle to relax the hand. Repeat several times.

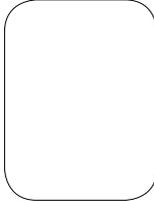


Energy Points

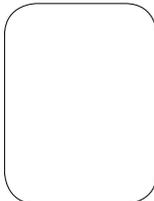
4. Massage **Energy Points** on the front and back of the hand to target stress and tension. Place thumb on points and work the pressure from point to point gently pressing each to relieve stress and tension. Move more quickly at each point for a more stimulating massage. Move more slowly at each point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



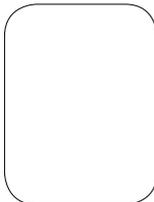
a. Press along the top of the wrist to the base of thumb (corresponds to **spine**).



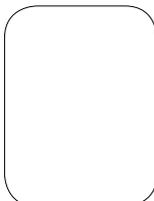
b. Press between the first and second knuckle on the outside of the thumb (corresponds to **neck**).



c. Press the tips of each finger and thumb (corresponds to **head**).



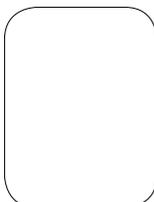
d. Press the outside of the hand at the base of the pinky. (corresponds to **shoulder**).



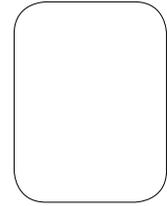
Stretch & Rotation

5. **Stretch** and **rotate** the hand and arm to alleviate tension.

a. With the client's palm facing up, grasp the wrist with one hand for support, and intertwine fingers with client's fingers. Gently **stretch** towards the client and away. Repeat three times.



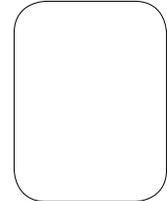
b. **Rotate** the hand slowly at the wrist three times in each direction.



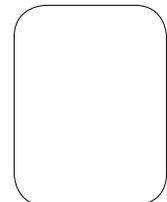
Energetic Effleurage (Lomilomi) & Cupping

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

a. Hold the client's wrist with one hand and perform long **energetic effleurage** strokes with opposite hand on top of the arm up to the elbow and then down the back of the arm, applying even pressure. Allow working hand to finish at wrist. Alternate hands and repeat for a total of three times.



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



c. Wipe away any excess **Lotion** with a clean towel and wrap the hand to keep it warm. Repeat massage on the other hand.



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.

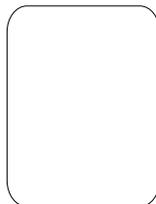


- b. Thoroughly cleanse and temporarily dehydrate the nail plate layers with **SCRUBFRESH**® using a lint-free, plastic-backed pad. Gently pull lateral folds back and scrub thoroughly to be sure all areas of the nail are completely clean.



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™**

CUTICLE ERASER®

SOLAROIL®

Masque: **GARDENIA WOODS™**
or **BRIGHT CITRON™**

Lotion: **GARDENIA WOODS™**
or **BRIGHT CITRON™**

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

Towels

Manicure bowl

Sponge

Plastic-backed, lint-free pads

Nail clippers

Cuticle pusher

Manicure nippers

Curette

Disinfectable facial applicator brush*

*Optional