

SPAMANICURE™

Almond SpaManicure

1 HOUR The Almond SpaManicure is a soothing menu addition to comfort and indulge your clients with a deeply moisturizing and relaxing new service. Designed to calm and restore even the most stressed hands, this service will provide long-lasting benefits beyond a basic manicure.

STEP 1: Cleanse and Shape



1. Have the client wash hands and towel dry.
2. Massage **CoolBlue™** into client's hands to sanitize.
3. Remove existing nail color using an acetone-based polish remover (or **ScrubFresh™**) and a lint-free pad.
4. If necessary, trim the length from each nail, using nail clippers.
5. Shape and smooth the nail's free edge with a **Kanga™ File**.

STEP 2: Bathe and Moisturize



1. Place a smaller bowl within a larger bowl on a towel at your table.
2. Fill the larger (outer) bowl with approximately 1 inch of very warm water – should fill half way up the side of the smaller (inner) bowl.
3. Add enough **Almond Milk Bath** to the smaller bowl to fully immerse the fingertips (approximately 30 mL/1 fl oz).
4. Soak fingertips for 1 to 2 minutes.
5. Pour an equal amount of warm water (30 mL/1 fl oz) to the soak in the inner bowl to create a milky solution. Gently swirl fingers to mix.
6. Remove hand and towel dry.

Step-by-Step Guide

STEP 3:

Cuticle Care



1. Apply a small amount of **CuticleAway** evenly around the cuticle of each nail.
2. *Gently* slide a cuticle pusher along the nail plate toward the cuticle area to loosen any non-living tissue from the nail plate.
3. Use a curette to remove non-living tissue up to the eponychium and lateral edge.
4. Use a manicure nipper to carefully remove the loosened non-living tissue, as well as any hangnails.

STEP 4:

Exfoliate and Moisturize



1. Massage a scoop of **Almond Moisture Scrub** into the hands for 1 to 2 minutes to gently exfoliate the skin.
Use slow effleurage (long) massage strokes on the hand:
 - Hold the client's hand with one hand and perform effleurage with your other hand, with firm pressure moving up the back of the hand, and back down using light pressure.
 - Move your hands in a brisk circular motion to exfoliate.
 - Using both hands, place your thumbs on top of the client's hand and your fingers on the client's palm. Spread apart the top of the client's hand as you petrissage down to the sides with your thumbs. Repeat 2-3 times.
2. Rinse hand with water from bowl and or remove scrub with a soft sponge.
3. Thoroughly dry hands with a clean towel.

STEP 5:

Moisturize Massage



1. Apply a thin layer of **Almond Illuminating Masque** to the top of both hands and fingers, and wrap hands in warm towels or heated manicure mitts.
2. After 3-5 minutes, remove towels/mitts and remaining masque with a soft sponge.
3. Thoroughly dry hands with a clean towel.

Step-by-Step Guide

STEP 6:

Massage



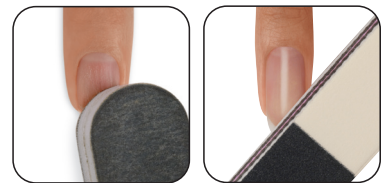
1. Massage a dollop of **Almond Hydrating Lotion** into each hand and arm, using effleurage and petrissage techniques.

Suggestion: For clients with severe dry skin or simply in need of a home care lotion, please suggest usage of Almond Soothing Crème – a rich, intensive hand cream that deeply moisturizes and protects dry, parched skin.

- a. With flat fingers, make quick circular movements on top of the client's hand from the knuckles to the elbow, then back down to the ends of the fingers. Repeat.
- b. With flat fingers, starting at the wrist and working up to the elbow, make quick circular movements to all planes of arm.
- c. **Heel of hand.** Using the tip of the thumb or the knuckle, in a straight line and circles, massage across the heel of the hand (at the base of the wrist).
- d. **Bottom of palm.** Perform the "spreading technique" as detailed in Step 4 (Exfoliate section). Massage the lower area of the palm with "thumb over thumb" motion in large circular movements.
- e. **Top of palm.** Slide the pinkie and ring finger of your hand between the client's pinkie and ring finger. Slide your other pinkie and ring finger between the client's thumb and index finger. Use your thumbs to massage the palm.
- f. **Outer edge of thumb.** Slide your thumb into the client's thumb like a reverse handshake. Using the side of your thumb, massage in downward and circular motions along the outer side of the client's thumb to the heel of the hand.
- g. **Base of thumbnail and fingers.** Using thumb pad, perform circular movements at the base of the client's thumbnail, and then massage the entire thumb. After gently pulling the thumb, massage each finger similarly and gently pull.
- h. **Top of wrist.** Using the pad of the thumb, circle clockwise on the client's wrist. Finish by gently pulling on each finger.
- i. Use feather (very gentle fingertip) effleurage movements to finish.

STEP 7:

Meticulous Nail Prep



1. *Gently* buff the surface of each nail with the 1200-grit side of a **Koala Buffer™** in the direction of the natural nail growth. Buff to a high shine if not applying nail color.
2. Double-check for stubborn cuticle and debris by pulling back the lateral folds (sidewalls) of the nails with your fingers and using a curette to gently remove any remaining cuticle.

Step-by-Step Guide

STEP 8:

Nail Color



1. Use **ScrubFresh™** to remove oil and debris from the nail plate.
2. Apply a thin coat of **Stickey™**, **Toughen Up™** or **Ridge Out** Base Coat.
3. Apply 2 coats of nail color and allow to dry for 5 minutes.
4. Seal and protect with a coat of **Super Shiny™** or **Air Dry** top coat.
5. After 1 minute, spray each nail with **SolarSpeed Spray™** to quick-dry nails and condition the skin.

PRODUCTS REQUIRED

Almond Milk Bath
Almond Moisture Scrub
Almond Illuminating Masque
Almond Hydrating Lotion
CoolBlue™
CuticleAway
Girlfriend™ Buffer
Kanga™ File
Koala Buffer™
ScrubFresh
SolarSpeed Spray
Stickey, Toughen Up or Ridge Out
Super Shiny or Air Dry

ACCESSORIES/EQUIPMENT REQUIRED

Terry hand towels
Polish remover
Plastic-backed, lint-free pads
Nail clippers
Cuticle pusher
Cuticle nippers
Curette
Large bowl
Small bowl