

# The Ultimate Spa Pedicure Treatment Manual

## TREATMENT TIME

Bliss out for 60 minutes.

\* Create a private, professional and comfortable environment. Dim the lights and scent the room with an aromatherapy candle. Play relaxing background music.

Products included in Bliss Spa Pedicure Kit: 1 Lavender Rain™, 1 Phases™ Oil, 1 Body Glo™, 1 Para-Medical Peel™, 1 Satin™, and 1 medium brush. There are other Novitá Spa products mentioned in these instructions. Please try them at your convenience.

## Instructions

1. Into tub of water, add any one or combination of the following:  
Lavender Rain, Phases Oil, or Salt of the Earth.
2. Wash your hands.
3. Ask client to immerse both feet to soak in tub.
4. Remove right foot.
5. Remove polish.
6. Exfoliate with Body Glo. Add water, massage, rinse and dry.
7. File and clip toenails.
8. Push back cuticles.
9. Place right foot back in bath. Repeat steps 5-9 on left foot.
10. Remove right foot, rinse and dry.
11. Apply Novitá Spa's Para-Medical Peel.
12. \* Dip cut Novitá Spa's Paraffin Drape Sheet in hot paraffin. Wrap around foot and leg.
13. Wrap foot and leg in Novitá Spa's Plastic Wrap and insulate with towel, or dip foot into paraffin and wrap with warm towel.
14. Rest right foot and leg for 8-15 minutes.
15. Repeat steps 10-14 on left foot.
16. Remove towel, plastic wrap, paraffin and neutralize Para-Medical Peel with water or warm, moist towel.
17. Massage foot and leg with one of the following; Satin, Luscious, European Botanical Massage Crème, or Retexture.
18. Repeat steps 16 and 17 on left foot.
19. Remove oil and lotion from toenails.
20. Insert sponge separators.
21. Polish.
22. Re-book client for their Bliss Spa Pedicure.

**\* If you do not have paraffin, skip this step. In step 13 insulate with something warm such as a hot towel.**

## HOME CARE:

Suggest that client exfoliates feet daily with Body Glo, and hydrates with Satin, Luscious, or Retexture between Bliss Spa Pedicure Treatments.