

SpaRitual Pedicure

Introducing an enlightened system of vegan spa treatments for hand, body and foot. This step-by-step will show you how to perform an exquisite manicure the SpaRitual way, using the complete line of SpaRitual treatments.

The Consultation

A consultation enriches the manicure, pedicure or bodycare service and enables the therapist to access the client's specific needs. It also educates the client so that he or she can maintain beautiful hands feet and body.

Manicure or Pedicure

Examine and evaluate the client's hands, feet and nails. Discuss the lifestyle of the client and her desired look.



1. Cleanse And Prepare

Spray a light mist of Visionary Cleanser on to the client's feet to sanitize and refresh. Perform a visual check for the clients feet to ensure that they are free from abnormal conditions.

Visionary Cleanser may also be sprayed onto the nail technician's hands, tools and spa equipment for additional protection.

2. Soak And Shape

Soak the feet for 5 minutes in 2 capfuls of Harmonizing Soak Tonic with 2 scoops of the 21 Mineral Bath Salts.

Refer back to initial consultation to assess which salt will best meet the client's needs.

-Open Your Eyes Bath Salts clear the mind and reduce fatigue.

-Close Your Eyes Bath Salts soothe and reduce anxiety.

-Look Inside Bath Salts calm and rejuvenate.

Remove feet from soak 1 at a time, pat dry.

Remove Nail Lacquer, file shape and buff nails.

File calloused skin with an 80 grit file paddle.



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3. Treat Cuticles

Apply Cuti-Clean Cuticle and Stain Remover to nails and cuticles. To remove nail discoloration, saturate cotton ball and dab area until stain disappears. Gently push back cuticles with orangewood stick while cuticles are still moist with Cuti-Clean treatment. Carefully clip dead or excess cuticle tissue.

4. Smooth, Exfoliate And Refine

Scrub and moisturize the feet with a generous amount of Affirming Scrub Masque combined with one scoop of 21 Mineral Bath Salt per foot for extra exfoliation. Apply mixture to client's feet and massage.

Wrap feet in plastic followed by a warm towel to seal in heat and moisture. Allow treatment to absorb into skin for 5 minutes.

Remove towel and plastic wrap. Use a towel to completely remove masque.

Put feet back into foot bath to remove treatment. Remove from bath. Pat dry.

Using a pedicure brush, remove residue from feet and nails.

Clean beneath free edge of nails with an orangewood stick.



5. Moisturize Hands, Nails and Cuticles

To seal in moisture and tone the skin, lightly spray Eloquent Toner over the feet and upper legs.

Apply a generous amount of Instinctual Moisturizing Lotion, massaging into feet, lower legs and toes. For a more intense moisturizing treatment, substitute lotion with Infinitely Loving Oil.

For added conditioning apply Cuti-Cocktail or Cuti-Quench to cuticles and massage.



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6. Prepare Nail For Colour

Remove any remaining oils or residues by spraying a light mist of Visionary Cleanser onto nails and a cotton ball. Wipe the nail plate until squeaky clean and nail plate is completely free of oils.

Apply one coat of a SpaRitual basecoat. Refer back to client's consultation to assess which SpaRitual treatment will best meet the client's needs.

Resurface Smoothing Primer, Basecoat smoothes rough surfaces and fills ridges to create an even foundation of colour.

Multi-Tasker Base and Topcoat in one prevents Nail Lacquer from fading or yellowing.

-Lacquer Lock Colourstay Basecoat is specially formulated to bond Lacquer to nail for colour that lasts up to 2 weeks.

Allow basecoat to dry for one minute. Apply 2 coats of SpaRitual Nail Lacquer, allowing 1 minute between each coat.



7. Protect Nail Lacquer

Apply a SpaRitual topcoat. Refer back to initial consultation to assess which SpaRitual treatment will best meet the client's needs.

-Impeccable Protective Polish Shield protects and seals colour with special polymers, giving nails superb shine. Nail lacquer resists chipping and peeling for up to 2 weeks.

-Tout de Suite Quick-Dry Topcoat penetrates and dries all coats of polish quickly. Enhanced with a high-gloss UV finish to protect Lacquer from chipping and fading.

Conclude service with a light mist of Infinitely Wise Fragrant Mist.

For added conditioning apply Cuti-Cocktail or Cuti-Quench to cuticles and massage.



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Pedicure by Amy Mills, SpaRitual Educator Lacquer colour is Life Of The Party

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