

# WATERLESS SPA PEDICURES

## PROCEDURE

1. Prepare your pedicure station and seat your client.
2. Clean your hands and put on gloves.
3. Clean client's feet with soapy warm washcloth.
4. Remove any polish with acetone and nail wipes.
5. Check the condition of client's nails and skin.
6. Prepare your tools.
7. Apply cuticle softener and callus softener.
8. Trim any excess nail length with nail trimmer.
9. Shape and smooth nail with 180/400 file.
10. Gently push back cuticle with cuticle pusher.
11. Wipe cuticle residue with nail wipe.
12. Trim excess cuticle with cuticle nipper.
13. Smooth calluses with callus file.
14. Apply exfoliating scrub to feet and remove gloves.
15. Apply paraffin with bag and wait 2-3 minutes.
16. Remove bags and wipe feet with warm washcloths.
17. Massage lower legs and feet with lotion.
18. Blot excess lotion with dry washcloth.
19. Dust feet with baby powder and dry washcloth.
20. POLISH OPTION: Have client put on flip-flops; use spacers, if necessary; clean nails with acetone and nail wipe; apply base coat and polish (2 coats); perfect with clean-up brush and apply top coat.

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