Step-by-Step Guide

Almond SPAMANICURE™

INDULGENT AND RELAXING

60 MIN A journey cradled in sweet almond and jojoba oils and vitamin E.
A soothing menu entrée to comfort and indulge clients time after time.

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™ Hand Cleanser into the client’s hands to cleanse skin.
2. Remove any existing nail color from the natural nail using an acetone-based polish remover (OFFLY FAST™ Moisturizing Remover or SCRUBFRESH™ Nail Surface Cleanser) and a plastic-backed, lint-free pad.
3. If nails are dry and brittle, place a bowl with enough room for 10 fingers into a larger bowl filled with enough warm water to encase the smaller bowl without overflowing. Then pour enough Almond Milk Bath* into the smaller bowl 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 Almond Milk Bath.

4. After soaking for 1-2 minutes, pour in an equal amount of warm water to create a conditioning milky solution. Have the client swirl their fingers to mix.
5. Remove hands from the bath and dry (trim and shape nails if not already done).
6. Apply a small amount of CuticleAway™ Professional 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.)
7. 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.

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

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

9. 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 **Almond Moisture Scrub** onto the top of one hand and arm up to the elbow, using **effleurage**.

   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.

**STEP 5:**

**Condition & Moisturize**

1. Apply a small amount of **CUTICLE ERASER™ Gentle Exfoliator** onto the eponychium and thoroughly rub into the skin.

2. Without removing the **CUTICLE ERASER™**, apply a drop of **SOLAROIL™ Nail & Cuticle Care** to the base of the nail plate and surrounding tissue. Massage thoroughly into nails and skin. Leave on nails through next step.

3. Pre-warm **Almond Illuminating Masque** in a small bowl placed into a larger bowl filled with very warm water. Drizzle onto one hand and arm using a disinfected facial applicator brush to coat evenly.

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* 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.

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**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 and arm with the milk bath 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.
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 Almond Hydrating 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.

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 Almond Hydrating 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™** Hand Cleanser
- Almond Milk Bath
- **OFFLY FAST™** Moisturizing Remover
- CuticleAway™ Professional Cuticle Remover
- Almond Moisture Scrub
- **CUTICLE ERASER™** Gentle Exfoliator
- **SOLAROIL™** Nail & Cuticle Care
- Almond Illuminating Masque
- Almond Hydrating Lotion
- **SCRUBFRESH™** Nail Surface Cleanser
- **CND™** Files & Buffers
- **SHELLAC™** Base Coat*
- **SHELLAC™** Color Coat*
- **SHELLAC™** Top Coat*
- **VINYLUX™** Weekly Polish*
- **VINYLUX™** Weekly Top Coat*

ACCESSORIES/EQUIPMENT REQUIRED

- Hand soap
- Towels
- Large bowl
- Small bowl
- Sponge
- Plastic-backed, lint-free pads
- Nail clippers
- Cuticle pusher
- Manicure nippers
- Curette
- Disinfectable facial applicator brush*

*Optional