Featuring:

**SUGAR VANILLA** envelops your senses with decadent notes of dark vanilla, white tea and wild orchid. **SUGAR VANILLA** Spa treatments replenish and refine with a nourishing botanical blend of olive oil and brown sugar.

**GARDENIA WOODS™** an indulgence of rich moisture that hydrates skin with a botanical blend of soothing chamomile and purifying sandalwood. Leaves skin luxuriously soft with every touch.

**BRIGHT CITRON™** experience a revitalizing ritual to awaken skin’s natural glow. Restore radiance with a botanical blend of hydrating honey and purifying kaffir lime. Brightens up every mood.

**STEP 1:**

**P.E.P. - Natural Nail Preparation (No Buffing)**

For more detailed information see the CND P.E.P. Technique Step-By-Step.

1. **P - Perform** a manicure.
   
   a. Have the client wash their hands with soap and water and towel dry.

   * 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.

b. Massage **COOLBLUE™** Hand Cleanser into the client’s hands to cleanse skin.

c. Remove any existing nail color from the natural nail using an acetone-based polish remover (**OFFLY FAST™** Moisturizing Remover) and a plastic-backed lint-free pad.

d. If nails are dry and brittle, fill a bowl with enough warm water and a small amount of **Soak** to fully immerse the fingertips. (If applying **SHELLAC™** Brand 14+ Day Nail Color, perform this step after Step 2: Apply **SHELLAC™** Brand Nail Color).

   If nails are thin and flexible, trim length and shape the nail edge (tip of the nail) with a soft grit **Kanga™ File** or **Koala Buffer™** prior to placing the hands into the bowl.

e. After 1-2 minutes, remove hands from the bath and dry (trim and shape nails if not already done).

f. Apply a small amount of **CuticleAway™** Professional Cuticle Remover evenly around the cuticle of each nail.*
g. Gently slide a **cuticle pusher** along the nail plate to lift cuticle.

h. Remove any excess **CuticleAway™** from the nail and use a **curette** to remove cuticle.

i. Clean with soap and water, rinse and towel dry.*

j. Use a **manicure nippers** to carefully remove any loose pieces of skin or hangnails. Use a gentle touch and never cut skin as it can lead to infection.

### STEP 2:
**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 3:
**Exfoliate**

#### Effleurage

1. To slough away dead skin cells and gently polish the skin, massage a scoop of **Scrub** onto the top of one hand and arm up to the elbow, using **effleurage**.

### STEP 4:
**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.

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*a 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.*
3. Spread a thin, even layer of **Masque** to one hand and arm using a disinfected facial applicator brush to coat evenly.

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 **Masque** with clean water and a warm moist towel. Dry with a clean towel.

**STEP 5:**

**Hydrate & Massage**

**Energetic Effleurage (Lomilomi)**

1. Ease stress and tension with **Energetic Effleurage (Lomilomi)**.
   
   **a.** Warm enough **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 Lotion with a clean towel and wrap the hand to keep it warm. Repeat massage on the other hand.
STEP 6: 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

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<tr>
<th>COOLBLUE™ Hand Cleanser</th>
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<tr>
<td>Soak: SUGAR VANILLA, GARDENIA WOODS™ or BRIGHT CITRON™</td>
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<tr>
<td>OFFLY FAST™ Moisturizing Remover</td>
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<tr>
<td>CuticleAway™ Professional Cuticle Remover</td>
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<td>Scrub: SUGAR VANILLA, GARDENIA WOODS™ or BRIGHT CITRON™</td>
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<tr>
<td>CUTICLE ERASER™ Gentle Exfoliator</td>
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<td>SOLAROIL™ Nail &amp; Cuticle Care</td>
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<td>Masque: SUGAR VANILLA, GARDENIA WOODS™ or BRIGHT CITRON™</td>
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<td>Lotion: SUGAR VANILLA, GARDENIA WOODS™ or BRIGHT CITRON™</td>
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<tr>
<td>SCRUBFRESH™ Nail Surface Cleanser</td>
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<td>CND™ Files &amp; Buffers</td>
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<td>SHELLAC™ Base Coat*</td>
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<td>SHELLAC™ Top Coat*</td>
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<td>VINYLUX™ Weekly Polish*</td>
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ACCESSORIES/EQUIPMENT REQUIRED

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

*Optional