

## PEDICURE SPA

*This is a great treatment for you to pamper your client's feet and help them achieve total relaxation.*



### WHAT TO BRING

**Nutri Rich Shower Oil**  
**OLC**  
**Shower Gel**  
**Body Scrub (incl Micro Dermabrasion)**  
**Foot Scrub & Foot Balm**  
**Body Lotions**  
**Spare buckets & towels**

### HOW TO DO IT

**Step 1** – Fill up buckets with warm to hot water and squirt in some OLC & Shower Oil prior to filling. Give each client a bucket & towel and get them to remove their shoes and roll up any pants to their knees.

**Step 2** – Do your intro's whilst their soaking, then talk about the Nutri Rich Shower Oil (high in Vit E & great for dry skin). You also have an opening now to talk about all the household cleaning products when you talk about the OLC.

**Step 3** – Squirt out some shower gel onto their legs or hands and massage into the legs with water, then wash off.

**Step 4** – Talk about what each of our body scrubs will do, by using the grapes, raisins & cornflakes part of the flipchart. Then get them to use the Body Microdermabrasion to feel the amazing difference and advise how this is more of a treatment scrub to totally resurface. Wash off

**Step 5** – Then apply a small amount of foot scrub on the top of each foot and advise them to give themselves a really good massage on the balls and heels of the feet. Let them know that the essential oils will work into the skin and the sea salt will soften harsh dry skin. Wash off, they can set the buckets to the side and dry off their feet & legs. They won't need the water anymore.

**Step 6** – Talk about our body lotions and how essential it is to put the moisture back in after cleansing, the same as your face. Let them try a few different kinds of moisturizers to find out what they like the feel of.

**Step 7** – Lastly squirt some Foot Balm on the top of each foot and get them to give themselves a good massage. Explain that by massaging the feet they are helping to relax other areas of their body. This is the principles of reflexology and can help you to relax. Let them know this is a good product to have by the beside table as it's best used before they go to bed at night or they will slip in their shoes during the day.

#### NOTES :

Recap on how to use the products, how often. Don't forget to talk about the skin care products including the Ultra Care. The body microdermabrasion is a good lead in to talk about the facial set and promote having a facial workshop to try it. Talk about the importance of using the skin care and make sure you still ask them what they are using at the 1 on 1.