

THE SOUND OF COLOR SIGNATURE MANICURE

60 MIN BOOKING TIME

Merging the beauty ritual of the manicure with the ancient practice of meditation, the Sound of Color offers a unique spa experience integrating beauty, health and wellness services, for a holistic experience for you to enjoy all delivered by the nail technician and the healing voices and visualizations of the worlds most renowned meditation gurus.

This service simultaneously offers an inner and outer wellness experience while satisfying your color craving with perfectly polished nails.

PRODUCTS & TOOLS

- Several Mists Hydrating Mist
- Several Mists of Hand Sanitizer
- 1 tsp Mineral Rich Soak Salts
- 1 tsp Body Polish
- 1 1/2 tsp Body Oil (for body wrap)
- 1/2 tsp Body Salve OR 1 tsp Massage Oil (for massage)
- 2 Tbsp Unscented Vital Nourishment Body Wrap
- 1/16 tsp Hand Serum
- 1/8 tsp Hand Salve
- 10 drops Apple Fruit Cuti-Clean Vegan Cuticle & Stain Remover
- 10 drops Apple Fruit Cuti-Cocktail Vegan Nail & Cuticle Oil
- Lacquer Remover
- 10 drops Apple Fruit Farewell Vegan Nail Treatment
- 2 coats per nail Nourishing Vegan Color
- 1 coat per nail Nourish Fast Dry Vegan Topcoat (optional)
- 99% Isopropyl Alcohol

TABLE SET UP & PREP

- 1 Neck Pillow
- 4 Hand Towels (2 dry, 2 hot) prepare in Hot Towel Cabi
- 1 Finger Bowl
- 1 Large Soaking Bowl
- 4 Nail Wipes
- 1 Nail Clipper
- 1 Eco File
- 1 Cuticle Nipper
- 1 Nail Brush
- 220/280 Buffer
- 1 Fan Mask Brush
- 1 Pair of Gloves
- SOC Headset with ear covers
- SOC Device

PRE TREATMENT CONSULTATION

- Preparation - Wash your hands with soap and warm water for 20 seconds and apply clean gloves. Ask Guest to wash their hands with soap and warm water for 20 seconds before service.
- Prepare large bowl with hot water for **Body Polish**.
- Prepare products for **Unscented Vital Nourishment Body Wrap** (Mix 2 tbsp of **Unscented Vital Nourishment Body Wrap powder**, 1 tsp warm water, and 1 1/2 tsp of **Body Oil** in heat resistant bowl. Do not place in hot towel cabbie as wrap can thicken if it is placed into the cabbie too early)
- Mist with **Hand Sanitizer** palms of both hands and arms, turn hands over and mist tops of hands and arms.
- Remove Nail Lacquer using **Lacquer Remover**.
- Perform Nail Analysis; determine if **Farewell** will be needed.

OPENING RITUAL RELAX

1. Invite Guest to close their eyes
2. Gently mist **Hydrating Mist** into the palms of guests hands.
3. Ask Guest to cup their hands and take a deep breath, inhaling completely and exhaling totally. (Breathe in calm, breath out stress 2x.)

RITUAL CUTICLE & NAIL CARE

1. Apply **Farewell** to nails if needed.
2. Apply **Cuti-Clean**.
3. Clip and file nails while allowing **Cuti-Clean** to penetrate cuticles - this allows time for **Cuti-Clean** to do its work.
4. Place prepared **Body Wrap** into hot towel cabbie and prepare finger bowl with hot water.
5. Return to nails and gently push cuticles.
6. Remove any stains using a nail wipe in circular motion on the nail plate.
7. Nip any dead tissue, if needed.
8. Brush nails clean with water and nail brush.
9. Gently buff nails if needed with **220/280 Buffer**.

RITUAL RENEWAL

1. Place 1 tsp **Mineral Rich Soak Salts** in large soaking bowl previously prepared with hot water.
2. In palm of hand place 1/2 tsp of **Body Polish** and add water to emulsify.
 - Apply polish in gentle circular motion upwards towards the elbow; use circular massage manipulation on elbow and hand.
 - Place Guest's hand in large soaking bowl of warm water combined with Soak Salts rinse and pat dry with towel.
3. Apply **Cuti-Cocktail** to each cuticle/massage onto Guest's cuticles.
4. Retrieve warm **Body Wrap** from hot towel cabbie and liberally apply with fan brush to a clean arm up to the elbow.
5. Wrap hand/arm in prepared moist hot towel.
6. Repeat on other arm.
7. Place dry towel over wrapped hands and arms and perform compressions for 1 minute on both arms simultaneously then allow hands to rest.
8. Therapist introduces The Sound of Color. Present activated SOC iPod device. Invite the guest to scroll through and select their shade and corresponding self-guided meditation (Guest will have several minutes for this process)
9. Once Guest has informed Therapist of their shade, Therapist should guide the Guest on how to begin the meditation. Meditations are 5,10, and 15 minutes.
10. From this point, the Guest can be left to enjoy the meditation.
11. Removal technique:
 - Remove masque using the hot towel gently wiping down the Guest's arm to the hand removing as much of the masque as possible.
 - Fold towel in half using the clean side, again moving the towel gently down the arm to the hand removing any remaining masque.
12. Repeat on opposite arm and hand.

RITUAL SLOW AGING TOUCH

1. Apply 1 pump of **Hand Serum** to back of each hand.
2. Massage 1/4 tsp **Body Salve** or 1/2 tsp teaspoon of **Massage Oil** on arm for 4 minutes using (signature modality) massage technique
3. Apply a pearl size amount of **Hand Salve** to both hands completing the slow aging benefits.
4. Repeat on opposite arm.

RITUAL EXPRESSION

1. Prep each nail:
 - Thoroughly cleanse nails with 99% Isopropyl Alcohol.
 - Mist hands with **Hand Sanitizer**
2. Apply 2 thin coats of SpaRitual **Nourishing Vegan Color**.
3. Apply 1 coat of **Nourish Fast Dry Vegan Topcoat** to each nail to expedite dry time (optional).
4. Apply **Cuti-Cocktail** to cuticle area.

CLOSING RITUAL INSPIRE

1. Confirm that expectation of the Hand Ritual was delivered.
2. Recommend the products that would most benefit the Guest.
3. Complete experience by thanking the Guest and inviting them to book a future appointment.

THE SOUND OF COLOR SIGNATURE PEDICURE

60 MIN BOOKING TIME

Merging the beauty ritual of the pedicure with the ancient practice of meditation, the Sound of Color offers a unique spa experience integrating beauty, health and wellness services, for a holistic experience for you to enjoy all delivered by the nail technician and the healing voices and visualizations of the worlds most renowned meditation gurus.

This service simultaneously offers an inner and outer wellness experience while satisfying your color craving with perfectly polished nails.

PRODUCTS & TOOLS

- Several Mists Hydrating Mist
- Several Mists Hand Sanitizer
- 2 scoops or 2 tbsp. Mineral Rich Soak Salts
- 2 tsp Body Polish
- 1 1/2 tsp Body Oil (for body wrap)
- 1 tsp Body Salve OR 2 tsp Massage oil (for massage)
- 2 tsp Unscented Vital Nourishment Body Wrap
- 1 saturated pad per foot Callus Remover
- 1 dime size Citrus Cardamom Foot Balm
- 10 drops Apple Fruit Cuti-Clean Vegan Cuticle & Stain Remover
- 10 drops Apple Fruit Cuti-Cocktail Vegan Nail & Cuticle Oil
- Lacquer Remover
- 10 drops Apple Fruit Farewell Vegan Nail Treatment
- 2 coats per nail Nourishing Vegan Color
- 1 coat per nail Nourish Fast Dry Vegan Topcoat (optional)
- 99% Isopropyl Alcohol

TABLE SET UP & PREP

- 1 Neck Pillow
- 4 Hand Towels (2 dry, 2 hot) prepare in Hot Towel Cabi
- Water pitcher (optional)
- 6 Nail Wipes
- 1 Nail Clipper
- 1 Eco Foot File
- 1 Cuticle Nipper
- 1 Nail Brush
- 220/280 Buffer
- 1 Fan Mask Brush
- Pedicure Sandals/Toe Separators
- 1 Pair of Gloves
- SOC Headset with ear covers
- SOC Device

PRE TREATMENT CONSULTATION

1. Preparation - Wash your hands with soap and warm water for 20 seconds and apply clean gloves. Ask Guest to wash their hands with soap and warm water for 20 seconds before service.
2. Determine if performing Water Cascade.
3. Prepare products for **Unscented Vital Nourishment Body Wrap** (Mix 2 tbsp of **Unscented Vital Nourishment Body Wrap powder**, 1 tbsp warm water, and 1 1/2 tsp of **Body Oil** in heat resistant bowl. Do not place in hot towel cabbie - wrap can thicken if it is placed into the cabbie too early)
4. Mist Guest's feet with **Hand Sanitizer** and pat dry.
5. Remove Nail Lacquer using **Lacquer Remover**.
6. Perform Nail Analysis; determine if **Farewell** will be needed.

OPENING RITUAL RELAX

1. Invite Guest to close their eyes
2. Gently mist **Hydrating Mist** into the palms of guests hands.
3. Ask Guest to cup their hands and take a deep breath, inhaling completely and exhaling totally. (Breathe in calm, breath out stress 2x.)

RITUAL REFRESH

1. Pour 2 scoops (2 tbsp) of **Mineral Rich Soak Salts** in soaking tub.
2. Soak both feet for 2-3 minutes (maximum 3 minutes).

RITUAL PREPARE

1. Remove both feet from soak, pat dry, apply **Callus Remover** to rough areas on the foot and wrap in towel leaving toes exposed.
2. Apply **Farewell** to nails if needed.

RITUAL CUTICLE CARE

1. Apply **Cuti-Clean** to cuticles/nails.
2. Clip and file nails while allowing **Cuti-Clean** to penetrate cuticles—this allows time for **Cuti-Clean** to do its work.
3. Place prepared **Body Wrap** into hot towel cabbie.
4. Return to nails and gently push cuticles.
5. Remove any stains using a nail wipe in circular motion on the nail plate.
6. Nip any dead tissue, if needed.

7. Brush nails clean with water and nail brush.
8. Gently buff nails if needed with **220/280 Buffer**.

RITUAL RENEWAL

1. Unwrap foot and rinse off **Callus Remover**.
2. Gently file bottom of foot and calluses with **Eco Foot File**.
3. In palm of hand place 1 tsp of **Body Polish** and add water to emulsify.
 - Apply polish in gentle circular motion upwards towards the knee; use circular massage manipulation on heel. Repeat on opposite foot/leg.
 - Place both feet in water and rinse.
4. Retrieve warm **Body Wrap** from hot towel cabbie and liberally apply with fan brush leg and top of foot.
5. Wrap leg/foot in prepared moist hot towel.
6. Place dry towel over wrapped feet and legs and perform compressions for 1 minute on both legs simultaneously.
7. Repeat on other leg/foot.
8. Perform compressions on both legs.
9. Therapist introduces The Sound of Color. Present activated SOC iPod device. Invite the guest to scroll through and select their shade and corresponding self-guided meditation (Guest will have several minutes for this process)
10. Once Guest has informed Therapist of their shade, Therapist should guide the Guest on how to begin the meditation. Meditations are 5,10, and 15 minutes.
11. From this point, the Guest can be left to enjoy the meditation.
12. Removal technique:
 - Remove masque using the hot towel gently wiping down the Guest's leg to the foot removing as much of the masque as possible.
 - Fold towel in half using the clean side, again moving the towel gently down the arm to the hand removing any remaining masque.
13. Repeat on opposite leg/foot.

RITUAL SLOW AGING TOUCH

1. Massage 1/2 tsp **Body Salve** or 1 tsp of **Massage Oil** and massage leg for 4 minutes using (signature modality) massage technique.
2. Finish by applying **Foot Balm** on bottom of foot.
3. Repeat on opposite leg/foot.

RITUAL EXPRESSION

4. Thoroughly cleanse nails with 99% Isopropyl Alcohol.
5. Mist feet with **Hand Sanitizer**.
6. Place toe separators.
7. Apply 2 thin coats of **Nourishing Vegan Color**.
8. Apply 1 coat of **Nourish Fast Dry Vegan Topcoat** to expedite dry time (optional).
9. Apply **Cuti-Cocktail** to cuticle area.

CLOSING RITUAL INSPIRE

1. Confirm that expectation of the Foot Ritual was delivered.
2. Recommend the products that would most benefit the Guest.
3. Complete experience by thanking the Guest and inviting them to book a future appointment.