

Soothe your Sole

Soak/Exfoliation/Massage/Hydration

This revitalizing Slow Beauty Ritual relieves & rejuvenates tired feet. A scented salt soak softens and re-mineralizes. Skin is polished and renewed with a sugar exfoliation followed by a relaxing massage of the feet. A deeply hydrating foot balm completes this ritual. Choose between Jasmine Tuberose and Geranium Cedarwood scent stories.

PRODUCTS & TOOLS

- 2 tbsp Jasmine Tuberose or Geranium Cedarwood Mineral Rich Soak Salts
- 4 pumps of Jasmine Tuberose or Geranium Cedarwood Hydrating Mist
- 1 tsp Jasmine Tuberose or Geranium Cedarwood Body Polish
- 1 tsp Jasmine Tuberose or Geranium Cedarwood Body Salve
- 1 tsp Citrus Cardamom Foot Balm
- Pedicure bowl
- 4 warm moist towels
- Dry hand towels
- Brown Towel
- Weighted Eye Mask and Disposable Eye Cover
- Music Player, Headphones, and Disposable Ear Cover

OPENING & SOAK

1. Establish guest in a chair. Assure guest's highest comfort level.
2. Place brown towel underneath their feet.
3. Place their feet in a pedicure bowl filled with warm water.
4. Determine guest's choice of Mineral Rich Soak Salts and add water.
5. Place Eye Mask and headphones on the guest and play a spa playlist from Spotify.
6. Ground & center yourself and get present and clear. Set your intention for guest treatment and yourself.
7. Remove the guest's feet from the pedicure bowl and dry off.

EXFOLIATION

1. Place yourself kneeling in front of the guest or on a pedicure low seat.
2. Dampen skin on foot and lower leg with Hydrating Mist of choice (corresponding to their choice of Mineral Rich Soak Salt).

3. Apply selected Body Polish to foot and lower leg and massage in circular motion focusing on dry and callused parts.

4. Repeat on the other side.

5. Remove residual product with warm moist towels on both feet.

MASSAGE

1. Warm the selected Body Salve in your hands and apply it to the foot and lower leg.

2. Effleurage alternately up the shin down the gastrocnemius then squeezes the foot.

3. Cross thumbs and glide up along the shin bone circles down the calf.

4. Rotate the ankle in both direction point and flex.

5. Petrissage the sole of the foot from heel to toe.

6. Circles on the ball of the foot and weave your thumbs through in between the toes.

7. Circles on the top of the foot.

8. Flat hand friction top of foot.

9. Tendon strip the metatarsals.

10. Rotate and massage each toe and stretch gently.

11. Alternate hand squeeze the entire foot.

12. Sandwich the foot in both hands and milk

13. Compress with warm moist towel.

14. REPEAT on other leg/foot.

HYDRATE

1. Apply Foot Balm up to ankle.

2. Gently massage in until product is absorbed.

3. REPEAT on the other ankle.

CLOSING

1. Place guest's feet on brown towel and put their spa slippers on

2. Detach yourself gently from the guest and indicate to them the finishing of their treatment.

3. Turn down the music and gently tap the chakra tuning fork three times.

4. Remove the eye mask and headset.

5. Thank the guests and provide closing instructions for their continuing treatment and complete your retail recommendation card.

POST TREATMENT:

1. Discard any cross-contaminated products.

2. Discard any porous (single use) items used during the service.
3. Clean and disinfect all non-porous tools, implements, and items or set aside tools, implements, and items in a disinfectant container to be cleaned and disinfected later.
4. Store clean and disinfected tools, implements, and items in a clean closed storage container.
5. Clean and disinfect electrical instruments that may have encountered the client, then place them on a clean towel, hook, or in a clean closed container.
6. Clean and disinfect workstation and service area with EPA disinfectant.

NOTE: This treatment is not a pedicure.