

SPARITUAL®

SLOWBEAUTY SPA PEDICURE

50 MIN BOOKING TIME

This Slow Beauty Ritual begins with an opening breathing moment to invite more presence of your entire being.

This ritual begins with a purifying exfoliation followed by a soaking experience to cleanse away any tension or stress. Choose between a moisture-rich or detoxifying mask to meet your specific needs. Signature massage relaxes and nails are perfectly polished and finely groomed.

PRODUCTS & TOOLS

- Several Mists Hand Sanitizer Spray
- Several Mists Visionary Cleanser
- Several Mists Hydrating Mist
- 2 scoops or 2 tbsp. Mineral Rich Soak Salts
- 2 tsp Body Polish
- 1 ½ tsp Body Oil
- 1 tsp Body Salve OR 2tsp Body Crème
- 1 saturated pad per foot Callus Remover
- 1 dime size Foot Balm
- 10 drops Cuticle Remover
- 10 drops Cuticle Oil
- Lacquer Remover
- 10 drops Farewell Treatment
- 2 coats of Lacquer per nail
- 10 drops Andale Dry Shine Drops
- 99% Isopropyl Alcohol
- 6 Nail Wipes
- 1 Nail Clipper
- 1 Eco Foot File File
- 1 Cuticle Nipper
- 1 Nail Brush
- 220/280 Buffer
- 1 Fan Mask Brush
- Pedicure Sandals/Toe Separators
- Pair Of Gloves

TABLE SET UP & PREP

- 1 Neck Pillow
- 4 Hand Towels (2 dry, 2 hot) prepare in Hot Towel Cabi
- Water pitcher (optional)

PRE TREATMENT CONSULTATION

1. Preparation - **Wash your hands with warm soap and water, apply clean gloves and ask Guest to wash their hands before service.**
2. Determine if performing Water Cascade.
3. Mist Guest's feet with Visionary Cleanser and pat dry.
4. Remove Nail Lacquer using **Lacquer Remover**.
5. Perform Nail Analysis; determine if **Farewell Treatment** will be needed.

OPENING RITUAL RELAX

1. Invite Guest to close their eyes.
2. Gently mist **Hydrating Mist** above Guest's head and allow it to cascade.
3. Ask Guest to 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 Treatment** if needed under free edge.

RITUAL CUTICLE CARE

1. Apply **Cuticle Remover** to cuticles/nails.
2. Clip and file nails.
3. Remove any stains using a nail wipe in circular motion on the nail bed.
4. Nip any dead tissue, if needed.
5. Gently buff nails if needed.

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.

RITUAL SLOW AGING TOUCH

1. Massage ½ tsp **Body Salve** or 1 tsp teaspoon of **Body Creme** 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

1. Use a dry towel to absorb any excess oil on each nail.
2. Buff nails using a **SpaRitual 220/280 Buffer**.
3. Cleanse nails with **99% Isopropyl Alcohol**.
4. Mist feet with **Hand Sanitizer Spray**.
5. Place toe separators.
6. Apply 2 thin coats of **SpaRitual Nourishing Vegan Color**.

7. Apply 1 drop of **Andale™ Fast Dry & Shine Drops** to the center of the nail to expedite dry time.
8. Apply **Cuticle Oil** to cuticle area.

CLOSING RITUAL INSPIRE

1. Confirm that expectation of the Foot Ritual was delivered.
2. Ask Guest to once again close their eyes. Gently mist **Hydrating Mist** on legs while covering toes with hand.
3. Request Guest to inhale deeply, exhale completely as you do the same.
4. Recommend the products that would most benefit the Guest.
5. Complete experience by thanking the Guest and inviting them to book a future appointment.