

# INSTRUCTIONS

## Manicure

1. Wash and dry hands
2. Take one of the small nail files and file your nails to shape and length that you are happy with
3. Take a clean wooden spatula and take out a small amount of your pomegranate and apricot hand scrub
4. Place in the palm of your hand and gently massage this into all areas of your hand, including the top of your hands and around your fingers
5. Rinse off with warm water
6. For a hand mask take a clean wooden spatula and take out enough product of your lavender and bergamot hand lotion to cover your hands
7. Smooth the layer of product all over your hands and using one of your disposable towels wrap your hands for around 10-15 mins
8. Unwrap your hands and massage any left over product into your skin
9. If you are using your lavender and bergamot hand lotion as a hand / moisturising cream using a clean wooden spatula remove a small amount of product, place into palm of your hand and massage into all areas
10. Take one of your cuticle oils and place a drop around the cuticle on every finger and massage around the cuticle and side walls of the nail



### **Tips!**

**I recommend that you do your manicure and pedicure AFTER removal of your press on nails This is because the products will moisturise your hands, feet and nails and will leave your nail plate full of nutritional oils which are removed during the application of press on nails**

**Please use your manicure and pedicure products within 3 months of purchasing**

## Pedicure

1. Fill a bowl or tub with warm water and add your lavender foot soak product and mix to dissolve
2. Soak your feet for around 5-10 mins (or as long as you wish!)
3. Remove your feet and dry thoroughly
4. Take one of the small nail files and file your nails to shape and length that you are happy with
5. Take a clean wooden spatula and take out a small amount of your exotic berry and melon foot scrub
6. Place in the palm of your hand and gently massage this into all areas of each foot, including the top and around your toes but concentrate on the bottoms of the feet and heels
7. Rinse off with warm water
8. Using your foot file remove any hard or dead skin from the bottom of the feet concentrating on heels - take care when doing this
9. For a foot mask take a clean wooden spatula and take out enough product of your lemongrass and mint foot lotion to cover your feet
10. Smooth the layer of product all over your feet and using one of your disposable towels wrap your feet for around 10-15 mins
11. Unwrap your feet and massage any left over product into your skin
12. If you are using your lemongrass and mint foot lotion as a foot / moisturising cream using a clean wooden spatula remove a small amount of product, place into palm of your hand and massage into all areas of the feet
13. Take one of your cuticle oils and place a drop around the cuticle on every toe and massage around the cuticle and side walls of the nail