

## **What is reflexology?**

The practice of reflexology uses gentle pressure on the hands and/or feet to promote balance in physical, mental, and emotional energy levels of the body. Pressure sends a signal that balances the nervous system or releases chemicals such as endorphins that may reduce pain and stress.

### **WHAT TO EXPECT:**

The Therapist will gently relax your feet in preparation for working the reflex areas. The pressure used will be adjusted to your level of sensitivity. Don't worry if you have ticklish feet. The technician will use pressure to control that. Book this service for 30 or 45 minutes, or as a 15 minute add on to another service.

## **What is a aromatherapy foot massage?**

During an aromatherapy foot massage the technician will add the use of fragrant oils extracted from herbs, flowers and fruits. to naturally enhance the benefits of a relaxing massage of the feet and ankle area.

### **WHAT TO EXPECT:**

Your technician will apply the essential oils and massage the foot and ankle area. The essential oils naturally enhance the benefits of this relaxing treatment.

### **How much time should I allow?**

Our luxurious aromatherapy massage lasts approximately 30 minutes.

## **The Day Spa at Salon Elizabeth**

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The Day Spa  
has two  
highly experienced  
nail technicians:

Andrea West-Antoun  
&  
Pattie Gribel

# *Hand & Foot Care*

## What is a manicure?

A manicure is a beauty treatment for your hands and nails. A manicurist uses a variety of tools, creams, oils, waxes and massage techniques to care for your nails, cuticles, and generally improve the look and feel of your hands.

A manicure will:

- clean, shape and "dress" your nails
- attend to any skin problems you might have around the nail, such as broken or sore skin
- use acupressure and/or hand-massage techniques to stimulate the blood and lymph flow to improve the health of your skin

Apart from making sure your hands and nails look and feel good, a manicure often has the side-effect of relaxing and soothing you.

### WHAT TO EXPECT:

A manicure is usually very soothing, especially if the manicurist uses reflexology or other hand-massage techniques. First your nails are filed, then soaked in a mild soap and water solution. Oil is applied and cuticles are pushed back. Your technician will massage your hands and apply your choice of polish. Nail art can be done for an added cost.

## How much time should I allow?

A manicure can last from 30 minutes to more than an hour, depending on what you're having done. Leave yourself enough time to get the full benefit of the treatment.. And remember...you will have wet polish when you are done. Ask if you can pay ahead and make sure your keys are handy so you don't have to dig for them.

Precautions:

Be sure to tell your technician if you have an injury to your hand, a rash or anything that might cause discomfort during service.

## What are Shellacs?

Shellac is a gel polish that is brushed on just like regular nail polish. Typically, they are removed and replaced about every two weeks as new growth becomes noticeable.

### WHAT TO EXPECT:

The gel polish is applied in several thin coats on top of your natural nail. First a base coat is applied, followed by two color coats and the finished with a top coat. Each application is briefly cured under a UV lamp.

Once the top coat is done, you get a quick shine with a soft cloth and alcohol and you're ready to go. No dry time!

But Shellac is not for everyone. Your natural nails and nail beds must be healthy. If they're damaged from using acrylic or gel enhancements, you should consult with your nail tech.

Removal:

Removal requires a special wrapping process using acetone. Wrapping isolates the chemical to the nail color and allows the gel to come off easily.

## What is a Pedicure?

A pedicure is a way to improve the overall health and appearance of the feet.

The service is similar to that provided during a manicure. Pedicures are done for cosmetic, therapeutic and medical purposes. They can help prevent nail diseases and disorders. They're extremely popular throughout the world.

### WHAT TO EXPECT:

Your full pedicure will include a foot soak, exfoliation, nail & cuticle care, foot & leg massage. If you choose the Spa Pedicure a mask will be added. Our Express Pedicure is a great "maintenance" pedicure. There is no exfoliation or leg & foot massage. The toenails are trimmed and polished with all three of these services.