

## MINDFUL MANICURE

30 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 soaking experience to cleanse away any tension or stress. Signature massage relaxes and nails are perfectly polished and finely groomed.

## PRODUCTS &amp; TOOLS

- Several Mists Hydrating Mist
- Several Mists Hand Sanitizer
- 1 tsp Mineral Rich Soak Salts
- ½ tsp Body Salve OR 1 tsp Massage Oil
- 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 Nourish Fast Dry Vegan Topcoat (optional)
- 99% Isopropyl Alcohol

## TABLE SET UP &amp; 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 Pair of Gloves

## PRE TREATMENT CONSULTATION

1. Preparation - Wash your hands and ask Guest to wash their hands before service.
2. Mist with **Hand Sanitizer Spray** palms of both hands and arms, turn hands over and mist tops of hands and arms.
3. Remove Nail Lacquer using **Lacquer Remover**.
4. 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 guest's 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 PREPARE

1. Combine 1 tsp. **Mineral Rich Soak Salts** and warm water in large soaking bowl. Alternate hands, not soaking more than 1 minute.
2. Remove hands from soak and pat dry with towel.
3. Apply **Cuti-Clean** to cuticles/nails.
4. Clip file and shape nails.
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 brush, dry thoroughly with a towel.

## RITUAL SLOW AGING TOUCH

1. Apply 1 pump of **Hand Serum** to back of each hand.
2. Massage ¼ tsp **Body Salve** or ½ 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:
  - Use a dry towel to absorb any excess oil on each nail.
  - Buff nails using a SpaRitual **220/280 Buffer**.
  - Cleanse nails with 99% Isopropyl Alcohol.
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 as 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.

## MINDFUL PEDICURE

30 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 soaking experience to cleanse away any tension or stress. Signature massage relaxes and nails are perfectly polished and finely groomed.

## PRODUCTS &amp; TOOLS

- Several Mists Hand Sanitizer Spray
- Several Mists Hydrating Mist
- 2 scoops or 2 tbsp. Mineral Rich Soak Salts
- 1 tsp Body Salve OR 2tsp Massage Oil
- 1 dime size 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 &amp; 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 File
- 1 Cuticle Nipper
- 1 Nail Brush
- 220/280 Buffer
- Pedicure Sandals/Toe Separators
- 1 Pair of Gloves

## PRE TREATMENT CONSULTATION

1. Determine if performing Water Cascade.
2. Mist Guests feet with **Hand Sanitizer Spray** and pat dry.
3. Remove Nail Lacquer using **Lacquer Remover**.
4. 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 clients 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. Apply **Farewell** if needed under free edge.

## RITUAL CUTICLE CARE

1. Apply **Cuti-Clean** to cuticles/nails.
2. Clip, file, and shape nails.
3. Gently push cuticles.
4. Remove any stains using a nail wipe in circular motion on the nail plate.
5. Nip any dead tissue, if needed.
6. Brush nails clean with water and brush, dry thoroughly with a towel.
7. Gently buff nails if needed.

## RITUAL SLOW AGING TOUCH

1. Massage ½ 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

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. Place toe separators.
5. Apply 2 thin coats of SpaRitual **Nourishing Vegan Color**.
6. Apply 1 coat of **Nourish Fast Dry Vegan Topcoat**.
7. 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.