



Products Required

- Exfoliating Scrub Or Exfoliating Body Mousse
- Aqua Mass
- Hydrolat
- Hydra Thermal Mask
- Moisturizing Body Butter

Pedicure Add On

This could be sold as a stand-alone treatment or as an add on to facials, body treatments, or pedicures.

Begin by placing some Moisturizing Body Butter into a small bowl then into a warm towel cabinet.

Treatment Protocol

1. Apply some **Exfoliating Scrub** into the palms of your hands and **Aqua Mass**. Rub product together and apply onto lower legs and feet. Work on one foot at a time. Scrub legs and feet using circular motions with your hands, apply more water if needed to expand use of the product (spritzing area with **Hydrolat** would also work). Make sure to focus on areas like the heels that get more dead cellular build up.
2. Remove exfoliator with a warm towel ensuring no product got left behind (check between toes!)
3. Alternatively – Use the **Exfoliating Body Mousse** for this step on people needing a gentler exfoliation
4. **Hydra Thermal Mask**: Mix masque then quickly apply masque to lower legs and feet. Wrap with mylar and let sit for 10 minutes. Remove with warm towels or rinse in a pedicure bowl.
5. **Moisturizing Body Butter**: Massage body butter into the lower legs and foot area one at a time. When you are not massaging one foot make sure to keep it wrapped up in a warm towel for client comfort. Ensure the clients feet are not slippery on the bottom after massage to avoid any slipping hazards and place a towel at the side of the bed for them to step onto.