



**AromaSpa™**

## **Tammy Taylor AromaSpa™ Pedicure Procedure** (Do each step on each foot, **before** moving on to the next step.)

### **Step 1 Prepare Bath**

Fill foot bath with warm water. When using a Spa Tub **with “jets”**, add a few shakes of AromaSpa **Energizing Crystals** to water. Place client’s feet in foot bath. **In vibrating unit:** When using a Pedicure Tub **“without” jets**, add a squirt of AromaSpa **Anti-Bacterial Soft Soak** and a few shakes of AromaSpa **Energizing Crystals**. Place client’s feet in foot bath. A squirt of AromaSpa **Intense Massage Oil** in bath is also a great moisturizer.

**- Note:** To remove “thick” callus quickly and easily, file the callus with a Foot File while the foot is dry, then place foot in bath.

### **Step 2 Pedicure Nails**

Remove foot from bath and pat dry. Pedicure nails, remove polish, clip nails, file, apply AromaSpa **Creamy Cuticle Remover** and put foot back in bath. Let the AromaSpa **Creamy Cuticle Remover** soak in bath before pushing back cuticle.

### **Step 3 Smooth Callus**

Remove foot from bath and pat dry. Apply AromaSpa **Callus-Soft** to all rough, dry callus areas first, and massage. Apply AromaSpa **Callus-Soft** to entire foot and massage 2-3 minutes. This will soften all dry skin, and leave the foot soft. **Before rinsing**, smooth callus with a Foot File, push back cuticles, and exfoliate.

### **Step 4 Exfoliate**

Leaving AromaSpa **Callus-Soft** on foot, start exfoliating. Shake a small amount of AromaSpa **Energizing Crystals** into the palm of your hand, and apply enough AromaSpa **Intense Massage Oil** to make a paste. Use this as an invigorating scrub, **to exfoliate** and soften dry, dead skin. Massage into foot and lower leg 2-3 minutes. Rinse thoroughly, put foot back into bath.

### **Step 5 Massage**

Remove foot from bath and pat dry. Spray AromaSpa **Revitalizer Spritz** onto leg and foot. Pour AromaSpa **Intense Massage Oil** into palm of hand, rub hands together to warm oil. Massage foot and lower leg 5-7 minutes. Do not rinse off. Wipe off and wrap foot in towel.

### **Step 6 Clean Nails and Polish**

Clean off toenails and follow with polish.

## **TAMMY TAYLOR NAILS**

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