



The Perfect Pedicure
From the simple how-to's to foot-soothing indulgences,
here's how to keep your feet looking and feeling great.

Introducing Satin Footsteps

Cleanse

- Start by removing old polish. Simply soak a cotton pad with *Nail Enamel Remover*, and rub enamel away.
- If your cuticles are dry, dot *Cuticle Cream* on each toe and massage it in. Use the cotton wrapped end of a cuticle stick to push back cuticles.
- Massage *Extra Emollient Night Cream* into feet. (Optional: wrap feet in plastic wrap). Then soak your feet in a tub of hottest possible water for at least 5 minutes.
- Remove plastic wrap if used and rinse feet thoroughly.

Buff

- Massage *Buffing Cream* into the feet for 2-3 minutes.
- Add *Cleansing Gel* (or any *Shower Gel*) and use brush to scrub in on top of *Buffing Cream*. Rinse feet thoroughly.

NOTE: *Buffing Cream* is also great for shaving!

Smooth

- Using a foot file, pumice or fine grain wet/dry sandpaper, and pressing firmly, smooth your heels, the balls of your feet and the outsides of your big and little toes.
- Pat feet dry with a towel. To get cuticles under control, use an orange stick to gently push and clean the area where your nail meets your skin.

Shape

- Clip your toenails straight across with clippers.
- Use a nail file to smooth rough edges, including the sides

Massage

- Rinse, pat feet dry, and apply a generous amount of *Energizing Foot & Leg Treatment* to feet and calves. Massage into your skin. Also remember that since it leaves no visible trace when applied over sheer hosiery, *Energizing Foot & Leg Treatment* is the perfect mid-day foot and leg pick-me-up.

NOTE: Wash hands thoroughly after applying *Energizing Foot & Leg Treatment*. Do not touch face or eyes.

Polish

- Wash any cream off toenails with soap and water or a cotton pad with a small amount of polish remover. **Let dry.**
- Create a space between the toes with the toe separators or place small rolls of facial tissue between the toes.
- Apply one coat of *Perfect Surface Base Coat*. **Let dry thoroughly.** Follow with two coats of *Long-Wearing Nail Enamel* and one coat of *Speed Set Top Coat*.

NOTE: Don't overload the brush. The enamel won't go on smoothly and will take forever to dry.

- For even color, apply three upward strokes on each nail, starting in the center and then moving out to either side.
- If you're in a hurry, opt for a pale color. Mistakes will be a lot less visible.
- Get rid of any mistakes with a cotton swab dipped in polish remover.
- Remember that polish will be set, but soft. Wear open toe shoes until polish has hardened, usually 30+ minutes. **Besides, what better way, other than barefoot to show off your new *Satin Pedicure??***

Enjoy!!!

Other ideas to perk up those aching feet

1. Feet Treats

Wake up your feet with an invigorating massage every morning. Just rub Energizing Foot & Leg Treatment into your feet, and massage from heel to toe. What a great way to start the day!

2. Roll With It

To ease tired feet at the end of a long day, fill a bowl with marbles, remove shoes and roll the soles of your feet back and forth.

3. Chill Out

Here's another quick tip for relaxing achy feet. Fill a 16-ounce plastic soda bottle with water and put in the freezer. After it's frozen, roll your feet back and forth on the bottle until they feel better.

4. The Water's Fine

Refresh feet with this easy-to-fix recipe. Place sliced cucumbers, zesty mint leaves and flower petals into a bowl of lukewarm water. Submerge feet, and smile.

5. Toe Tonic

Spend a lot of time standing during the day? Then take the pressure off your feet with this soothing soak. In a saucepan, simmer 1 cup of milk, 6 sprigs of rosemary and ½ cup of mint leaves. Remove from heat, let cool, pour in 2 teaspoons of peppermint extract and soak a clean cloth in it. Wrap your feet in the cloth, and relax.

6. Just Relax

While your pedicure is drying, take 10 minutes to lie down with your feet above your head, either resting on a pillow or against a wall. This simple move will help relieve tension, soothe tired veins and give you something to do while you wait.

CONSULTANT NOTES:

NOTE: Introducing *Extra Emollient Night Cream* to the existing Footsteps Pedicure Kit creates *Satin Footsteps* and adds \$11.00 to the price of the *Footsteps Kit*.

SUPPLIES:

- Large colorful bowls make a much nicer impression than disposal aluminum tubs. Wal-Mart had large pastel colored ones that can be washed in the dishwasher.
- Scrub brushes [Plastic and pastel, dishwasher safe. Found at Dollar Tree]
- *Nail Enamel Remover*
- Cotton Balls [Wal-Mart]
- *Cuticle Cream*
- Cuticle sticks [Wal-Mart]
- Pumice stone or fine grain wet/dry sandpaper
- Tissues [Wal-Mart]
- Cotton squares [Wal-Mart]
- *Extra Emollient Night Cream*
- *Buffing Cream*
- *Cleansing Gel*
- *Energizing Foot & Leg Treatment*
- *Perfect Surface Base Coat*
- *Long-Wearing Nail Enamel* assortment
- *Speed Set Top Coat*
- Plain white hand towels that can be washed and bleached. [Sam's or Wal-Mart]

INTRODUCE ADDITIONAL PRODUCTS: To introduce additional products and get some other senses going, try having them apply *Indulge Soothing Eye Mask*. Have them close their eyes while they soak their feet. With their eyes closed introduce them to the *Spa Scents* samplers and allow them to test their favorite sample. Read the Spa Scents descriptions that have been circulating on our email. Introduce *Visible Action Skin Revealing Lotion*. Have them experience as much as possible with their eyes closed, using their senses of touch and smell. Remove the Eye Mask with warm wet cotton pads, pat dry with tissues, and continue with their pedicure.

Prices for products suggested and various package configuration can be found on the NEW YORK LEGS / LAS VEGAS FEET document. It can be amended to fit whatever products you choose to introduce.

THIS LOVELY PAMPERING SESSION IS GREAT FOR ANY TIME OF YEAR. START NOW AND INTRODUCE HOLIDAY PRODUCTS AS THEY BECOME AVAILABLE. ALSO STRESS THE GIFT ASPECT. WHO WOULDN'T WANT TO EXPERIENCE SOMETHING SO SENSUAL, YET SO SENSIBLE??