

get fresh

Relief For Tattered Tootsies Protocol

30 minutes (Spa Pedicure 60 minutes)

An express treatment for improving the appearance of skin, dryness, hard skin and calluses on the feet. Treatment time is usually 30 minutes and is carried out as a waterless therapy using hot towels to remove products

1 Spritz feet with Knock Your Socks Off foot spray to freshen and deodorise. Wrap in hot towels to cleanse

2 Massage both feet using Totally Soaked softening foot gel. This is where the process starts to work in softening and breaking down dry, hard skin and calluses and moisturising

3 Remove hard skin build up using a waterproof foot file as this is carried out directly over Totally Soaked. Skin should buff away quite easily during this process to reveal smoother, fresher skin

4 Exfoliate feet using Down'n Dirty foot scrub. The pumice and crushed walnut shell gives a thorough exfoliation and removes Totally Soaked. Remove with hot towels and dry feet

5 Apply a small amount of Rescue Me foot creme to finish. This product is packed with skin renewing AHAs so be careful to only massage until absorbed otherwise you will see it continue to slough off dead skin cells and create a residue!

To upgrade this to our **Get Fresh Spa Pedicure**, you will need to:

- Cut and file nails after Step 1
- Include cuticle work after Step 2 as Totally Soaked will also soften and breakdown dry, excess cuticle
- After Step 5 is when 'traditional' polish is applied

If applying gel polish, we recommend doing this before carrying out the protocol as above. This will prevent the oils from affecting the polish adhering to the nails properly