

get fresh

Spa Manicure Protocol

45 minutes (Luxury 60 minutes)

Our Lemongrass Spa Manicure renews and deeply moisturises skin on the hands. Treating dry, rough, overworked hands to leave them soft and supple. Treatment time is usually 45 minutes or 60 minutes luxury with heated mitts

1

Dissolve a small amount of Lemongrass Hand & Foot soak crystals in a bowl of warm water to soften and cleanse hands. Carry out your usual cuticle work and file routine

2

Massage Sugar Body Scrub gently onto hands and forearms. Remove with hot towels and dry

3

OPTIONAL: Upgrade to a Luxury Spa Manicure by adding in heated mitts. Apply a layer of our Mineral Body Mask, cover with plastic liners and place in mitts for approx 8-10 minutes before removing with hot towels

4

Carry out a luxurious massage to the hands and forearms using Hand & Foot massage creme

5

Cleanse the nail plate and apply polish as required***

***If applying gel polish, always do this before carrying out the protocol using the products above
This will prevent the oils from affecting the polish adhering to the nails properly***