



Signature Treatments

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FarmHouse Fresh® Signature Facial (50 Min)

FarmHouse Fresh® Products:

1 tablespoon of soak (powdered or oil for towels)
1 teaspoon of soak (powdered or oil for facial bowl) 1
teaspoon of oil (for pre-cleanse)
¼ teaspoon of mineral bath soak (for eye pads) 2
teaspoons of cleanser
Facial Tonic Spray
2 teaspoons of facial exfoliator 2 teaspoons of face
mask
2 tablespoons of body oil 2 pumps of facial serum
1 teaspoon of facial moisturizer 2 pumps of eye serum

Tools:

1 bowl of warm water - to pretreat and soak towels
2 dry hand towels to be warmed in towel cabi
1 small bowl of warm water to use throughout the
treatment 1 fan brush for mask application
2 cotton eye pads pre-treated with selected mineral
bath soak 6 hand towels – to be soaked and warmed
in cabi to be used throughout the treatment.

PREPARATION:

Before your guest arrives, fill a bowl with warm water and add 1 tablespoon of soak. Go ahead and stir the mixture, then submerge all 6 towels into the bowl – one at a time. Next, gently ring out each towel, leaving them damp enough for easy product removal. Place all 6 towels into your hot towel cabi.

Next, place a teaspoon of powder soak or oil into the small bowl of warm water and stir. This mixture will be used throughout the treatment.

TURN ON STEAMER

INITIAL CONTACT: (3 min)

When guest arrives, have them comfortably rest face up on the treatment table with the head draped. Then begin your initial contact. Drape the décolleté and shoulders with a warm, damp towel. Then, place your palms on guest's shoulders and slowly alternate applying medium pressure to each shoulder. While maintaining constant contact, gently walk your hands down one side of their body – stopping at their feet. Next, place hands on guest's ankles, and gently raise their legs a few inches off the table. Lean back and stretch the legs with a gentle pull. Continue walking your hands up the other side of their body, finishing at the shoulders. The entire initial contact should last about 3 minutes.

PRE-CLEANSE: (5 min)

To start the facial treatment, apply pre-cleanse oil using upward effleurage strokes beginning with the décolleté, up the neck, covering the entire face – and finishing with the forehead. The pre-cleanse will help break up excess dirt and makeup before your cleanse. Next, dip your hands into the small bowl of warm treated water and glide your hands up the guest's décolleté, neck and end with the forehead. This will help break down the oil to prepare for cleansing.

CLEANSE: (5 min)

Now, apply cleanser using the same upward effleurage strokes. Start with the décolleté, move up the neck, covering the entire face and finish with the forehead. The cleanser will remove dirt

and make-up and also help balance the PH of your guest's skin. Remove cleanser with a warm, damp towel. The entire pre-cleanse and cleanse process should take about 5 minutes. If your guest is wearing mascara, remove it at this point using your normal routine and a dab of our cleanser.

tone: (1 min)

Mist the face and décolleté three times with your facial tonic.

EXFOLIATE: (5 min)

Steaming is optional during exfoliation, based on guests' needs and product selected. To begin exfoliation, apply product across the décolleté, neck and face. Use gentle circular motions to exfoliate. (If you are using an exfoliator that does not require manipulation and needs to sit on the skin, use this time to perform a scalp treatment). Remove with warm damp towel. The exfoliation process should take about 5 minutes.

PERFORM EXTRACTIONS: (5 min)

This step is optional based on your guest's needs.

MASSAGE: (8-10 min)

At this point, treat your guest to a facial, neck and shoulder massage with a body oil using your preferred massage method. Remove product used during the massage with a warm damp towel.

TREAT: (12-15 min)

Now, with a fan brush, apply the featured mask. Hold the bowl and rest on guest's shoulder to always maintain contact. With long, smooth strokes -- begin with the décolleté, move upward and finish at the forehead. Next, cover the eyes with the pre-treated cotton eye pads. While allowing the mask to dry, perform a hand and arm massage on your guest with selected oil or moisturizer. Then, wrap your guest's hand and arm with a warm, dry towel. Repeat process on other hand and arm – heated mittens are optional instead of a warm, dry towel. Next, remove eye pads. Finally, remove the mask with a warm damp towel. For easy removal, we recommend performing facial compressions for one minute to soften the mask.

tone: (1 min)

Mist the face and décolleté three times with your facial tonic.

SERUM: (1 min)

Apply selected facial serum -- beginning with the décolleté, moving upward and finishing with the forehead.

MOISTURIZE: (1 min)

Apply selected facial moisturizer using the same application method.

EYE SERUM: (1 min)

Apply selected eye serum, using the Figure 8 method.

FINISH: (2 min)

Now, tell your guest you're going to help them sit up, as you walk your hands down their back to support them. For the finishing touch, treat your guest by applying a warm, damp towel across their shoulders and apply medium compressions for about one minute. Gently remove towel and inform guest it's the end of their treatment.



FarmHouse Fresh® 3 Step Lip Treatment (15 minutes)

FarmHouse Fresh® Products:

Lip Polish- pea size amount
Face Mask- pea size amount
Lip Balm- pea size amount

Tools:

1 facial gauze (cotton may also be used)
1 spatula
1 lip brush

PREPARATION:

Before you begin this treatment instruct your guest to keep their lip closed until the treatment is completed. If any cuts or open wounds are present on the lips treatment is not recommended.

EXFOLIATE:

Apply lip scrub to dry lips and perform back and forth motion with finger tips to exfoliate, remove with damp gauze.

TREAT:

Apply mask to the lip area and leave on for 5 minutes, remove with damp gauze.

NOURISH:

Using a spatula remove lip balm from tube and apply to lips with a lip brush.

After this treatment your guest should expect their lips to be pink or red in color, the lips will also look fuller and softer.



FarmHouse Fresh® Signature Body Scrub Treatment (50 minutes)

Dry Room Friendly

FarmHouse Fresh® Products:

2 TBSP of your featured soak 2 TBSP of your featured scrub
2 TBSP of you featured body wash
2 TBSP of FarmHouse Fresh® massage oil OR 2
tablespoons of your featured moisturizer

Tools:

15 hand towels infused with our soak and placed in
hot towel caddy
1 large
body towel
4 dry hand
towels
A bowl of warm water
Medium size bowl with 4oz warm water for Bubblemask
A FarmHouse Fresh® squeeze bottle

PREPARATION:

First, lay down a flat cotton sheet to cover the table then lay down a large body towel. Fold another flat sheet in half and place on top of towel this sheet will be used to drape your client.

Before your guest arrives, fill a bowl with warm water and add 2 tablespoons of your featured soak. Go ahead and stir the mixture, then submerge all 10 towels into the bowl – one at a time. Next, gently ring out each towel, leaving them damp enough for easy scrub removal. Place all 10 towels into your hot towel cabi. Now mix your body wash with warm water to create bubbles and set aside.

When your guest arrives, have them lay face down underneath the top sheet on the treatment table.

INITIAL CONTACT: (5 min)

Pump either the oil or moisturizer that will be used into the palm of your hands. Cup your hands underneath the face cradle and ask your guest to take 3 deep breaths.

Next, take a minute to make initial contact with your guest. To do so, place both hands on their back. Applying medium pressure, glide your hands from the upper to lower back. While maintaining constant contact, slide to the shoulders and continue with medium pressure as you walk your hands down one side of their body, stopping at their feet. Next, place hands on guest's ankles, and gently raise their legs a few inches off the table. Lean back and stretch the legs with a gentle pull. Continue walking your hands up the other side of their body, finishing at the shoulders.

EXFOLIATE and BUBBLEMASK : (35 min)

To begin the scrub, roll down the top sheet to your guests' lower back. Using the FarmHouse Fresh® squeeze bottle, apply a small amount of warm water to your guests back. (You'll repeat this step for each section of the body before applying the scrub). Your guest's skin should just feel damp. Apply product and use slow effleurage movements to scrub your guest – allowing them to enjoy a melodic touch. For scrub removal, apply a warm, damp towel to cover your guest's entire back. Apply bubblemask from the shoulders down to the lower back and leave on skin to

be absorbed.

Apply scrub to one arm using slow effleurage movements and repeat on other arm. Next, using another warm, damp towel, apply medium pressure compressions to the back side of the arm (excluding the hand) – then remove scrub. Repeat same process on other arm. Apply bubblemask to both arms and leave on skin to be absorbed. Take a warm towel and lightly remove excess bubbles from the back, repeat on both arms.

Cover guest's back with sheet and move to the legs.

Undrape one leg and using the squeeze bottle again, apply warm water to leg so your guest's skin is damp. Now, apply scrub to the back side of the leg (excluding the foot) using slow effleurage movements. Next, using a warm, damp towel, apply compressions to leg and remove scrub. Apply bubblemask and leave on skin to be absorbed. Repeat same process on the other leg. Remove excess bubbles from each leg with a warm towel.

At this point, make sure guest is properly draped and assist them with turning over onto their back. Begin this stage by using your squeeze bottle to apply warm water to the décolleté, then apply the scrub to the décolleté using a gliding motion back and forth. Next, take a warm, damp towel -- apply to the décolleté with medium compressions and remove scrub. Apply bubblemask and leave on skin to be absorbed.

Next undrape one arm and apply warm water to the arm with squeeze bottle. Scrub your guest's entire arm, including the hand, always remembering to use melodic touch. Take a warm, damp towel, and apply compressions to the arm to remove scrub. Then, dissolve scrub from the guest's hand by drizzling warm water from the squeeze bottle onto the entire hand as you hold guest's hand over a dry towel. Apply bubblemask and leave on skin to be absorbed.

Repeat same process on other arm. Apply bubblemask and leave on skin to be absorbed. Remove excess bubbles from first arm and repeat on second arm. Cover guest with sheet before moving to the legs.

Undrape one leg and using squeeze bottle again, apply warm water to leg so your guest's skin is damp. Now, apply scrub to front side of leg, including the entire foot, using slow effleurage movements. After the leg, be sure to scrub the entire foot. Next, using a warm, damp towel, apply compressions to leg and remove scrub. Then, dissolve scrub from guest's foot by drizzling warm water from the squeeze bottle as you hold guests foot over a dry towel. Apply bubblemask and leave on skin to be absorbed. Repeat process on other leg and foot. Remove excess bubbles from first leg and repeat on second leg.

MOISTURIZE: (10 min)

The final step of this treatment is the application of your featured moisturizer (or oil). Apply the moisturizer to your guest's entire body, except for the back. Start with the décolleté, move to both arms and hands, and then finish with both legs and feet. Then, tell your guest you're going to help them sit up. At this point, apply moisturizer to their back using long effleurage strokes with medium pressure and glide off to complete the treatment.

Inform guest it's the end of their treatment. At this time, you can present the tray of retail products for them to see before they get dressed and meet you outside the room.



FarmHouse Fresh® Signature Body Wrap (May be offered as 50 minutes or 100 minutes)

Dry Room Friendly

FarmHouse Fresh® Products:

2 TBSP of your featured soak
2 TBSP of your featured scrub
2 TBSP of your serum or gel
2 TBSP of FarmHouse Fresh® massage oil OR your featured moisturizer.

Tools:

10 hand towels infused with our soak and placed in hot towel caddy
4 dry hand towels
A bowl of warm water
A FarmHouse Fresh® squeeze bottle

PREPARATION:

First, lay down a flat cotton sheet to cover the table. Then, lay down your spa blanket, a Mylar blanket, and another cotton sheet. Next, place two large body towels on the table – one at the head of the table and one at the foot. Place one more cotton sheet over the top of the table, which will be used to drape your guest.

Before your guest arrives, fill a bowl with warm water and add 2 tablespoons of your featured soak. Go ahead and stir the mixture, then submerge all 10 towels into the bowl – one at a time. Next, gently ring out each towel, leaving them damp enough for easy scrub removal. Place all 10 towels into your hot towel caddy.

When your guest arrives, have them lay face down underneath the top sheet on the treatment table.

INITIAL CONTACT: (3 min)

Pump either the oil or moisturizer that will be used into the palm of your hands. Cup your hands underneath the face cradle and ask your guest to take 3 deep breaths.

Next, take a minute to make initial contact with your guest. To do so, place both hands on their back. Applying medium pressure, glide your hands from the upper to lower back. While maintaining constant contact, slide to the shoulders and continue with medium pressure as you walk your hands down one side of their body, stopping at their feet. Next, place hands on guest's ankles, and gently raise their legs a few inches off the table. Lean back and stretch the legs with a gentle pull. Continue walking your hands up the other side of their body, finishing at the shoulders.

EXFOLIATE : (22 min)

To begin the scrub, roll down the top sheet to your guests' lower back. Using the FarmHouse Fresh® squeeze bottle, apply a small amount of warm water to your guests back. (You'll repeat this step for each section of the body before applying the scrub). Your guest's skin should just feel damp. Apply product and use slow effleurage movements to scrub your guest – allowing them to enjoy a melodic touch. This method relaxes the guest and minimizes the amount of wasted product.

For scrub removal, apply a warm, damp towel to cover your guest's entire back. Next, using

another warm, damp towel, apply medium pressure compressions to the back side of the arm (excluding the hand) – then remove any excess scrub. Repeat same process on other arm using another warm, damp towel. Returning to the back, apply compressions and remove scrub with a slow back and forth motion.

Cover guest's back with sheet and move to the leg.

Undrape one leg and using the squeeze bottle again, apply warm water to leg so your guest's skin is damp. Now, apply scrub to the back side of the leg (excluding the foot) using slow effleurage movements. Next, using a warm, damp towel, apply compressions to leg and remove excess scrub. Cover leg and repeat same process on the other leg – using the squeeze bottle, scrub application, and removal with warm, damp towel.

At this point, make sure guest is properly draped and assist them with turning over onto their back. Begin this stage by using your squeeze bottle to apply warm water to the décolleté, then apply the scrub to the décolleté using a gliding motion back and forth. Next, take a warm, damp towel -- apply to the décolleté with medium compressions and remove excess scrub.

Next, cover guest and undrape one arm. Apply warm water to the arm with squeeze bottle. Next, scrub your guest's entire arm, including the hand, always remembering to use melodic touch. Take a warm, damp towel, and apply compressions to the arm to remove excess scrub. Then, dissolve scrub from the guest's hand by drizzling warm water from the squeeze bottle onto the entire hand as you hold guest's hand over a dry towel. Cover arm and repeat same process on other arm and hand by using the squeeze bottle to apply warm water, followed by the scrub application, then removal with warm, damp towel. Finish by applying water onto your guest's entire hand as it rests over another towel. Then, cover their arm.

Next, undrape one leg and using squeeze bottle again, apply warm water to leg so your guest's skin is damp. Now, apply scrub to front side of leg, including the entire foot, using slow effleurage movements. After the leg, be sure to scrub the entire foot. Next, using a warm, damp towel, apply compressions to leg and remove excess scrub. Then, dissolve scrub from guest's foot by drizzling warm water from the squeeze bottle as you hold guests foot over a dry towel. Cover leg and repeat process on other leg and foot.

SERUM/GEL: (5 min)

Before we begin this application, remove bath towel from under guest's legs by rolling to ensure a clean surface. Then, assist guest to the upright position. Roll the bath towel toward the headrest and remove from table. While guest is sitting up, apply to the entire back with slow effleurage strokes and then assist guest in laying back down. With the same motions and concept as the scrub, we are going to apply the serum/gel to the rest of the body ending with the feet. Begin with applying serum/gel to the décolleté, then apply to both arms and hands. Cover your guest. Now, continue the same process of applying serum/gel to both legs, including the feet.

WRAP: (15 min)

Before wrapping your guest, ask if they are claustrophobic. If yes, leave their arms out of the cocoon.

To begin wrapping your guest, start by folding the cotton sheet over the feet. Then, take the right side of the sheet and fold it over your guest's body. Next, take the left side of the sheet and fold it over the same way. Then, take the Mylar blanket and fold over your guest in the same manner

as the cotton sheet. Repeat the same wrapping process with the spa blanket. Make sure the entire wrap is secure from the feet up to the shoulders. Leave the guest wrapped for 20 minutes to allow for product penetration. While guest is wrapped, you can perform a shoulder, neck and scalp massage. At all times while guest is wrapped, remain in the treatment room with them.

When unwrapping your guest, gently remove one layer at a time beginning with the spa blanket. Next, remove the Mylar blanket followed by the top cotton sheet – leaving the last cotton sheet to drape your guest.

MOISTURIZE: (5 min)

The final step of this treatment is the application of your featured moisturizer (or oil). Apply the moisturizer to your guest's entire body, except for the back. Start with the décolleté, move to both arms and hands, and then finish with both legs and feet. Then, tell your guest you're going to help them sit up. At this point, apply moisturizer to their back using long effleurage strokes with medium pressure. Then, for the final touch, take a warm, damp towel and place it across their shoulders. Perform medium compressions on their shoulders for about one minute. Gently remove towel and inform guest it's the end of their treatment. At this time, you can present the tray of retail products for them to see before they get dressed and meet you outside the room.

*This step may be upgraded to a full body massage to increase treatment to 100 minutes.



FarmHouse Fresh® Signature Body Wrap with Mask (50 minutes)

FarmHouse Fresh® Products:

2 TBSP Selected Soak
2 TBSP Scrub
2 TBSP Mask
2 TBSP Massage Oil or Moisturizer

Tools:

20 Medium Hand Towels infused in hot towel cabi
2 Dry Medium Hand Towels
1 Bowl of hot water to pretreat and soak towels
1 Fan or Body Brush for Mask application (Optional)
2 Small or Medium Rubber Bowls for Scrub and Mask

PREPARATION:

First, lay down a flat cotton sheet to cover the table. Then, lay down your spa blanket, a Mylar blanket, and another cotton sheet. Next, place two large body towels on the table – one at the head of the table and one at the foot. Place one more cotton sheet over the top of the table, which will be used to drape your guest.

Before your guest arrives, fill a bowl with warm water and add 2 tablespoons of your featured soak. Go ahead and stir the mixture, then submerge all 20 towels into the bowl – one at a time. Next, gently ring out each towel, leaving them damp enough for easy scrub removal. Place all 20 towels into your hot towel cabi. When your guest arrives, have them lay face down underneath the top sheet on the treatment table.

INITIAL CONTACT: (3 min)

Pump either the oil or moisturizer that will be used into the palm of your hands. Cup your hands underneath the face cradle and ask your guest to take 3 deep breaths.

Next, take a minute to make initial contact with your guest. To do so, place both hands on their back. Applying medium pressure, glide your hands from the upper to lower back. While maintaining constant contact, slide to the shoulders and continue with medium pressure as you walk your hands down one side of their body, stopping at their feet. Next, place hands on guest's ankles, and gently raise their legs a few inches off the table. Lean back and stretch the legs with a gentle pull. Continue walking your hands up the other side of their body, finishing at the shoulders.

EXFOLIATE & MASK: (25 min)

To begin the scrub, roll down the top sheet to your guests' lower back. Using the FarmHouse Fresh® squeeze bottle, apply a small amount of warm water to your guests back. (You'll repeat this step for each section of the body before applying the scrub). Your guest's skin should just feel damp. Apply product and use slow effleurage movements to scrub your guest – allowing them to enjoy a melodic touch. This method relaxes the guest and minimizes the amount of wasted product.

For scrub removal, apply a warm, damp towel to cover your guest's entire back. Next using another warm, damp towel, apply medium pressure compressions to the back side of the arm. Repeat same process on other arm using another warm, damp towel. Returning to the back, apply compressions and remove scrub with a slow back and forth motion.

Using a moistened fan or body brush, apply a thin layer of mask to the clients back and arms.

Cover with plastic wrap. (Take the entire roll, roll the plastic out to length of the limb and tear.) Then cover the clients back and arms with the sheet. Proceed to the legs, repeat exfoliation and removal process (be sure to include the heels of the feet.) Apply thin layer of mask to the legs, cover with plastic wrap and cover the legs with sheet.

Before having the guest turn over, remove any excess scrub from the sheet with a dry towel or dry body brush to ensure the guests comfort. Have client to turn over keeping as much of the plastic in place to reduce clean up.

Start with the décolleté. Exfoliate, remove, apply mask, cover with plastic wrap and cover client with sheet. Move to arms and hands- exfoliate, remove, apply mask, cover with plastic wrap and cover with sheet. Repeat process on the legs and feet. Remember to utilize the FHF squeeze bottle for removing scrub in difficult areas particularly the toes and hands.

Before wrapping the client, remove any excess scrub from the sheet with a dry towel or dry body brush to ensure the guests comfort. Ask your guest if they are claustrophobic. If yes, be sure to leave their arms out of the cocoon.

WRAP: (12 min)

To begin wrapping your guest, start by folding the cotton sheet over the feet. Then, take the right side of the sheet and fold it over your guest's body. Next, take the left side of the sheet and fold it over the same way. Then, take the Mylar blanket and fold over your guest in the same manner as the cotton sheet. Repeat the same wrapping process with the spa blanket. Make sure the entire wrap is secure from the feet up to the shoulders. Leave the guest wrapped for 10 minutes to allow for product penetration. While guest is wrapped, you can perform a shoulder, neck and scalp massage. At all times while guest is wrapped, remain in the treatment room with them. When unwrapping your guest, gently remove one layer at a time beginning with the spa blanket. Next, remove the Mylar blanket followed by the top cotton sheet – leaving the last cotton sheet to drape your guest.

MASK REMOVAL and MOISTURIZE: (10 min)

The final step of this treatment is the removal of the mask and application of your featured moisturizer (or oil). Assist guest to the upright position. Beginning at the back, use the plastic wrap to aid in removal of most of the mask. After removing the most of the product, cover the back with a warm towel and remove the remaining mask. Apply moisturizer using effleurage strokes with medium pressure. Have the client to lay down and repeat the mask removal and moisturizing process on the décolleté and arms. At the legs- assist the client with bending their leg at the knee while you remove the mask and apply moisturizer to backs of the legs. Next, have the client to lay their legs straight and continue the process on the tops of the legs and feet.

Inform guest it's the end of their treatment. At this time, you can present the tray of retail products for them to see before they get dressed and meet you outside the room.



FarmHouse Fresh® Signature Manicure (50 minutes)

FarmHouse Fresh® Products:

½ TBSP Selected Soak
1/2 TBSP Scrub
2 TBSP Body Wash (Optional)
1 TBSP Mask or Glaze (Optional)
1/2 TBSP Massage Oil or Moisturizer

Tools:

4 Medium Hand Towels infused in hot towel cabi
2 Dry Medium Hand Towels (Optional for mask)
1 Medium Bowl with 2oz warm water to mix Bubblemask (Optional)
1 Bowl of hot water to pretreat and soak towels
1 Fan Brush (Optional) for Mask/Serum application
2 Small or Medium Rubber Bowls for Scrub and Mask
Your Preferred Manicure Tools

PREPARATION:

Place selected soak in bowl and add hot water. Soak towels, ring gently, roll and place in towel cabi to steam. If using a mask, serum, moisturizer and/or oil place in towel cabi if you choose to apply warm.

SOAK HANDS: (5 min)

***Omit soaking in water if applying gel polish. Wrap hands in warm soaked towels instead.**

Place 1/2 TBSP of Selected Soak in Mani Bowl

POLISH REMOVAL, CUTICLE TRIMMING AND NAIL FILING: (10 min)

EXFOLIATE: (5 min per hand/lower arm)

After wetting the skin, apply scrub in long, slow motions. Remove scrub with hot towel.

BUBBLEMASKING: (10 min) Optional if not using a mask.

Mix selected body wash and warm water in medium sized bowl to form bubbles. Apply bubbles to one arm at a time from elbow to fingers using light effleurage strokes allowing the skin to absorb the bubbles. Remove excess bubbles one arm at a time with hot towel.

TREAT: (10min) Optional if not using Bubblemask.

Apply a Glaze/Wrap or Mask (optional). If using a Glaze/Wrap or Mask, paint the product in a thick coat over forearms, hands and fingers. Wrap each arm/hand in plastic wrap and/or steaming wet towel. Drape a warm dry towel over both arms/hands to help retain heat.

REMOVE towels and/or plastic.

If using a Glaze/Wrap: As you remove the wet towels, rub in any excess glaze. If using a mask, remove by applying warm soaked towels. Apply compressions to allow towel to absorb most of the product and then wipe off excess amount. Pay extra attention around the cuticles. You may use a nail brush if needed.

MASSAGE: (10 min)

Perform massage with selected moisturizer.

POLISH: (5 min)

Finish with polish application.



FarmHouse Fresh® Signature Pedicure (50 minutes)

FarmHouse Fresh® Products:

2 TBSP Selected Soak (1 TBSP soak towels/1 TBSP Pedi Bowl)
1 TBSP Scrub
2 TBSP Body Wash (optional)
4 TBSP Warm Water (optional)
1 TBSP Mask or Glaze (optional)
1/2 TBSP Massage Cream or Oil

Tools:

4 Medium Hand Towels infused in hot towel cabi
2 Dry Medium Hand Towels in hot towel cabi (optional for mask)
1 Medium Bowl to mix Bubblemask (optional)
1 Bowl of hot water to pretreat and soak towels
1 Fan Brush (optional) for Mask/Serum application
1 Small or Medium Rubber Bowl for Scrub
Your Preferred Pedicure Tools

PREPARATION:

Place selected soak in bowl and add hot water. Soak towels, ring gently, roll and place in towel cabi to steam. If using a mask, serum, moisturizer and/or oil place in towel cabi if you choose to apply warm.

SOAK FEET: (5 min)

Place 1 TBSP of Soak in Pedi Bowl and allow feet to soak for 5 minutes.

NAIL POLISH REMOVAL, CUTICLE TRIMMING & FILING: (10 min)

EXFOLIATE: (5 min per foot/lower leg)

After wetting the skin first, apply scrub in circular motions. Spend extra time on callouses and rougher parts of the foot. Remove scrub with hot towel.

BUBBLEMASKING: (10 min) Optional step if not using a mask.

Mix selected body wash and warm water in medium sized bowl to form bubbles. Apply bubbles to one leg at a time from knee to toes using light effleurage strokes allowing the skin to absorb the bubbles. Remove excess bubbles one leg at a time with hot towel.

TREAT: (10 min) Optional step if not using Bubblemask.

Apply a Glaze/Wrap or Mask (optional).

- If using a Glaze/Wrap: paint the product in a thick coat over knees, calves, ankles, and feet, glazing over and between each toe. Wrap each foot/leg in plastic wrap and/or steaming wet towel. Follow with a warm dry towel to help retain heat.

- If using a Mud Mask, paint the product in a thick coat over knees, calves, ankles, and feet. Wrap each foot and leg in plastic wrap. Follow with a warm dry towel to help retain heat.

REMOVE towels and/or plastic in the opposite order applied.

- If using a Glaze/Wrap: As you remove the wet towels, rub in any excess glaze, particularly around toes and heel area.

- If using a mask, have your client place their feet and legs back into the pedi bath, and rub gently with your hands to remove the mask from their skin. Use steaming wet towels to assist if

necessary. When feet and legs are clean, use a dry towel to pat them dry.

MASSAGE: (10 min)

Apply selected moisturizer and proceed with massage.

POLISH: (5 min)

Finish with polish application.