

Flawless Feet

Professional Treatment Protocol



An indulgent treatment that reaches the nooks & crannies and effectively removes the build-up skin you accumulate on the feet, especially the heels. Your foot-care moisturizers will penetrate easily, revealing softer, smoother sandal-ready feet!

This treatment is a great alternative for those who are medically restricted from visiting a nail salon.

ITEMS YOU WILL NEED

- water
- 4x4 Gauze Pad
- botana cream cleanser
- Salicylic Acid 30%
- MegaPeel
- retinyl enzyme treatment
- hydra repair mask
- soothe & restore or calm & balance oil
- hydrate & renew body lotion
- daily eclipse SPF 30



PROCEDURE

1. Cleanse

- Apply botana-gel cleanser™ to the feet.
- Massage gently to cleanse.
- Rinse with water and pat dry.

2. salicylic acid 30%

- Moisten 4x4 gauze with salicylic acid treatment.
- Apply one or two layers to the entire foot, especially the heel and ball area and pads of the toes
- Leave on for 5 to 7 minutes.

3. Rinse

- Rinse with water or warm damp cloth and pat dry.



4. Microdermabrasion Procedure* (optional)

- Dry the feet thoroughly prior to treatment.
- *silver hand piece/clear tip 45-60 kpa
- *thicker or calloused skin, may use gold hand piece/gold tip 50-65 kpa
- Make 2 passes over the callused areas. Treat each area vertically the first time, horizontally the second time.
- Dust any particles off the skin.

5. botana scrub (if not performing microdermabrasion)

- gently massage botana scrub in a circular motion, letting the product do the work. Do not apply additional pressure.
- Rinse off with water or warm damp washcloth

6. retinyl enzyme treatment

- Apply a thin layer of retinyl enzyme to a 4"-by- 4" gauze pad.
- Wipe the product over the feet.
- Leave on for 5 minutes.
- Use a clean, damp washcloth or moistened 4x4 gauze pad to remove.
- Rinse.
- Repeat until the skin is no longer sticky. (Do this at least 2 times.)

7. hydra repair mask™

- Apply hydra repair mask™ in a thin layer to the feet.
- Leave on for 7-10 minutes
- Remove with warm, damp cloth or 4x4 gauze

8. Finish

- Massage with soothe & restore or calm & balance body oil
- Apply generous amount of hydrate & renew body lotion and massage into feet
- Apply daily eclipse spf to top of feet if they will be exposed to sunlight.

AFTER CARE INSTRUCTIONS

- Home care, once or twice a week:
- AHA salicylic solution. Remove excess with warm wash cloth.
- Apply body oil of choice.
- Follow with a layer hydrate & renew body lotion.
- Place socks on feet.

FOLLOW-UP TREATMENTS Follow up with treatments at 3-4 week intervals.

CONTRAINDICATIONS:

- **Accutane use within one or two years (assessment made by physician)**
- **Fitzpatrick skin types IV – VI (may create hyper-pigmentation)**
- **Pregnancy or lactation**
- **Anyone with an infectious disease**
- **Open sores, suspicious lesions, or basal cell carcinoma (Always refer to a physician)**

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