

Total Tropical Tootsies

Take a trip to the tropical islands and kick off your shoes to give those feet a sweet treat! This tropically inspired foot treatment will soften, soothe and refresh tired, hardworking feet. Complete with a hot stone foot massage.

Ingredients

- Tropical Coconut Ambiance Aroma Room Mist..... 1 spray
- Pineapple Juice..... 2 cups
- Marine Therapy Pedi-Scrub..... ½ oz
- Mango & Mandarin CC 15 drops
- Black Baltic Body Mud..... ½ oz
- Marine Therapy Pedi Balm ½ oz
- Grapefruit Essential Oil..... 10 drops

Tools

- 3 rubber spa bowls
- 4 warm, moist hand towels
- Large Bowl/basin
- 1 hand towel
- Plastic Wrap
- 4 small hot stones

Instructions

1. Mix Marine Therapy Pedi-Scrub with 10 drops of MMCC in a rubber bowl.
2. Mix Black Baltic Body Mud with 10 drops of Grapefruit EO in a rubber bowl.
3. Mix Marine Therapy Pedi-Balm with 5 drops of MMCC in a rubber bowl.
4. Add warm water to a large bowl/basin and add pineapple juice. Let feet soak in footbath for 5 minutes.
5. Remove right foot from footbath and smooth Marine Therapy Pedi-Scrub over the entire foot. Apply in small circular movements, paying special attention to rough/callused areas. Remove the Marine Therapy Pedi-Scrub with a warm, moist towel. Place foot back in bath and repeat with left foot.
6. Remove right foot from footbath and wipe clean. Apply Black Baltic Mud to the entire right foot using small circular movement. Repeat on left foot.
7. Cover both feet with plastic wrap and a bath sheet. Leave on for 5 – 10 minutes.
8. Remove Black Baltic Mud with a warm, moist towel.
9. Complete treatment with a quick foot/lower leg massage using the Marine Therapy Pedi-Balm and hot stones.



Session Time: 30 minutes

Recommended Price: \$35 - \$50

Cost Per Treatment: \$2.47