



# CND™ PRO SKINCARE FOOT & LEG PEDICURE TREATMENT

## FEATURING

CND™ PRO SKINCARE MINERAL BATH  
CND™ PRO SKINCARE EXFOLIATING SEA SALT SCRUB  
CND™ PRO SKINCARE CALLUS SMOOTHER  
CND™ PRO SKINCARE INTENSIVE HYDRATION TREATMENT  
CND™ PRO SKINCARE HYDRATING LOTION

## CND™ PRODUCTS REQUIRED

COOLBLUE™ Hand Cleanser  
CUTICLE ERASER™ Gentle Exfoliator  
SOLAROIL™ Nail & Cuticle Care  
SCRUBFRESH™ Nail Surface Cleanser  
CND™ Files and Buffers

## OPTIONAL

CND™ SHELLAC™ or CND™ VINYLUX™

## ACCESSORIES/ EQUIPMENT REQUIRED

Hand soap  
Hand towels  
Plastic-backed, lint-free pads  
Disinfectable spatula  
Cuticle pusher  
Manicure nippers  
Nail clippers  
Curette  
Foot File

## OPTIONAL

99% Isopropyl Alcohol

## Step 1

### CLEANSE & CONSULT

1. Wash hands with liquid soap and running water for 20-30 seconds and towel dry.
2. Massage **COOLBLUE™** Hand Cleanser into hands and apply disposable gloves.
3. \*\*If necessary, remove nail color from the natural nail following appropriate protocol for removal.
4. Add one teaspoon of **CND™ PRO SKINCARE MINERAL BATH** to the foot bath and gently swirl to dissolve.
5. Place client's feet into the foot bath for 3-5 minutes.  
**OPTIONAL:** If applying **CND™ SHELLAC™**, perform a waterless pedicure by soaking clean hand towels into a solution of **CND™ PRO SKINCARE MINERAL BATH** and warm water. Wring out excess water and wash client's feet. Towel Dry.
6. Assess nails and skin to determine level of service.

## Step 2

### P.E.P.

#### P-PERFORM A PEDICURE.

1. If necessary, trim the length from each nail using nail clippers.
2. Shape the free edge of each nail with a fine 240-grit file such as a **Kanga™** File.
3. \*Gently slide a cuticle pusher along the nail plate toward the proximal nail fold (cuticle area) and along each lateral fold (sides of nail) to lift and loosen any cuticle (non-living tissue) from the nail plate.
4. Gently guide a curette along the nail plate to remove non-living tissue from the nail.

#### E-ELIMINATE SURFACE CONTAMINANTS.

#### P-PURIFY NAIL PLATE LAYERS.

5. Thoroughly cleanse and temporarily dehydrate the nail plate layers with **SCRUBFRESH™** using a lint-free, plastic-backed pad.

**\*OPTIONAL:** For clients who build excessive cuticle, apply a small amount of **CND™ CuticleAway™** evenly around the base of each nail and perform cuticle service. Scrub nails with soap and running water for 20-30 seconds to thoroughly remove the **CuticleAway™** and towel dry.



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## Step 3

### OPTIONAL COAT & COLOR

Apply **CND™ SHELLAC™** prior to the Pro Skincare treatment.

- Choose **CND™ SHELLAC™** Gel Polish System for 14+ days of high-performance wear.

For comprehensive techniques, see the **CND™ SHELLAC™** Application & Removal Step-by-Step.

## Step 4

### SOFTEN CALLUSES (OPTIONAL)

1. Dispense one pump of **CND™ PRO SKINCARE CALLUS SMOOTHER** to a plastic-backed cotton pad or spatula and apply to dry, callused areas of the foot.
2. Wrap foot in a clean, terry cloth towel or for maximum benefits wrap in plastic film.
3. Allow to penetrate for 5 minutes and gently smooth with a foot file.
4. Rinse thoroughly with clean water or a moist towel and repeat on the other foot.

## Step 5

### EXFOLIATE

1. Use a disposable spatula to stir **CND™ PRO SKINCARE EXFOLIATING SEA SALT SCRUB**.
2. Smooth a teaspoon amount over dry foot area and lower leg.  
**NOTE:** For use on delicate skin, reduce abrasion by dampening foot and lower leg.
3. Use slow effleurage strokes to massage salts for 1-3 minutes.
  - Hold the client's ankle with one hand and perform long effleurage strokes with opposite hand up the front of the leg and down the back of the calf, applying even pressure. Allow working hand to finish at ankle. Alternate hands and repeat for a total of three times.
4. Use small circular movements to concentrate on areas of extreme dryness and calluses on the foot.
5. Rinse with water or a moist towel to remove.
6. Repeat on the other leg and foot.

## Step 6

### OPTIONAL: INTENSIVE HYDRATING TREATMENT

1. Massage a 1/4 teaspoon amount of Intensive Hydrating Treatment into extremely dry areas of skin and wrap in warm terry cloth towels/plastic wrap and allow to penetrate for 5 minutes.
  - Continue hydration at home.



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## Step 7

### CONDITION & MOISTURIZE

1. Apply a small amount of **CUTICLE ERASER™** Gentle Exfoliator onto the proximal and lateral folds around the nail plate.
2. Without removing the **CUTICLE ERASER™**, apply a drop of **SOLAROIL™** Nail & Cuticle Care to the base of each nail plate and surrounding skin. Leave on through next step.

## Step 8

### HYDRATE & MASSAGE

1. Dispense two to three pumps of **CND™ PRO SKINCARE HYDRATING LOTION** onto hands and run between palms to warm.
2. Thoroughly effleurage client's foot and leg until lotion is fully absorbed.
  - Continue the hydration at home, by using **CND™ PRO SKINCARE HYDRATING LOTION** daily.

## Step 9

### COLOR & COAT

- Choose **CND™ VINYLUX™** Long Wear Polish System for 7+ days of high-shine color.  
For comprehensive techniques, see the **CND™ VINYLUX™** Application & Removal Step-by-Step.



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