

PEDICURE

The CHANDA Spa Signature Pedicure is a professional quality pedicure developed by CHANDA for her salon clientele, now brought to you via her virtual Spa•Salon so you can create your own private CHANDA Spa experience any time, any where through a personal tutorial on how to properly perform these services for yourself in order to maintain your manicure and pedicure.

The CHANDA technique is facilitated with CHANDA OCEANIC SEA MINERALS Product line which is formulated using natural•organic ingredients containing vital minerals, polysaccharides, polyphenols, proprietary sea mineral complex, amino acids, and ant-oxidants. Our power house formulations support and enhance the natural process of cellular regeneration and repair. A process by which the individual cells draw in nutrients and expel toxins.

IMPLEMENTS, SUPPLIES and PRODUCTS NEEDED

Emery board (nail file) two or three textures on one file is best for multiple filing features- fine, medium, coarse. Glass files are optimal- easy to sanitize, long filing life.

Buffing block (optional-used primarily for Natural Buff Manicure)

Orange wood stick or plastic cuticle pusher

Bowl (for soaking feet), or a portable pedicure spa, very luxurious , do make sure to properly disinfect after every use.

Hand towel

Nail polish remover

Cotton balls, or cotton pads

70% rubbing alcohol

Bottle cuticle remover

1oz. Fresh lemon juice

2 plastic bags, saran wrap or heated mitts

Sloughing, buffing callous implements made from pumice stone, metal, or glass file. For your SAFTEY, razor blades should never be used.

CHANDA PRODUCTS TO USE

SEA MINERALS SPRAY

HYDRA BOOST

AMINO GEL

EXFOLIANT SPRAY

OCEANIC LOTION

PAIN REMEDY

INSTRUCTIONS FOR SIGNATURE PEDICURE

1. Sanitize all implements made of metal, steel, glass or wood prior to, and after use for your protection.
2. Cleanse hands with SEA MINERALS SPRAY.
3. Remove any nail polish with polish remover and cotton ball/pads.
4. File nails to desired shape.
5. Soak feet in a bowl of your choice to create a foot bath, containing warm water and SEA MINERALS CLEANSER. You may add marblers or smooth stones to the bottom of bowl (these textures provide a relaxing, stimulating sensation when rolled gently underneath the feet). Soak for at least 5-10 minutes. Remove feet from bath and gently pat to damp dry

6. On damp feet and toes, apply a layer of EXFOLIANT SPRAY, omitting cuticle areas.

Massage into feet and let penetrate for at least 3-5 minutes and rinse. However if sensitivity does not occur, you may leave on throughout cuticle cleansing for added benefit.

7. Apply cuticle remover to cuticles, using an orange wood stick or plastic cuticle pusher. Press in small circular motions, releasing excess cuticles. May wind cotton on the tip of implement to clean the free edge of nails.

8. Scrub, buff callouses on feet using your choice of pumice stone, metal or glass file. For your SAFETY, razor blades should never be used.

9. Rinse feet in foot bath, wipe feet with clean towel.

10. Layer AMINO GEL . HYDRA BOOST, OCEANIC LOTION, onto feet, toes, and cuticles.

Cover feet with plastic bags or use saran wrap. The plastic helps the release of body heat, allowing the combination of products to absorb and penetrate more deeply. Allow to rest for at least 10 minutes. Longer is optimal for deep hydrating effects. If you have heated mitts you may use them. (Use bags recommended for your heated mitts as specified by the manufacturer, follow suggested setting and timing)

11. Remove wrap, or bags, massage feet and toes.

12. Spray SEA MINERALS SPRAY onto toes and feet.

13. If you intend to apply nail polish, for better adhesion remove the product from nail bed only, use fresh lemon juice, or 70% rubbing alcohol, applied to an orange wood stick tip wrapped in cotton.

14. Apply nail polish, followed by the top coat we recommend (Out The Door top coat) or do a natural buff.

15. Ultimate Pain Remedy is the final step in aiding in the relaxation of the joints, and muscle tissue in toes and feet. Simply disburse a few drops into finger tips, and massage into desired areas. Repeat as needed.