

## MANICURE

The CHANDA Spa Signature Manicure is a professional quality manicure 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 anytime anywhere 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 minerals complex, amino acids, anti-oxidants, and antibacterials.

Our powerhouse 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 or 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 and have long filing life).

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

Orange wood stick or metal cuticle pusher.

Bowl (for soaking fingernails)

Nail polish remover

Cuticle remover

1oz. Fresh lemon juice

Hand towel

2 plastic bags, saran wrap or heating mitts

70% rubbing alcohol

## CHANDA PRODUCTS TO USE

SEA MINERALS SPRAY

SEA MINERALS CLEANSER

OCEANIC EXFOLIANT SPRAY

AMINO GEL

HYDRA BOOT

OCEANIC LOTION

#### INSTRUCTION FOR CHANDA SIGNATURE MANICURE

1. Sanitize all implements made of steel, glass, or wood prior to and after use with 70% rubbing alcohol.
2. Cleanse hand with SEA MINERALS SPRAY
3. Remove any nail polish with cotton balls/cotton pads.
4. File the nail to desired shape.
5. Soak fingernails in a bowl (nail bath) containing warm water and SEA MINERALS CLEANSER for 5.10 minutes. Wipe fingers with a clean towel.
6. Apply a thin layer of OCEANIC EXFOLIANT SPRAY to hands and fingers omitting cuticle areas. Massage into hands and let set 3-5 minutes rinse,(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 metal cuticle pusher, wrap tip

in cotton, gently push back using circular motions releasing excess cuticle, clean under free edge of nail.

8. Rinse fingers in bowl (nail bath) wipe hands and fingers with towel.

9. Layer AMINO GEL, HYDRA BOOST, OCEANIC LOTION, onto hands, fingers, and cuticles.

Cover hands with plastic bags or use saran wrap. The plastic helps to release body heat, allowing the combination of products to absorb and penetrate more deeply. Allow to rest for at least 10 minutes or longer for optimal 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.

10. Remove wrap, or bags. Massage hands and fingers.

11. Spray SEA MINERALS SPRAY onto hands, fingers and cuticle area.

12. If you intend to apply nail polish, for better adhesion remove product from nail bed only use fresh lemon juice, or 70% rubbing alcohol applied to cuticle pusher with tip wrapped in cotton.

13. Apply nail polish, and top coat, we recommend (Out The Door top coat) or do Natural Buff.

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