

Spa Manicure Procedure

Before starting the Spa Manicure; squirt a small amount of either Peach or AromaSpa Anti-Bacterial Soft Soak into manicure bowl and add warm water; this will make a warm bubbly soak.

- **Note:** A lot of nail technicians use a pretty glass bowl with clear marbles on the bottom instead of the plastic manicure bowl. This makes the manicure feel extra special.

Section One (Steps 1-11) 10 minutes

1. Sanitize your hands and your clients hands with Tammy Taylor Sanitize-Sanitize-Sanitize. (Available in 5 fragrances: Peach, Coconut, Vanilla, Gardenia, and Giorgio.) (Both hands)
2. Remove polish with Tammy Taylor Conditioning Polish Remover. (Available in 4 fragrances Peach, Coconut, Vanilla, and Gardenia.) (Both hands)
3. Shape the nails using a Tammy Taylor Natural Nail Shaper. (Left hand)
4. Apply the Tammy Taylor Peach Creamy Cuticle Remover and massage into cuticle area. (Left hand)
5. Soak. (Left hand)

Repeat steps 3-5 on the (Right hand)

6. Remove from soak and towel dry. (Left hand)
7. Soak. (Right hand)
8. Push back cuticle with an orangewood stick or a wet Tammy Taylor Cuticle Stone. (Keep nail moist so it does not cause peeling. Add more Peach Creamy Cuticle Remover if necessary.) (Left hand)
9. Wipe off nails with a towel. (Left hand)
10. Nip only loose, ragged cuticle. (Left hand)
 - **Note:** Too much nipping can cause hangnails and excess cuticle.
11. Remove from soak. (Right hand)

Repeat steps 8-10 on the (Right hand)

- **Note:** A nice touch; exfoliate with Tammy Taylor Peach Exfoliating Scrub or an exfoliating paste made from AromaSpa Energizing Crystals and AromaSpa Intense Massage Oil, then have client wash their hands before doing the massage.
- **Note 2:** A nice touch; spray on AromaSpa Revitalizer Spritz or Spray Pain Away before doing massage.

Section Two (Step 12) 5 minutes

12. Massage each hand and arm 2 ½ minutes with Tammy Taylor Peach Moisture Crème or AromaSpa Intense Massage Oil.

Section Three (Steps 13-16) 15 minutes

13. Buff nails lightly, only 2-3 strokes, with a Tammy Taylor Clean Finish Buffer. (Both hands)
 - **Note:** this helps the polish adhere better, extending the life of the manicure.
14. Scrub nails in the manicure bowl water, using a Tammy Taylor Plastic Manicure Brush. (Both hands)
15. Dry off nails thoroughly, with a clean towel. (Both hands)
16. Polish Nails. (Both hands)