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- Products needed



Tammy Taylor  
CEO, Tammy Taylor Nails



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Sanitize



Polish Remover



Cuticle Remover



Callus-Soft



Exfoliating Scrub



Lotion & Scrub



Cuticle Oil



Aluminum Oxide file



Natural Nail Shaper File



Disposable Purple Terminator Foot File



Zebra Foot Files



Top & Base Coats



Clean "Dry" Towels



Warm Moist Towel



## The Best "Waterless" Pedicure Procedure:

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1. Sanitize the client's feet, and your hands
  - a. Use Tammy Taylor Spray Sanitize
2. Remove the polish on toenails
  - a. Use Tammy Taylor Polish Remover
3. File, shape, and shorten toenails
  - a. Use the Tammy Taylor Aluminum Oxide File
4. Apply Cuticle Remover, and push back cuticles
  - a. Use Tammy Taylor Cuticle Remover
5. File callus using either the:
  - a. Tammy Taylor Purple Terminator Foot File, or the
  - b. Tammy Taylor Disposable Zebra Foot File
    - Use the 100-grit side first, then...
    - Smooth with the 180-grit side

**Note:** Always file the callus when foot is dry
6. Clean off toenails and feet, with Sanitize and a clean dry towel
  - a. Use Tammy Taylor Spray Sanitize
7. Apply Cuticle Oil, and massage into cuticle area
  - a. Use Tammy Taylor Cuticle Oil
8. Apply Callus Soft, and massage into feet
  - a. Use Tammy Taylor Callus Soft
9. Apply Exfoliating Scrub, and massage into feet
  - a. Use Tammy Taylor Exfoliating Scrub
10. Clean feet with a "warm moist towel"

**Note:** If you do not have access to a "warm moist towel", then skip the Callus Soft and Exfoliating Scrub
11. Apply Lotion or Oil, and massage into feet and legs, up to just below knee
  - a. Use Tammy Taylor Moisture Lotion or Tammy Taylor Massage Oil
12. Clean off toenails with Sanitize, and a clean dry towel
  - a. Use Tammy Taylor Spray Sanitize
13. Apply Polish:
  - a. Use one coat of Tammy Taylor Base Coat
  - b. 2 coats of Tammy Taylor Nail Colour, and...
  - c. 2 coats of Tammy Taylor Top Coat)
14. **Re-book client**

## The Best "Waterless" Pedicure At-A-Glance:

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1. Sanitize
2. Remove the polish
3. File, shape, and shorten
4. Apply Cuticle Remover & push back cuticles
5. File callus
6. Clean off toenails and feet
7. Apply Cuticle Oil, and massage
8. Apply Callus Soft
9. Apply Exfoliating Scrub
10. Clean feet with a warm moist towel
11. Apply Lotion or Oil and massage
12. Clean off toenails
13. Apply Polish
14. **Re-book client**



## The Best "Dry" Pedicure Procedure:

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1. Sanitize the client's feet, and your hands
  - a. Use Tammy Taylor Spray Sanitize
2. Remove the polish on toenails
  - a. Use Tammy Taylor Polish Remover
3. File, shape, and shorten toenails
  - a. Use the Tammy Taylor Aluminum Oxide File
4. Apply Cuticle Remover, and push back cuticles
  - a. Use Tammy Taylor Cuticle Remover
5. File callus using either the:
  - a. Tammy Taylor Purple terminator Foot File, or the
  - b. Tammy Taylor Disposable Zebra Foot File
    - Use the 100-grit side first, then...
    - Smooth with the 180-grit side

**Note:** Always file the callus when foot is dry
6. Clean off toenails and feet, with Sanitize and a clean dry towel
  - a. Use Tammy Taylor Spray Sanitize
7. Apply Cuticle Oil, and massage into cuticle area
  - a. Use Tammy Taylor Cuticle Oil
8. Apply Lotion or Oil, and massage into feet and legs, up to just below knee
  - a. Use Tammy Taylor Moisture Lotion or Tammy Taylor Massage Oil
9. Clean off toenails with Sanitize, and a clean dry towel
  - a. Use Tammy Taylor Spray Sanitize
10. Apply Polish:
  - a. Use one coat of Tammy Taylor Base Coat
  - b. 2 coats of Tammy Taylor Nail Colour, and...
  - c. 2 coats of Tammy Taylor Top Coat)
11. **Re-book client**

## The Best "Dry" Pedicure At-A-Glance:

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1. **Sanitize**
2. Remove the polish
3. File, shape, and shorten
4. Apply Cuticle Remover & push back cuticles
5. File callus
6. Clean off toenails and feet
7. Apply Cuticle Oil, and massage
8. Apply Lotion or Oil and massage
9. Clean off toenails
10. Apply Polish
11. **Re-book client**



## Manicure:

### The Best "Dry" and "Waterless" Manicure Procedure:

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1. Sanitize your hands, and the client's hands
  - a. Use Tammy Taylor Spray Sanitize
2. Remove the polish on fingernails
  - a. Use Tammy Taylor Polish Remover
3. File, shape, and shorten fingernails
  - a. Use the Tammy Taylor Natural Nail Shaper
4. Apply Cuticle Remover, and push back cuticles
  - a. Use Tammy Taylor Cuticle Remover
5. Clean off fingernails with Sanitize, and a clean dry towel
  - a. Use Tammy Taylor Spray Sanitize
6. Apply Cuticle Oil, and massage into cuticle area
  - a. Use Tammy Taylor Cuticle Oil
7. Apply Lotion or Oil, and massage into hands and arms, up to just below the elbows
  - a. Use Tammy Taylor Moisture Lotion or Massage Oil
8. Clean off fingernails with Sanitize, and a clean dry towel
  - a. Use Tammy Taylor Spray Sanitize
9. Apply Polish
  - a. Use one coat of Tammy Taylor Base Coat
  - b. 2 coats of Tammy Taylor Nail Colour, and...
  - c. 2 coats of Tammy Taylor Top Coat
10. **Re-book client**

### The Best "Dry" and "Waterless" Manicure At-A-Glance:

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1. **Sanitize**
2. Remove the polish
3. File, shape, and shorten
4. Apply Cuticle Remover & push back cuticles
5. Clean off fingernails
6. Apply Cuticle Oil & massage
7. Apply Lotion or Oil & massage
8. Clean off fingernails
9. Apply Polish
10. **Re-book client**