

**Tammy Taylor**  
**“Amazing 50 minute**  
**Spa pedicure procedure”**  
**“At A Glance”**



**- Section One      Callus, Cuticle & Dry Cracked Skin**

**Steps 1 thru 5    =    10 minutes      (Both feet)**

Sanitize, Remove Polish, File Toenails; Apply Cuticle Remover & File the Calluses.

**Step 6                =    5 minutes      (Both feet)**

Put feet into water, and Retail, Educate & Explain, 2-3 Products from your Display.

**Steps 7 thru 12 =    10 minutes      (One foot at-a-time)**

Remove foot, Massage in Callus Soft, Push back cuticle, Exfoliate, File Calluses with smoother side of Purple Foot File & put foot back into water.

**- Steps 1 thru 12    =    25 minutes Section One**

**- Section Two      Massage**

**Steps 1 thru 4    =    15 minutes      (One foot at-a-time)**

Remove foot; Spray foot & leg with “Revitalizer Spritz”; Massage with “Moisture Lotion” or “Intense Massage Oil”; wrap foot and set foot aside.

**- Steps 1 thru 4    =    15 minutes Section Two**

**- Section Three    Polish**

**Steps 1 thru 5    =    10 minutes      (Both feet)**

Buff, Scrub, and Sanitize, Polish & Oil.

**- Steps 1 thru 5    =    10 minutes Section Three**

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**Total      50 minutes**

Also see Tammy’s “PRO” web-video **Nail Party Episode 21:**  
**“Tammy ‘Teaches’ Amazing Spa Pedicure Procedure”**

# Tammy Taylor 50 minute Spa Pedicure

## Step by Step Directions



### - Section One – Callus, Cuticles & Dry Cracked Skin

#### Steps 1 thru 12 = 25 minutes

- **Note 1:** Concentrate on making the foot as smooth as possible
- **Note 2:** Do not soak the clients feet until steps 1 thru 1 are completed. Also, the first 5-Steps are done dry.

#### Steps 1 thru 5 both feet = 10 minutes

**Step 1: Sanitize** – Use the Tammy Taylor “Sanitize-Sanitize-Sanitize”.

**Available fragrances:** Peach & Gardenia

**Step 2: Remove the polish** – Use the Tammy Taylor “Acetone Polish Remover”.

**Available fragrances:** Peach & Gardenia.

**Step 3: File toenails** – File the toenails straight across, using the Tammy Taylor “Nail Shaper File”.

**Step 4: Apply Cuticle Remover** – Use the Tammy Taylor “Peach Creamy Cuticle Remover” and rub it in; wait until Step 9, to push back cuticle.

**Step 5: File the callus** – Use a DRY Tammy Taylor “Purple Foot File” on the DRY feet, using the coarse side of the file.

#### Step 6 both feet = 5 minutes

**Step 6: Feet into water** – Put both feet into water and let them soak for 5 minutes

- **During this Free 5 minutes:** RETAIL; EDUCATE; & EXPLAIN 2-3 PRODUCTS from YOUR DISPLAY.

#### Steps 7 thru 12 = 10 minutes

**Step 7: Take out foot** – Take out the **Right** foot and towel dry.

**Step 8: Massage in Callus Soft** – Use the Tammy Taylor “AromaSpa Callus Soft” or the “Peach Callus Soft”.

**Massage** the foot and leg up to the knee for 2 minutes with the Callus Soft (Do not rinse).

**Step 9: Push back cuticle** – Using a wet Tammy Taylor “Cuticle Stone”.

**Step 10: Exfoliate** – Use with the Tammy Taylor “Peach Scrub”, or mix the “AromaSpa Energizing Crystals” & the “AromaSpa Intense Massage Oil” to make your own scrub.

**Massage** the foot and leg up to the knee for 2 minutes with the scrub (Do not rinse).

**Step 11: File the callus again** – Use the Tammy Taylor “Purple Foot File” WET; this time to smooth, using smoother side of the Purple Foot File.

**Step 12: Foot back into water** – Put the **Right** foot back in the water and rinse.

- **Repeat steps 7 thru 12** on the **Left** foot.

# Tammy Taylor 50 minute Spa Pedicure Step by Step Directions



## - Section Two – Massage

**Steps 1 thru 4 = 15 minutes**

- **Note:** Make sure you do a great massage; this will help insure a good tip.

**Step 1: Remove foot** – Remove **Right** foot from water and towel dry.

**Step 2: Spray foot** – Use the Tammy Taylor “Revitalizer Spritz” on the foot and leg up to the knee.

**Step 3: Massage** – Use the Tammy Taylor “Peach Moisture Lotion” or the “AromaSpa Intense Massage Oil”.

Apply to the palm of your hand to warm; then **Massage** the foot and leg up to the knee.

- **Note: Massage** 5 minutes on each foot and leg.

**Step 4: Wrap foot** – Wrap the **Right** foot in a towel and set it aside.

- **Repeat steps 1 thru 4** on the **Left** foot.

# Tammy Taylor 50 minute Spa Pedicure Step by Step Directions



## - Section Three – Polishing

### Steps 1 thru 5 = 10 minutes

- **Note 1:** These Steps will make sure your polish will last 3-5 weeks.

**Step 1:**      **Buff all the toenails** – Use the Tammy Taylor “Clean Finish Buffer Block”.

**Step 2:**      **Scrub all the toenails** – Use either the Tammy Taylor “Peach Anti-Bacterial Soft Soak” or the “AromaSpa Anti-Bacterial Soft Soak” on a plastic manicure brush; scrub, rinse & dry the toenails of both feet.

**Step 3:**      **All the toenails** - Spray on the Tammy Taylor “Sanitize-Sanitize-Sanitize” and clean the toenails off thoroughly; then dry.

**Step 4:**      **Applying Polish** – Apply the polish to all the toenails, letting each coat of polish dry (about one minute), in between coats.

- Apply one coat of Tammy Taylor “Base Coat” & let dry 30 seconds.
- Apply 1<sup>st</sup> coat of polish colour a little thinner.
- Apply 2<sup>nd</sup> coat of polish colour to cover completely, the first coat of Tammy Taylor polish colour.
- Let each polish colour coat dry about one minute.
- Apply one coat of Tammy Taylor “Top-Coat”, and let dry about 30 seconds to one minute.

#### **The Tammy Taylor “Base Coats”:**

- Tammy Taylor “Milky Base Coat” – for normal or hand nails
- Tammy Taylor “Nail Hardener” – for weak nails
- Tammy Taylor “Ridgefiller” – for nails with ridges

#### **The Tammy Taylor “Top-Coats”:**

- Tammy Taylor “Z-Coat” – non-yellowing top-coat
- Tammy Taylor “Super Dry Top-Coat” – fast drying top-coat
- **Helpful Hint:** Use a red sable nail brush dipped in acetone polish remover to clean up polish around cuticle area.

**Step 5:**      **Apply oil** – Use the Tammy Taylor “Conditioning Cuticle Oil” to dry the polish on all toenails quicker.

**Retail! Collect Money! & Rebook!**