

THE SPA BEYOND
Treatment Protocols

Deluxe PediSPA
40 minutes

Note to technicians: If pregnancy is a factor DO NOT WORK pressure points on the legs, feet or ankles; doing so could cause miscarriage.

Treatment Time: 40 minutes

Supplies:

3 Hand towels or bar towels per person
4 wash cloths or bar towels per person
Rubbermaid tub
Crock Pot or steamer
Water (spray or squirt bottle is ideal)
Foot Stool for client's feet (optional)
GermX waterless hand cleanser
Foot stool for technician to sit on (optional)
Plastic bags to cover feet
Paper Towels
Polish Remover
Top Coat
Base Coat
Cotton Pads
Cuticle Remover
Block buffer

(The following supplies are available on loan from The Spa Beyond by request):

OPI Basic Color Polishes
Bondaid or chip skip
Quick dry spray or drops
OPI Mani/Pedi Scrub
OPI Mani/Pedi Lotion
Serene Bath Oil

(Provided by The Spa Beyond):

Deluxe Tips and Toes Nail Maintenance Kit to (includes nippers, file, orange wood stick, manicure stick, and toe separators.)

Note: All clients receiving a manicure or pedicure receive one of these kits. The kits are provided by The Spa Beyond and the client keeps it after you use it on them. YOU MAY NOT PERFORM A MANICURE OR PEDICURE ON A CLIENT UNLESS THEY PURCHASE ONE OF THESE KITS.

Setup (15 minutes):

1. Place one hand towel over the foot stool and place footstool in front of client chair. (if you are not using a foot stool place a towel on the floor where the clients feet will rest.)

2. Locate a water source and fill the Rubbermaid tub with a small amount of water.
3. Add 5-10 drops of Serene Bath oil to the water. Place the remaining hand towels and the 6 wash cloths in the Rubbermaid tub with the water and essential oil.
4. Wring water out of the towels and discard the water.
5. Place the three hand towels and four wash cloths in the steaming tray of the vegetable steamer or crock pot.
6. Add the appropriate amount of water to the steamer or crock pot and turn the unit on.
7. The towels should be hot after about 5 minutes. (Once the towels are hot you are ready to begin the treatment.)
8. Place the Rubbermaid tub next to your station as a receptacle for dirty items and towels.
9. While towels are heating, arrange scrubs, masques, polishes and supplies within easy reach near your station.

Protocol:

Apply a quarter size of waterless cleanser in your hand and apply liberally to each foot.

Take two cotton pads and saturate with polish remover

Remove polish from toes if needed

(20 minutes)

1. Squeeze a nickel sized amount of exfoliating scrub into the palm of your hand.
2. Spray a small amount of water onto the scrub in your hand, mix hands together, and then begin to apply the exfoliating scrub to right foot and lower leg and massage vigorously, focusing extra attention on the heel areas.
3. Remove a hot wash cloth from the crock pot and remove the scrub from the right foot. Repeat with another wash cloth if necessary to remove all the product.
4. Place the soiled towel in the Rubbermaid container next to your station.
5. Apply a drop of cuticle oil to the base of each toenail and gently massage it in.
6. Remove a hot hand towel from the crock pot and gently wrap the right foot with the hot towel. Place a plastic bag over the foot wrapped in a hot towel.
7. While the right foot remains wrapped, repeat step 1-7 on the left leg
8. Remove the plastic bag from the right foot.
9. Using the towel in which the foot was wrapped, remove the excess product and cuticle remover from the leg, foot, and toenails.
10. Place the soiled towels in the Rubbermaid container next to your station.
11. Squeeze a nickel sized amount of pedicure lotion to the palm of your hand and apply it to the right foot and lower leg.
12. Massage the right foot and lower leg, being careful to avoid using pressure points on pregnant women.
13. Repeat steps 8-12 on the left side.

(20 minutes)

14. Push Back Cuticles
15. Buff the nail if necessary
16. Clean the nail plate with acetone and bond aid
17. Shape the nail using the nippers and file provided in the clients nail kit.
18. Place the toe separators between the toes of each foot
19. Apply one coat of base coat

20. Apply two coats of color
21. Apply top coat
22. Finish with quick dry spray or drops
23. Thank your guest
24. Clean your work station
25. Prepare your area for the next service

THE SPA BEYOND
Treatment Protocols

Mini PediSPA
20 minutes

Treatment Time: 20 minutes

Supplies:

1 Hand towel
Rubbermaid tub
Water (spray or squirt bottle is ideal)
Foot Stool for client's feet (optional)
GermX waterless hand cleanser
Foot stool for technician to sit on (optional)
Paper Towels
Polish Remover
Top Coat
Base Coat
Cotton Pads
Cuticle Remover
Block Buffer

(The following supplies are required and available on loan from The Spa Beyond by request if necessary):

OPI Basic Color Polishes
Bondaid or chip skip
Quick dry spray or drops

(Provided by The Spa Beyond):

Mini Tips and Toes Nail Maintenance Kit to (includes nippers, file, orange wood stick, manicure stick, and toe separators.)

Note: All clients receiving a manicure or pedicure receive one of these kits. The kits are provided by The Spa Beyond and the client keeps it after you use it on them. YOU MAY NOT PERFORM A MANICURE OR PEDICURE ON A CLIENT UNLESS THEY PURCHASE ONE OF THESE KITS

Setup (5 minutes):

1. Place the hand towel over the foot stool and place footstool in front of client chair. (if you are not using a foot stool place a towel on the floor where the clients feet will rest.)
2. Place the Rubbermaid tub next to your station as a receptacle for dirty items and towels.
3. Arrange products and supplies within easy reach near your station.

Protocol:

Apply a quarter size of waterless cleanser in your hand and apply liberally to each foot.

*Take two cotton pads and saturate with polish remover
Remove polish from toes if needed.*

(20 minutes)

1. Instruct the client to sit comfortably in the chair.
2. Apply cuticle remover and push back cuticles when indicated.
3. Buff the nail if necessary.
4. Clean the nail plate with acetone and bond aid.
5. Shape the nail using the nippers and file provided in the clients nail kit.
6. Place the toe separators between the toes of each foot
7. Apply one coat of base coat
8. Apply two coats of color
9. Apply top coat
10. Finish with quick dry spray or drops
11. Thank your guest
12. Clean your work station
13. Prepare your area for the next service

Treatment Protocols

Deluxe ManiSPA

25 minutes

Treatment Time: 25 minutes

Supplies:

3 Hand towels or bar towels
2 wash cloths or bar towels
Rubbermaid tub
Crock Pot or steamer
Water (spray or squirt bottle is ideal)
GermX waterless hand cleanser
Stool for technician to sit on
Small folding table (TV tray size)
Plastic bags to cover each hand
Polish Remover
Cotton Pads
Base Coat
Top Coat
Paper Towels
Cuticle Remover
Block buffer

(The following supplies are available on loan from The Spa Beyond by request if necessary):

OPI Basic Color Polishes
Bondaid or chip skip
Quick dry spray or drops
OPI Mani/Pedi Scrub
OPI Mani/Pedi Lotion
Serene Bath Oil

(Provided by The Spa Beyond):

Deluxe Tips and Toes Nail Maintenance Kit to (includes nippers, file, orange wood stick, manicure stick)

Note: All clients receiving a manicure or pedicure receive one of these kits. The kits are provided by The Spa Beyond and the client keeps it after you use it on them. YOU MAY NOT PERFORM A MANICURE OR PEDICURE ON A CLIENT UNLESS THEY PURCHASE ON OF THESE KITS.

Setup (15 minutes):

1. Setup folding table and stool in a convenient location. Make sure the client has a comfortable chair to sit on.
2. Cover the folding table with a hand towel.
3. Locate a water source and fill the Rubbermaid tub with a small amount of water.

4. Add 5 drops of Serene bath oil to the water.
5. Place the remaining hand towels in the Rubbermaid tub with the water and essential oil.
6. Wring water out of the towels and discard the water.
7. Place the hand towels and wash cloths in the steaming tray of the vegetable steamer or crock pot.
8. Add the appropriate amount of water to the steamer or crock pot and turn the unit on.
9. The towels should be hot after about 5 minutes. (Once the towels are hot you are ready to begin the treatment.)
10. Place the Rubbermaid tub next to your station as a receptacle for dirty items and towels.
11. While towels are heating, arrange supplies and products within easy reach near your station.

Protocol:

*Take two cotton pads and saturate with polish remover
Remove polish from the clients nails.*

(10 minutes)

26. Squeeze a nickel sized amount of exfoliating scrub into the palm of your hand.
27. Spray a small amount of water onto the scrub in your hand, mix hands together, and then begin to apply the exfoliating scrub to right hand and massage vigorously.
28. Remove a hot wash cloth from the crock pot and remove the scrub from the right hand. Repeat with another wash cloth if necessary to remove all the product.
29. Place the soiled towel in the Rubbermaid container next to your station.
30. Apply a drop of cuticle oil to the base of each fingernail and gently massage it in.
31. Remove a hot towel from the crock pot and gently wrap the right hand with the hot towel and place a plastic bag over it.
32. While the right hand remains wrapped, repeat step 1-7 on the left hand.
33. Remove the plastic bag from the right hand.
34. Using the towel in which the hand was wrapped, remove the excess product and cuticle remover from the hand and fingernails.
35. Place the soiled towels in the Rubbermaid container next to your station.
36. Squeeze a dime sized amount of manicure lotion to the palm of your hand and apply to the right hand and arm.
37. Massage the right hand and arm, being careful to avoid using pressure points on pregnant women.
38. Repeat steps 8-12 on the left side.

(15 minutes)

39. Push back the cuticles
40. Buff the nail if necessary
41. Clean the nail plate with acetone and bond aid
42. Shape the nail using the nippers and file provided in the clients nail kit.

43. Apply one coat of base coat
44. Apply two coats of color
45. Apply top coat
46. Finish with quick dry spray or drops
47. Thank your guest
48. Clean your work station
49. Prepare your area for the next service

Mini ManiSPA

15 minutes

Treatment Time: 20 minutes

Supplies:

1 Hand towel
Rubbermaid tub
Small folding table (TV tray size)
Stool for technician to sit on
GermX waterless hand cleanser
Paper Towels
Polish Remover
Top Coat
Base Coat
Cotton Pads
Cuticle Remover
Block Buffer

(The following supplies are required and available on loan from The Spa Beyond by request if necessary):

OPI Basic Color Polishes
Bondaid or chip skip
Quick dry spray or drops

(Provided by The Spa Beyond):

Mini Tips and Toes Nail Maintenance Kit to (includes nippers, file, orange wood stick, manicure stick, and toe separators.)

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Setup (5 minutes):

4. Place the hand towel over the small folding table and place the table in front of the client's chair.
5. Place the Rubbermaid tub next to your station as a receptacle for dirty items and towels.
6. Arrange products and supplies within easy reach near your station.

Protocol:

Saturate two cotton pads with polish remover and remove polish from the fingernails if needed.

(15 minutes)

14. Instruct the client to sit comfortably in the chair.
15. Apply cuticle remover and push back cuticles when indicated.
16. Buff the nail if necessary.
17. Clean the nail plate with acetone and bond aid.
18. Shape the nail using the nippers and file provided in the clients nail kit.
19. Apply one coat of base coat
20. Apply two coats of color
21. Apply top coat
22. Finish with quick dry spray or drops
23. Thank your guest
24. Clean your work station
25. Prepare your area for the next service

Express PediSPA

10 minutes

Treatment time: 10 minutes

Supplies:

1 hand towel
GermX waterless hand cleanser
Foot stool for clients feet (optional)
Polish Remover
Cotton Pads
Base Coat
Top Coat
Paper Towels
Block buffer
Orange wood sticks

(The following supplies are available on loan from The Spa Beyond by request if necessary):

OPI Basic Color Polishes
Bondaaid or chip skip
Quick dry spray or drops

(Provided by The Spa Beyond):

Disposable File or express pediSPA kit.

Note: All clients receiving a manicure or pedicure receive a disposable file or express pediSPA kit. These are provided by The Spa Beyond and the client keeps it after you use it on them. YOU MAY NOT PERFORM A MANICURE OR PEDICURE ON A CLIENT UNLESS THEY PURCHASE ON OF THESE KITS.

Setup:

Place the towel on top of the stool and place the stool in front of the client's chair. If you are not using a stool place the towel on the floor where the client will place their feet. Set up all your products within easy reach.

Protocol:

Apply a quarter size of waterless cleanser in your hand and apply liberally to each foot.

1. Saturate two cotton pads with polish remover and remove polish from the toes.
2. Shape the nail with the file provided.
3. Apply bondaid or chip skip.
4. Apply one coat of base coat.
5. Apply two coats of color polish.
6. Apply one coat of top coat.
7. Finish with quick dry spray or drops.
8. Thank your client
9. Clean your station
10. Prepare for your next service.

Express ManiSPA

10 minutes

Treatment time: 10 minutes

Supplies:

1 hand towel
GermX waterless hand cleanser
Stool for technician to sit on
Small folding table (TV tray size)
Polish Remover
Cotton Pads
Base Coat
Top Coat
Paper Towels
Block buffer
Orange wood sticks

(The following supplies are available on loan from The Spa Beyond by request if necessary):

OPI Basic Color Polishes
Bondaïd or chip skip
Quick dry spray or drops

(Provided by The Spa Beyond):

Disposable File or express maniSPA kit.

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Setup:

Place the towel on top of the small folding table and place the table in front of the client's chair. Set up your stool and all your products within easy reach.

Protocol:

11. Saturate two cotton pads with polish remover and remove polish from the fingernails.
12. Remove polish
13. Shape the nail with the file provided
14. Apply bondaid or chip skip
15. Apply one coat of base coat
16. Apply two coats of color polish
17. Apply one coat of top coat
18. Finish with quick dry spray or drops.
19. Thank your client
20. Clean your station
21. Prepare for your next service.

