

## Rainforest Pedicure

### Soak

1. Fill foot bath and pump two to three pumps of Rainforest Soak into the water or one pump if using a jetted-tub. Submerge feet and soak for five minutes to thoroughly cleanse and begin softening the skin, remove from water and towel dry.
2. Remove nail enamel.
3. If callused area is very thick Nanovive Glycolic Exfoliating Serum can be used as an intense callus treatment. Apply to trouble areas, leave for eight minutes while trimming and shaping toenail.
4. Trim the length of the toenail if necessary.
5. Trim the corner of the big toenail at a 45 degree angle.
6. Shape the free edge of the natural nail using the Detailer or Refiner. Being sure that you remove any spikes or points from the edges by slightly rounding the corners to prevent ingrown toenails.
7. Gently slide pusher along the nail plate to loosen cuticle. Use nippers to remove loosened cuticle from nail plate including along the lateral walls where it can hide and cause enamel to peel or chip. Be sure **not** to push back eponychium.
8. If necessary you can reduce the nail surface thickness and smooth any ridges by gently buffing the nail plate using the Buffer or Perfector following in the direction of nail growth.
9. If Nanovive Glycolic Exfoliating Serum was used, rinse well and towel dry.

### Scrub

10. Use foot file of your choice to smooth bottom of the foot.
11. Place one large scoop of Rainforest Scrub into your hands. Using both hands evenly rub the product onto foot and calf.
12. Gently massage for two to three minutes concentrating on any callused or dry areas of the foot.
13. Submerge foot and remove Scrub.
14. Repeat on second foot.

### Masque

15. Place a large scoop of Rainforest Masque into your hands. Using both hands evenly smooth product onto foot and calf.
16. Wrap the foot in a clean terry towel and allow to moisturize for five minutes.
17. Place wrapped foot into the bath and utilize wet towel to help remove the masque completely.
18. Repeat on second foot.

### Lotion

19. Pump a generous amount of Rainforest Lotion into your hands. Massage both feet and calves for three to five minutes.

### Enamel

20. Cleanse and dehydrate the surface of the nail by scrubbing the nail plate with Natural Nail Prep and a Brush Wipe.
21. Apply one coat of Entity Base Coat. Allow to dry.
22. Apply two thin coats of desired Entity color to the toes. Allow to dry.
23. Finish with Entity Top Coat for a high shine.
24. Condition the nail and surrounding skin by applying Cuticle Oil.