



lyco'pedi signature foot treatment

Before starting a pedicure, ensure both therapist and client are sanitised and protected according to the regulations in your area, which may include wearing gloves for the therapist. It is important to sanitise the client's feet with **Lycotane Skin Cleanser**, and remove any unwanted nail polish. Discuss and confirm toe nail shape preferred by the client and check nail beds for any damage. Shape and file nails as required.

1. Soak feet

Dissolve **lyco'pedi Refreshing Soak** in warm water in a foot bath and place both feet in. Allow feet to soak for a few minutes, then place both feet onto a towel and dry well.

NB If using a foot hydro both and to avoid too many bubbles, use very little Refreshing Soak.

2. Callus and cuticle treatment

Apply **lyco'pedi Callus Remover** to callus build up directly to the skin, or with a dry tissue compress and onto the callused areas. Leave on 3-5 minutes or longer for thickly callused skin. In the meantime, apply **lyco'pedi Callus Remover** to cuticles for 30 seconds to soften. Push cuticles back, scraping nails clean and smooth. Wipe cuticles and nails thoroughly with wet cotton.

3. Buff

Buff softened calluses with a dry **lyco'pedi Foot Paddle**.

4. Scrub

Exfoliate both feet and legs with **lyco'pedi Sugar Scrub** and just fingertips amount of water as you scrub. Wash both feet and cuticles well and towel dry.

5. Nippers or shine

Use cuticle nippers on problem areas if necessary. If needed or preferred, buff nails to remove ridges and smooth the nails to a beautiful shine.

6. Massage

Apply **lyco'pedi Massage Lotion** to feet and legs, massage each 3-4 minutes. Wipe residue off with a wet/hot towel.

7. Hydrate

Apply **lyco'pedi Hydrating Mask** to feet and legs, wrap each in dry warm towels or heated booties, leave on 5 minutes or longer. Or, to incorporate the **lyco'pedi thermal paraffin mask**, apply a small amount of **lyco'pedi Hydrating Mask**, massage it in and then apply the paraffin mask as per your normal application. Leave on 5 min or longer, then remove and wipe feet clean with wet/hot towel.

8. Smoothing

Massage soothing and rejuvenating **lyco'pedi Smoothing Cream** into feet and legs.

9. Nail Polish

Before nail polish application, ensure nails are cleaned of product residue, then apply nail polish as usual. Allow 2-3 minutes for nail polish to dry, then apply lyco'pedi Smoothing Cream over nail polish to protect nail polish from smudging.

