



## The Perfect Pedicure

From the simple how-to's to foot-soothing indulgences, here's how to keep your feet looking and feeling great.

### Introducing...*Satin Footsteps*

#### Cleanse

- Start by removing old polish. Simply soak a cotton pad with nail polish remover, and rub enamel away.
- Mix *Extra Emollient Night Cream* and *Satin Hands Buffing Cream* together and massage into feet. (Optional: wrap feet in plastic wrap). Then soak your feet in a tub of hottest possible water for at least 5 minutes.
- Remove plastic wrap if used and rinse feet thoroughly.

#### Buff

- Add *Satin Hands Cleansing Gel* (or any MK Shower Gel) and use foot brush to scrub. Rinse feet thoroughly.

**NOTE:** *Buffing Cream* is also great for shaving!

#### Smooth

- Using a foot file, pumice stone or fine grain wet/dry sandpaper, and pressing firmly, smooth your heels, the balls of your feet and the outsides of your big and little toes.
- Pat feet dry with a towel. To get cuticles under control, use an orange stick to gently push and clean the area where your nail meets your skin.

#### Shape

- Clip your toenails straight across with clippers.
- Use a nail file to smooth rough edges, including the sides.

## Massage

- Rinse, pat feet dry, and apply a generous amount of *Energizing Foot & Leg Treatment* to feet and calves. Massage into your skin. Also remember that since it leaves no visible trace when applied over sheer hosiery, *Energizing Foot & Leg Treatment* is the perfect mid-day foot and leg pick-me-up.

**NOTE:** Wash hands thoroughly after applying *Energizing Foot & Leg Treatment*. Do not touch face or eyes.

## Polish

- Wash any cream off toenails with soap and water or a cotton pad with a small amount of polish remover. **Let dry.**
- Create a space between the toes with the toe separators or place small pieces of cotton balls between the toes.
- Apply one coat of *MK Signature Base Coat*. **Let dry thoroughly.** Follow with two coats of *MK Signature Nail Color* and one coat of *MK Signature Top Coat*.

**NOTE:** Don't overload the brush. The enamel won't go on smoothly and will take forever to dry.

- For even color, apply three upward strokes on each nail, starting in the center and then moving out to either side.
- If you're in a hurry, opt for a pale color. Mistakes will be a lot less visible.
- Get rid of any mistakes with a cotton swab dipped in polish remover.
- Remember that polish will be set, but soft. Wear open toes shoes until polish has hardened, usually 30+ minutes. **Besides, what better way, other than barefoot to show off your new *Satin Pedicure*??**

## Enjoy!!

## **CONSULTANT NOTES:**

**NOTE:** Introducing *Energizing Foot & Leg Treatment* to the existing *Satin Hands Pampering Set* creates *Satin Footsteps* and adds \$9.00 to the price of the *Satin Hands Set*. (remove the *Hand Cream* and deduct \$7.50. Replace with *Energizing Foot & Leg Treatment* and add \$9.00)

## **SUPPLIES:**

- Colorful plastic boxes make a much nicer impression than disposal aluminum tubs. They can be washed and reused again!
- Scrub brushes (*can be found at Dollar Tree and Sally Beauty Supply*)
- Triple Size Cotton Balls and Cotton Squares (*Walmart*)
- Cuticle sticks (*Dollar Tree or Sally Beauty Supply*)
- Pumice Stone or fine grain wet/dry sandpaper (*Dollar Tree or Sally Beauty Supply*)
- Tissues (*Walmart*)
- *Extra Emollient Night Cream*
- *Buffing Cream*
- *Cleansing Gel*
- *Energizing Foot & Leg Treatment*
- *MK Signature Base Coat*
- *MK Signature Nail Colors*
- *MK Signature Top Coat*
- Plain white hand towels that can be washed and bleached.

**INTRODUCE ADDITIONAL PRODUCTS:** To introduce additional products and get some other senses going, try having them apply *Indulge Soothing Eye Mask*. Have them close their eyes while they soak their feet. With their eyes closed introduce them to the *Spa Scents* samplers and allow them to test their favorite sample. Read the Spa Scents descriptions. Introduce *Time Wise Visibly Fit Body Lotion*. Have them experience as much as possible with their eyes closed, using their senses of touch and smell. Remove the *Eye Mask* with warm wet cotton pads, pat dry with tissues, and continue with their pedicure.

## *Other ideas for Mary Kay Clients to perk up aching feet...*

### *1. Foot Treats*

Wake up your feet with an invigorating massage every morning. Just rub *Energizing Foot & Leg Treatment* into your feet, and massage from heel to toe. What a great way to start the day!

### *2. Roll With It*

To ease tired feet at the end of a long day, fill a bowl with marbles, remove shoes and roll the soles of your feet back and forth.

### *3. Chill Out*

Here's another quick tip for relaxing achy feet. Fill a 16-ounce plastic soda bottle with water and put in the freezer. After it's frozen, roll your feet back and forth on the bottle until they feel better.

### *4. The Water's Fine*

Refresh feet with this easy-to-fix recipe. Place sliced cucumbers, zesty mint leaves and flower petals into a bowl of lukewarm water. Submerge feet, and smile.

### *5. Toe Tonic*

Spend a lot of time standing during the day? Then take the pressure off your feet with this soothing soak. In a saucepan, simmer 1 cup of milk, 6 sprigs of rosemary and 1/2 cup of mint leaves. Remove from heat, let cool, pour in 2 teaspoons of peppermint extract and soak a clean cloth in it. Wrap your feet in the cloth, and relax.

### *6. Just Relax*

While your pedicure is drying, take 10 minutes to lie down with your feet above your head, either resting on a pillow or against a wall. This simple move will help relieve tension, soothe tired veins and give you something to do while you wait.