ProSpa Hand Care

ProSpa Foot Care

Hanakasumi™ Foot Ritual
A deluxe hand and nail ritual which commences with a relaxing massage to instantly ease the tension and induce relaxation. A warm, revitalizing nail bath, rich nourishing nail care and a peel-off firming mask infused with citrus essential oils leave the skin refreshed, toned and beautiful. The hands and nails are perfectly nourished and well protected.

**ProSpa Professional products required**

- Regenerating Nail Enamel Remover
- Soft Body Cleanser with Loofah 2 teaspoons
- Emollient Gel
- Revitalizing Nail Bath 3 tablespoons
- Nourishing Care for Nails
- Peel-Off Firmness Wrap ¾ cup with ¾ cup of tepid water
- Relaxing Essential Oil 5 drops in wrapping & massage cream
- Bi-osmosis Massage Cream
- Multi-Action Nail Enamel
- Drying Booster

**Ritual Protocol - 60 min**

**Preparation**
Remove the client’s jewelry and cleanse the hands with hand sanitizer.
Place the **Revitalizing Nail Bath** in a heater or Bain-Marie to warm.
Remove nail enamel with the Sothys **Regenerative Nail Enamel Remover**.
Trim and file the nails.

**Relaxation**
Massage the hand and lower arm with **Bi-Osmosis Massage Cream**. When completed on one arm, place the fingertips in the **Revitalizing Nail Bath**. Massage the other hand and then place in the warmed nail bath. Wipe away the excess product from the fingertips of the first hand.
Apply **Emollient Gel** to the nails. Work on the cuticles and hangnails.
Apply 1 drop of **Nourishing Care** on each nail and massage for a few moments to assist penetration. Repeat on the other hand.
**Exfoliation**
Apply the **Soft Body Cleanser with Loofah** to the hands and lower arms working with circular movements until the cream has penetrated and all that remains are the Loofah residues. 5 minutes. Remove residues with warm tamp towels. Dry the skin.

**Firming Wrap**
Place a small plastic sheet under the arms in order to protect towels etc.
**Peel-Off Firmness Wrap** add the water and drops of the **Relaxing Essential Oil &** apply to the back of the hands and the arms with a spatula. Wrap in the plastic sheet and cover with a towel. Leave for 5 -10 minutes.
Peel off the mask and wrap the hands in a warm towel, removing any final residue.

**Nail enamel**
Wipe the nail plate with alcohol. **Multi-Action Nail Enamel** is utilized as the base and top coat Apply 2 coats of the chosen **Protective Nail Enamel**.
To reduce the drying time, apply the **Drying Booster**, wait a few seconds after applying the nail enamel then lift the finger, place the brush on the nail tip and allow the **Drying Booster** to spread evenly over the nail plate.

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### Professional Products

**Regenerative Nail Enamel Remover**
- **Lavender Essence** Pleasant, relaxing scent
- **Wheat Germ Oil, Vitamin E** Hydrates and softens the nails

**Soft Body Cleanser With Loofah**
- **Palmaria Palmata Algae** Boosts micro-circulation
- **BHA (Beta Hydroxy Acid)** Exfoliation, hydration
- **Loofah** Gentle exfoliation

**Velvet Hand Cream**
- **Genuine Spa™ Water** Stimulates cell renewal, gives radiance
- **Beetroot Amino Acid** Protects, hydration
- **Vitamins A, E & F** Improve skin elasticity, strengthens fragile nails
- **Filagrinol®, Sweet** Nourishes, hydrates and repairs dry, damaged skin
- **Almond Oil, Shea Butter**

**Revitalizing Nail Bath**
- **D-Panthenol** Softening, smoothing properties
- **Vitamin F** Softening, maintain the moisture level
- **Shea Butter** Nourishing and soften dry areas

**Emollient Gel**
- **Glycerin** Emollient, skin softener, anti-drying

**Nourishing Care for Nails**
- **Vitamins A, E, F,** Anti-oxidant, anti-aging, maintain moisture
- **Hazelnut, Corn Oils** Anti-free radical, nourishing and regenerating
**Multi-Action Nail Enamel**
- *Respi-nails*  
  Protection, allows the nails to breathe
- *Cysteine*  
  Strengthens the nail, Keratin fortifier in nails

**Protective Nail Enamel**
- *Seaweed Extracts*  
  Hydrating
- *Cysteine*  
  Strengthens the nail, Keratin fortifier in nails
- *Mica*  
  Radiance, luminous appearance

Sothys nail products do not contain any allergic actives such as –
**Toluene, Phthalates, Formaldehyde and Camphor**

**Homecare recommendations** – Secrets De Sothys® Hand Treatment Cream, Eau Thermale Velvet Hand Cream, Multi-Action Nail Enamel and Protective Nail Enamel
More than a pedicure – powerful exfoliation with marine salts, followed by a delightful massage and an instantly cooling, freshness mask for the feet and legs. The skin is soft, hydrated and legs feel light and fresh for hours.

ProSpa Professional products required

- Regenerating Nail Enamel Remover
- Exfoliating Marine Salts 1 tablespoon
- Hydrating Marine Benefits 2 teaspoons
- Remineralizing Bath Salts 1 tablespoon
- Nourishing Care for Nails
- Emollient Gel
- Bi-Osmosis Massage Cream 1 teaspoon
- Decongestant Essential Oil 5 drops in wrap, 2 in massage cream
- Freshness Wrap for Lighter Legs ½ cup with ½ cup of tepid water
- Hydra Nourishing Body Lotion 1 teaspoon
- Multi-Action Nail Enamel
- Drying Booster

Ritual Protocol - 60 min

Preparation
Remove nail enamel with the Sothys Regenerative Nail Enamel Remover.

Exfoliation
Mix Exfoliating Marine Salts with 1 tsp of Hydrating Marine Benefits and massage gently for 5-10 minutes over the entire feet and lower legs, concentrating on dry skin. Remove the Marine Salt Mix with warm towels and then immediately soak the feet for 5 minutes adding the Remineralizing Bath Salts to the warm water. Take one foot and trim and shape the toenails. Apply Emollient Gel to the nails. Work on the cuticles. Apply 1 drop of Nourishing Care for Nails on each nail and massage for a few moments to assist penetration. Repeat on the other foot.

Relaxation
Mix the Bi-Osmosis Massage Cream with 2 drops of the Decongestant Essential Oil Massage feet and lower legs for 5-10 minutes.
Freshness Wrap
Mix the Freshness Wrap for Lighter Legs with water and apply on the feet and lower legs – up to and including the knee.
Wrap in plastic sheet and leave for 5-10 minutes. Remove the majority of the wrap with a spatula and then rinse residues with damp towels.

Hydration
Apply the Hydra-Nourishing Body Lotion to the feet and legs.

Nail Enamel
Wipe the nail plate with alcohol.
Multi-Action Nail Enamel is utilized as a base and top coat.
Apply 2 coats of Protective Nail Enamel.
To reduce the drying time, apply the Drying Booster. Wait a few seconds after applying the nail enamel then lift the toe, place the brush on the nail tip and allow the Drying Booster to spread evenly over the nail plate.

Regenerative Nail Enamel Remover
Lavender Essence
Pleasant, relaxing scent
Wheat Germ Oil, Vitamin E
Hydrates and softens the nails

Hydrating Marine Benefits
Laminaria Digitata
Stimulates general metabolism
Enhances osmosis process
Prevents dehydration
Glycerol
Emollient
Urea Derivative
Hydration of superficial layers

Exfoliating Marine Salts
Marine Salt Crystals
Remineralizing, rich in mineral salts
Exfoliation action
Essential Oils of Orange & Grapefruit
Softens

Remineralizing Bath Salts
Dead Sea Salts
Remineralize
Laminaria Digitata
Stimulate metabolism, increase osmosis
Himanthalia Elongata
Remineralizes, restructure, Vitamin C & trace elements

Bi-Osmosis Massage Cream
Palmaria Palmata Algae
Stimulates micro-circulation
Caffeine
Lipolytic (slimming) action
Shea Butter, Corn Oil
Softens, nourish, supple skin
Decongestant Essential Oil
- Cypress: Venous decongestant
- Mint: Local analgesic
- Lemon: Anti-infection
- Lavender: Calming

Freshness Wrap for Lighter Legs
Algae Extracts:
- Laminaria Digitata: Together they remineralize, detoxify,
- Lithothamnium Calcareum: favors elimination of waste, drain
- Chondrus Crispus: Refreshes, cryogenic effect
- Menthol

Emollient Gel
- Glycerin: Emollient, skin softener, anti-drying

Nourishing Care for Nails
- Vitamins A, E, F: Anti-oxidant, anti-aging, maintain moisture
- Hazelnut, Corn Oils: Anti-free radical, nourishing and regenerating

Multi-Action Nail Enamel
- Respi-nails: Protection, allows the nails to breathe
- Cysteine: Strengthens the nail, Keratin fortifier in nails

Protective Nail Enamel
- Seaweed Extracts: Hydrating
- Cysteine: Strengthens the nail, Keratin fortifier in nails
- Mica: Radiance, luminous appearance

Sothys nail products do not contain any allergic actives such as – Toluene, Phthlates, Formaldehyde and Camphor

Homecare recommendations – Hydra-Nourishing body Lotion, Soft Peel, Delicious Scrub, Energizing Bath Essences, Eau Thermale Anti-Eau, Multi-Action Nail Enamel and Protective Nail Enamel.
Sothys introduces an enhancement to a regular pedicure service or it may be positioned as a new spa menu offering.

Transform a regular pedicure into a sensorial foot ritual. Alluring fragrance, amazing result and an effective yet simple protocol make this pedicure upgrade irresistible to your nail technicians.

The Hanakasumi Foot Ritual incorporates a ‘no mess’ enzymatic exfoliating cream with Cherry Blossom & Rice Powder extracts. Aromatic Shea butter is used to massage the feet and lower legs. Each product is warmed prior to application creating a more luxurious experience for the client.

The Hanakasumi Foot Ritual is an exceptional service that answers the current demands of the Spa industry – low cost, maximum return, simple protocol, no additional time added, exotic actives, results performing and retail link.

Each Hanakasumi™ Kit offers 75 treatment applications at $3 per application

**ProSpa Professional products required**

- Hanakasumi™ Ritual kit –
  - Cherry Blossom, Rice Powder Gommage - 1 tablespoon
  - Shea butter with Asian essences –1 teaspoon
- 1 Soft exfoliating towel – reusable accessory (available in 10 pack)

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**Ritual Protocol**

**Preparation**
WARM the Cherry Blossom, Rice Powder Gommage and Shea Butter with Asian Essences.
Take the required quantity and place in a small container, either place in a hot towel cabi or stand in bowl of hot water.

**Soak the Feet / Cuticle work**
Remove one foot from the water and proceed to trim the nails and perform all cuticle work.
Apply regular softening product to the heels and calluses and place back in the water.
Repeat on second foot

*There is an option to add 1 teaspoon of the Satin Elixir with Asian Essences to the water for those using a portable receptacle for soaking the feet.*
**Calluses**
Take the first foot from the water and perform heel and callus work. Place back in the water. Repeat on the other foot.
Remove both feet from the water and dry.

**Exfoliation - Cherry Blossom & Rice Powder Gommage with Soft Exfoliating Towel**
Take one foot and apply the warmed product to the foot and lower legs. Massage until penetrated. Repeat on the other foot.
To remove the gommage and for additional exfoliation effect use a Soft Exfoliating Towel. Hold the towel at each end and pull taught. Place the towel on the skin and slide back and forth with energetic movements. Start with the back of the calf, front of the leg and the top and bottom of the foot.
Repeat on the opposite foot.

**Relaxing Massage**
Perform a relaxing foot and lower leg massage with the warmed Shea butter with Asian Essence. (If desired, any excess Shea butter can be removed from the skin)

**Nail Enamel**
Wipe each nail plate with alcohol. It is essential to remove all traces of the oil before application of the base coat and nail enamel.

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**Professional Products**

**Cherry Blossom and Rice Powder Gommage**
A velvety soft exfoliating cream – granular free for all skin types. Delicate scent with Cherry Tree Blossom extract and notes of black pepper, honeysuckle flower, cedar and white musk. Incorporates essential oils of vanilla, ciste flower and ylang ylang.
- Papaya, lemon - enzymatic exfoliation, radiance.
- Rice Powder - gives a soft creamy texture to the gommage.

**Shea Butter with Asian essences**
Nourishing, skin softening shea butter from the nut of the tree. The product has the same scent as the Cherry Blossom and Rice Powder Gommage.
- Shea Butter - nourishes, softens, repairs and hydrates.

**Soft Exfoliating Towels**
Pack of 10 reusable towels – 100% nylon. 2 towels are used for each treatment.
Machine washable. Do NOT tumble dry.

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**Recommended homecare**

Satin Elixir with Asian Essences, Soft Peeling, Hydra-Nourishing Body Lotion