



Where Medi meets Pedi®

10 STEPS TO THE FOOTLOGIX® PROFESSIONAL PEDICURE



1

CONSULT

Have your client fill out the **Footlogix® Pedicure Consultation Form**. This will help to identify any foot care concerns, medical conditions or allergies and assist you in understanding your client's foot care needs. Spray **Footlogix® Foot Fresh (Deodorant) (9)** onto each foot.



2

EVALUATE

Review the information provided by your client in the consultation form. Use a **Footlogix® Cleansing Wipe** to cleanse client's feet. Cleansing Wipes can also be used to replace a foot bath for a soakless pedicure. Remove the client's nail polish and conduct a visual foot and leg evaluation. Make note of any irregularities. If there are no abrasions or open sores, begin soaking the feet. Learn the Three R's with Footlogix®: **Recognize, Recommend and Refer**

Note: Do not service any clients with broken skin, open wounds, ulcers or abrasions. Refer them to a medical professional, if necessary.



3

PREPARE

Add one pump of **Footlogix® Foot Soak (13)** into a foot bath. Soak feet for five to ten minutes. The **Foot Soak** makes cuticle work and callus reduction easier and less time consuming. While your client's feet are soaking, spray **Footlogix® Shoe Fresh (Deodorant) (10)** into his/her shoes to eliminate bacteria. The client will have refreshed shoes to wear after the pedicure service.

Note: Soak less than five minutes if the client is Diabetic.



4

EXFOLIATE

Remove client's feet from the foot bath and gently pat dry. Dispense one pump of **Footlogix® Exfoliating Seaweed Scrub (15)** into the palm of your hand. Apply to the foot as well as the lower leg in an upward, circular, massaging motion. Add water to emulsify the scrub. Wrap the lower leg in hot or cool towels to double as a detoxifying mask. Rinse the product off legs and feet and pat dry. Repeat step on the other leg.



5

NAIL CARE

Apply a small amount of **Footlogix® Cuticle Softener (11)** directly onto the cuticle and nail fold of each toe and allow to absorb for sixty seconds for easy removal of excess debris. Spray **Footlogix® Callus Softener (18)** on the soles of the feet; liberally apply to calluses and dry skin. Let the Callus Softener absorb for at least two to three minutes, or until the skin is slightly tacky.

Note: The non-aggressive Callus Softener can also be sprayed, as an alternative, around the cuticles on toes, in the absence of the Cuticle Softener.



SKIN CARE

While the **Footlogix® Callus Softener** is penetrating the layers of the epidermis, cut the toenails. Once the skin is no longer wet, but slightly tacky, file the soles and the back of the heels with the sterilizable **Footlogix® Stainless Steel File (PF)** to reduce calluses and dry skin. It is not necessary to rinse off the **Cuticle and Callus Softeners** as they will continue to hydrate with cumulative long-term effects. Reapply **Callus Softener** and **Cuticle Softener** as required. Repeat steps 5 and 6 on the other foot.



REJUVENATE

Apply **Footlogix® Very Dry Skin Formula (3)** or **DD Cream Mousse (1)** to each foot and massage the mousse into the skin. Pay special attention to dry and callused areas, as well as spaces between the toes. To hydrate and condition cuticles, apply a small amount of **Footlogix® Cuticle Conditioner (12)** directly onto each cuticle area. Massage into cuticles in a circular motion.



MASSAGE

Once the pedicure is complete, massage your client's feet and lower legs with the non-occlusive **Footlogix® Massage Formula (19)**. Two to three pumps are sufficient for a five to ten-minute massage after which the **Massage Formula** will be completely absorbed into the skin without leaving a greasy residue. Clients will love the results as their skin feels silky soft.



BEAUTIFY

If client desires, apply nail polish to toenails. While the polish is drying, discuss continuing home care with the client.



RECOMMEND

Use the **At Home Care Pad** to check off the recommended **Footlogix®** products. Instruct the client on the application of the product(s) they should be purchasing for happy, healthy feet.

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