

MANICURE & PEDICURE GUIDE

What is it about a professional manicure and pedicure that makes it a powerfully therapeutic experience? I swear that I can walk into a nail salon and an hour later, walk out a brand new woman. But there's not always the time or funds to have regularly spoiled tips and toes. You can definitely get a brilliant manicure and pedicure doing it yourself if you have the right tools lined up. Here's how!



LET'S GATHER THE ESSENTIALS FIRST. YOU'LL NEED:

- non-acetone nail polish remover and cotton balls
- nail file
- buffing block
- sugar scrub to exfoliate
- orange-scented oil
- cuticle oil
- moisturizer
- nail polish (base coat, color, and top coat)

Manicure And Pedicure Study Guide

Kathleen Carroll



Manicure And Pedicure Study Guide:

Manicure And Pedicure Guide (Speedy Study Guide) Speedy Publishing,2015-01-21 A manicure and pedicure guide will help you to learner about manicures and pedicures by giving you detailed information about the process The guides will walk you through not only what the technician does but why they do it It will give you information on safety and the physics behind pressure points and benefits to healthy feet The guides are a great tool for people who want to know the details of the services they are paying for They can also help people learn about the facility providing the services and what they offer

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