

# 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-wood stick
- cuticle oil
- moisturizer
- nail polish (base coat, color, and top coat)

# Manicure And Pedicure Guide Speedy Study Guide

**Puja Mehta**



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