

Nature Strong Nails & Skin

Nature Strong Spa Manicure

Pamper hands with our relaxing extended manicure service.





WHAT YOU'LL NEED

OPI PRODUCTS: Soothe & Remove Cuticles Smooth It Out Hand & Foot Scrub Moisture Mission Hand & Foot Cream Glow Up Nail & Cuticle Oil To the Rescue Overnight Cuticle Balm PREP ESSENTIALS: Expert Touch Lacquer Remover N.A.S. 99 Nail Cleansing Solution Bond Aid™ CHOICE OF OPI COLOR SYSTEM

TOOLS: Nail trimmer 240-grit nail file Cuticle pusher Cuticle removal tool 240-grit buffer Cuticle nipper Nail wipes Warm damp towels

THE STEPS

BEFORE YOU BEGIN: Prep warm damp towels for removal of scrub.





Start with clean dry hands.



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Trim nails if needed and shape as desired with a 240-grit file.



Book a sma

Apply a small amount of Soothe & Remove Cuticles to the perimeter of each nail. Allow to soften 1-2 minutes.



Gently glide a cuticle pusher along the nail plate, pushing back the proximal fold and loosening cuticle from the nail plate.



5

Use a cuticle removal tool to remove any remaining cuticle from the nail plate.



OPTIONAL
Refer to system recommendation and buff nail if needed.

Cleanse nails thoroughly with a nail wipe saturated with N.A.S. 99 Cleansing Solution and apply a coat of Bond Aid before nail product application.

Apply OPI GelColor, Powder Perfection, GELevate™, or acrylic service of choice prior to skincare application.





Apply Smooth It Out Hand Foot Scrub in long effleurage strokes to the hand and arm.



Wrap the hand and arm in a warm damp towel and glide it down to remove scrub.



Warm a generous amount of Moisture Mission Hand & Foot Cream between your hands and apply it in long smooth effleurage strokes to the hand and arm.



If applying a lacquer system, cleanse nails thoroughly with a nail wipe saturated with N.A.S. 99 Cleansing Solution and apply a coat of Bond Aid™ prior to lacquer application. Allow to dry.



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Apply a drop of Glow Up Nail & Cuticle Oil to the base of each nail and massage in.



Help clients find their perfect take-home products by assessing their skin and nail needs.