

from Our Kitchen to Yours

Save this handy guide to homemade soaks, scrubs, masks, and more.

AUTUMN APPLE PIE SCRUB

- **3/4** cup brown sugar
- **1 tsp.** ground cinnamon OR **2 drops** cinnamon essential oil
- **1/2 tsp.** ground nutmeg OR **2 drops** nutmeg essential oil
- **3 Tbsp.** apricot kernel oil
- **3 tsp.** jojoba oil
- **2 tsp.** almond oil
- **1/2** fresh apple, minced
- **1/8 tsp.** apple oil (optional)

Stir together all ingredients except for the minced apple. Pour the minced apple on top. Serve hot apple cider to your client when using this scrub.



FALLEN LEAVES AND CIDER MANICURE

Service Idea:

1. Soak hands in warm water. Add a cinnamon stick and a soaking tablet that you've sprinkled with apple oil or nutmeg to the soak.
2. Prep nails.
3. Exfoliate hands with the homemade autumn apple pie scrub.
4. Massage hands and arms with CND's Scentsations (in Apple & Cinnamon).
5. Polish nails.

Chef: Julie Gee, Heart's Content Nail Spa, Belgrade, Maine

CUTICLE OIL

- **2 Tbsp.** olive oil
- **2 Tbsp.** grapeseed oil
- **2 Tbsp.** jojoba oil
- **1 tsp.** vitamin E oil
- **1 tsp.** tea tree essential oil
- **1 tsp.** lavender essential oil

Combine all ingredients, then store in a dark glass bottle. For large batches, double or triple the recipe, then portion it into small bottles with dropper tops for easy dispensing.



SPA MANICURE

Service Idea:

1. Soak hands in warm water. Add CND's CitruSoak to the bowl.
2. Using a dropper, apply the homemade cuticle oil to the nails to help release the cuticle from the nail plate. Remove cuticle, and complete rest of nail prep.
3. Exfoliate hands with CND's Exfoliating Crystals.
4. Apply CND's Crystal Activator.
5. Massage hands and arms with CND's SolarSilk lotion.

Chef: Rachel Bolek, Hair Studio 227, Dover, Ohio

LEMONGRASS SCRUB

- **1/2 cup** organic brown sugar
- **3 Tbsp.** olive oil
- **2 Tbsp.** lime juice
- **2 Tbsp.** lemon juice
- **1/2 tsp.** honey
- **2 Tbsp.** grated coconut (opt.)

Combine all ingredients. The grated coconut is optional but is great for additional exfoliation.



BAREFOOT IN LEMONGRASS PEDICURE

Service Idea:

1. Soak feet in warm water. Add freshly squeezed lemon and lime juice to the soak.
2. Push back cuticles, cut and file nails, and buff heels and feet.
3. Exfoliate feet with the homemade lemongrass scrub.
4. Add lime juice, lemon juice, and a dollop of honey to any unscented lotion. Massage feet and legs with the blend.
5. Polish nails.

Chef: Bambi Montgomery, HIVE Salon + Spa, Los Cabos, Mexico

FRUIT SMOOTHIE MASK

- **1/4 cup** vanilla yogurt
- **1/4 cup** of fruit (include a variety of pineapple, apple, orange, and banana)

Combine fruit in a blender. Add yogurt and heat through in a crock pot. In a pinch, you can substitute canned fruit cocktail for the fresh fruits. Serve a fruit smoothie (made of the same fresh fruits and yogurt, add either seltzer or peach schnapps to thin it out) to your client when using this mask.



Service Idea: FRUIT SMOOTHIE PEDICURE

1. Soak feet in warm water. Add OPI AvoJuice body wash (in Cran & Berry) to the soak.
2. Exfoliate with any fruity sugar scrub. To make your own, make the same crushed fruit salad in the blender, then mix it with 1/2 cup of sugar. Heat through with some water in a crock pot. Scrub client's feet and legs in a circular motion, then rinse off.
3. Prep nails.
4. Using a fan brush, smooth on the homemade fruit smoothie mask. Wrap feet in towels for five minutes. Rinse.
5. Massage feet and legs with OPI Avoplex lotion (in Cran & Berry).
6. Polish nails.

Chef: Deb Blowars, Artistic Trends Salon, Sellersville, Pa.

HONEY OATMEAL SCRUB

- **1/2 a scoop** of dry organic oatmeal
- **1/4 tsp.** honey
- **a few drops** of warm water

Combine the oatmeal with the honey. Add a few drops of warm water and mix lightly. (Oatmeal is great for dry, itchy skin.)



Service Idea: LATTÉ PEDICURE

1. Soak feet in warm water. Add a half cup of dry organic milk powder to the soak and run the pedispa's jets for a short time to get a nice foam. (The foam is the "latté" part — just make sure you don't foam over the top!)
2. Prep nails.
3. Exfoliate feet with the homemade honey oatmeal scrub. Leave on for two minutes. Rinse.
4. Massage legs and feet with Cuccio Naturalé's body butter (in Milk & Honey). Wrap feet in warm towels.
5. Polish.

Chef: Jennifer Veremis, The Beauty Lounge Inc., Chicago

EUCALYPTUS SOAK

- **3-5 drops** eucalyptus oil
- **2-3 drops** geranium oil
- **A few squirts** of antibacterial liquid soap
- **a handful** of eucalyptus leaves
- warm water (to fill your pedicure basin 3/4 full)

Fill your pedicure basin with warm water until it's about 3/4 full. Squirt in the liquid soap. Add the essential oil drops. Throw in the eucalyptus leaves.



Service Idea: RAINFOREST PEDICURE

1. Soak feet in the homemade eucalyptus soak for about five minutes.
2. Add eucalyptus and geranium oils to any organic, unscented sugar scrub. Exfoliate and rinse.
3. Prep nails.
4. Massage feet and legs with any lotion that contains eucalyptus, like The Thymes eucalyptus hand lotion.
5. Polish toenails. While waiting for nails to dry, offer the client a eucalyptus-scented paraffin dip for their hands.

Chef: Urania Campos, Urania's Hand & Foot Essentials, San Francisco

CITRUS SCRUB

- **2 Tbsp.** sugar or salt
- **3 Tbsp.** oil (either avocado, soy, or grapeseed)
- **4 pumps** of liquid soap
- **4 drops** of soap dye (either yellow or orange)
- **2 drops** of essential oil (grapefruit, blood orange, or tangerine)

In a bowl, mix the sugar or salt with the oil. Add liquid soap and dye, and stir until color is consistent. Stir in the essential oil drops. Soap dye can be purchased on various online sites or search arts and craft, nature, and candle stores.



Service Idea: CITRUS PEDICURE

1. Soak feet in warm water. Add rock salt, Epsom salt, orange or yellow soap dye, a combination of orange or tangerine (or other citrus) essential oil, and orange, lemon, and lime slices to the soak.
2. Prep nails.
3. Exfoliate legs and feet with the homemade citrus scrub.
4. Place feet back in water and use a net sponge (or your hands as cups) to remove the excess scrub. Pat legs and feet dry.
5. Add yellow or orange soap dye and orange or tangerine essential oil to any unscented lotion. Massage cuticle oil and the lotion blend onto legs and feet.
6. Polish nails. ■

Chef: Kesha Hackett, Lavender Nail and Body Studio, Oakland, Calif.

WHIPPED CHOCOLATE SOUFFLÉ MASK

- **1/3 cup** cocoa
- **3 tbsp.** heavy cream
- **3 tsp.** oatmeal powder
- **3 tsp.** honey

Combine all ingredients. Serve champagne, freshly dipped chocolate strawberries, and a selection of chocolate candy to your client when using this mask.



Service Idea: CHOCOLATE PEDICURE

1. Soak feet in warm water. Add cocoa powder and chocolate extract to the soak.
2. Prep nails.
2. Exfoliate with any chocolate sugar or salt scrub. To make your own, combine 3 tbsp. brown sugar, 1 tsp. almond oil, 1 tsp. honey, and ? tsp. cocoa butter. After scrubbing, rinse.
4. Apply the homemade whipped chocolate soufflé mask. After 10 minutes, rinse.
5. Massage feet and legs with chocolate shea butter and a warm chocolate oil drizzle.
6. Polish nails.

Chef: Lynda Ward, A Perfect Pair Nail Salon & Spa, Dunedin, Fla.

CINNAMON 2-IN-1 SCRUB AND MASK

- **3 tbsp.** ground cinnamon
- **3 tbsp.** honey

Combine the ground cinnamon and honey. (As long as you use equal parts of each, the recipe works.) The cinnamon grains are great for exfoliating, and the honey is a great moisturizer, which means you don't have to use a separate mask. It also makes a great retail product.



Service Idea: CINNAMON HOLIDAY PEDICURE

1. Soak feet in warm water. Add Bath & Body Works' Temptations wash (in Cinnamon Bun Heaven) to the soak.
2. Exfoliate feet with the homemade cinnamon scrub. Leave on for 10 minutes to let the honey do its work as a mask. Rinse.
3. Prep nails.
4. Massage feet and legs with Bath & Body Works' Temptations lotion (in Cinnamon Bun Heaven).
5. Polish nails.

Chef: Sandra Plasencia Casanova, Havana Nights & Spa, Chicago

RASPBERRY YOGURT SCRUB

- **2 1/2 oz.** raspberry yogurt
- **1/2 cup** brown sugar
- **1 1/2 tbsp.** olive oil
- **2 roses**, remove (and reserve) petals

Combine the yogurt and olive oil. Tear the rose petals into tiny pieces, then stir them in. Put the mixture in the refrigerator until chilled. Stir in the sugar immediately before use.



RASPBERRY & ROSES MANICURE

Service Idea:

1. Soak hands in warm water. Add rose petals and river rocks to the bowl.
2. Exfoliate hands with the homemade raspberry sugar scrub. Do not rinse.
3. Using a spray bottle, spray chilled rose water onto the hands to start removing the scrub.
4. Use towels dipped in chilled rose water to completely remove it. Once the scrub is completely rinsed off, spray hands once more with the rose water.
5. Prep nails.
6. Massage hands and feet with any floral lotion.
7. Polish nails.

Chef: Jennifer Perez, Mystic Nails, Puerto Rico

STRAWBERRY SHORTCAKE SCRUB

- **1** strawberry (fresh or frozen)
- **1 tbsp.** sugar
- **1/2 oz.** Qtica's Pink Malibu sugar scrub
- **1/2 tablespoon** water

Using a spoon or fork, crush the strawberry. (If it's frozen, microwave it for 10 seconds first.) Combine the strawberry with the rest of the ingredients until it has the appropriate consistency.



STRAWBERRIES & CREAM FOOT TREATMENT

Service Idea:

1. Soak feet in warm water. Add CranMary foam (in cranberry) to the soak.
2. Prep nails and treat calluses.
3. Exfoliate with the homemade strawberry shortcake scrub. Rinse.
4. For the paraffin treatment, pour the paraffin into plastic bags and wrap them around the client's feet. Apply hot towels over the plastic. Remove after 10 minutes.
5. Massage feet and legs with Roula's Vanilla Decadence Body Soufflé.
6. Polish nails.

Chef: Roula Nassar, Roula's Nail Spa, Houston