

# TREATMENT OF THE MONTH

**Bon Vital'**

PROFESSIONAL MASSAGE THERAPY & SPA PRODUCTS

## Pomegranate Spa Pedicure

### Session Time:

50 minutes

### Suggested Charge per Treatment:

\$50 - \$100

### Cost per Treatment: \$14.38

Treatment Cost: \$4.39

+

Take Home Products:  
\$9.99

### Supplies:

Bon Vital'® Foot Balm

Bon Vital' Pomegranate  
& Acai Berry Sugar Scrub

Bon Vital' Pomegranate  
& Acai Berry Body Butter

Bon Vital' Sweet Orange  
H<sub>2</sub>O Essentials

Foot bath

Work station set up with  
file and clippers

Warm towels

### Take Home Recommendation:

Bon Vital' Foot Balm



The Bon Vital' Pomegranate Spa Pedicure is a wonderful combination of a pedicure and pure spa bliss! It includes a basic pedicure along with a therapeutic massage featuring Bon Vital's Foot Balm and an invigorating sugar scrub. This treatment will leave your legs and feet deeply moisturized, putting your best foot forward.

## KEY INGREDIENTS



Pomegranate



Acai Berry



Menthol



Horse Chestnut  
Extract



Aloe Vera



Sweet Orange

## FEATURED PRODUCTS

Bon Vital' Foot Balm

Bon Vital' Pomegranate &  
Acai Berry Sugar Scrub

Bon Vital' Pomegranate &  
Acai Berry Body Butter

Bon Vital' Sweet Orange  
H<sub>2</sub>O Essentials



### Pedicure Protocol:

1. Set up work station with file(s), pusher, clippers, cuticle nippers, hand sanitizer, foot bath, dry towels, warm towels, Bon Vital' Foot Balm, cuticle oil, callous softener, base/top coat, color polish and toe separators.
2. Prepare foot bath with sanitizing soak and add Bon Vital' Sweet Orange H<sub>2</sub>O Essentials (2-4 drops per 8 oz of water).
3. Greet client, and clean your hands and their feet with the hand sanitizer.
4. Soak feet in the warm foot bath.
5. Discuss with client the outcome of the pedicure: length of nails, color, callouses, etc.
6. After about 10 minutes of soaking, scrub the feet and using a foot file, scrub the callous areas.
7. Pull both feet from the bath and rest on the foot rest. Apply callous softener to soles and around the cuticles.
8. Trim nails, push cuticles, rinse, and file nails.
9. Any additional foot filing of callouses should be done at this time.
10. Dry feet thoroughly.

### Massage Protocol\*:

1. Apply Bon Vital' Foot Balm to the palms of your hands and rub together.
2. Start the massage on the top of the foot and leg using effleurage, petrissage and stripping strokes.
3. Rub the foot between hands vigorously.
4. Using the knuckles of your hand, apply friction to the bottom of the foot.
5. Effleurage up calves and do friction on each side of the shinbone.
6. Massage the foot and leg with more effleurage and stretch the foot and toes.
7. Massage each leg and foot for 8 to 10 minutes for a total massage time of 16 to 20 minutes.
8. To prepare for the Bon Vital' Sugar Scrub application, take a warm dampened towel and moisten each of the legs.
9. Add a generous amount of Bon Vital' Pomegranate & Acai Berry Sugar Scrub to your hands and rub together lightly. Apply to one or both legs at the same time.
10. Work the sugar scrub into the skin using small circular motions from the knee down towards the foot. Make sure to cover the entire lower leg.
11. Continue onto the top, sides and bottoms of both feet.
12. Take a warm, moistened towel and remove the sugar scrub from your client's legs and feet. (This may take several attempts with the warm moistened towel.)
13. Finish by applying a generous amount of Bon Vital' Pomegranate & Acai Berry Body Butter to legs and feet.
14. If you are going to polish the toes this would be the final step making sure it is done after the sugar scrub.
15. Give client tube of Bon Vital' Foot Balm for use at home. Include the cost in the treatment cost.

*\*Remove the pedicure portion of this treatment and perform this as a foot massage.*



**Contraindications:** General massage contraindications including open sores and fractures and sprains in the leg and foot.

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