

# Nail Services



## Spa Manicure

At the Institute we offer natural nail services in the Clinic. The Spa Manicure includes the removal of your old polish (if any), clip, file, shape, push back and/or removal of dead cuticles, soaking, buffing, exfoliation scrub, massage with lotion, apply a base coat, two coats of polish (you can bring your own color or choose from our selection) a top coat and to complete the service we apply a quick dry spray. This service will usually take an hour. Some students are more comfortable than others with doing the French Manicure. If you would like a French Manicure please ask when booking so we may place the best student suited for your appointment time.

## Spa Pedicure

The Spa Pedicure begins with a relaxing warm foot soak, the removal of your old polish (if any), clip, file, shape, push back and/or removal of dead cuticles, soaking, buffing, exfoliation scrub, a masque with hot towels, massage with lotion, apply a base coat, two coats of polish (you can bring your own color or choose from our selection) a top coat and to complete the service we apply a quick dry spray. The Spa Pedicure can take up to an hour and a half so come prepared to relax... Some students are more comfortable than others with doing the French Pedicure. If you would like a French Pedicure please ask



when booking so we may place the best student suited for your appointment time.



## Polish Change

We will remove your old polish, provide a brief massage with lotion and polish with your new choice of color and apply a quick dry spray. That's it and you're ready to role again...

## Nail Soak Off

This service is provided to remove acrylic, gel or wrap enhancements. Your fingernails or toenails are soaked (as long as it takes, sometimes upwards of an hour) in acetone and then the enhancements are gently scraped off the nail plate with a wooden cuticle stick. We do not "pop off" the enhancement as this could harm or even remove the nail plate. We then gently buff and apply a nail oil and bring out the natural beauty underneath.



## Paraffin Dips for Hands and Feet

Paraffin wax treatments are luxurious spa treatments that are intended to moisturize and soften the skin. These treatments are most often applied to the hands and feet as components of manicures, pedicures or during our one hour or 30-minute facials.



Paraffin wax treatments are particularly popular in the winter because they are warming and help moisturize dry and cracked skin. People who experience seasonal dry skin often find paraffin wax treatments to be helpful and relaxing preventative measures. Dry, cracked heels and knuckles can make cold weather unbearable. One or two moisturizing paraffin wax treatments can help a great deal during the winter months. See the Paraffin wax information sheet for further details.