



# CND™ PRO SKINCARE HAND & ARM MANICURE TREATMENT

## FEATURING

CND™ PRO SKINCARE EXFOLIATING SCRUB  
CND™ PRO SKINCARE EXFOLIATING ACTIVATOR  
CND™ PRO SKINCARE HYDRATING LOTION

## CND™ PRODUCTS REQUIRED

COOLBLUE™ Hand Cleanser  
CUTICLE ERASER™ Gentle Exfoliator  
SOLAROIL™ Nail & Cuticle Care  
SCRUBFRESH™ Nail Surface Cleanser  
CND™ Files and Buffers

## OPTIONAL

CND™ SHELLAC™ or CND™ VINYLUX™

## ACCESSORIES/ EQUIPMENT REQUIRED

Hand soap  
Hand towels  
Plastic-backed, lint-free pads  
Disinfectable spatula  
Cuticle pusher  
Manicure nippers  
Nail clippers  
Curette

## OPTIONAL

99% Isopropyl Alcohol

## Step 1

### CLEANSE & CONSULT

1. Wash hands with liquid soap and running water for 20-30 seconds and towel dry.
2. Massage **COOLBLUE™** Hand Cleanser into the hands and apply disposable gloves. Then massage **COOLBLUE™** into the client's hands.  
\*\*If necessary, remove nail color from the natural nail following appropriate protocol for removal.
3. Assess nails and skin to determine level of service.

## Step 2

### P.E.P.

#### P-PERFORM A DRY MANICURE.

1. If necessary, trim the length from each nail using nail clippers.
2. Shape the free edge of each nail with a fine 240-grit file (**Kanga™ File** or **Koala Buffer™**).
3. \*Gently slide a cuticle pusher along the nail plate toward the proximal nail fold (cuticle area) and along each lateral fold (sides of nail) to lift and loosen any cuticle (non-living tissue) from the nail plate.
4. Gently guide a curette along the nail plate to remove non-living tissue from the nail.

#### E-ELIMINATE SURFACE CONTAMINANTS.

#### P-PURIFY NAIL PLATE LAYERS.

5. Thoroughly cleanse and temporarily dehydrate the nail plate layers with **SCRUBFRESH™** Nail Surface Cleanser, using a lint-free, plastic-backed pad.

*\*OPTIONAL: For clients who build excessive cuticle, apply a small amount of **CND™ CuticleAway™** evenly around the base of each nail and perform cuticle service. Scrub nails with soap and running water for 20-30 seconds to thoroughly remove the **CuticleAway™** and towel dry.*

## Step 3

### OPTIONAL: COAT & COLOR

Apply **CND™ SHELLAC™** prior to the Pro Skincare treatment.

- Choose **CND™ SHELLAC™** Gel Polish System for 14+ days of high-performance wear.

For comprehensive techniques, see the **CND™ SHELLAC™** Application & Removal Step-by-Step.



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## Step 4 EXFOLIATE

1. Use a disposable spatula to dispense a teaspoon amount of **CND™ PRO SKINCARE EXFOLIATING SCRUB** onto hands.
2. Use slow effleurage strokes to massage crystals into the client's hand and forearm until they are evenly distributed.
  - Hold the client's wrist with one hand and perform long effleurage strokes with opposite hand up to the top of the arm and down the back of the arm, applying even pressure. Allow working hand to finish at wrist. Alternate hands and repeat for a total of three times.
3. Use small circular movements to massage crystals into fingers.
4. Leave scrub on skin and immediately follow with Exfoliating Activator.

## Step 5 ACTIVATE & SOFTEN

1. Pump a teaspoon amount of **CND™ PRO SKINCARE EXFOLIATING ACTIVATOR** onto hands.
2. Effleurage into the skin until the Exfoliating Crystals have dissolved.
3. Wrap arms and hands in clean, terry towel for 5 minutes to allow product to penetrate or for maximum benefits use plastic film.
4. Remove plastic film and effleurage any remaining product into the skin.

## Step 6 CONDITION & MOISTURIZE

1. Apply a small amount of **CUTICLE ERASER™** Gentle Exfoliator onto the proximal and lateral folds around the nail and thoroughly rub into skin.
2. Without removing the **CUTICLE ERASER™**, apply a drop of **SOLAROIL™** Nail & Cuticle Care to the base of each nail plate and surrounding skin. Leave on through next step.

## Step 7 HYDRATE & MASSAGE

1. Dispense two or three pumps of **CND™ PRO SKINCARE HYDRATING LOTION** onto hands and run between palms to warm.
2. Thoroughly effleurage client's hands and arms up to the elbow until lotion is fully absorbed.

## Step 8 COLOR & COAT

- Choose **CND™ VINYLUX™** Long Wear Polish System for 7+ days of high-shine color.  
For comprehensive techniques, see the **CND™ VINYLUX™** Application & Removal Step-by-Step.



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