

HOME PEDICURE

a step-by-step guide from Brambleberry.com

WHAT YOU'LL NEED:

- Fizzy Foot Soak
- Foot Scrub
- Foot Mask
- Foot Balm
- Nail Polish
- Tub (use a plastic storage bin)
 - Warm Water
 - Towel
 - Nail Polish Remover
 - Refreshing Beverage

1.SOAK

Place the bath fizzy in the warm water and set your feet in the tub. Soak for at least 10 minutes

2.SCRUB

Put scrub on wet feet. Massage in focusing on rough spots, add more water if needed. Rinse off feet in tub.

3.MASK

Dry off feet and apply mask. Allow to absorb for at least 5 minutes. Rinse feet in tub.

4. MOISTURIZE

Dry off feet. Apply balm, massaging in carefully.

5. POLISH

Clean off toe nails with nail polish remover to remove any trace of the balm. Apply 2 to 3 coats of polish.



