

HEAVENLY SOLES®

Foot Care System

INSTRUCTIONS

Since 1983, Backscratchers Salon Systems, Inc. has offered professional, innovative, easy-to-use products. We've done it again with the Heavenly Soles® Foot Care System. Give your clients a blissful, personalized spa pedicure in four easy steps. Please read and follow the instructions and we will take you step by step through a perfect pedicure.

PROFESSIONAL SALON SANITATION

Practicing proper sanitation is one of the most important steps in professional nail and foot services.

- Prior to beginning the service, thoroughly clean and disinfect your foot bath with a recommended cleaner for your model. To disinfect surfaces, use an EPA-registered disinfectant such as Backscratchers' medical-grade Cavicide® antimicrobial disinfectant.
- Dispense a marble-size amount of Foamaseptic™ Skin Cleanser into your hands prior to the service. Completely massage in, then wipe with a clean towel.
- Another salon sanitation practice is the use of the Salon Aseptic® Sanitation System, featuring Cavicide along with trays for disinfection and storage of Foot File handles and other salon implements. Use new replaceable abrasives and clean handles for each client.



UNITED STATES SWITZERLAND
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STEP 1 HEAVENLY SOLES® FOOT BATH

1. Use 1-2 pumps of Heavenly Soles Foot Bath per gallon of warm water.
NOTE: As an optional step to enhance your client's experience, add 3-10 drops of Heavenly Soles® Aromatic Spa Drops. See other side for blending guide.
2. SOAK both feet for 10 minutes in the fragrant bath.
3. SCRUB feet with brush.
4. DRY OFF ONE FOOT, leaving the other to soak.
5. CLIP toenails.
6. FILE toenails.
7. PUSH BACK CUTICLES with Plastic Cuticle Pusher; use nippers where needed.
8. Place foot back in bath.
9. Repeat steps 4-8 with other foot.

STEP 2 HEAVENLY SOLES® TRIPLE-ACTION EXFOLIANT

1. REMOVE one foot from bath and apply 2-3 pumps of Heavenly Soles Triple-Action Exfoliant.
2. MASSAGE in, concentrating on rough areas until product is absorbed and skin begins to soften.
3. GENTLY SMOOTH calloused areas with Heavenly Soles® Foot File wet or dry with your choice of 80-grit, 100-grit or 180-grit Replaceable Abrasives.
4. Place foot back in bath and gently massage away Exfoliant residue.
5. Repeat steps 1-4 on other foot.

STEP 3 HEAVENLY SOLES® LIQUID TALC*

1. REMOVE both feet from bath and towel dry.
2. APPLY 1 pump of Heavenly Soles® Liquid Talc to each foot and slowly massage until smooth.

STEP 4 HEAVENLY SOLES® COMFORT MOISTURIZER*

1. APPLY 1-2 pumps of Heavenly Soles® Comfort Moisturizer to each foot, massaging feet, ankles and calves gently and thoroughly until absorbed. NOTE: As an optional step for lasting fragrance, add 1-2 drops of Heavenly Soles® Aromatic Spa Drops (not recommended for use with Sweet Orange). See other side for instructions.
2. Feet will feel soft, smooth and invigorated. To apply polish, just remove moisturizer from nails with Backscratchers non-acetone Stripr® polish remover on a Neat & Tidy pad.

* NOTE: As an option, steps 3 and 4 can be reversed according to client needs.

FOR TECHNICAL ASSISTANCE OR TO PLACE AN ORDER CALL 1-800-832-5577

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AROMATIC SPA DROPS BLENDING GUIDE

USING SPA DROPS IN FOOT BATH

1. ADD 1-2 PUMPS of Heavenly Soles® Foot Bath per gallon of water to foot bath.
2. **SELECT** a blend or individual Aromatic Spa Drops fragrance to use.
3. **ADD 3-10 of one or several AROMATIC SPA DROPS** to scent and personalize the bath. Carefully tip the bottle upside down over the footbath. Gravity will cause the fragrance to drop. If the drops seem slow, gently tap the bottom of the bottle.
4. PLACE your client's feet in the bath and proceed according to Foot Bath instructions.
5. **DISINFECT** your foot bath after each service, using the disinfectant recommended for your bath. For surface disinfection, use an EPA-registered product such as Backscratchers' medical-grade Cavicide® antimicrobial disinfectant.

USING SPA DROPS WITH FOOT COMFORT MOISTURIZER

CAUTION: Drops are extremely concentrated and must be diluted with Moisturizer. Do not use this method with Sweet Orange Aromatic Spa Drops at all. Do not use any other Aromatic Spa Drops on skin without diluting.

1. DISPENSE 1-2 pumps of Heavenly Soles® Foot Comfort Moisturizer into the palm of your hand.
2. CAREFULLY DROP 1-2 AROMATIC SPA DROPS (do not use with Sweet Orange) into Moisturizer, and mix together in your hands.
3. Gently massage scented Moisturizer into feet, ankles and calves.

STORAGE

For best results, keep Drops out of direct heat and sunlight.

CAUTION

Not for human consumption. Do not apply Aromatic Spa Drops to bare skin at full strength. Keep out of eyes. Keep away from children. Not for use on children, pregnant or nursing women.

Create a personalized experience for your client by adding Spa Drops in the quantity indicated below. You can also mix your own blends – be cautious to use no more than 10 drops of any one scent per gallon of water, and no more than 30 total drops in a single foot bath.

USING A SINGLE AROMA

FRENCH VANILLA

10 drops – Warm and soothing
15 drops – Intense vanilla fragrance

EUCALYPTUS

5 drops – Light and refreshing
10 drops – Deeply relaxing

LAVENDER

5 drops – Relaxing and antiseptic
10 drops – Energizing and uplifting

SANDALWOOD

5 drops – Fragrant and sensual
10 drops – Intense sandalwood fragrance

SWEET ORANGE

3 drops – Soothing and energizing
4 drops – Revitalizing and uplifting

BALSAM FIR

5 drops – Woodsy and relaxing
10 drops – Masculine and strong

BLENDING GUIDE

ANTI-STRESS 1

5 drops LAVENDER
5 drops SANDALWOOD

ANTI-STRESS 2

10 drops EUCALYPTUS
3 drops SWEET ORANGE

REFRESHING

3 drops SWEET ORANGE
5 drops BALSAM FIR

WARMING

10 drops FRENCH VANILLA
3 drops SWEET ORANGE

COMFORTING

10 drops FRENCH VANILLA
5 drops LAVENDER

CALMING

5 drops LAVENDER
5 drops SANDALWOOD

UPLIFTING

10 drops LAVENDER
3 drops SWEET ORANGE

RELAXING

5 drops FRENCH VANILLA
5 drops LAVENDER

FLORAL

3 drops SWEET ORANGE
5 drops SANDALWOOD

ENERGIZING

5 drops EUCALYPTUS
10 drops LAVENDER
3 drops SWEET ORANGE

MASCULINE

5 drops EUCALYPTUS
5 drops BALSAM FIR
5 drops SANDALWOOD

SENSUAL

10 drops FRENCH VANILLA
5 drops SANDALWOOD
10 drops LAVENDER

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