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# Allpresan® PRO Footcare

## Safe Pedicure Treatment Protocol.

1. Client to receive a Pedicure Consultation and Treatment Form upon arrival at your spa. If this is a re-booking ask the client to review the treatment form to make changes or add information if necessary. Ensure the form is dated and signed every time the client books a treatment to ensure a safe pedicure.
2. At this time the client may be asked to sit in the waiting area, where spa slippers may be given. This can be a time for light conversation and filling in Pedicure Form. **Allpresan PRO Footcare Shoe Deodorant** to be used at this time to refresh client's footwear by the receptionist or the pedicurist. **(Shoe spray combats odor causing germs, supports prevention of athlete's foot and is gentle on footwear material with no colors or preservatives).**
3. Before the pedicurist greets their client in the waiting area make sure treatment area is properly set up. Infection control procedures have been completed; supplies and products for treatment are readily available. Water is to be in the foot bath at the appropriate temperature using **Allpresan PRO Footcare Foot Bath Concentrate (1-2 pumps to be mixed in water). This helps cleanse, exfoliate and re-moisturize skin in addition to promoting skin's elasticity.**
4. The client will then be greeted by the pedicurist and invited into treatment area. After setting client in pedicure chair, slippers are to be removed and **Allpresan PRO Footcare Foot Deodorant** to be applied to client's feet. **(This will kill odor causing bacteria, cool and refresh feet with a refreshing fragrance).** Remove nail polish at this time if necessary.
5. Review the Pedicure Consultation and Treatment Form with the client while performing a skin and nail inspection.
  - Review client's medical history, double checking on allergies, diabetes, compromised skin areas and medications. These clients will need lower water temperatures and times **(warm not hot)**. Be extra careful while cutting and filing as client's skin heals slowly and can bleed/bruise easily.
  - Note rough and peeling areas on treatment form. Look in-between toes, may indicate fungal skin **(Athletes' Foot)**
  - Look for Corns/ Callus and note location(s). Look for Plantar's Warts **(area should be avoided as it can be contagious and proper infection control procedures followed when client's treatment completed).**
  - Condition of toes and toenails and note. Are they thick or discolored? Fungus?
  - Any excessive foot odors?
6. Place client's feet in prepared foot bath **(10 minute maximum)**. If client is diabetic or has thin skin **(5 minute maximum)**. Continue to discuss observations of skin and nails and any other issues that require clarification. Products used during treatment can be talked about in a casual and comforting way. Discussion can continue about nail polish and other beauty elements.

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Once feet are removed from bath, completely dry each foot, **(make sure to dry in between toes)**.

7. Spray **Allpresan PRO Footcare Callus Softener** on one foot only; apply 3 – 5 squirts to calluses and 1 squirt around each toenail and cuticle. **(Cuticle remover not needed)**. Allow to penetrate for 2-3 minutes.
8. Cut, file and clean around toenails while **Allpresan PRO Footcare Callus Softener** is softening the calluses. For thick toenails or severe calluses apply more **Callus Softener** if necessary. Remove calluses on ball of foot, then on heel with foot file using more **Allpresan PRO Footcare Callus Softener if required**. **(Callus Softener does not need to be rinsed off as it is beneficial to skin and feet)**. If you have a client with involuted / ingrown nail(s) cut and file within your experience level and spray with **Allpresan PRO Footcare Nail (Anti-Fungal)**. Nails and skin that have been compromised are prone to fungal infections and this is a preventative measure. This product can be recommended to client to continue at home with **Allpresan PRO Foot Care Foam #7x Anti Fungal to help prevent and treat growth of fungus**. **Allpresan PRO Footcare Healthy Nail** can be used instead of the **Anti-Fungal Nail** for the maintenance of healthy nails.
9. Repeat Steps 6 through 8 on the other foot.
10. Massage both feet using **Allpresan PRO Footcare Dry Rough Skin Mousse** for Normal to Dry Rough Skin, **Allpresan PRO Footcare Cracked Skin Mousse** for Dry Cracked Skin or **Allpresan Pro Footcare Cracked Skin Cream** for Very Dry and Cracked Skin. **(All of these products can be recommended for home use suggesting the foam for diabetics and Foot Cream for use as a night time treatment)**.
11. Nail polish can be applied directly onto nails after a quick wipe of nail plate.
12. While nails are drying pedicurist should fill in recommended Allpresan Product Card. Explain to client why you are recommending the products between visits and how to use them. Note these instructions on the card and when the next suggested appointment needs to be booked. Pedicurist will then date and sign the card.
13. The card is then given to the client to take to Reception. While client is paying for their treatment and rebooking they can purchase the recommended Allpresan products.

**If, as a pedicurist you are interested in advancing your Foot Care Skills, ask your Allpresan Distributor when the next Allpresan Advanced Pedicure Course is scheduled or when a product knowledge workshop is available.**

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