

## Heavenly hands

By Sibby Macbain

How do you transform your manicure treatment into one that can be classified as luxurious?

Client demand for relaxing and 'stand-out' treatments that epitomise luxury is at its peak, and spa style treatments, which provide an all-round sensory experience. Hands are often neglected in everyday life, so you may wish to incorporate a pampering hand and elbow massage into your treatment and use high-class products, thereby creating an atmosphere in which the client feels truly pampered.

Think about adding the little things that would make your clients remember the treatment, such as soft music, scented beverages, a private Spa-style environment etc.

Lena White, UK distributor of **OPI** products stresses the importance of individually tailoring the treatment:

"Luxury manicures are not quick fixes, but should use a range of products that offer real benefits to the hands and nails," she comments.

"Diagnose the manicure as a treatment, rather than offering 'one size fits all', and prescribe products for your client as an individual to make her feel that you have genuinely looked at her hands on a very personal level. "

### The treatment...

**Bio Sculpture** has a whole range of goodies to treat tired hands, including Lavender Base, which is enriched with Lavender Essential Oil to aid with moisturising and softening properties on dry, brittle and flaky nails.

Almond Exfolier contains mini Almond Kernel to exfoliate the skin and cuticle on and around the nail, whilst Vitamin Dose has a unique form of vitamins that are delivered to the nail bed cells for rejuvenation, moisturisation, strengthening and nourishment. Cuticle Oil will combat dry, torn and dehydrated cuticles, and can be used as a salon treatment as well as retail, and Cuticle Remover is used to soften and lift stubborn skin on the nail and round the cuticle area.

Nail and Cuticle Conditioner is a milky pink coloured product with blue Jojoba beads, especially formulated with Tea Tree oil, lavender extract and various active ingredients in bead form. Finally, Executive Base is a toluene and formaldehyde free, multi-functional conditioning base coat that will compress the nail keratin to strengthen soft nails.

**OPI's** Anti-Aging Manicure blends the finest ingredients with revolutionary massage techniques. After analysis, the nails are gently shaped with OPI's Diamond Coated File and then exfoliated with OPI's Skin Renewal Scrub.

The hands are soaked in OPI's Effervescent Soak, which both removes the remains of the scrub and allows the skin to drink in nourishing minerals and brighteners as well as citrus aromatherapy oils. OPI's Rejuvenating Serum is applied and while this is working, the therapist performs OPI's Cuticle and Nail Plate Clinic to tidy the nails and prep for massage. The unique OPI Massage draws upon a variety of massage disciplines including Swedish Massage, Reflexology, Acupressure and Shiatsu.

Lotion residue is removed and a layer of OPI's Bondaid is applied to maximise adhesion of the lacquer. OPI Base Coat is applied, followed by two coats of OPI Nail Lacquer and a further coat of OPI Top Coat. The nails are misted with RapiDry and a further drop of Avoplex Oil is applied to each cuticle to complete the manicure.

For added luxury, Anti-Ageing Manicure Finishing Butter from **OPI** is a luxurious, professional massage and finishing butter, which envelopes skin in a protective layer of silky emollients to combat dryness. The SPF 15 protects skin from damaging effects of the sun, while discouraging the return of age spots. It contains aromatherapeutic essences of lavender, eucalyptus and camphor.

As well as a selection of manicure and pedicure accessories, including electric mittens, booties, files and the innovative Infra Blue Foot Spa, **NSI UK** offers the luxurious SpaRitual range. This is a customised system of multi purpose vegan spa treatments, infused with specially sourced aromatic plant essences to energise a specific chakra. Exfoliate and refine with Affirming Scrub Masque containing wildcrafted Indonesian Ginger essential oil and unique micro-algae. Choose from Close Your Eyes, Look Inside or Open Your Eyes Bath Salts, each with differing properties for a relaxing, rejuvenating hand soak. Eloquent Toner energises the throat chakra and helps to firm and tone, whilst infinitely Loving Oil is a blend of Chinese Jasmine extract and essential oils to energise the heart chakra.

**Creative Nail Design's** SpaManicure system provides a blend of science and luxury, and contains the protective properties of ceramides, the penetrating effects of A.H.A. serums, vitamin E to reduce the signs of ageing and Phospholipids and Squalene to restore elasticity.

For the client who is looking for an effective but pampering and luxurious treatment SpaManicure consists of balms, lotions and exfoliators, which start at the hands and work their way to the mind and spirit via the senses.

Available from **Calbrook Cosmetics**, Calgel Manicure or Pedicure uses a colour gel overlay that will not chip or wear off, will not smudge, peel or flake and causes no damage to natural nails and protects the natural nail. The treatment is perfect for busy clients as it only takes 40 minutes for a quick fix pedicure and manicure. The system uses a Calgel overlay, which does not require another gel for sculpting or any kind of base coat, helping clients to achieve long lasting nail colour ultra quick. Nail preparation is vital to ensure the perfect lasting pedicure or manicure. After nails are prepared, the Calgel overlay is applied to the nail plate, and once this is done the gel is activated under a UVA lamp.

Calgel Manicure or Pedicure is available in over 50 different coloured gels with a choice of clear, French or colour application.

Available from **United Beauty**, Bella Mani is a beautifully formulated manicure and pedicure range, the natural ingredients help to renew the appearance of the skin and strengthen natural nails. Using a blend of botanical ingredients, the Bella Mani range has been developed to protect the skin from environmental elements. Hands are kept looking healthy and cuticles and nails in perfect condition. Bella Mani products are suitable for use on the hands and feet providing an ideal basis for all nail treatments.

For a simple addition to a manicure treatment, you can combine paraffin wax with **House of Famuir's** heated mitts to provide the ultimate in luxury. HoF also offers the Citrusation range, which includes revitalising and refreshing hand wash containing citrus extracts to perfectly cleanse and revive the skin. Enriched with

vitamins C, E and K, the wash will provide softness, freshness and re-awaken the skin. Hand Exfoliant uses natural exfoliating particles gently remove dead skin cells to revive, renew and smooth the texture of the skin.

Hand Lotion is enriched with a blend of anti oxidants (Ginger and vitamin E) and cellular regeneration agents (Vitamins C and K). Mandarin and orange revive and reawaken the skin whilst protecting softening and hydrating, whilst SPF 15 sunscreens provide protection against ageing and harmful UV rays.

Hand Masque is an effective rich moisturising and reviving mask, which will deeply hydrate and soften the skin. Grapefruit and orange extract with vitamin enrichment will revitalise and restore.

Finally, HoF's Therabath is an automatically controlled operating temperature between 52°- 56° Celsius. It features extra insulation for low power use, a heavy-duty metal tank, to comfortably accommodate hands, wrists, feet, ankles, and elbows.

**Collin (UK)**'s WhitEvidence Hand Treatment targets pigmentation marks and the signs of ageing. The highly active ingredient of Bio White complex enables you to deliver excellent results in one treatment. The active ingredients are totally safe and non toxic and can be maintained at home with the WhitEvidence Serum and Alternatively, the 3D Youth Treatment for the hands targets severe dehydration and dryness, also lifting and smoothing of lines. Using micro spheres of wheat protein and a specific massage technique, the treatment lifts and plumps the skin reducing lines by up to 45%. The firming effect comes from the mask, which is seaweed based, together with a firming ingredient to ensure fantastic results. This treatment can be extended for the whole arm if required to target slackened skin.

Available from **Grafton International**, Nailtiques Cuticle & Hand Conditioner combines pure Aloe, Jojoba Oil, Glycerine and natural soluble collagen. This deeply nourishing, highly concentrated cream formula is lightweight, non-greasy, and fast absorbing. Formulated to rehydrate and condition the hand and cuticle area, it softens the skin but not the nails.

Also from Grafton, Nailtiques Oil Therapy is a delicate blend of vitamin-enriched oils specifically formulated to prevent and treat brittle nails and cuticles naturally. Oil Therapy re-hydrates, nourishes and softens the cuticles by replenishing the skin's natural oils. It also acts as a preventative and treatment for dry, brittle nails and toenails that are dry and flaking by sealing in the moisture.

Nailtiques Cuticle & Skin Gel is a highly concentrated formula, which can be used on all areas of the body but is especially good for use on cracked dry cuticles, dry elbows, calluses or any area that suffers with unusually dry and irritated skin. It is also ideal for softening cuticles in preparation for pushing them back.

Available from **Supernail Ltd**, the Qtica Smart Spa Intro Kit features an array of ingredients designed to restore and rejuvenate hands and nails. Also suitable for use in pedicure treatments, the range includes Triple Action Fresh Soak; which is anti bacterial and helps to soften water and minimise foam. Mandarin-Honey Sugar Scrub gently exfoliates whilst Stimulating Citrus Massage Oil is an organic lightweight, therapeutic oil that along with White Tea Moisture Mask rejuvenates, hydrates and brightens. Nails are finished off with Half Time Polish Drying Accelerator and Extending Topcoat to prolong optimum results.

Available from the **Natural Nail Company**, the Jessica Deluxe manicure combines advanced formulations, including the LeRemedi by Jessica Hand Treatment, with special application techniques, not only making hands and nails look good, but also keeping them in tip-top condition.

This relaxing treatment involves cleansing, exfoliation, moisturisation and massage along with a heated mitts treatment and complete manicure to ensure optimum visual results. Applied the correct way, with only a limited amount of home care, a Jessica manicure will last up to two weeks.

Jessica Cosmetics have recently introduced new thermal manicure mittens and pedicure booties sporting the Jessica logo. These two new additions provide the ultimate in silkening and softening therapy for hands and feet. Their gentle heat helps open the pores so that the nutrients in the oils and creams used during the manicure or pedicure can penetrate deeper into the skin.

**LCN** offers several luxurious manicures you can offer your clients. Hand Care Royal draws on effective products with targeted ingredients to transform your client's hands. Jojoba, peach kernel oil and soybean oil nourish the skin, whilst pure sea salt gently removes calluses. The LCN Ampoule Spa treatment has a high D-panthenol content and a rich vitamin and protein complex for optimum moisturisation, and the Essential Energy hand mask features wild-growing manuka which not only rehydrates but also helps to lift the spirit and for moisturising properties.

LCN also offer an effective hand microdermabrasion hand treatment for an intensive treat for hands and nails.

To add a new dimension to your luxury manicure, why not invest in some specific equipment to intensify the effects of your specialised products?

For example, the new Umo Hand Spa from **Pulsar** is a revolutionary hand treatment spa, which uses a natural patented formula with almost 10 times the moisturising benefits of hyaluronic acid. You simply put this unique formula in to the spa, add water and place your clients hands in the spa for just 10 minutes. The solution penetrates the edges of the nails and cuticles, so moisturising even the most difficult areas. The Spa creates a hydrotherapy unit for the hands giving effective rejuvenation with just one treatment.

The system can be used in conjunction with all other manicures to give your clients results they will love.

Alternatively, **Crystal Clear's** Hand Rejuvenation treatment uses microdermabrasion techniques to gently remove dead skin cells, soften the cuticle area and help remove pigmentation marks or dry skin on the hands - instantly revealing a fresher more rejuvenated skin. Visually the tone and colour of the skin is lighter and brighter, the texture is softer and when used with the home care regime - developed to gain optimum results - the effects can be quite dramatic. This luxurious treatment incorporates exfoliation, application of specialised products as well as a light relaxing massage and the application of polish if required.

The **Carlton Group** offers the CC3000 Carlton Peel Professional™ Microdermabrasion, which uses a controlled flow of ultra clean Aluminium Oxide crystals set in motion by vacuum created low pressure. The machine allows the therapist to precisely control the intensity of the treatment, i.e. the rate of crystal flow and the vacuum pressure, and therefore the depth of peeling.

All Peel Professional™ crystals are washed in acid solution and so meet the highest hygiene standards possible. Disposable plastic heads are also available for the machine, again offering the therapist excellent hygiene control. This gentle mechanical peeling process helps skin to improve its regenerative capabilities, restoring the balance of healthy cells and dead Corneocytes needed for our protection from the environment.

**Contact:**

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