

## **Hands and Feet**

Pamper them with our exquisite selection on hand and feet treats. Whether you are looking for a treatment to beautify, maintain, treat or relax in general. All options come with a nail polish, however if painted nails is not your thing please let us know and we can extend your massage.

Your feet carry you around all your life but yet they are the last on the list, when it comes to treating them until something is needed. Foot Practitioner services available as well as luxurious treats for those feet.

Hands can be one of the first areas to display signs of ageing, they are also constantly exposed to the elements often causing the skin to become sun-damaged, dry, cracked and dehydrated.

For all feet treatments remember those open toe shoes.

All our treatments are for all gender types.

**Express Manicure/Pedicure:** Includes filing and shaping of the nails, cuticle tidying finished with buffing or painting the nails.

**CACI Hand Rejuvenation:** Our Rejuvenating Hand Mask is an intensive skin conditioning glove that is applied to the hands to hydrate and nourish the skin, Electro Gloves (made from a special electrically conductive material) are then fitted over the Rejuvenating Hand Mask and when activated with the CACI System deliver tiny electrical impulses that help to improve skin firmness and boost circulation. This treatment will leave your hands feeling silky smooth and looking visibly softer and more youthful.

**Classic Manicure/Pedicure:** A simple treatment that includes Hand/ foot soaking, nail clipping and shaping, cuticle work, foot exfoliant and paddle filing, hand and arm/ foot and calf massage, moisturizer and nail polishing.

**Deluxe Manicure/Pedicure:** A deluxe treatment including a soak and moisturizing exfoliation, cuticle work, nails clipped and filed, hard skin treatment (pedicure) and a renewing mask is applied with warm booties/mittens to aid absorption and increase circulation. A short massage and your nails are ready to be varnished with a colour of your choice.

**Paraffin wax Manicure/Pedicure:** A luxurious treatment including a hand/foot bath, moisturizing exfoliation, cuticle work, nails clipped and filed, hard skin treatment (pedicure) and a paraffin wax bath experience to enhance absorption, increase circulation, soften skin, alleviate arthritic discomfort, increase movement and flexibility, concluding with a massage treatment and your nails are ready to be varnished with a colour of your choice.

**Medik8 Hand & Foot Rejuvenation** A conditioning, restorative anti ageing treatment for the hands, to exfoliate dry skin with an AHA skin peel and promote a smoother, softer appearance. Can be an add on treatment to any foot care/hand care service.

## **IBX Manicure**

IBX is a two part system that penetrates the nail plate, helping with natural nail growth, repairs splitting nails and with continual use can help ridged nails. If you are a Gel polish user, don't worry you can use IBX underneath your Gel polish to improve and protect the integrity of your nails! A regular Manicure service, including a hand soak, cuticle work, nails cut and filed, arm & hand massage and regular varnish of your choice.

If you wish to include gel polish as an addition, do let your therapist know before starting your treatment

## **IBX add on treatment**

IBX is a professional salon two part nail system ,that penetrates the nail plate, working like scaffolding for your nails, that are able to penetrate the nail plate under gentle heat, strengthening the natural nail by filling in gaps and ridges and providing a protective shield to prevent nails from breaking. Helping with natural nail growth, repairs splitting nails and with continual use can help ridged nails.

## **Gel Polish Hands/Toes**

Gel application of your chosen coloured gel varnish on to the natural nails, finished with a nail oil. This services uses a L.E.D light to set the gel varnish in place, therefore is 100% dry before you leave the salon. Generally lasts for two weeks and will need a gel removal kit or a professional removal service to remove the gel application.

## **Gel removal & new set**

Removal of your previous gel polish by a professional using specific removal solutions, carefully and correctly, gels shouldn't be peeled or scraped off aggressively as this will pull layers of your natural nail off too. After the nails are shaped and prepared, the gel base coat has been added, your nails will be placed under a UV light to "cure" the polish. Each new coat gets set in the UV light after application, right down to the top coat. Your nails will be completely dry before leaving the salon.

### **Gel removal only**

Using solutions for the specific gel to be removed. Nails are de-greased, dulled and the remover pads and solution placed onto the nails to soften the gel for kind and gentle removal. Takes about 20 minutes for full gentle removal. E-files could be used on the toes if individual application can not be done.

### **File & polish Hands/Toes**

Filing and shaping of the nails, with an application of regular strengthening base coat, two coats of your chosen coloured varnish/ French (nude nail & white tip polish) and a quick drying hard wearing topcoat. Giving the nails a polished, clean and finished look.

### **Blading**

Removal of Hard skin from the feet using specialist equipment only performed by our resident Foot Health Practitioner. An add on service .

### **Foot Health Practitioner services**

#### **What is a Foot Health Practitioner?**

Tarnia Ollerenshaw is!

A Foot Health Practitioner's primary role is to help people with their foot problems, not just by using treatments but also giving advice on the type of shoes and hosiery they should wear to keep their feet in a healthy condition. There are many foot conditions that we can recognise and either treat or refer on where necessary. Foot Health Practitioners can refer patients to a Chiropodist/Podiatrist or a General Practitioner for further treatment where appropriate.

Foot Health Practitioners, are able to alleviate, prevent, or correct disorders, some listed below:

- Damaged and/or weakened nails
- Warts, blisters, calluses and corns
- Thick skin and nails
- Cutting and thinning nails
- Athlete's foot
- Splinters
- Fungal nail infections
- Ingrown toenails
- Discoloured nails
- Construction of pads to deflect pressure away from sensitive areas.
- Cracked heels

Most people will develop foot problems at some stage in their lives, and as the average age of the population increases, so does the demand for the services of Foot Health Practitioners. The services provided will range from relatively minor disorders to major disabling problems. Just as importantly, with the decline in foot treatment available under the NHS, there is now even more need for Foot Health Practitioners.

### **FHP Consultation**

What do your feet need? Do you know? Do you have any Foot health concerns? With checks of a fully qualified Foot Health Professional, checking for corns, ingrowing toenails, fungal infections, treatment of verruca's and referral if need. Diabetic treatments certified. Nail cutting and shaping included. No polish application included.

### **FHP M.O.T**

A Full Foot Health M.O.T

This is a dry service including, treating any nail, skin or foot conditions, removal of hard skin, removal of corns, cutting nails, reducing thickened nail plates, diabetic foot health screening, gate testing, foot exfoliation and foot and leg massage. Home care advice and product recommendations. All findings documented if referral is required for follow on treatments.

### **Medi-Pedi**

A medical pedicure or a "Medi Pedi" is a luxurious foot treatment performed by a Foot health practitioner in a safe and sterile environment. Unlike traditional salon pedicures which focus on making the feet look good, they often don't see any underlying foot concerns/problems. Medical pedicures are aimed not just at cleaning up the feet, but examining the nails, skin and foot as a whole to understand why particular issues occur. We believe that prevention is key which is why a Medical Pedicure is a professional alternative to a traditional pedicure, including that polished finish.

Medical Pedicures can be used to treat any of the following concerns:

- Thick skin and nails
- Damaged and/or weakened nails
- Warts, blisters, calluses and corns
- Athlete's foot
- Splinters
- Ingrown toenails
- Discoloured nails
- Cracked heels

### **What happens during a medical pedicure?**

During your Medical Pedicure, your Foot Health Practitioner will fully assess your feet overall and discuss the particular concerns you have regarding your feet, skin and nails. A management plan will be written for on-going treatment to ensure all concerns are addressed.

Firstly, all nails are cut, the sulci are cleared and the nails are cut and filed to make sure there are no rough edges. A burr is then used to thin out the nails if needed. Thinning of the nails removes the outer layer in order to restore their natural colour, remove any nail polish or decrease pressure from the thickness of the nail. Any signs of ingrown nails will be addressed and fixed as well.

The foot health Practitioner will then use a sterile blade to painlessly remove any callus or corns on your feet. This will then be smoothed out using a burr file or sterile paddle. Cuticle oil is applied to the cuticles and emollient moisturiser is applied to the feet through a gentle massage to help improve circulation, aid in fluid retention and release muscle tension in the feet.

### **What makes a pedicure a medical-grade pedicure?**

The main difference between a Medical-grade pedicure and a traditional pedicure done at the salon is that the treatment is carried out by a qualified Foot Health Practitioner rather than a technician. Foot Health Practitioners are healthcare professionals looking out for the welfare of all clients' foot concerns

The benefit of this is that in addition to ensuring your feet look and feel great, Foot Health Practitioners are able to identify, diagnose and treat many foot concerns you may have.

Foot Health Practitioners are also qualified to remove any callus and corns away from the foot using a medical scalpel blade. Whilst traditional nail technicians / beauty therapists, rasp/shave/exfoliate away the superficial layer of callus, this unfortunately does not remove all of it, but can alleviate any discomfort.

Another point of difference between a Medical Pedicure and a traditional pedicure is the adherence to strict hygiene standards. As Foot Health Practitioners, we are held to strict infection control standards which means that all of our instruments are to be sterilised immediately after use using an autoclave to ensure complete destruction of any disease-carrying microorganisms. We are also required to clean the treatment chair and any other surfaces after each client, even before Covid-19. As we do this now for all our services this is now the same throughout the entire treatment menu at the Little Retreat.

## **Manicures**

Regular with varnish	£20
Deluxe with varnish (heated mitts)	£25
Paraffin wax with varnish	£28
Male Manicure	£18

## **Pedicures**

Regular with varnish	£24
Deluxe with varnish (heated boots)	£28
Paraffin wax with varnish	£32
Mens Pedicure	£18

## **Hands & Feet**

Gel application, hands or toes	£24
Gel removal, hands or toes	£7
File & polish (with varnish)	£16
Child varnish hands or toes	£12

## **Foot Health Practitioner Services**

FHP consultation service	£25
<i>FHP M.O.T</i>	£38
Medical Pedicure (Dry)	£48

## **Nail Treatments**

Caci rejuvenation hand treatment	£28
IBX Nail repair treatment only	from £8
Medik8 hand & foot rejuvenation	£28