



## Manicure for Natural Nails:

### Step 1 Prep your nails for your at-home treatment

#### Tools:

Foot bath/deep bowl for hands

Lavender soak

Lavender Scrub

Sanding sponge

Nail file

Miracle shiner

1 hand towel

Lavender massage balm

Cuticle pusher and remover

Optional: paraffin wax bath with Lavender paraffin wax

#### STEP 2: Soften with a soak

Add a scoop of Lavender Soak to your bowl of warm water and soak your hands for 2-3 minutes. The warm water softens cuticles and replenishes dry skin.



#### STEP 3: File the Right Way

Round and soften nail edges

Use the nail file to shape nails and round out the corners. It's best to file nails in just one direction and avoid sawing back and forth, which can cause nails to crack.



#### STEP 4: Push Back Cuticles

Pushing back your cuticles with an orange stick or cuticle pusher and keeping them moisturized with oil is the best care for your cuticles. If your cuticles are not overgrown you can leave out this step.



### STEP 5: Remove ridges

Using a sanding sponge gently buff the tops of your nails with a back-and-forth motion. This helps remove ridges. If you have thin nails, go easy on the buffing block or you run the risk of weakening nails even further. This prepares the skin for a smooth surface for buffing and shining.



### STEP 6: Buff and Shine

A professional miracle nail shiner gives you a sleek glossy finish for up to 4 weeks. Ideal as a finish to a manicure or perfect as a take home product to maintain that super shine for longer. Gently buff over the nail from side to side until you achieve the gloss you desire.



### STEP 7: Scrub away dry skin

Take a scoop of Lavender Scrub and gentle massage over your palms, between your fingers and top of your hands up to the wrist to exfoliate the skin by removing dry skin leaving you with a smooth texture. Rinse well and pat dry



### STEP 8: Moisturise

Take a generous scoop of Lavender cream and massage over each finger, the palms and over the hand up to the wrist

