

# • HOME MANICURE KIT •

Use the tools in this manicure kit to master your manicure at home.

Not only will your nails look good afterward, but reap the therapeutic benefits of healthy skin, blood circulation and mental wellness too!

**Pedicure:** First, use our foot paddle to remove any dead skin from the bottom of our feet, then proceed with instructions below substituting hand cream for foot cream.



**Step 1:** Remove any existing (if any) nail polish with the **Zoya Polish Remover** and a cotton pad.

**Step 2:** File and shape your nails with the black nail **file**, then buff the surface of your nails with the orange **buffer**.

**Step 3:** Apply the **Qtica Intense Cuticle Repair Balm** to your cuticles. To really take to your manicure to the next level soak your hands in warm water so that your cuticles become more malleable. Use our **birchwood stick** to push back your cuticles to clean and prep them for your nail polish application.

**Step 4:** Moisturize your hands with **Specialist Hand Balm**. Take a moment to give yourself a mini hand massage.

**Pedicure:** Apply the **Gehwol Salve** on any areas with visible cracks.  
Use the **Gehwol Balm** as lotion on the whole foot.

**Step 5:** To prep for polish, wipe each nail with **Zoya Nail Polish Remover** to get rid of residue. Use the **Qtica Nail Growth Stimulator** as a base coat.

**Step 6:** Apply your 2 coats of any colour or keep it natural by using **Naked Manicure Perfectors** to enhance your nails natural beauty.

**Step 7:** Apply **Qtica Extending Top Coat** and let dry while you have a dance party!

