

# when you can't get to Calista Grand...

*Sometimes a broken nail or dull face just won't wait for a salon appointment! So we've asked our staff to provide some instructions for beauty care in the home.*

## quick hand facial

Dab a small amount of **One-Minute Manicure** onto the palm of your hand. Rub tops of hands for a couple seconds. Rinse off with warm water and apply **Aveda Hand Relief** to protect hands. Do this twice a week or before your special event to aid in your hands' appearance.



## dry cuticle therapy



Apply **Avoplex Exfoliating Cuticle Treatment** to cuticles. Rub into cuticle beds and soak nails in warm olive oil for 10 minutes. Place hands in socks and leave on overnight.

## callused feet fix

Buff bottoms of feet with **OPI Foot File** in the shower. Then apply **Aveda Foot Relief** to feet and legs and wear socks overnight. (Foot Relief can be used twice a day — morning and evening — for maximum results.)



## overall wellbeing treatment



Use **Avance's Stress Relieving or Rejuvenating Algae Bath** in the tub. Set the mood in your bathroom with some scented candles and soft music. Dim the lights and hang the Do Not Disturb sign on the door. Soak away for at least 20 minutes.

Blot skin dry and climb into bed for a restful night's sleep.

## dull face fix

Cleanse skin with appropriate cleanser for your skin type. Apply **Dermalogica Gentle Cream Exfoliant** for 10–15 minutes. Rinse with warm water. Evenly spread **Dermalogica MultiVitamin Power Recovery masque** for 10 minutes. Again, rinse thoroughly with warm water. Apply appropriate protective moisturizer and eye cream.

