

Head 2 Toe (h2t) Pumpkin Peel Treatments

Body Treatments

Start the service with the client laying on his/her front. Cleanse entire body with (h2t) Shower Gel, rinse with warm towels.



Use a soft bristle brush when applying the treatment. Apply with long soothing strokes covering the entire area with the formulation.

Using the 20% or 30% pumpkin formulation, apply products starting with the feet and moving up to the top of the body.



Wrap the client. Allow the client to rest for no longer than ten minutes. Do not use thermal blanket as the heat will add to potential irritation.

Note: Tingling will occur. If tingling becomes intolerable or if irritation occurs- discontinue use.

Remove treatment with tepid to cool water. Starting with arms and back working toward feet. Skin should have a healthy stimulated glow. Apply a soothing post treatment and (h2t) Body Moisturizing Complex.

Allow the client to turn over onto his/her back. Apply product starting with the feet and work the application process toward the head



When applying to décollete and face, you may want to decrease the potency down to 5-8% for sensitivity purposes for first time use. Increase strength in series.

Once again, wrap client and allow a resting period of no longer than 10 minutes.

Remove treatment with cool, wet towel starting with neck and décolleté

Customized Treatment

You may use the Pumpkin Peel as part of an exfoliation process or as a customized treatment to any facial procedure.

Custom blend the pumpkin peel; potency of treatment will be decided based on sensitivity of the skin, tolerance level of glycolic acids, or both.

Always start with a lower concentration. This allows a tolerance to be built. As further treatments are given, an increase in potency may be used based on sensitivity and desired results.



Apply 1/2 to 1 tsp. of Pumpkin Peel to the face starting with the thicker areas of the skin (chin, forehead, outline of face, cheeks) **Avoid contact with eyes.**

Allow treatment to initially stay on 1-3 minutes or until redness (erythema) occurs. As client receives repeated treatment, the time may be increased progressively up to 10 minutes. (Do not build up the concentrations and/or time until the skin can tolerate it.)

Remove with cool water starting with the thinner areas of the skin. Apply a post nourishing mask.

Manicure

Starting with Pumpkin Peel:

Remove polish, shape or file nails.



Apply Pumpkin Peel to the top of the hand only, leave on for 5-10 minutes.

After 5-10 minutes, remove Pumpkin Peel with a warm wet cloth, then proceed with manicure.

Finishing with Pumpkin Peel:

Remove polish, shape or file nails, soak and trim cuticles.

Apply Pumpkin Peel to the top of the hand only, leave on for 5 minutes.

After 5 minutes, remove Pumpkin Peel with a warm wet cloth, then proceed with manicure.

Dry hands, massage, clean nail plate and apply polish.

Pedicure

Starting with Pumpkin Peel:

Lightly apply Pumpkin Peel with a brush to the top of foot. Then more generously to the bottom and sides of foot where callous can occur.

Leave on for 5 minutes, rinse with warm water.



Start with the coarse side of foot file, concentrating on heavily calloused areas. Finish with finer side of foot file.

Exfoliate and massage the foot using (h2t) Total Body Sugar Buff, rinse with warm water.

Finishing with Pumpkin Peel:

Using the coarse side of a foot file, concentrate on heavily calloused areas. Finish with finer side of foot file.

Exfoliate and massage the foot using (h2t) Total Body Sugar Buff, rinse with warm water.

Lightly apply pumpkin peel with a brush to the top of foot. Then more generously to the bottom and sides of foot where calluses can occur.

Leave on for 5 minutes, rinse with warm water.

