

BACK to basics

RESULTS-DRIVEN FRESH INGREDIENTS



Alisha Rimando



Alisha Rimando is recognized as one of the nail industry's leading experts in training and education. In her 28 years experience, her work has been described as "ground-breaking" as she has been a platform artist and motivational speaker for thousands of promotional and educational events, and competed in hundreds of nail competitions around the globe winning the *World Nail Championship* in 2005 in *Pink and White Sculptured Nails*. She is the featured artist in many training videos, including hosting the current *Milady Standard Nail Technology* DVD Series.

Alisha's expertise and application techniques have been featured in more than 150 beauty and trade publications as a contributing author world wide such as *Teen Vogue*, *Bridal Guide*, *Self*, *Fitness*, and *Seventeen* magazines, as well as numerous industry trade magazines like *Nails*, *Nailpro*, *Scratch (UK)* and *Stylish Nail (Japan)*. Her career took an additional leap in 2008 as a contributing author to *Milady Nail Technology* and *Standard Cosmetology* textbooks, a consistent honor she engages with each new edition.

WHAT YOU WILL LEARN?

How to keep spa services fresh and interesting by creating seasonal themes for your spa menu.

GETTING STARTED



1 Specialty ingredients give instant results. Ingredients that enrich the skin with vitamins, anti-oxidants or skin elasticity offer more long-lasting results, keep clients happy & coming back for more.



2 Start by researching the health benefits of ingredients that you can find in your kitchen. Use this information to create an experience-focused seasonal product that produces results & pair this with your seasonal service.



3 Almond milk is rich in vitamin E, is gentle on the skin, reduces the effects of sun damage & the signs of aging.



4 Maple syrup is an anti-oxidant that helps lower inflammation & helps hydrate dry or blemished skin.



5 Egg yolks are great for promoting hydration, elasticity, repairing skin tissue & tightening the skin.



6 Coconut milk houses high levels of vitamin C, it helps promote the skin's elasticity & since it contains copper, it aids in the growth of healthy skin cells.

Through the years, Alisha has worked with R&D chemists to develop nail enhancement products, nano technology skincare, cuticle treatments, polish collections and natural nail treatments. Alisha's artistic creations have been sought after for numerous ads and campaigns as well as garnered celebrity status being featured with Jennifer Hudson in her video "Spotlight" and leading teams at NYC Fashion Weeks.

Her passion for educating the nail community takes her on another adventure with the conception and development of *GlossaryLive.com*



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7 There are 72 trace minerals in the salts from the Great Salt Lake in Utah, some ions include sodium, chloride, sulfate, magnesium, calcium & potassium, when mixed with oil, these trace mineral salts absorb dirt, grime & toxins while helping the skin hold its hydration.



8 Olive oil is rich in vitamins & antioxidants, it will help improve the skin's moisturization, it has anti-aging benefits & provides relief from sun damage.



9 Lemon houses citric acid, which is a natural exfoliant for dry skin, it presents a beautiful aromatic scent, it houses anti-oxidant properties & reduces signs of premature aging.



10 Honey is deeply moisturizing, is an anti-aging pore cleanser & has natural antiseptic qualities.



11 Apple gives skin a hydration boost, treats acne & blemishes, is a natural toner and keeps skin moisturized.



12 Brown sugar is a mild exfoliant that helps renew the skin's glow.



13 Cinnamon is a natural antioxidant, which has natural anti-bacterial properties, it helps enhance blood flow & helps reduce scars & skin spots.



14 Cocoa & cocoa butter help to stop cell breakdown, will enhance the skin's elasticity & hydration, help to reduce fine lines, wrinkles & the appearance of scars, they improve the skin's texture, seal in moisture & help heal some skin conditions.

MIXING SCRUBS & MASKS



15 Scrubs exfoliate the dry skin cells & prepare the skin in readiness to absorb moisture & vitamins while increasing blood flow & improving circulation.



16 Add mineral salts to the dish with olive oil.



17 Squeeze fresh lemon into the bowl & mix it all together with a spatula.



18 Add mineral cream & combine well, so it becomes a nice, smooth blend.

PRO TIPS

• Add these ingredients to your scrubs & masks, then add a longer massage to the service to upgrade this seasonal treatment.



19 Pour into your hand & rub together to warm it up.



20 Now massage it into the hand & arm of the client & slough off the dry & dead skin.



21 Masks can detoxify & moisturize while adding an additional relaxing element to your service. To create a moisturizing mud mask, add mineral mud to a dish.



22 Add a scoop of cocoa & mix it together for a luxurious, custom-made mask.

SOAKS



23 Decorate with accessories related to your theme. Here we are using shells for our *Summer Beach* theme. Combine your theme with a results-driven product to help create your experience-focused service.



24 Add coconut water to the manicure bowl with fresh coconut shavings to create a luxury soak.



25 Invite your client to soak her hands in the manicure bowl.



26 For a *Spring* theme, add lemon slices & mint leaves to the manicure bath.

PRO TIPS

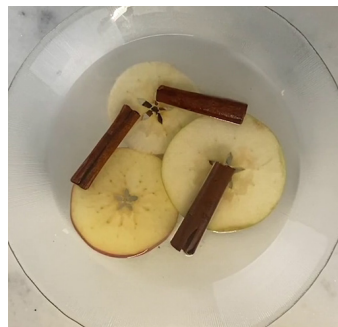
• Creating your own custom scrubs & masks in front of your clients is not only original & fresh, but also cost effective.



27 Add a fizzy mineral ball to the manicure bowl for added benefits to the skin. Now invite your client to soak their hands.



28 For the *Holiday/Winter* themed soak, add mint leaves & peppermint essential oil to the manicure bowl.



29 For the *Autumn/Fall* themed manicure, add slices of apple & cinnamon sticks to the manicure water.



In this workbook you have explored a wide variety of everyday ingredients that can be found in the kitchen. You've learned all about their health benefits and how to combine them into homemade scrubs and masks that can be used on your clients to create a luxurious, special and bespoke service to upgrade your menu. This workbook has also shown how you can create seasonal themes to add value and interest to your spa services to present results-driven treatments with a custom twist.