Hydration Vacation with LCN Urea

1. Establish contact with the customer. Offer a choice of beverage and make your customer comfortable (a glass of sparkling water and lemon, hydrating coconut water, or ice water with a few slices of lemon).

2. Take the customer’s feet and cleanse them with Kodan, a disinfectant spray. If the nails have nail polish on them, remove with LCN SPA Orchid Nail Polish Remover.

3. Draw a pedicure basin with warm water, temperature based on client’s preference. Add ½ cap full of Urea 15% Foot Bath Crystals to the water.

4. Allow client’s feet to soak in tub for a few moments before beginning the treatment. If necessary clip the toenails to client’s desired length or using a small file, take down the length and perfect shape of the toenail.

5. Apply a small amount of Cuticle Softener Cream to the cuticle area and massage in with your fingers, then using the curette gently push back the cuticles to remove any excess skin on the toenail. Return feet to soak.

6. Once cuticle and toenail care is finished, remove foot to begin pedicure treatment. Rub exfoliating cream all over feet and up the calf to remove any dry skin. Return foot to basin for additional soaking.

7. Optionally, apply Soak Spray to localized areas that tend to develop excess callous and let sit for a few minutes. Use the LCN foot file to callous removal in those areas.

8. Apply Urea 10% Foot Mask to feet and wrap in warm towel for 5-10 minutes, allowing time to pamper your client to a neck/back or hand massage as they relax.

9. Wipe mask away using the warm towels.

10. If necessary, apply Chapped Skim Balm to areas around the heel and inner mound of big toe that often are places of cracked skin.

11. Massage Urea 10% Foot Cream into feet and legs.

12. Use Urea 10% Express Foot Spray to round off the pedicure treatment.

13. If your customer likes, you can now apply the polish of her choice. We recommend Sunset Boulevard Party (196), Secret Sensation (263), Fall in Love (321) and Wistful Wine (131).

14. Recommend Urea 10% Foot Cream and Urea 10% Express Foot Spray as great at home products to extend the benefits of the treatment between visits.
The Products, The Ingredients and Why They Work

The LCN Urea 10 % Foot series offers optimum care for very dry and sensitive skin. When the skin is dry, the natural content of the body’s urea is minimized. **Urea**, which is known for its excellent moisture-binding features, is the main ingredient of the products. Urea binds water in the layer of callus tissue, thus reducing the extra formation of skin cells. Overall, calluses are scaled off faster and the skin becomes softer.

The products of the LCN Urea 10 % Foot series supply very dry and rough chapped skin intensively and sustainably with moisture. With an increased urea share of up to 40% the cornea can be treated very effectively and fast without the skin being stressed too much. The natural barrier function of the skin is brought into balance and rough splissed skin becomes soft to the touch again.

The skin develops higher moisture content and renews itself in its normal rhythm. All products of the LCN Urea series are based on an oil-in-water emulsion which additionally supports the mode of action of the urea.

**Soak Spray**

The new callus softener Soak Spray with 17 % urea and lactose is ideal to prepare the feet for cosmetic care. The product protects the skin and can shorten the duration of the treatment. Furthermore, the danger of the instruments slipping during the callus-stripping treatment is reduced. Allantoin and panthenol calm the skin, providing care at the same time. The callus softener is available as a handy spray bottle which enables optimum dosage and spraying of the parts that are to be treated.

**UREA** occurs naturally in the skin, and products containing urea can be used to help treat severe dryness. Urea helps to maintain pH balance, and aids in preserving the moisture content of a product after it has been opened. Products that contain urea are recommended for treating skin conditions such as eczema, ichthyosis, xeroderma, hyperkeratosis and dandruff. Urea penetrates the top layer of the skin and increases water retention, thus providing relief to dry skin. Urea has a high nitrogen content which is useful to the cosmetic industry. Creams contain urea because it helps to moisturize and nourish skin. In addition to providing nitrogen, a necessary ingredient to treating rough, dry skin, urea is also antibacterial and antimicrobial.

**D-PANTHENOL** is a natural humectant, making it an effective hydrating ingredient in skincare lotions and creams. On the hair, panthenol stays in its pro-Vitamin form, but on the skin it is able to release vitamin B5 and transform into pantothenic acid. Applied topically, it penetrates into the lower skin layers and is easily absorbed by the skin cells. Its deep moisturizing ability also makes it useful in hydrating products that promise to reduce the appearance of wrinkles.
**ALLANTOIN** acts as a lubricant on the skin surface, which gives the skin a soft and smooth appearance. Allantoin is a valuable cell proliferating healing agent that stimulates new tissue growth. A superb anti-irritant, allantoin is healing, soothing and non-allergenic. Allantoin is also a known skin softener, cleaning up damaged tissue where applied.

**LACTOSE** is used as a cosmetic ingredient as a skin conditioning agent and humectant.

**Urea 15 % Foot Bath**
Stressed feet deserve some time out, too! Enriched with the physiological, natural moisturizing factor urea, Mediterranean salt and regenerating allantoine, Urea 15 % Foot Bath works like a wellness cocktail for stressed feet. Essential oils from oranges, pine needles and mountain pine leave the skin feeling silky smooth.

**Urea 10 % Foot Mask**
Urea 10 % Foot Mask compliments the urea series for intensive care. Rich ingredients such as 10% moisturizing urea, almond oil, vitamin A and E and shea butter ensure that the protective coat of the skin regenerates faster, the skin is vitalized, sustainably nurtured and optimally supplied with moisture. The calming components such as panthenol, allantoin and bisabolol provide the skin with a special relaxation when it is applied. With this foot mask your feet will be spoiled to the utmost and made to radiate again.

**ALMOND OIL** is used as an effective massage oil, skin and facial complexion moisturizer and hair care. Good for all skin types, sweet almond oil eases itching, soreness and dryness. Almond oil does not penetrate as deeply as other oils, which makes it a beneficial aromatherapy massage oil with its pleasant, gentle fragrance. Almond oil eases inflammation, rashes and muscle pain. You can moisturize with almond oil to ease rashes and chapped lips and skin. It soothes inflamed skin, moisturizes and provides a healthy glow when used regularly.

**BISABOLOL** can be extracted from chamomile or derived synthetically. It is an anti-irritant. Bisabolol enhances the appearance of dry or damaged skin by reducing flaking and restoring suppleness.

**SHEA BUTTER** is extracted from the pit of a fruit, resembling a plum, which grows on the Magnolia Tree, also called the Shea Nut Tree. Shea Butter softens and nourishes skin and is believed to have antioxidant and regenerative properties. This emollient is especially useful for renewing skin suffering from the effects of sun or wind.

**VITAMIN A** is a wonderful vitamin for the skin for many reasons. Vitamin A helps to protect the skin from free radical damage, in addition to speeding the cell renewal process. Vitamin A contributes to a healthy, youthful glow. Topical vitamin A can also be very beneficial for skin care or general age prevention. Vitamin A in retinol form can be applied topically to the skin to lessen the appearance of fine lines and wrinkles. Topical vitamin A treatments have also been used to treat acne.

**VITAMIN E**'s substantiated capabilities include: Protecting the epidermis from early stages of ultraviolet light damage; Increasing the efficiency of active sunscreen ingredients; Reducing the formation of free radicals upon skin exposure to UVA rays and other sources of skin stress; Preventing the peroxidation of fats, a leading source of cell membrane damage in the body; Reducing transepidermal water loss from skin and strengthens the skin's barrier function; Protecting the skin barrier's oil (lipid) balance during the cleansing process; Reducing the severity of sunburn. 2002 and 2008 studies both reported that vitamin E had protective antioxidant effects on the skin. The 2002 study demonstrated effects in people with vitiligo, a skin disorder. It concluded that vitamin E can provide protective effects to skin but may not affect vitiligo. The 2008 study noted that vitamin E has antioxidant effects on the skin, especially in the form of alpha tocopherol. It also noted that vitamin E can protect against “photoaging,” which is the premature aging of the skin due to overexposure to UV radiation from the sun.

**Urea 40 % Chapped Skin Cream**
Urea 40 % Chapped Skin Cream containing 40 % urea reduces callouses with the help of fruit acids fast and effectively without leaving an oily film and is supported by calming panthenol and nourishing bees wax and anti-inflammatory sage. Aside from its main ingredient urea, the cream also contains a special carbohydrate complex and hyaluronic acid which is why it is optimally suited for daily use for stressed and chapped skin.

**FRUITY ACIDS:** Glycolic Acid is from Natural fruit acids (alpha hydroxy acids or AHAs) to rejuvenate the skin by encouraging the shedding of old, sun-damaged surface skin cells. Glycolic acid is the alpha hydroxy acid most frequently used for Glycolic Acid facial treatments but lactic and citric acid are also useful. Fruity acids loosen the glue-like substances that hold the surface skin cells to each other, therefore allowing the dead skin to peel off. The skin underneath has a fresher, healthier look with a more even color and texture.
HYALURONIC ACID (HA) is part of the glycosaminogly family; it's a complex carbohydrate that's vital to our well-being. Hyaluronic acid fastens onto our collagen and elastin and creates cartilage. It’s found in every tissue of our body, and is responsible for carrying out a number of vital functions. In the cosmetology arena, hyaluronic-acid treatments are used to reduce the appearance of wrinkles, facial lines, drooping skin, acne scars and discolorations. Most of these fall into the “anti-aging procedure” category. It can be found in a variety of skin creams, masks and cleansers. The aim of these products is to rehydrate the skin so it will look supple and smooth. Topical Retinol treatments containing hyaluronic acid are frequently prescribed to treat skin conditions like acne, psoriasis, melanoma and rosacea.

**Urea 10 % Foot Cream**

Urea 10 % Foot Cream is based on a special complex that consists of 10 % urea, saccharide isomerate and provitamin B5 and is the ultimate moisture care for very dry feet. The cream provides intense moisture and has an anti-inflammatory effect, supported by glycerin and allantoin for an optimal moisturizing and calming effect of the skin. Due to its excellent in-depth effect, jojoba oil additionally regulates the moisture content, making the skin smooth and supple. The creamy texture is easy to distribute and is absorbed quickly.

**SACCHARIDE ISOMERATE** is a good water-binding agent and emollient for skin. It is an effective moisturizer containing natural carbohydrates found in the stratum corneum of human skin. It binds to the free amino groups of lysine in the keratin of the stratum corneum, and cannot be washed off easily, leading to long-lasting moisturization.

**JOJOBA OIL** can be used to treat windburn and sunburn. The oil's gentle moisturizing properties heal and soothe skin damaged by wind and sun. It nourishes without making skin oily.

**Urea 10 % Express Foot Spray**

Urea 10 % Express Foot Spray is ideal for the quick care in between or to round off a treatment. As a result of the moisturizing ingredients such as 10 % urea, saccharide isomerate, provitamin B5 and allantoin the skin becomes soft and palpably supple immediately. The carbohydrate mixture saccharide isomerate is an imitation of the human carbohydrate fraction in the skin and increases the water-binding capacity – even of very dry skin. Jojoba oil is extremely skin-compatible and intensely nurtures even chapped skin.

**Cuticle Softener Cream**

Our cuticles have the tendency to dry out and become brittle. As a result, they tear easily and cause Hangnails to form. LCN’s cuticle softener cream successfully combats this problem with its mild fruit acid micro-peeling effect consisting of glycolic, citric, malic and lactic acids, by gently exfoliating the skin cells. In addition, glycerine and panthenol moisturize the cuticle and nail plate while peach kernel oil provides nourishing lipid components. The Cuticle Softener Cream also contains vitamin E acetate.

**AHA (ALPHA HYDROXY ACIDS) FRUIT ACIDS & LACTIC ACID** work by gently peeling away the uppermost layers of the epidermis, which is the top layer of the skin. This will allow the undamaged skin underneath to be exposed and create a smoother, more youthful appearance. Alpha hydroxy acids are best used to treat rough or dry skin because they work to gently remove the callouses and rough areas from the surface of the skin. The use of alpha hydroxy acid is especially useful in evening skin tone and the reduction of fine lines due to sun damage.

**GLYCERIN** Locks moisture in the skin by acting as a barrier stabilizer, and it provides superior hydration to the skin. It acts as a topical remedy to help with the appearance of the skin suffering from Psoriasis. Glycerin also soothes the itch and dryness associated with eczema. Glycerin is a non-toxic, naturally occurring substance, so it is often used as the base of soap for sensitive skin, because it won’t cause irritation. Wrinkles occur because of the loss of moisture and elasticity. Glycerin slows the appearance of wrinkles by restoring these resources. Glycerin injected after trauma to the skin hydrates the skin cells and speeds healing, resulting in less bruising.

**PEACH KERNEL** oil can be a beneficial alternative to nut oil. Moisture rich, light-weight and non-greasy the oil absorbs readily into the skin making it suitable for all skin types. Light, non-greasy and nourishing to dry skin, peach kernel oil is hypo-allergenic for those with sensitive skin.

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