



**SET-N-ME-FREE** Aloe Vera Products  
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## FOOT and LEG POLISHING from Set-N-Me-Free

Exfoliation and hydration are essential to radiant skin. Go from **soft** to **shimmering** in minutes!  
Set-N-Me-Free's easy application recipe is a compliment to any salon.

### **PRODUCTS:**

Aloe Lavender Spa Bath 16 oz.  
Foot & Callus Rub 16 oz.  
Aloe Comfrey Gel 16 oz.  
Natural Aloe Liquid 1 qt.  
11 x 18 Scrub Cloth  
Instructions



### **Prepare:**

-Warm 2-3 oz. of Natural Aloe Liquid in a small crockpot. (Not in microwave). Put the scrub cloth into the warm liquid to soak.  
-Mix equal amounts of Foot & Callus Rub with Aloe Comfrey Gel to equal 1 Tbsp. per foot of treatment cream. Gently warm this cream by setting the container in a bowl of hot water for about 5 minutes

### **Step 1:**

Pour some Aloe Lavender Spa Bath into your hand to apply directly onto callused areas. Add a small amount of Lavender Spa Bath into the foot bath/spa and soak feet for 5-10 minutes.

### **Step 2:**

Remove feet from the foot spa one at a time and towel dry.

### **Step 3:**

Apply the mixed cream to each foot and lower leg. Wrap feet in plastic film, then in warm towel. Leave on for 5-10 minutes.

**Step 4:** Remove towel and plastic. Do Not Rinse Off.

**Step 5:** Using the scrub cloth that has been soaking in warmed Aloe Liquid, gently buff the foot and lower leg using a back and forth action to exfoliate rough dry skin and "polish" the foot. Repeat on second foot.

**Step 6:** Pat skin dry with a warm towel. Apply a small amount of Foot & Callus Rub for a glowing finish.

**Suggested home care:** Foot & Callus Rub, Scrub Cloth, and Aloe Lavender Spa Bath.