

THE GELBOTTLE INC

E-FOOT FILE

APPLICATION GUIDE



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THE SERIOUS STUFF

- To use the E-Foot File on a client, you must be pedicure trained.
- If you/your client has diabetes or any other health concern, please consult with a GP before using the E-Foot File.
- You may apply the instructions below to any relevant pedicure treatment, as per your preference.
- The instructions for using the E-Foot File remain the same for both full-service scrub and soak pedicures and dry pedicure routines.
- The E-Foot File must not come into contact with water at any time.
- The E-Foot File should be used on dry skin and proper care should be taken to avoid any contact between water and the machine, or its cords and outlets.

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STEP-BY-STEP

1. Sanitise your client's foot with sanitizing spray.
2. Ensure the clients' skin is completely dry.
3. Make sure a brand-new Buffing Disc is applied to the rotating plate pre-treatment.
4. Plug in the E-Foot File, ensuring to keep wires away from any water or sinks. Wires should not hang over the sink or soaking bowl at any time.
5. Turn on the machine. Support the foot with one hand and hold the E-Foot File in the other.
6. Gradually increase the speed of the E-Foot File, ensuring your client is comfortable.

Top Tip: We recommend using the top speed for maximum results, but as you would with manual buffing, check what is most comfortable for your client.

7. Begin by moving the file in circular motions, applying a firm pressure. You should follow the foot contours in a downwards motion throughout the treatment. Continue for around five minutes per foot, or, until the skin is sufficiently smooth.
8. Replace your Buffing Disc, if needed, before moving onto the next foot.
9. Clean any dust from the foot using a clean dry towel to check that the skin is sufficiently buffed before continuing with any further pedicure steps.
10. Once the skin is smooth, or you have spent five minutes buffing per foot, turn off and unplug the E-Foot File, disposing of any Buffing Discs used.
11. Unplug the E-Foot File.