



Advice Sheet for Manicures, Pedicures & Gel Polish

- Leave adequate time after your treatment to allow your nails to dry before leaving the salon and wear open toed shoes when getting a pedicure.
- Use hand cream or lotion after washing to lubricate and soften the skin.
- Use a richer hand cream during the winter months.
- Use a file on rough edges or split nails.
- Metal files should be avoided as they create heat in the nails which dries out the natural moisture and weakens them
- NEVER file backwards and forwards, this can weaken, or break nails.
- Wear protective gloves when gardening, working with chemicals and harsh climates
- Rub cuticle cream or oil into the nails and cuticles twice a day to keep them soft & moisturised
- Always apply a base coat under nail polish to protect the nails and prevent them becoming stained.
- Use a good quality top coat to prevent chipping of nails
- Avoid using nail polish remover too often as it has a drying effect. When you do use polish remover make sure it is non-acetone variety.
- Eat health and drink plenty of water The health and strength of nails depends on a good supply of protein, iron, calcium, potassium, Vitamin B and iodine. A well-balanced diet contains all the nutrients essential for good health.
- Every 2-4 weeks get a maintenance manicure
- Do not use your finger nails as tools - use the pads of your fingers instead of your nails where you have to.
- Get regular pedicures to keep nails clean and tidy and looking stunningly beautiful.
- Rub cuticle cream into the nails and cuticles at bedtime to keep them soft

Additional Advice for Pedicures:

- The feet should be washed at least once a day, finishing with a cold rinse. Dry the skin well, particularly between the toes.
- Scrubbing the feet briskly with a small firm brush not only helps to clean them but also stimulates the blood circulation and has an invigorating effect on the feet. Do this after the feet have been washed (shower).
- Excessively sweaty feet should be wiped twice a day with surgical spirit or cologne which has a cooling astringent effect on the skin. This should be followed by a liberal dusting of foot powder.
- Hard skin can be treated at home following a bath or shower with a pumice stone or callous file. Soften the treated area afterwards by massaging in a medicated foot cream or body lotion. Alternatively visit us for a specialist Callus Peel treatment.
- Keep nails trimmed and filed to prevent splits and infections.
- Your gel polish manicure should last up to 14 days as long as you look after your nails during that time.
- Protect your nails when doing tough jobs such as household cleaning and gardening, hobbies that are rough on your hands or using harsh chemical products. Always wear gloves when doing such activities.
- If something you have done causes a chip or lifts an edge of your gel manicure, please DO NOT pick or pull at the area, as this will cause any damage to increase. Contact us so that we can assess the damage and decide if a repair is necessary.

Additional Advice for Gel Polish:

- If you are on holiday please be careful when using suntan lotions or insect repellents as many of these contain solvent oils which can cause major damage to your gel manicure.
- Some of the more delicate gel colours can fade if exposed to chlorinated water followed by excessive sun exposure. Make sure you dry your hands and nails after swimming and before sunbathing to minimize any colour fading.
- If you wish to change the colour of your nails whilst wearing gel polish you can paint over the top with any normal nail polish but please be sure to use an acetone-free remover when taking it off again.
- Make sure you apply your Solar Oil (or similar) at least twice a day. This will help to prolong the life of your manicure by keeping your natural nails and the skin surrounding them healthy, moisturised and flexible. Gel polish is porous, and as such, it allows the specially formulated blend of oils in Solar Oil to penetrate through to the nail plate.
- Relative to your lifestyle and activity level, your gel manicure will need fortnightly or three-weekly maintenance as there will be obvious re-growth. At this point the gel can be removed and reapplied or removed completely. You should get this done professionally with us.
- If you decide you would like to remove your SHELLAC before your scheduled appointment, please call us so that we can remove it safely for you. Incorrect removal at home may damage the surface of your natural nails.
- Don't use your nails to pick at ring pulls, etc as this can cause the gel polish to peel and chip.

Please note: This information is offered to help and support. It is not intended to be compulsory, comprehensive or replace medical advice. If you have any particular concerns following treatment please call us on 0121 233 0600.