



NAIL AFTERCARE

DO'S

- Use cuticle oil every day and night (as many times as you can)
- Be especially careful in the first 24 hours after application and avoid intense heat during this period (e.g. saunas, hot bath, or sunbeds)
- Always wear rubber gloves when washing up, cleaning or gardening
- Always wash your hands after being contact with chlorine, insect repellent or sunscreen

DONT'S

- Do not pick, peel or bite your nails (if you get a chip or break contact me for a fix appointment)
- Do not use your nails as tools (opening cans, picking labels off etc)
- Be more gentle with your nails, try not to be too heavy handed
- Avoid filing your nails and pushing your cuticles as this will break the seal of gel and can lead to chipping
- Avoid long periods of time in water (long baths, swimming, washing up)

