



## *Aftercare Advice for Gel Nails*

- Avoid heat such as a bath, shower, sauna, steam room and hot ovens for at least an hour after your treatment.
- Wear gloves when washing up or cleaning.
- Do not file your nails or push your cuticles back while wearing gel. This will break the seal of the gel and can lead to chipping.
- Apply a cuticle oil once or twice a day to the top and underside of nails and the surrounding skin to promote nail flexibility, prolong the life of your gels and keep skin healthy. This will also dramatically reduce the risk of breakage or lifting. Your therapist can recommend a suitable cuticle oil.
- Never peel or pick enhancements as it can damage the natural nail. Gels should be professionally removed.
- Never use your nails as tools, treat them the way you would your natural nails.
- Tinted lotions, spray tans, suntan creams and hair products can lift or discolour your enhancements. Wash hands thoroughly after use.