

# MANICURE & PEDICURE AFTERCARE ADVICE

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## After Your Manicure or Pedicure

Please read the advice below relevant to your treatment(s). Please note, however, the advice is not a substitute for medical advice, but merely assistance to help you get the best from your treatment(s). If you have any questions at all, please do not hesitate to get in touch.

### For manicures

- Leave adequate time after your treatment for your nails to dry
- Wear protective gloves when gardening, or doing housework
- Use hand cream regularly
- Always use a base coat under polish to prevent staining, and topcoat to prevent chipping
- Never use metal files
- Keep nails at a workable length
- Drink plenty of water and eat well
- Do simple hand exercise to keep joints supple
- Avoid harsh and drying soaps

### For pedicures

- For pedicures, wear open toe shoes if possible
- Change socks or tights daily
- Apply moisturising lotion daily to the feet after bathing
- Apply talc or special foot powder between the toes to help absorb moisture
- Foot sprays containing peppermint or citrus oil are useful to refresh the feet during the day

### For both

- Dry hands and feet thoroughly after washing, especially between toes and fingers
- Use cuticle cream or oil daily to moisturise dry cuticles
- Use an acetone-free nail polish remover

## How to Get the Best from Your CND Shellac / Pure Gel Manicure

I know you will absolutely LOVE your nails whilst you are wearing CND Shellac / Pure Gel and I expect your nails to last **for at least 14 days** if you give them a little **care and attention** during that time. CND Shellac / Pure Gel are not indestructible and should be treated as if you were wearing nail polish.

### Around the House

You have to add **protection to your nails if doing tough jobs** like household cleaning and gardening, Hobbies that are rough on your hands or using harsh chemical products without wearing gloves, without protection can mark your CND Shellac / Pure Gel nails.

### Getting Used to Your CND Shellac / Pure Gel Manicure

If you do happen to cause some damage to the CND Shellac / Pure Gel coating, a chip or lifted an edge of your CND Shellac / Pure Gel manicure, **please do NOT pick or pull at the area**, as this will **cause any damage to**

**increase.** Please contact the salon so we can assess the nail and decide if a repair is necessary. Please note that repairs may be chargeable.

If you are on **holiday**, please be careful when using suntan oils or insect repellent solutions as many of these products contain **solvent oils which will cause major damage to the CND Shellac / Pure Gel** colour coat.

Some of the more **delicate CND Shellac / Pure Gel colours can fade** somewhat if you are in chlorinated water followed by excessive sun (remember that chlorine is a bleach and sun intensifies the bleaching action). **Dry your hands and nails after swimming and before sunbathing** to minimize any colour fading.

#### **What Products Should I use on my CND Shellac / Pure Gel?**

Please use **Solar Oil at least twice a day** (especially at night before going to bed) to replace lost moisture to your skin and nails. I recommend Solar Oil which is made to be used with CND Shellac. Also beneficial is the use of any CND hand and body lotion daily. Regularly using CND **aftercare products will substantially prolong the life of your CND Shellac / Pure Gel manicure** and keep your natural nails and the skin surrounding them healthy, moisturised and flexible.

Ideally, return to your manicurist for regular, professional manicures & pedicures at least every 2-4 weeks for maintenance and further treatments.