

SERENITY

TREATMENT AFTERCARE

MANICURE & PEDICURE

REGULAR NAIL POLISH

- Leave adequate time after your treatment for your nails to dry
- Wear protective gloves when gardening, or doing housework
- Use hand cream regularly
- Use cuticle oil daily
- Always use a base coat under polish to prevent staining, and top coat to prevent chipping
- For pedicures, wear open toe shoes for the rest of the day to avoid smudging
- Apply moisturising lotion daily to the hands & feet

THE GEL BOTTLE

- Use cuticle oil daily to keep your nails nourished
- Never use your nails as tools instead use the pads of your fingers
- Don't pick the product off – this will cause damage to the nail
- Always use rubber gloves when doing household chores and gardening. Avoid using harsh chemicals without wearing gloves. Dye from your jeans or your newly coloured hair can stain your gel polish.
- Constant exposure to chlorine may cause lifting of Gel Polish.
- Certain products such as sunscreen, tanning lotion and insect repellents can cause gel polish to lift. When using these products, try to avoid getting the product on your nails and wash your hands thoroughly afterwards.
- Return for regular maintenance every 2-3 weeks.