



## Manicure Aftercare Advice

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A few tips to help keep your hands looking good for longer...

- Your nails will be touch dry when you leave, but your polish will not be fully set for 2 hours, so be careful during this time. If you've had gel applied your nails will be fully dry as soon as they are cured.
- Wear rubber gloves when washing up or cleaning and use gloves when gardening or out in the cold.
- Use a protective hand cream (with and SPF in Summer) and massage in a nourishing cuticle oil before bed.
- Remember, your nails are "jewels, not tools", so treat them with care.
- When it's time to take off your polish, don't remove traditional varnish more than once a week as acetone can dry out natural nails. If you've had gels, don't be tempted to pick as this will weaken your natural nails, have them professionally removed.