



Pedicure Aftercare Advice

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

- Your toenails 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 toenails will be fully dry as soon as they are cured.
- Wear comfortable, well fitting shoes as often as you can (and wearing socks keeps your feet soft).
- Keep on top of hard skin with regular use of a pumice stone, foot file or foot scrub and massage in a good quality nourishing cream after a bath or shower.
- Keep your toenails fairly short and cut them straight across, smoothing off the edges with a file.
- 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.