

PEDICURES



AFTERCARE

AFTERCARE ADVICE

- Apply recommended Cuticle Oil daily to nourish the nail plate.
- Apply recommended foot cream to avoid excess hard skin.
- Do not pick Gel Polish from your nails, as this will damage the natural nail.
- Wear open toe shoes if having polish.
- Apply moisturising lotion daily to the feet after bathing.
- Foot sprays containing peppermint or citrus oil are useful to refresh the feet during the day.
- Use an acetone free nail polish remover.
- Wipe over nail plate after using body creams, SPF's etc.

Ideally, return for regular, professional pedicures at least every 4 to 6 weeks for maintenance and further treatments.