



AFTERCARE ADVICE

Do's

- Be especially careful in the first 24 hours after application and avoid intense heat during this period (e.g. saunas, hot bath, or sunbeds).
 - Use cuticle oil daily to keep your nails nourished, to stimulate growth and prevent lifting.
 - Always wear rubber gloves when washing up, cleaning or gardening.
 - Always wash your hands thoroughly after being in contact with chlorine, insect repellent or sunscreen.
 - Always return to salon for maintenance and removal and follow any advice given to you by your nail technician.
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Dont's

- Avoid long periods of time in water (e.g long baths, swimming, washing up).
- Do not use your nails as tools (e.g screwdriver) as this could lead to cracking.
- Never pick or peel the product off as this could damage your natural nail.
- Avoid filing your nails and pushing your cuticles back, as this will break.
- The seal of the gel and can lead to chipping.