

# Maintaining the **NATURAL LOOK**

*With compliment from our Nail Salon.*

You've just gotten a manicure and your hands and nails look great. Before you head back to the salon for your next appointment, read through this handout and make sure you're doing everything you can at home to keep your hands and nails looking just as fresh and polished as the day you got your manicure.

**Listen to your nail tech.** Carefully follow your nail tech's recommendations for at-home care. If you have weak, brittle nails and she recommends you use a nail strengthener at home, follow her instructions. If your nails have ridges and she recommends you use ridge filler, invest in one. It is well worth the effort.

**Treat your nails with care.** Wear gloves when gardening or exposing hands to water for extended periods of time. Do not use your nails as tools. Use a can opener to pop tops, for example.

**Use top coat to help nail polish last.** Chipping nail polish seems to be a chronic problem for all clients. Solve the dilemma by applying a layer of top coat 24 hours after your service. That should double the duration of your manicure and keep your nails looking shiny and new.

**Mend a chipped nail.** So you've applied top coat, but you still managed to chip a nail. What to do? Using your fingertip, dab a small amount of polish remover on the affected area and lightly smooth it over. Re-coat with polish and top coat.

**Keep your hands well moisturised.** It's important to keep your nails looking great, but your hands are important, too. Use a hand cream or lotion daily to keep them hydrated and smooth. If you're often outdoors, use a lotion with an SPF of at least 15.

**Don't forget about cuticles.** Use cuticle oil or treatment religiously. It keeps cuticles supple and moisturised and helps keep pesky hangnails and dry skin at bay. Gently push back cuticles with a washcloth or the ball of your finger, not with the free edge of your nail.

**File with care.** What do you do if you snag or break a nail? Carefully file away. Always use a fine-grit file, which can range from a 240-400 grit, and gently file in one direction. Never file nails in a back-and-forth motion, as this can cause your nails to fray and split. Your nail tech may even provide you with a home repair kit.

**Leave it to your nail tech.** A slightly chipped or snagged nail can easily be mended by gently filing the nail. But if you have a bigger problem such as a split nail, don't attempt to fix it yourself. Call your nail tech and schedule an appointment to get it fixed.

**If you're sick, stay away.** If you have a contagious skin or nail disease, wait until it clears before visiting the salon again. If symptoms persist, make an appointment with your dermatologist or doctor.

**Know what you have.** Allergic reactions to nail products are uncommon, but it's important to be able to detect if you have one. Allergic reactions are characterised by redness, itching, and swelling around the nails, or irritation around the eyes and mouth. Call your nail tech if you develop any of these symptoms!



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