

## MANICURE & PEDICURE AFTERCARE ADVICE

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Thank you for choosing Natural Beauté.

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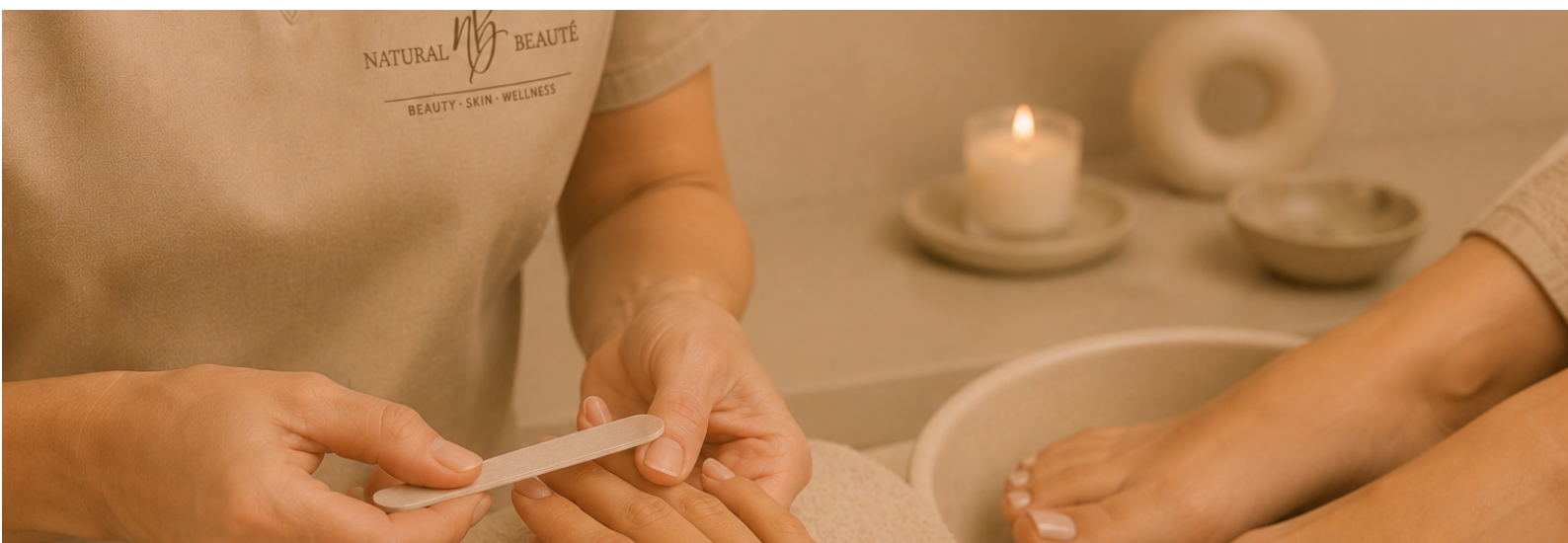
To help maintain the appearance and longevity of your treatment, please follow the advice below.

#### AFTERCARE FOR MANICURES

- Wear protective gloves when carrying out household cleaning, gardening, washing up or other activities that may expose the hands to chemicals or excessive moisture.
- Apply hand cream regularly to help maintain skin hydration.
- Use cuticle oil daily to help condition the nails and surrounding skin.
- Avoid using your nails as tools to open, scrape or pick objects.
- Take care when carrying out activities that may cause trauma to the nails.
- Keep nails clean and dry where possible.

#### AFTERCARE FOR PEDICURES

- Wear comfortable, well-fitting footwear.
- Apply foot cream regularly to help maintain skin hydration.
- Dry feet thoroughly after bathing, paying particular attention between the toes.
- Maintain good foot hygiene by washing and drying the feet daily.
- Avoid walking barefoot in public areas where possible.
- Inspect your feet regularly and seek professional advice if you notice any concerns.



### GENERAL NAIL CARE

- Keep hands and feet clean and well maintained.
- Moisturise the skin regularly.
- Use a suitable, non-acetone nail polish remover where possible.
- Follow any additional aftercare advice provided by your therapist.

### GEL POLISH AND ENHANCEMENT CARE

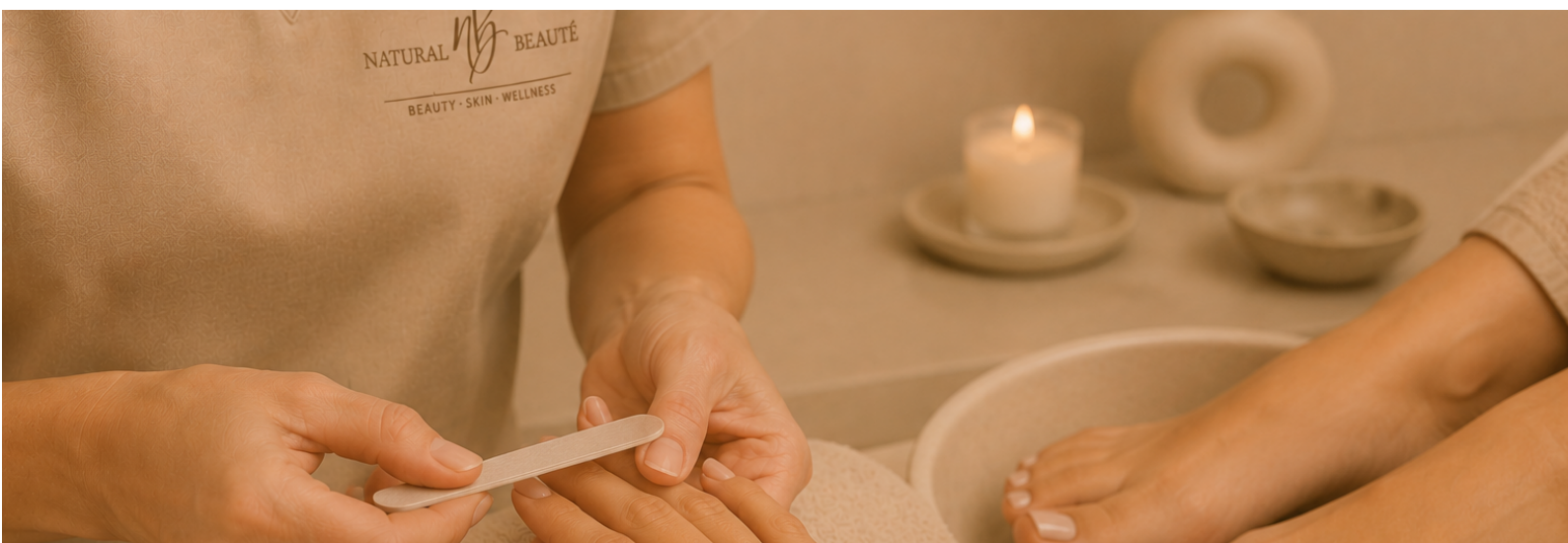
- To help maintain your gel polish or enhancement treatment:
- Avoid picking, peeling or forcefully removing the product.
- Use cuticle oil daily to help maintain nail condition and flexibility.
- Wear gloves when carrying out activities involving prolonged exposure to water or cleaning products.
- Book maintenance appointments as recommended by your therapist.

### IMPORTANT INFORMATION

Natural nail growth, lifestyle, occupation and homecare routines can all affect the longevity of your treatment.

If you notice lifting, damage, discomfort, signs of infection or any unexpected reaction, please contact your therapist for advice. If symptoms are severe or persistent, seek appropriate medical advice.

Please note that damaged or broken nails may require repair or replacement and additional charges may apply.



**BEFORE YOUR NEXT APPOINTMENT**

Please inform your therapist if:

- Your medical history has changed.
- You have started any new medication.
- You have developed any nail, skin or foot conditions.
- You have experienced any adverse reaction since your previous treatment.

