

### **Georgie's Gelish Aftercare Advice**

**How to get the best from your Gelish Nails...**

**Now you have beautiful nails, we want you to be happy with them, so we have put together some steps to follow to help maintain a chip free, long lasting Gelish Manicure.**

- \* If you want regular treatments it is a good idea to book a series of appointments at once. Try and book these on the same day every two to three weeks.
- \* Do not bite or pick your nails as this can lead to weakening or breakage of the nail and can cause damage or thinning to the natural nail.
- \* If you notice that your Gelish nail is lifting, do not pull or pick at it. If this happens return to the salon as soon as possible and let your nail technician decide if a repair is necessary. Do not ignore a lifting nail.
- \* Wearing rubber gloves when washing up or doing cleaning jobs where bleaches and detergents are used will help to keep your nails looking freshly manicured for longer.
- \* Avoid exposure to harsh cleaning chemicals such as cleaners and acetone based nail polish removers. These can start to break down the surface of Gelish and may cause lifting & staining.
- \* Use the pads of your fingers rather than your nails for opening car doors, making the bed, etc.
- \* If you are wearing a French or pale colour please be aware when using tanning products or similar products. You should wear gloves to prevent staining of the colour.
- \* Avoid filing your nails as this will break the seal of the Gelish and can then cause the Gelish to peel.
- \* Use Nourish Cuticle oil twice a day. It is enriched with oils to rehydrate and condition the natural nail plate and will NOT cause any lifting to your product. This should be massaged into your Gelish Nails as it will help to keep them flexible, prolong their life and reduce the risk of breakage.

Nourish Cuticle Oil is available to purchase from your Nail Technician.

**Finally, take care of your nails! Remember to treat your nails like Jewels not Tools. By keeping to these points will help to ensure long lasting Gelish nails.**

**Georgie's Beauty Box**

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