

# BODYNSOUL

## Manicure & Pedicure

### Aftercare Advice

- ✓ Leave adequate time after your treatment to allow your nails to dry before leaving the salon.
- ✓ For pedicures wear flip flops wear possible or you can buy disposable ones in the salon.
- ✓ Avoid submerging nails in water for 24 hours following treatment.
- ✓ To prolong life of your polish wear gloves to perform any household or garden chores.
- ✓ Apply hand cream regularly. We recommend Dermalogica multivitamin hand cream.
- ✓ Massage cuticle regularly with cuticle oil such as avoplex oil by OPI.
- ✓ Use non-acetone varnish remover.
- ✓ Salon infills for gel nails are required every 2-3 weeks to keeping tip top form.