



# AFTERCARE

## NAIL EXTENSIONS | GEL MANICURE

Keep your gelbottle nails looking beautiful for longer

### 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.

### 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.