

TAIZEN SKIN THERAPY CENTRE

AFTERCARE ADVICE

- Apply recommended Cuticle Oil to nourish the nail plate.
- Avoid prolonged exposure to SPF products which degrade Gel Polish. eg. Wipe over the nail plate to remove excess product.
- Avoid soaking nails with cleaning products. eg. Wear gloves for washing up / housework / gardening.
- Do not pick Gel Polish from your nails, as this will damage the natural nail.
- Leave adequate time after your treatment for your nails to dry.
- Use hand cream regularly.
- Keep nails at a workable length. Never use a metal file.
- Avoid harsh and drying soaps.
- Use an acetone free nail polish remover.
- Ensure Gel Polish is removed using a soak off solution and not filed off with an electric file.

Ideally, return for regular, professional manicures and pedicures at least every 2 to 4 weeks for maintenance and further treatments.

