

Just Pampered Manicure and Gel Polish Hands Pre and Post Treatment Guidance

Pre Treatment

- ✓ The only thing required before a manicure really is to leave your nails alone as much as possible. If they are usually short and you wish to grow them, keep them hydrated with nail oil and resist the temptation to file them yourself beforehand. It is good to have a little bit of length to get the best out of filing and shaping
- ✓ If you have a particular outfit or colour in mind, it may be an idea to bring the clothing with you to colour match the nails.
- ✓ It is important to let the salon know at time of booking if you have any form or acrylic, gel, gel polish etc on your nails. We need to allow an additional appointment for removal and if we are not prepared for this it may mean we are not able to fulfil the manicure or gel polish service.

What happens during treatment?

Depending on which service you select, the manicures range from a simple file and paint to a full treatment to soften the cuticles, nourish the nails and hydrate the hands and arms. The manicures include a polish with Vinylux, which involves two coats of colour and an application of top coat. The base coat is built into each colour so there is no separate base coat application. The colour sets in 8.5 minutes.

The gel polish treatment includes a full preparation of the nails and cuticles before application of the gel polish in the colour of your choice, from either CND Shellac or Halo. Between each coat the hand is placed in a special lamp to set the polish. At the end of the application the nails are wiped over and nourishing solar oil is applied. The nails are completely set and smudge proof immediately, so there is no drying time.

With the extra hand washing and use of hand sanitiser, it is difficult to determine how long the gel polish will last and will depend on the homecare carried out. On average, it lasts between 5-14 days.

Even amongst our team of staff we have some who have up to ten days wear and others who are lucky to get three days. The results will greatly depend on the natural structure and condition of the nail, how naturally oily the nail plate is, the level of chemicals used, the amount of hand washes they experience in a typical day and so on. Please bear this in mind when planning your manicure for a special occasion. We cannot guarantee the longevity of a gel polish on hands, but you can help it last longer by massaging a nail oil in daily.

Post Treatment

- ✓ Apply solar oil daily to keep the nails nourished, maintain the cuticles and prolong the life of your polish (both Vinylux and gel polish)
- ✓ Take care to avoid acetone based products as this will remove the colour
- ✓ Use gloves when cleaning to protect the nails
- ✓ Take care not to use your nails as tools (for example to lift a ring pull on a tin)
- ✓ The Vinylux top coat is available to purchase at £11.95. By adding a further layer of top coat after a few days it can prolong the life of your manicure. The Vinylux colour is also available to pre-order.
- ✓ We recommend a manicure appointment at least monthly, with a top up file and polish in between either with your polish at home or as an in salon appointment.

- ✓ If you chip the gel polish nail or see it beginning to lift, please do not pick or pull as this could cause trauma to your nail. Instead, smooth over gently with a file or pop in for a repair
- ✓ Take care not to use your nails as tools as it could lead to lifting of the gel polish or breakage of your own nail
- ✓ Take care when on holiday as some insect repellent products or sun protection may contain ingredients which affect the colour and condition of the polish.

Is there no Base Coat?

The Vinylux system does not require a base coat because it is built into the colour coat. The colour anchors the keratin of the nail and forms a barrier to prevent pigment staining.

Why Solar Oil?

Solar Oil uses only the highest grade Jojoba Oil (revives and repairs), Sweet Almond Oil (restores and moisturises), Rice Bran Oil (softens and contains anti-ageing properties) and Vitamin E (antioxidant and protects against cellular damage). By using it daily we can nourish the nails and cuticles, aid the healing of damaged nails, strengthens brittle and peeling nails, and prolong the life of your nail service. In addition to this it has many other uses; including hydrating the lips, frizz free hair serum, non greasy serum for stretch marks, healing cracked or sore knees and elbows, strengthening for eyelashes and eyebrows, stop itching from bites and stings, relief from sunburn and more. If in doubt, get the solar oil out. Available in two sizes for £8.95 and £12.95, take yours home today.

Just Pampered Pedicure and Gel Polish Toes Pre and Post Treatment Guidance

Pre Treatment

- ✓ Try to resist cutting your toenails before treatment, we will do that for you and ensure they are cut safely and neatly
- ✓ If you are having a pedicure with normal polish, remember to bring your flip flops or to allow plenty of drying time after the treatment

What happens during treatment?

Depending on which service you select, the pedicures range from a simple file and paint to a full treatment to soften and reduce hard skin from the soles and nourish the feet and lower legs. All pedicures include toenail cut, file and buff and the full pedicures all include cuticle treatment. The service includes a polish with Vinylux, which involves two coats of colour and an application of top coat. The colour sets in 8.5 minutes.

The gel polish treatment includes a full preparation of the nails and cuticles before application of the gel polish in the colour of your choice, with the option to upgrade to a full pedicure. Between each coat the foot is placed in a special lamp to set the polish. At the end of the application the nails are wiped over and nourishing solar oil is applied. The toes are completely set and smudge proof immediately, so footwear can be put back on. .

If you wish to have Vinylux on toes and gel polish on hands to match, please speak to your therapist before treatment. The majority of our colours are available in both but there are a small handful only available in gel polish.

Post Treatment

- ✓ Apply solar oil regularly to keep the nails nourished, maintain the cuticles and prolong the life of your polish (both Vinylux and gel polish)
- ✓ You will normally find the colour on toes lasts much longer than fingers, because toenails grow at a much slower pace and there will be less wear and tear from washing, hand sanitiser and use of cleaning chemicals/food preparation/typing etc.
- ✓ The Vinylux top coat is available to purchase in the salon at £11.95. Applying a further top coat after a week or so can help prolong the life of your colour. The colour is also available to purchase by pre-order.
- ✓ We recommend a pedicure every 4-6 weeks to keep up with hard skin and toenail growth
- ✓ Take care when on holiday as some insect repellent products or sun protection may contain ingredients which affect the colour and condition of the polish.
- ✓ Use a foot file between appointments to smooth hard skin on the soles, especially during flip flop season
- ✓ Apply a foot cream regularly to hydrate the feet, followed by a pair of socks to allow the cream to soak in and not transfer to the floors
- ✓ If you catch a nail, gently smooth over with a file but try to avoid cutting the toenail too short as this could cause discomfort.
- ✓ After swimming, bathing or showering, be sure to dry the feet and toes carefully, to avoid the risk of an infection.

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