

## Just Pampered Manicure and Shellac 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 a 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 Shellac 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; our week long wear polish. Vinylux lasts up to a week at a time and bridges the gap between traditional polish (3+ days) and Gel Polish (eg Shellac, up to 14 days). It involves two coats of colour and an application of top coat. The colour sets in 8.5 minutes. The Shellac treatment includes a full preparation of the nails and cuticles before application of the gel polish in the colour of your choice. 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.

### Post Treatment

- ✓ Apply solar oil daily to keep the nails nourished, maintain the cuticles and prolong the life of your polish (both Vinylux and Shellac)
- ✓ 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 is available to purchase in the salon in any colour of your choice, at £10.95 each or £16.95 for a colour and top coat duo. This means you can match your feet to your hands or use the colour to top up between appointments
- ✓ We recommend a Shellac appointment every fortnight to maintain the nails and a manicure 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 Shellac 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 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 in to 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.