

Just Pampered Pedicure and Shellac 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 include a polish with Vinylux, which 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, 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 Shellac 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 Shellac

Post Treatment

- ✓ Apply solar oil regularly to keep the nails nourished, maintain the cuticles and prolong the life of your polish (both Vinylux and Shellac)
- ✓ 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.
- ✓ 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 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

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, nourish dry areas on the tips of your toes 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.