



## Gel Nails at the Health and Serenity spa

We aim to ensure clients have the best possible advice both prior to and post-treatment. Please read the following information prior to booking an appointment in the spa.

**Consultation Information:** to ensure you are not contraindicated to any treatment.

**Pre-treatment Advice:** should be read prior to attending an appointment.

**Aftercare Advice:** to be read following your appointment for best results.

### CONSULTATION

**Local Contraindications:** treatments cannot be performed over contraindicated areas.

**Medical Contraindications:** please seek medical advice prior to booking. In circumstances where medical permission cannot be obtained, clients must give their informed consent in writing.

**Total Contraindications:** prohibit a treatment from taking place.

#### Local Contraindications:

- Cuts/Abrasions
- Bruising/Swelling

#### Medical Contraindications:

- Undiagnosed lumps and swellings

#### Total Contraindications:

- Infectious skin diseases (Impetigo, Scabies, Chicken Pox, Mumps)
- Broken bones
- Ringworm
- Fungal Nail Infections
- Paronychia (whitlow)

### PRE-TREATMENT ADVICE

- First time appointments: please attend with polish and enhancement free nails.

### AFTERCARE ADVICE

- Always remove your gel nails properly. We offer a nail removal service which is £5 alternatively if you have your gels reapplied the removal is FREE of charge. DO NOT PICK or peel the gel as this can damage the natural nail.



- Avoid heat such as a bath, shower, sauna, steam room and hot ovens for at least an hour after your treatment.
- Wear gloves when washing up or cleaning.
- Do not file your nails or push your cuticles back while wearing gel. This will break the seal of the gel and can lead to chipping.
- Apply OPI cuticle Oil once or twice a day to the top and underside of nails and the surrounding skin to promote nail flexibility, prolong the life of your enhancements and keep skin healthy. This will also dramatically reduce the risk of breakage or lifting.
- Never use your nails as tools, treat them the way you would your natural nails.
- Tinted lotions, spray tans, suntan creams and hair products can lift or discolour your enhancements. Wash hands thoroughly after use.
- Avoid creams and lotions containing mineral oils and an ingredient called lanolin around your nail area as they can affect the longevity of your gels.
- We advise that our gel nails should last for up to 2 weeks if looked after carefully (10 days for nail biters). If you have any problems during this time, we offer a free repair service. Repair appointments must be booked within 10 days of your original appointment.
- Clients should contact the salon if there are any problems. Call 01633264430