



Manicure 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:

- Skin Conditions (Eczema, Dermatitis, Psoriasis)
- 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

- Please remove nail varnish where possible prior to attending your manicure appointment
- If you have gel nails or any form of nail enhancements, please book in for a removal appointment prior to your treatment or remove them at home beforehand.



AFTERCARE ADVICE

- Leave adequate time after your treatment for your nails to dry.
- Wear protective gloves when gardening, or doing housework.
- Dry hands thoroughly after washing.
- Use OPI hand cream and cuticle oil regularly.
- Do not use your fingernails as tools, use pads of fingers instead.
- Where advised use a base coat under polish to prevent staining, and use a good quality top coat to prevent chipping.
- Use an acetone-free nail polish remover.
- Never use metal files.
- Keep nails a workable length.
- Drink plenty of water and eat well.
- Do simple hand exercise to keep joints supple.
- Avoid harsh and drying soaps.
- Return to your manicurist for regular, professional manicures at least every 2-4 weeks for maintenance and further treatments