****

**GEL POLISH AFTER CARE**

1. **Always wear gloves when doing any household chores.**
2. **Apply cuticle oil as this will promote healthy nail growth.**
3. **Never file the free edge of your nails once the gel polish has been applied. This will cause the seal to break and water or oil can get in between your nail and the gel causing it to bubble and peel away from the nail.**
4. **Always get your gels properly removed by your nail tech. Picking and pulling or badly removed gels can cause your own nail damage.**
5. **Leaving the gel polish on too long will create your nail to become unbalanced / top heavy so when you catch them there is more chance of a breakage or splitting your nail.**
6. **Always remember “Your nails are jewels not tools” Do not use them for opening cans or scrapping things off with them. This will also create damage to the nail or help the polish to become separated from the nail.**

**RECOMMENDATIONS:  
  
Cuticle oil available in salon**

**We recommend Gel Polish should be reapplied every 2-3 weeks**