

Manicure & Pedicure Aftercare Advice

- Advice on further treatments is on average 2-4 weeks
- Use non acetone product remover
- Always use a base coat under polish
- Use a good quality top coat to prevent chipping of polish
- Use hand cream, or lotion every day
- Use a cuticle cream or oil (olive) to moisture soft tissue
- Keep nails at a sensible length
- Exercise hand and feet to keep joints supple
- After washing feet dry thoroughly
- Do not wear tight socks, tights or shoes
- Use a pumice stone in-between pedicures to keep hard skin under control

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