

SUTHERLANDS

HAIR & BEAUTY

Manicure

Pre-Treatment Advice

1. Please remove all nail polish prior to your manicure appointment.
2. If you have gel overlays or nail enhancements on your nails, please book in for a nail removal appointment prior to your manicure treatment or remove these at home before your appointment.

Aftercare Advice

1. Leave adequate time after your manicure for your nails to dry.
2. Wear protective gloves when gardening and doing housework.
3. Dry hands thoroughly after washing.
4. Use salon recommended hand cream and cuticle oil regularly.
5. Do not use fingernails as tools, use the pads of your fingers instead.
6. Use a salon recommended acetone free nail polish remover to remove polish.
7. Never use metal files.
8. Do simple hand exercises to keep joints supple.
9. Avoid hard and drying soaps.
10. Return to your manicurist for regular, professional manicures at least 2-4 weeks for maintenance.

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Gel Nails

Pre-Treatment Advice

Arrive for your appointment with nails free of polish or nail enhancements.

Aftercare Advice

1. Always remove your gel nails properly. Gel removal products are available to purchase and we also offer a nail removal service. NEVER pick or peel your nails to remove gel.
2. Avoid heat such as a bath, shower, sauna, steam room or hot ovens directly following your gel application.
3. Wear gloves when washing up or cleaning.
4. Do not file the nails or push cuticles back while wearing gel. This will break the seal and lead to chipping.
5. Apply a cuticle oil once or twice a day to the top and under side of the nail and the surrounding skin to promote nail flexibility, promote the life of nails and keep skin healthy. Your therapist will recommend a suitable oil for your nails.
6. Never use your nails as tools, treat them as you would your natural nails.
7. Tinted lotions, spray tans, sun creams and hair products can lift or discolour your gels. Wash hands thoroughly after use.
8. Avoid creams and lotions containing mineral oil as they can affect the longevity of your nails. Use a spatula to remove cream from their pots.
9. We advise that gel nails should last up to 10 days (7 days for nail biters). If you have any problems during the time, we offer a free nail repair service. Repair appointments must be booked within 10 days of the original appointment.

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Gel Nails

At Home Gel Removal

Within Sutherlands Hair and Beauty, we sell gel removal products please ask for details.

What you will need:

10 pieces of foil

10 squares of cotton wool

Nail file

Cuticle wood stick

Remove your gels at home using the following instructions:

1. Cut foil into small squares that will fit around the tip of your finger. Then, cut cotton pads/ cotton balls into pieces that are big enough to cover the entire nail.
2. Buff using a nail file, rough up the surface of your gel polish until the shine has completely gone.
3. Soak cotton wool in remover and place them over the entire nail surface to cover the gel.
4. Wait 10-15 minutes and check one nail.
5. If gel remains, re-wrap the nail with cotton and foil and soak in five minute increments until all of the gel is off.
6. Gently file nails and push back cuticles,
7. To maintain the condition of your nails ask your therapist to advise you on suitable oils, creams and nail strengtheners for your nail condition.

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Pedicure

Pre-Treatment Advice

1. If you are having nail polish applied to your toes, please bring open toed sandals with you to allow maximum drying time. Make sure you can slip your sandal on without touching or rubbing toes.
2. Please remove all nail polish prior to your pedicure appointment.

Aftercare Advice

1. If polish is applied, leave adequate time after your treatment for your nails to dry.
2. Apply salon recommended moisturising lotion to the feet every day after bathing.
3. Massage cuticles with a salon brand cuticle oil or cream.
4. Apply talc or special foot powder in between toes to absorb moisture.
5. For long term improvements, book in for regular pedicure treatments.

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