

## HOME CARE FOR NAIL ENHANCEMENTS

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Courtesy of NAILS Magazine

*Wearing nail enhancements involves a trade off: In exchange for having consistently beautiful nails, you must visit your nail technician regularly and you must use greater care to protect your nails than before you had them applied. Here are a few key pointers to help you care for your nails at home.*

### BE REASONABLE

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Nail enhancements are strong, but they are susceptible to damage if they are misused and abused. Protect your investment by wearing gloves when gardening or exposing hands to water for extended periods of time. Do not put upward pressure on you nails tips, use a soda can opener to pop tops, and dial the phone with the eraser of a pencil. If you are hard on your hands, longer nail enhancements may not work for you. Decide with your nail technician what length will work best for you.

### KEEP REGULAR APPOINTMENTS

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Your new nail enhancements need regular maintenance to keep them looking good and performing well. Plan to see your nail technician every two weeks, but your nail technician will determine a schedule appropriate for you. Going too long between appointments will increase the likelihood of breakage or lifting and create

more work for your nail technician when you do come in.

### DO YOUR HOMEWORK

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Your nail technician may recommend that you apply topcoat every other day (or daily, depending on your exposure to the sun) to prevent chipping or yellowing. Cuticle oil is a daily necessity for clients with acrylic enhancements as it keeps cuticles supple and the acrylic product moisturized and flexible. Apply cuticle oil once or twice a day.

### DON'T BE A HERO

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If you crack or damage one of your nail enhancements, schedule an appointment with your nail technician. Improperly gluing down a loose nail can cause moisture to become trapped between the nail and the enhancement and possibly cause and infection. Do not bandage a broken nail as bandages may also trap moisture. Do not take down the length of your nail as this will throw off the balance of the nail and may make the nail look bulky.

### KEEP IF TO YOURSELF

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For your benefit and that of your nail technician, if you have a contagious skin or nail condition, reschedule your appointment after it clears up. If symptoms persist, make an appointment with a dermatologist.

### BE AWARE

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Very few clients will develop allergic reactions to an ingredient in some nail

products. Allergic reactions are characterized by redness, itching, and swelling, or irritation around the eyes and mouth. If you develop any of these symptoms, call your nail technician. They will help you determine which ingredient you're having a reaction to and will take steps to avoid them. If necessary, they can refer you to a dermatologist. Do not ignore a condition that develops around the nail.

### DON'T GO DIGGING

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If you decide that you no longer want to wear nail enhancements, do not take them off yourself! Picking and pulling the nails off will damage your natural nail, rip layers from your nail bed, and make regrowth a long and painful process. Enhancements can be safely removed without further damage to the nail bed by your technician.

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