



Nail Care
&
Tanning Guide



Nail Care

Shellac™

14-Day Wear.
Zero Dry Time.
Mirror Finish.



How Often Should I Get a Fill?

How often you visit your nail technician is a personal decision. However, we recommend that you get a “fill” every two to three weeks. The longer you go between fills, the more chance you have to experience lifting and/or breakage, which in turn can result in a nail fungal

How Do I Take Care of My Artificial Nail Enhancements?

Taking charge of your nail enhancements should be high on your priority list. In order to maintain your nail enhancements for the long term, follow these simple guidelines:

– using high quality cuticle oil, oil the nails at least once a day. The best time to do this is at night, right before you crawl into bed for the night. If you have time after your shower, oil them again. Ideally, twice per day will give you the optimal result, but at least once per day. Non-use of a cuticle oil may cause product to become brittle, which may cause cracking and/or breakage of your nail enhancement. It will keep your cuticles hydrated too. Why have beautiful nails and then dry cracked cuticles

-If your nails become too long before your next appointment with your nail technician, simply shorten your nails by using a 240-grit file. NEVER use nail clippers, as they may cause “shattering” of your nail enhancements.

-If you have concerns or questions about your enhancements, please contact me, I always enjoy hearing from you, no matter what the occasion. And remember, no question is a dumb question! It is better to ask than not.

What are the Most Common Reasons for Nail Breakage and/or Lifting?

The most common reasons for nail lifting or nail breakage is treating your nails as “tools” instead of “jewels”. We are not saying that you must change your lifestyle from being “yourself” to being a woman of “no hands used”. What we are saying is this: don’t use your nails as a screwdriver, can opener, box opener or letter opener.

Biting, traveling, moving and bitter cold are the four most common culprits of nail breakage or lifting. Next comes gardening, cleaning, and washing dishes. Without proper gloves for each, nail breakage and lifting can occur. Stress is also a huge culprit! Whether we realise we are doing it or not, stress causes us to put our nails in our mouth and pick and pull off our beautiful enhancements.

You pay for your enhancements! Treat them with the same respect you would treat a new ring or bracelet. Be yourself, but use the proper protection to keep your nail enhancements beautiful.

As for bitter cold – wearing protective gloves and using a good quality cuticle oil regularly (every night before bed time), will keep your nail enhancements pliable. Plus you receive the benefits of cuticle softening and nail enhancement beautification.

Tanning Guide

 <p>SKIN TYPE 1</p>	<ul style="list-style-type: none">Extremely sensitive to the sun.Always burns.Never tans.Very fair skin with red or blonde hair and freckles.Only light to medium tan will suite this skin.				
 <p>SKIN TYPE 2</p>	<ul style="list-style-type: none">Very sensitive to the sun.Burns easily.Tans minimally.				
 <p>SKIN TYPE 3</p>	<ul style="list-style-type: none">Sensitive to the sun.Burns moderately.Tans gradually to a brown colourMedium to olive skin colour.				
 <p>SKIN TYPE 4</p>	<ul style="list-style-type: none">Minimal sensitivity to the sun.Burns rarely.Always tans well, to a dark brown colour.				
 <p>SKIN TYPE 5</p>	<ul style="list-style-type: none">Insensitive.Never burns.Tans very dark.Medium to heavy pigmentation.				
 <p>SKIN TYPE 6</p>	<ul style="list-style-type: none">Insensitive.Never burns.Tans very dark and quickly.Very heavy pigmentation.				

PRE-PERFORMANCE!

The best advice we can give you to prepare for your tan is to exfoliate moisturise and shave, 24 hours before you visit us.

Scrub/Exfoliate

The week before your tan you need to exfoliate your skin. Getting rid of nasty dead, dry skin and having fresh healthy skin cells will make sure that our Exposed Spray absorbs deeply into the skin and makes you a natural golden colour! If you don't exfoliate the tan will look less natural, won't last as long and fade in patches-exactly what you don't want! We advise using exfoliating gloves (available in most pharmacies) and a good moisturizing shower cream or exfoliator. However try to avoid soap or shower gels that do not contain moisturizing agents as they can really dry out the skin.

Shaving/Waxing

Make sure to shave your legs or remove any other unwanted body hair the night before your tan also. Preferably, if you wax, do it 2 days before your tan, to allow the skin to recover and for the pores to close.

Moisturize

After you have exfoliated, apply a good body moisturizer all over the body, but remember to have a shower the next morning to wash this off!

STOP!

Lotions & Potions-Do not apply lotions, moisturizers or perfumes prior to your session. Use deodorant sparingly. If you want a perfect tan you need to trust me on this one.

Dressing

Exposed tan has little or no smell and dries almost instantly so you can dress within minutes of being sprayed. Exposed is so unique that after you have been sprayed you can go about your day without

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AFTERSHOW PARTY!

To maintain your Tan the best advice is to moisturize moisturize moisturize! Remember healthy skin tans best.

Immediately after your tan:

Sweating

If you tend to be a heavy sweater, my advice is to avoid any physical activity until the after the required 8 hours development period.

Wait to shower

Remember, you have just been tinted with a water-soluble solution. So you must avoid water entirely for at least 8 hours or you will stop the tanning action of the spray and/or cause streaking. For best results don't shower until the morning after your tan has been applied.

No Swimming & Spas!

Avoid chemically treated swimming pools and spas for at least 24 hours after your spray session to

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