



## Aftercare Treatment Guidance

Please read the following guidance carefully after your appointment. Proper aftercare helps maintain the appearance of your treatment, protect the natural nail and support the longevity of the result.

### 1. Client Details

Full name: \_\_\_\_\_ Date: \_\_\_\_\_

Technician: \_\_\_\_\_ Treatment received: \_\_\_\_\_

### 2. General Aftercare Guidance

To help maintain the quality of your treatment, please follow the guidance below:

Keep the treated area clean and dry where possible.

Apply cuticle oil daily where appropriate.

Use hand cream or foot cream regularly to maintain moisture.

Do not pick, peel or force off any product.

Do not use the nails as tools.

Wear gloves when cleaning, washing up or using household chemicals.

If you notice lifting, cracking, discomfort or any unusual reaction, please contact NIAMO promptly.

### 3. Manicure Aftercare

Following a manicure, we recommend that you:

Apply cuticle oil daily.

Moisturise your hands regularly.

Avoid prolonged exposure to water where possible.

Avoid biting, picking or peeling polish, gel or BIAB.

Take care when opening cans, packages or using your nails for pressure.

Book maintenance appointments in good time to preserve the result.

### 4. Pedicure Aftercare

Following a pedicure, we recommend that you:

Keep your feet clean and dry.

Moisturise your feet daily.

Avoid tight footwear immediately after treatment where possible.

Do not pick at polish or gel.

Maintain good foot hygiene between appointments.

Continue regular home care to maintain comfort and presentation.

### **5. Nail Extension Aftercare**

Following nail extension treatment, we recommend that you:

Do not use the extensions to open, scrape or force objects.

Apply cuticle oil daily.

Wear gloves for cleaning and prolonged water exposure.

Do not bite, pull or attempt to remove the extensions yourself.

Attend infill or maintenance appointments at the recommended interval.

Contact NIAMO if there is lifting, breakage or discomfort.

Professional removal is strongly recommended to protect the natural nail.

### **6. Important Note**

Aftercare forms an important part of maintaining your treatment. The longevity of your manicure, pedicure or extensions will depend not only on the treatment itself, but also on home care, lifestyle and the condition of the natural nail.

The longevity of any treatment depends not only on application, but also on home care, lifestyle and the condition of the natural nail. If you experience discomfort, lifting, breakage or any unusual reaction following your treatment, please contact NIAMO and a member of our team will be pleased to assist.

### **7. Client Acknowledgement**

I confirm that aftercare guidance has been explained to me and that I understand how to care for my treatment following my appointment.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_