

THE GELBOTTLE INC

AFTERCARE

APPLICATION GUIDE



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STEP 1: USE CUTICLE ESSENCE DAILY TO ENCOURAGE HEALTHY NAIL GROWTH.

1. Cuticle oil hydrates and moisturises the skin and nails and should be used twice a day. It prevents dryness, peeling and cracking of the natural nail and promotes healthy nail growth. The cuticle is softened, making prep work an easier process and reduces the chances of dry cuticles splitting or tearing.
2. Cuticle oil nourishes the nail bed epithelium, which is situated between the nail bed dermis and the nail plate. This is made up of sticky cells produced in the matrix that interlock with the nail bed dermis below and support the directional growth of the nail cells.
3. Using cuticle oil will encourage healthy nail plate growth by supporting the smooth movement of the nail plate along the nail bed. It can also reduce the changes of pathogens, like fungi, taking hold and keep the skin around the nail nourished by increasing cell turnover.

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STEP 2: USE H2O CREAM™ DAILY TO ENCOURAGE HEALTHY CELL TURNOVER.

1. Keeping your hands moisturised is an essential part of your skincare routine. Our hands are hardworking and go through a lot in just one day. Using a hand cream will make sure that the skin stays nourished and hydrated and will encourage healthy cell turnover.
2. There are two options to choose from: a hand lotion or hand cream.
3. Hand lotion tends to have a thin consistency and a higher percentage of water, making it spread quickly on a larger surface area. Due to its lighter consistency, it is ideal for the summer months.
4. Hand cream has a high viscosity and is designed to soften and moisturise dry and cracked hands. Hand creams have a higher percentage of oil than water, meaning they have a thicker consistency and are mostly used in the winter.

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STEP 3: SCHEDULE REGULAR MAINTENANCE APPOINTMENTS TO MAINTAIN HEALTHY NAIL GROWTH.

1. Maintaining regular appointments can ensure healthy natural nail growth and strength by rebalancing the product application. We recommend the following maintenance appointment timelines for TGB formulas, however, these can differ from client to client depending on the speed of the individual's nail cycles.
 - Gel Polish: **2-3 weeks**
 - BIAB™: **3-4 weeks**
 - GelPot: **3-4 weeks**
 - ProForm™: **3 weeks**
 - DesignEx Pro™: **3 weeks**
2. These timings can depend on the client's natural nail conditions. The oilier the natural nail, the sooner you may want to book your client back in. If someone is on a certain medication that can affect the enhancement adhesion, or if their nails are prone to lifting or chipping, you would want to consider booking your client in sooner than the timings above.

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ADDITIONAL AFTERCARE ADVICE:

Aftercare can be altered based on individual clients' requirements but as a standard should always include the following:

- 'Jewels not Tools.' Never treat your nails as tools, this includes opening boxes, cans etc.
- Wear gloves when handling chemicals. Cleaning products will dry out the hands, skin and nails and can affect the longevity of the nails as well as their appearance.
- Minimise soaking in water, this includes baths and swimming. This can soften the nails and cause premature lifting.
- Do not pick! Picking your nails will only cause nail trauma. Do not risk damage to your nail plate. If you want the nails removed, have this done professionally.