

Benefits of Natural Nails

If you are an avid Gel Polish / Artificial Nail goer then I'm sure your nails are crying out for a well deserved break from nail polish and nail enhancements.

We all love the look of beautifully manicured nails and for many of us this means we have to go that extra mile and have Acrylic Nails or Gel Nails put on to enhance our nails.

Over time this can be damaging to your natural nail and counteract what we assume the artificial nail would be creating underneath... What we all want! Strong and healthy nails!



We recommend you take a Gel Mani-`moon' or a weeklong break from treatments at least once every eight weeks. This serves two purposes:

- 1. You can ensure there are no signs of infections.**
- 2. You get a chance to rehydrate and repair your nails! Gel manicures are convenient, long-lasting and chic. But they are also extremely drying to your nails.**

As with Acrylic / Gel nails we recommend you take a month long break from them every 3 months. This will help keep your nails strong and healthy and allow them to breath.

Within this break weekly manicures are a good idea to keep your skin and nails well hydrated and will also encourage nail growth.

Try an oil manicure or a luxurious paraffin dip, for that extra bit of much needed nourishment



If nothing will convince you to remove your polish / enhancement, consider this: No-polish nails happen to be very on-trend right now.