

Seasonal Nail Care Checklist

☀️ Summer Routine

- Rinse after pool or ocean
- Apply oil within 5 minutes
- Use flexible topcoat
- Wear UV gloves during curing
- Reapply evening oil

❄️ Winter Routine

- Layer oil then balm nightly
- Maintain indoor humidity 40–50%
- Use dense topcoats
- Keep nails slightly shorter
- Check humidifier weekly

🔧 Year-Round Basics

- Gentle prep and filing
- Seal free edges every coat
- Avoid over-filing the surface
- Track habits for 2 months
- Book breaks between gel sets

📝 Personal

Notes _____
