

Teen Nail Art Safety & Care — A4 Checklist

1) Before You Start

- Wash, dry, and wipe nails with alcohol.
- Keep length short (squoval/short oval).
- Use non-acetone remover for regular polish.
- Push back cuticles gently; do not cut.

2) In-Salon Safety

- Ask about sterilized metal tools and fresh buffers.
- Sit near ventilation or source-capture.
- Wear fingerless UV gloves or apply SPF 30 before curing.
- Approve length and design before service.

3) Application & Removal

- Thin base + two thin color coats + topcoat; cap the edge.
- Follow lamp timing; avoid over-curing.
- For gel/dip removal: soak as directed, never pry; slide with a wooden stick.
- Oil and moisturize immediately after.

4) Daily Habits

- Cuticle oil after washing; hand cream before bed.
- Gloves for cleaning, yardwork, art projects.
- Take a rest week after long enhancement cycles.
- Avoid biting; use a stress tool or bitter clear coat.

5) Sports, Music, Labs

- Keep nails short and edges smooth.
- Skip bulky 3D parts on active days.
- Prefer regular polish or decals during lab weeks.

6) Budget & Kit (Essentials Only)

- Glass file, base, top, two versatile colors.
- One stamping plate or decals for quick designs.
- Store bottles upright, away from heat/light.

7) Red Flags — Stop & Reassess

- Pain, burning, or heat spikes.
- Redness, swelling, or discharge.

- Persistent thinning, peeling, or splitting.
- Strong chemical odors with poor airflow.
- Tools look dirty or reused without sterilization.

8) Parent Notes

- Agree on school-safe length, shape, and finishes.
- Set refresh frequency and budget.
- Review removal steps and aftercare together.

Tip: Print this on A4, keep a copy in your planner, and save a photo on your phone for quick checks at the salon.