

The Ultimate Russian Manicure Checklist

Your complete guide to a safe, beautiful, and long-lasting Russian manicure experience. Use this checklist to choose the right technician and get the most out of your service.

Part 1: Before Your Appointment (Vetting Your Salon & Technician)

Use these points when researching or calling salons. A professional salon will be happy to answer these questions.

- ☐ **Certification:** Did you confirm the technician is specifically certified in e-file and Russian manicure techniques?
- ☐ **Sterilization:** Did you ask if they use a medical-grade autoclave or dry heat sterilizer? (This is non-negotiable).
- ☐ **Portfolio:** Have you reviewed their online portfolio (e.g., on Instagram) to check for clean, consistent, and precise work?
- ☐ **Consultation:** Does the salon offer a consultation for new clients to assess nail health and suitability?
- ☐ **Tools:** Did you ask if they open a new, sealed pouch of sterilized metal tools for every single client?
- ☐ **Pricing:** Is the pricing transparent? (Be wary of prices that seem too good to be true).

Part 2: During Your Appointment (What to Watch For)

Pay attention during the service to ensure best practices are being followed.

- ☐ **Tool Pouch:** Did the technician open a sealed, sterilized pouch of tools in front of you?
- ☐ **No Soaking:** Is the manicure being performed completely dry, with no water bowl for soaking?
- ☐ **Pain-Free:** Is the entire process comfortable? You should feel no pain, burning, or significant heat from the e-file.
- ☐ **No Live Tissue Cutting:** Is the technician only buffing away dead cuticle tissue? There should be no cutting of live, pink skin (the eponychium) with nippers.
- ☐ **Communication:** Is the technician communicative, explaining the steps and checking in on your comfort?
- ☐ **Nail Plate:** Does the technician use a light touch, never applying heavy pressure or drilling into your natural nail plate?

Part 3: Aftercare at Home (Maintaining Your Manicure)

Follow these steps to keep your nails healthy and extend the life of your manicure to 3-4 weeks.

- ☐ **Cuticle Oil:** Apply a nourishing cuticle oil at least twice daily to the skin around your nails.
- ☐ **Wear Gloves:** Protect your hands with gloves when cleaning, washing dishes, or gardening.
- ☐ **Avoid Harsh Chemicals:** Keep hand sanitizers and other alcohol-based products away from your nails as they can dull the finish.
- ☐ **Be Gentle:** Do not use your nails as tools to open cans, scrape labels, or type aggressively.
- ☐ **Schedule Removal:** Book a professional removal or your next appointment. Do not pick or peel off the polish yourself.