

Your Ultimate Manicure Checklist

Choosing your next manicure shouldn't be stressful. This guide helps you ask the right questions at the salon and remember the best aftercare practices to keep your hands looking beautiful and healthy.

Part 1: Before Your Appointment

- **Assess Your Lifestyle:**
 - ☐ Do I work with my hands a lot? (Consider Dip or Acrylic for durability)
 - ☐ Do I prefer a natural, flexible feel? (Consider Gel)
 - ☐ Am I trying to grow out my natural nails? (Consider Gel or Dip for protection)
- **Check Your Nail Health:**
 - ☐ Are my nails currently weak or damaged? (Discuss the **best for weak nails** options with your technician)
 - ☐ Have I given my nails a break recently?
- **Do Your Research:**
 - ☐ Check salon reviews, focusing on cleanliness and hygiene comments.
 - ☐ Have an idea of the shape and color you want.

Part 2: At The Salon

- **Key Questions for Your Technician:**
 - ☐ Which service do you recommend for my lifestyle and nail type?
 - ☐ How do you ensure hygiene, especially with dip powder? (Look for poured powder, not a communal jar)
 - ☐ What is the removal process like and what is the cost?
 - ☐ How long should this manicure last with proper care?
- **During the Service:**
 - ☐ Is the technician using sterilized tools?
 - ☐ Is the filing and buffing gentle, not aggressive?
 - ☐ Speak up if you feel any pain or discomfort.

Part 3: Aftercare & Maintenance

- **Daily Care:**
 - ☐ Apply cuticle oil at least once a day.
 - ☐ Use hand cream regularly.
 - ☐ Wear gloves when doing dishes or cleaning with chemicals.
- **Things to Avoid:**
 - ☐ Do not use your nails as tools (e.g., to open cans).
 - ☐ Do not pick or peel off your manicure, no matter what.
- **Plan Your Next Step:**
 - ☐ Schedule your next appointment for a fill or removal (usually 2-4 weeks).
 - ☐ If you choose to remove them at home, follow a safe soak-off guide.