



Builder Gel Aftercare

Keep enhancements strong, shiny, and your natural nails healthy.

First 24–48 hours

- Avoid very hot water/steam (saunas, hot tubs); dry hands thoroughly after washing.
- Do not pick or peel; book a repair if any lifting appears.

Ongoing care

- Apply cuticle oil daily; wear gloves for cleaning/gardening.
- Rinse off chlorine, tanning oils or repellents promptly if exposed.
- Maintenance every 2–3 weeks keeps structure balanced.

Avoid

- Harsh chemicals/solvents and long hot soaks.

Contact us if

- Cracks, lifting, pain/redness, or green/yellow discolouration appear.

Thank you for choosing MMM BEAUTY