



Nail Myths

Nails need to breath – Myth. They are not alive, everything the nail plate needs to grow and function is provided by our body – in the bloodstream, not outside elements.

Immersing freshly polished nails into cold water speeds up drying time – Myth. Polish dries when the solvents within the formula evaporates, putting them in water will slow down the process.

Enhancements ruin your nails – Myth. If applied and removed using correct procedures by a trained professional, enhancements and gels will not ruin your nails.

Storing nail polish in the fridge makes it last longer – Myth. This does not keep your polish fresher, the cooler temperature may slow down the thickening of the polish but the best way to keep it fresh is by keeping the lids screwed on tightly between use.

White spots on the nails are a sign of calcium deficiency – Myth. These small white spots are common, it may mean you have had a recent mild or moderate injury to your nails.

UV Gel nails are better for your nails than Acrylics – Myth. The only real difference in these products is the way they polymerize (harden) UV Gel needs a UV light source for polymerization to begin whereas liquid & powder (acrylic) uses heat sensitive curing agents to achieve the same end result.