Manicure, Pedicure & Shellac Contraindications

A contraindication is something that prevents you from receiving a treatment as it may make the condition worse. Please take a look at the contraindications listed for your treatment. If you believe that you may have one of the contraindications please contact me before booking.

Contra-indications that prevent a manicure or pedicure treatment:

- **Fungal Infections.** These type of infections spread very rapidly and often thrive in damp areas and can appear soft and spongy. For example: athlete’s foot (ringworm of the foot) ringworm of the hand.
- **Bacterial Infections.** This type of infection is usually characterised by swelling, tenderness and redness in the area. For example: paronychia, whitlows, onychia.
- Infectious diseases
- Scabies
- Swelling of hands or feet
- Redness (erythema)
- Severe eczema or psoriasis
- Undiagnosed lumps and swelling
- Broken sore skin
- Contagious disease

Contra-indications that may restrict a manicure or pedicure treatment:

- **Viral Infections.** These infections are very common and treatment can be adapted by using a waterproof dressing and avoiding the area. For example: Verruca vulgaris (common warts), verruca plantaris (verruca of the foot).
- **Onycholysis.** This is a disorder where the nail separates from the nail bed
- **Onychocryptosis** (ingrowing nails)
- Split nails, brittle nails
- Blue nails
- Beau’s Line
- Splinter haemorrhages
- Pits and grooves
- Flaking and breaking nails
- Bruised nails
- Eggshell nails
- Corrugations (or wavy ridges)
- Furrows (depressions)
- White Spots
- Koilonychia (spoon nails)
- Claw Nails
- Discoloured nails
- Extremely weak and soft nails
- Extremely badly bitten nails
- Nails which bear damage from Acrylic nails.
- Cuts/Abrasions/Brusing
- Recent scar tissue (3-6 months old)
- Operations of the hands or feet
- Broken bones

**Doctor’s note is required for:**

- Diabetes
- Haemophilia
- Odemata
- Arthritis
- Acute rheumatism
- Warfin Medication