



# 7 Myths Busted

## Myth 4: Cutting cuticles is okay.

**BUSTED:** Cuticles serve as a protective barrier for the nail bed, and cutting them can increase the risk of infection. Instead of cutting, it's recommended to push back the cuticles gently using a cuticle pusher or moisturize them regularly.

## Myth 2: Gel Manicures cause skin cancer.

**BUSTED:** UV LED lamps expose the skin and nails to very low levels UV radiation. No scientific research has been able to prove it causes skin cancer.

## Myth 7: Nail drills are always harmful to the nails.

**BUSTED:** Nail drills, when used correctly by a trained professional, can be safe and effective. However, excessive or improper use of drills can cause damage to the natural nails.

## Myth 14: It is safe to touch nail products to your skin.

**BUSTED:** Contrary to popular belief, it is not safe to casually touch nail products to your skin. Nail products always contains chemicals which can be harmful if they come into direct contact with your skin for prolonged periods and in some cases short periods of time. These chemicals may cause skin redness, itching, or even more severe reactions in some individuals.

It is crucial to follow proper nail application techniques. Always apply nail products carefully and avoid getting them onto your skin. If any product accidentally touches your skin, promptly remove it according to the SDS sheet.

## Myth 5: Nail Products ruin your nails.

**BUSTED:** Damage happens if products are not applied, removed or maintained improperly. Incorrect application, and excessive filing RUIN YOUR NAILS.

## Myth 8: Nail salons are the primary source of nail infections.

**BUSTED:** Nail salons can cause infections if proper hygiene practices are not followed. Nail infections also occur due to nail trauma from stubbing your toe, wearing dirty shoes, using your nails as tools instead of jewels, biting your nails, improper at-home nail care, or pre-existing conditions.

## Myth 3: Nail salons are all regulated and follow strict safety standards.

**BUSTED:** Not all establishments prioritize safety measures like hygiene protocols, disinfects tools, and does not use MMA.

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