

Beautiful Nails CAN BE DEADLY

Make sure you know the difference!

1. Purchase your own manicure and pedicure kit , carry it with you and take it to each of your manicure and pedicure appointments .
 2. Always use a disposable tub liner on a small portable tub while having a manicure and pedicure . The large whirlpool spa-chairs have been shown to harbor bacteria in their water filtration systems and should therefore be avoided .
 3. Ensure that the manicure and pedicure salon looks clean and has the correct licenses posted in clear view .
 4. If you don't have your own manicure and pedicure tools , inquire exactly how tools are cleaned . Metal items should be sterilized in an autoclave , which gets very hot - much hotter than the "ultraviolet light toaster oven" type sterilizers . You will typically only find adequate manicure and pedicure tool sterilization in a "medi-spa," a spa that is overseen by a physician and employs medical sterilization techniques .
- Beware: Barbicide (that blue liquid you see in many salons) only disinfects and may not kill hepatitis C or similar viruses . Disposable items , such as wood sticks and tub liners , should be thrown away after use . Illegal tools , like razors , scrapers or graters for calluses must never be used .
5. Work surfaces should be clean and dry while you are having a manicure and pedicure .
 6. Manicurists should wash their hands thoroughly between clients .
 7. Inform the manicurist if you are diabetic , taking blood-thinning medication , have open lesions , rash or eczema , or have a communicable disease .
 8. The manicure and pedicure service should never be painful . Be alert for discolorations , sores or pain after nail treatments . See a physician if something 'unusual' occurs or if you notice skin or nail changes .



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Hepatitis C?**

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