



4GARNET

Bright and bold, garnet is believed to protect the wearer and keep her safe during travels. Fuse this standout colour with negative spaces and a touch of shimmer to soften the overall effect.

AMETHYST ▶

Also known as the 'relationship stone', amethyst strengthens bonds and bestows courage. The beautiful purple shade in a matte finish is accented with shiny jewels to exude classic glamour.





◆DIAMOND

They're not only ladies' best friends but also a symbol of everlasting love and courage. Nude and white are paired together to evoke the brilliant sparkle of diamonds.





Enhance ruby's deep red hue, often associated with love and passion, with marbling and little red gems for that extra pop of colour.



PERIDOT ▶

A symbol of strength, peridot is often compared to emerald – it's even called evening emerald in reference to its light green colour. Rachel, a senior nail artist at Posh Nail Spa, used Swarovski pixie crystals to create this refreshing nail look.





▼ TURQOUISE

It's a love charm to some, and a symbol of good fortune and success to others. To represent turquoise, create a water ripple effect with shades of blue and green, with a few gem stones as embellishment.





Is it a must to have gel polish professionally removed?

"There are some gel removal kits available in the market. However, it's recommended to have the polish removed at a salon because improper removal will cause damage to the nails."

2 What's the best way to maintain a gel manicure?

"Be sure to have a proper manicure done before the gel application to avoid getting any polish on your cuticles, which causes the gel to lift. Apply cuticle oil regularly to keep your nails hydrated, and prevent chipping and cracking by wearing protective gloves when cleaning or doing heavy chores."

Can nails ne trimmed after the manicure?

"There is a seal on the nail tips. If you trim it, the seal will be ruined, allowing water and other elements to get in and cause the gel to lift easily. If you must trim your nails, use a nail file to file it down instead of clipping it."

4 Are short breaks necessary between each manicure?

"Your nails don't need to 'breathe', but a periodic break is good to observe your natural nails for any symptoms of health problems. Instead of letting your nails go bare, cover them with a transparent coat or nail treatment that helps to repair and restore."

How harmful are gel manicures?

"When done well and cared for properly, a gel manicure provides added strength and support to the nail. That said, regular gel manicures may weaken nails and dehydrate the cuticles. Hence, it's important to strengthen and moisturise the cuticle, nail plate, and surrounding skin with nail strengtheners and cuticle oil. As long as you do not rip or peel off your gel manicure, it should not harm the nail more than any other lacquers."