

The Beauty Journal

FREE FOR INSIDER CLUB MEMBERS

The Ultimate *Hair, Lash & Nail* **Survival Guide**

Honest care routines, damage-prevention rules and real maintenance costs, in one printable guide.

UNFILTERED BEAUTY EDUCATION

WELCOME

Welcome to the *Insider Club*.

Salon-quality results, without the guesswork.

Most beauty advice is generic, sponsored or contradictory. This guide cuts through it. Everything here comes down to the same few principles, whether it's hair, lashes or nails:

1. Protect the base

Your natural hair, lashes and nails come first. Any method that causes pain, tension or damage is the wrong method.

2. Keep it clean, keep it dry

Moisture and oils are the top reasons extensions and gel lift, tangle or break down.

3. Hands off

Picking, pulling and using nails as tools cause more damage than any product.

4. Know the real cost

Plan upkeep before you book, not after.
See page 7.

What's inside

Page 3	Hair extensions: blend, wash, protect
Page 4	Lash extensions: the aftercare routine
Page 5	Gel nails: care, removal and rebuilding
Page 6	Your weekly routine checklist
Page 7	What it really costs per month
Page 8	Red flags and when to see a professional

Hair extensions, *done properly*.

Blend it, wash it, store it, and keep your natural hair safe.

Blending clip-ins (short hair)

1. Pick the shortest length that gives your look.
Match colour to your mid-lengths in daylight.
2. Start with clean, dry, styled hair. Add texture spray at the roots for grip.
3. Clip your top section up. Begin low, near the nape, with the shortest weft.
4. Tease a small section at the root and snap the clips in flat against the scalp.
5. Work upward, keeping the highest weft well below the crown.
6. Style both together with heat protectant so the ends match.

Do

- ☐ Brush from the ends upward, holding the weft
- ☐ Wash sparingly, wefts flat; air dry
- ☐ Remove at night
- ☐ Store flat or hung, never loose in a bag
- ☐ Use heat protectant every time
- ☐ Ask a stylist to cut the set to blend

Don't

- ☐ Sleep or exercise heavily in them
- ☐ Put conditioner on the clips
- ☐ Place all the weight in one spot
- ☐ Clip over a parting

Tip: less is more with short hair. Start with fewer wefts and only add more if the ends look thin.

Lash care that *actually protects.*

Adhesive hates oil, steam and fingers. Treat it accordingly.

The routine

- ☐ **First 24–48h:** keep dry, as advised by your technician
- ☐ **Daily:** brush with a clean spoolie
- ☐ **Every 2–3 days:** cleanse with a foaming lash cleanser, rinse, pat dry
- ☐ **Every 2–3 weeks:** book your infill

Avoid

- ☐ Oil-based removers and cleansers near the eyes
- ☐ Waterproof mascara (or any, unless your technician says OK)
- ☐ Rubbing, picking or pulling
- ☐ Heavy steam and very hot water early on
- ☐ Leaving infills too long

Choosing a style

Style	Look	Best for
Classic	Natural, one extension per lash	Healthy, thicker natural lashes
Hybrid	Mix of classic and volume	Fuller look, moderate upkeep
Volume	Dense, fluffy	Drama; needs strong natural lashes and regular infills

Rest periods help. If your natural lashes look sparse or feel sore, ask your technician about a break.

Nails that last, *without the damage.*

Most lifting is caused by water, oil and using nails as tools.

Daily care

- ☐ Cuticle oil every day
- ☐ Hand cream after washing
- ☐ Gloves for washing up and cleaning
- ☐ Keep nails short enough to avoid snags

Never

- ☐ Peel or pick gel off
- ☐ Use nails as tools
- ☐ Over-file or scrape the natural nail

Safe removal at home

1. File through the top coat.
2. Soak cotton pads in acetone and place on each nail.
3. Wrap each finger in foil for 10–15 minutes.
4. Slide off softened gel with a wooden stick. If it resists, re-wrap.
5. Buff lightly, wash hands, apply oil and cream.

Rebuilding weak nails between sets

- ☐ Give nails a break of a few weeks if they feel thin or bendy
- ☐ Use cuticle oil twice a day
- ☐ Keep nails short and filed in one direction
- ☐ Check with a doctor if nails change colour or shape

CHECKLIST

Your weekly *routine.*

Print this and stick it on your mirror.

When	Hair	Lashes	Nails
Daily	Brush gently, protect from heat	Brush with a spoolie	Cuticle oil
Every 2–3 days	Check clips and tangles	Cleanse and pat dry	Gloves for cleaning
Weekly	Wash extensions if needed, air dry	Check for lifting or overloaded lashes	Hand cream and check for lifting
2–3 weeks	Check blend and colour	Book infill	Refill or safe removal
Monthly	Review wear, replace if worn	Review cost and comfort	Give nails a rest if needed

Weekly tick list

- | | |
|---|--|
| ☐ Hair brushed and stored properly | ☐ Heat protectant used |
| ☐ Lashes cleansed (x2–3) | ☐ Gloves worn for cleaning |
| ☐ Cuticle oil every day | ☐ Next appointments booked |
| ☐ No picking or pulling | ☐ Anything sore? Get it checked |

COSTS

What it really costs *per month.*

Indicative UK ranges. Prices vary by region, salon and technician. Always check locally.

Service	Typical cost	How often	Approx. / month
Clip-in extensions	£80–£250 one-off	Lasts 6–12 months	£7–£40
Tape-ins (salon)	£100–£200	Every 6–8 weeks	£55–£135
Lash infill	£30–£60	Every 2–3 weeks	£45–£130
Gel manicure	£25–£45	Every 2–3 weeks	£35–£100
Aftercare products	£15–£40	Monthly	£15–£40

Three realistic routines

The minimalist

Clip-ins, home gel, natural lashes.

£30–£80 / month once the kit is bought.

The balanced

Clip-ins, salon gel, occasional lash infills.

£100–£220 / month

The full set

Tape-ins, lash infills, salon nails. **£135–£300+ / month**

Where to save without cutting corners

- ☐ Good aftercare means fewer repairs and fewer visits
- ☐ Buy one quality clip-in set rather than two cheap ones
- ☐ Learn safe removal to save a salon fee each time
- ☐ Ask what's included (removal, infills, deposits) before you book

SAFETY

Red flags and *when to get help.*

Beauty should never hurt. Stop and get advice if you notice any of these.

Stop and seek help if

- ☐ Eyes are red, swollen, painful or watering
- ☐ Skin around nails is red, swollen or has pus
- ☐ You develop a rash or itching after an application
- ☐ Scalp is sore or you notice sudden hair loss
- ☐ Nails change colour or shape

Before you book

- ☐ Ask for a patch test
- ☐ Check qualifications and reviews
- ☐ Check hygiene: clean tools and fresh supplies
- ☐ Tell your technician about allergies and medication
- ☐ Get the total price in writing

Important: this guide is educational and not medical advice. For pain, swelling, infection or an allergic reaction, see a doctor or pharmacist.

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