

Happy Heart Health

Beauty • Aesthetics • Healthcare

Nails

Professional nail care for healthy, beautiful hands and feet.



Nail services

- Gel overlays (fingers and toes) for a neat, glossy finish
- Acrylic nails and acrylic sculpture for strength and length
- Acrylic fills to maintain your set and prevent lifting
- Gel + toes combo for a complete, polished look
- Single-nail fungal support option (guidance and care)

Why clients love it

- Neat cuticle work and natural-looking results
- Hygienic prep and careful application
- Options for everyday wear or special occasions
- Aftercare guidance to help your nails last longer



Gel & Acrylic

Gel overlays

A gel overlay strengthens your natural nails without heavy length. Ideal for a clean, durable finish that still feels natural.

Acrylic nails

Acrylic is a strong enhancement that can add length and shape or reinforce your natural nails — perfect for extra durability.

Maintenance guide

- Gel overlays: often every 2–4 weeks (growth dependent)
- Acrylic fills: often every 2–3 weeks for best retention
- Book repairs early if you notice lifting or cracks



Care & aftercare

- Don't use nails as tools (opening cans, scraping, etc.)
- Wear gloves for cleaning and chemicals
- Apply cuticle oil daily to support healthy nails
- Avoid picking or peeling product off
- If you notice lifting or cracks, book a repair early

FAQ

- How long will my nails last?
Commonly 2–4 weeks
- Can I remove them at home? We recommend professional removal
- Do overlays damage nails? Correct prep + safe removal protects the natural nail

Fungal nail support

We offer a single-nail support option and guidance on safe nail care. For persistent, painful, or worsening nail changes, please seek medical advice.

What to expect

- Quick consultation: shape, length, and finish preferences
- Clean prep and careful application
- Finishing details and a tidy look
- Aftercare guidance to help your set last longer

Before your appointment

- Arrive with clean nails (no heavy oils if possible)
- Let us know if a nail is sore, damaged, or lifting
- Tell us about sensitivities or allergies
- If you want a specific look, bring a reference photo



Bookings



happyhearthealth.co.za

Cell: 084 250 3197

Email: happyhearthealth1@gmail.com

Address: 5 Brink Street, Bultfontein

Cancellation policy

If you need to cancel or move an appointment, please give 24 hours' notice. Late cancellations or missed appointments may result in a charge. If you are more than 15 minutes late, your appointment may be treated as a no-show.
