

HOW TO APPLY YOUR GEL POLISH

WHAT YOU WILL NEED:

File / Buffer / Acetone / UV Nail Lamp / Base & Top Coat / Coloured Polish / Cuticle Oil

Step1: PREP



Using your cuticle tool on the curved end push back your cuticles, removing any excess dead skin to ensure your nail bed is smooth for a neater application.

Step2: FILE



Using your file, file your nails into your desired shape. Remember to file them to a shape you are least likely to ruin during daily chores. For example, square nails can easily catch on the corners.

Step3: BUFF



Using your buffer, its time to get rid of any more excess oil (natural occurrence in the nail bed), dirt and lumps or bumps. This is your final chance to ensure a smooth nail bed. This will help for a neater application.

Step4: DEHYDRATE



Using a cotton pad (in the salon we normally use a lint free pad as it is less likely to fray) soak it in acetone and wipe, just once over each nail bed, to dehydrate the nail bed. This will allow your base coat to bond. This step is the most important to ensure a long lasting mani

Step5: BASE



Once you have dehydrated the nail, do not touch anything as this will ruin the last step.

Using your base coat, get a pee size amount on the brush and starting at the centre of your nail bed, gently pushing up towards the cuticle.

CURE FOR 60 SEC
TIP: dont go too close as this will be more likely to cure to your skin and result in peeling.

Step6: GEL COLOUR



You will notice once your base coat has cured, your nail beds will still be slightly sticky, so again do not touch anything. In this step you are pretty much repeating your previous step.

Get a pee size amount of product on your brush and starting from the middle of the nail bed, gently push towards the cuticle and follow by curing for 60 secs. With this step, you need to repeat 2/3 times to ensure a full coverage. Minimum 2 coats.

Step7: TOP COAT



Again, like the base coat, once the gel colour has cured it will still be slightly sticky so do not touch anything.

No repeating the base coat process, get a pee size amount of top coat on your brush starting from the centre of your nail bed and gently pushing up towards to cuticle ensuring you cover the whole nail bed to cap in all the product. Cure for 60 seconds. Once this layer has cured your nails will be okay to touch!

Step8: CUTICLE OIL



Now your nails are beautifully done, it is always beneficial to apply your cuticle oil to ensure they're nicely hydrated. This will promote growth (and also look amazing in your pictures!)

PS. Don't forget to take **YOUR NAILFIE** "Nail Selfie"