

UV Gel Enhancements

Cheat Sheet



Please note this cheat sheet has been provided as a quick reference guide that you can print out and have beside you when you first start out with your Gel applications.

Make sure you have already read through your Printout Material and watched the HOW TO video and also added your own notes in the space provided.

Procedure:

1. Wash hands and scrub nails with a nail brush and antibacterial soap, then dry thoroughly. Massage a small amount of hand sanitizer into hands.
2. Remove any old polish with a lint-free cotton pad saturated with non-acetone polish remover.
3. Perform a “mini manicure” by gently pushing back the cuticle from the nail plate with your cuticle pusher. Completely remove the loosened cuticle by nipping with cuticle nippers.
REMEMBER - NEVER CUT ANY LIVING TISSUE!
4. *If required* by the manufacturer of your UV Gel system etch (gently scratch up) the surface of the

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natural nail with a fine grit emery board (preferably a white block buffer). Remove the dust with a nail brush.

5. When applying tips for length use the brush-on resin and put a small amount of resin in the *well area* of the tip. The well area is the contact area of the tip – where the tip makes contact with the natural nail. Slowly press the tip onto the natural nail. Watch the line of resin to slowly move up the nail easing out any air bubbles. Take your time with this step. If you are finding that the resin is setting too fast for you, switch to a slowly setting, thicker resin – this will give you more time to properly apply the tips. Air bubbles in your tip application will cause lifting and/or other adhesion issues so it is vital to avoid air bubbles during this step. Wipe away any excess resin from the nail.
6. With your nail cutters cut the length of the tip to specifications.
7. Blend tip well in with a medium grit file making sure that the tip is fully blended and there is no visible line where the well makes contact with the nail plate. Remove the dust with a nail brush.
8. Continue tip application and blending on all 10 nails.
9. Apply primer to the natural nail **ONLY!** Use care to avoid the skin and the tip. Allow a short period of time for the primer to dry.
10. Drag brush along the surface of the gel, then drag brush on the side of the gel container to remove excess product. If you get a lot of gel on the nail it will start running into the cuticle area and cause filing issues. It is always better to use a small amount of gel and build on it with more layers if need be, than to try to file down excess product.
11. Gently touch the brush gel side down to ZONE 1 then float a layer of gel into the cuticle area ZONE 2 and float back and forth across the nail towards the free edge ZONE 3. Then gently float a thin layer of gel along the sidewalls and tap the front of the free edge. **DO NOT** touch the gel to skin. This will not only cause lifting but also may cause an allergic reaction to a client due to overexposure.

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12. Place the nail under the UV light for one minute to cure. Or if the manufacturer suggests a longer or shorter period of curing time for this first layer then follow those directions.
13. To create a natural-looking C-curve on your clients (especially those with very flat natural nails), when applying the second layer of gel, place a medium size ball onto the middle of the nail. Allow the gel to gently settle for approximately 10 seconds, and then turn hand upside down with the fingers held completely flat. Then turn hand right side up and quickly set to cure under the UV light for 3 minutes or follow the gel manufacturer's curing directions. Due to the thickness of this "C" curve layer you may experience a lot of heat during the curing process. If this is unbearable then perform the same procedure with 2 layers instead of one thicker layer.
14. After the second layer of gel has fully cured, wipe the nail with a clean, lint-free cotton pad saturated with the finishing wipe.
15. If required, with a medium grit file, file and shape the nail as desired.
16. Buff the nail enhancement smooth with a white block buffer. Remove all dust with a nail brush.
17. Apply a thin sealing clear or glossy third coat as if polishing the nails making sure to seal in the free edge and the sides. Cure for three minutes or follow manufacturer's curing directions.
18. Once again remove the uncured layer of gel with a "finishing wipe" or similar product.
19. Add a drop of cuticle oil to each nail and massage into the skin to restore moisture to the skin.
20. Wash hands with antibacterial soap to remove the oil from the nails.
21. If polish is desired apply base coat, two coats of polish and apply a quick dry UV topcoat.

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Gel Re-Balance Procedure

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1. Wash hands with an antibacterial soap and dry thoroughly. Massage a small amount of hand sanitizer onto hands.
2. Remove any old polish from the nails.
3. With a medium grit emery board file down approximately 60% of the old gel as well as remove any excess length if required. Do not file on the new growth area (this is the natural nail that has grown out at the eponychium and has no product on it). Then white block buffer both the enhancement and the natural nail growth area together to etch and prepare for gel application. If the manufacturer of your UV Gel system recommends not etching the natural nail, then abide by their guidelines.

Remove all the dust with a nail brush.

4. Make sure that all edges of the UV Gel are blended in otherwise there will be “fill lines” (fine lines that are actually lifted product) showing through the new gel re-balance.
5. Apply primer to the new growth area **ONLY!** Avoid getting primer on the skin or the existing enhancement. It could discolor the product.

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6. Float a thin layer of gel from the eponychium area back and forth towards the free edge, remembering not to touch the skin. Touch the brush to seal in the free edge and the sides.
7. Cure for one minute or follow manufacturer's curing directions.
8. If needed apply a second layer of gel to the stress area and blend into the rest of the enhancement, then cure for two minutes.
9. Continue the process on all 10 nails.
10. After the second layer of gel has cured, with a clean, lint-free cotton pad saturated with the finishing wipe (this product name varies by manufacturer, but is the liquid used to remove the uncured, dispersion layer of gel that remains on top of the enhancement after curing) wipe the "tacky" uncured layer of gel from the surface of the nail in one quick wipe. Be careful to not touch the skin with either the finishing wipe or uncured tacky gel residue. *Try to use a new cotton pad for every third nail* to avoid cross-contamination on the skin.
11. If required, file and shape the nail as desired.
12. Buff the nail with a white block buffer to smooth. Remove all dust with a nail brush.
13. Apply a thin sealing clear or glossy third coat as if polishing the nails making sure to seal in the free edge and the sides, then cure for three minutes or follow manufacturer's curing directions.
14. Once again remove the uncured layer of gel with a "finishing wipe" or similar product.
15. Because the finishing wipe can dehydrate the skin, we add a drop of cuticle oil to each nail and massage into skin area to restore moisture to the skin.
16. Wash hands with antibacterial soap to remove the oil from the nails.
17. If polish is desired, then apply a thin coat of ridge-filler or sticky base coat and allow to dry. Then polish with two coats of polish using the 3-stroke technique for polishing. Then finish with a coat of fast dry UV protective top coat.

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UV Gel Enhancements – Sculpting

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1. Wash hands and scrub nails with a nail brush and antibacterial soap, then dry thoroughly.
2. Remove any old polish with a lint-free cotton pad saturated with non-acetone polish remover. Allow the saturated cotton to sit on the polish for about a minute then gently swipe off polish by wiping the cotton pad toward you and away from skin. Remember, as a rule - the less you touch any nail product to the skin the less chance there is of chemical overexposure.
3. Perform a “mini manicure” by gently pushing back the cuticle from the nail plate with your cuticle pusher. Completely remove the loosened cuticle by nipping with cuticle nippers. Gently squeeze the nippers closed then smoothly nip towards you - never pull up and back toward the finger. This action will tear the skin. **REMEMBER - NEVER CUT ANY LIVING TISSUE!**
4. *If required* by the manufacturer of your UV Gel system, etch (gently scratch up) the surface of the natural nail with a fine grit emery board (preferably a white block buffer). Remove the dust with a nail brush.

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5. When applying forms remove the form from the form roll and pop out the inside piece (usually shaped like an egg). Place the popped out middle piece on the back of the form to create additional support. Gently roll the form between your fingers to create a pre-shaped curve to the form. Place the finger through the hole in the middle of the form and slide the form underneath the free edge and sides of the natural nail. In order to create a proper enhancement, the form must be flush and even with the free edge of the nail. Any gaps between the form and the free edge will result in excess product creating an edge underneath the enhancement.
6. ***If recommended*** by the manufacturer, apply primer to the natural nail **ONLY!** Use care to avoid the skin. Allow a short period of time for the primer to dry.
7. Drag your gel brush through your gel to gather a medium sized amount of gel on one side of your brush. Wipe the opposite side of your gel brush against the gel container to remove excess gel. Twist your brush (as if twirling spaghetti) to dislodge the gel tail string from your brush. Apply this ball of gel ½ on the form ½ on the free edge of the natural nail in the centre. You are going to create the free edge first.

Float the gel back and forth across the form and free edge to shape a free edge extension. Gently float the gel to shape a square using your form grids lines as a measuring stick as to how long of a free edge you are creating. Keep the free edge square – if you desire an oval shaped enhancement it is easier to create during the finishing stages.

Be mindful to fully cover all sides of the natural nail. Any missed areas could result in lifting. Once you are satisfied with the free edge you have created.

8. Cure under the UV lamp for one minute or as per the manufacturer's instructions.
9. Remove the hand from the lamp and apply a second ball of gel to the cuticle area and gently float down the nail plate to meet with the already created free edge. If desired create a “C” curve by placing another ball of building gel to the stress area and turn the hand upside

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down for a few seconds to allow the gel to settle into a “C” curve shape. Turn the hand right side up and place under the lamp to cure for 2 minutes.

10. Remove the hand from the lamp and remove the sticky tacky layer with Finishing wipe. Remove the form from the finger. You may find that some of the gel has dripped down creating icicle-looking drips. These can easily be filed off during your finishing phase. As you practice product control the less of these icicles you’ll create.
11. If required file and shape the nail as desired.
12. Buff the nail with a white block buffer to smooth. Remove all dust with a nail brush.
13. Apply a thin sealing clear or glossy third coat as if polishing the nails making sure to seal in the free edge and the sides, then cure for three minutes or follow manufacturer's curing directions.
14. Once again remove the uncured layer of gel with a “finishing wipe” or similar product.
15. Because the Finishing wipe can dehydrate the skin, we add a drop of cuticle oil to each nail and massage into the skin to restore moisture.
16. Wash hands with antibacterial soap to remove the oil from the nails.
17. If polish is desired, then apply a layer of ridge filler or “sticky” base coat onto enhancements. Apply two thin coats of polish using the 3-stroke polish technique. Finish with a coat of quick dry UV protecting top coat.

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