

# The Academy of Nail Design's

## MODULE 8



### *“Fiberglass Enhancements”*

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## **Welcome to Module 8:** *Fiberglass Enhancements*

**In this module we will be discussing Fiberglass enhancements, history, pros, cons, and application with tips, re-balancing and removal techniques.**

**In this Module you will be required to complete Practice Client Sheets for Fiberglass enhancements full sets with tips and re-balances.**



Please note that along with the step by step instructions provided in this print out material you also have access to our HOW TO video for Fiberglass enhancements. We advise you watch the video through while making your own notes. Then print out this guide and along with your notes use them as you complete your first few practice applications.

We have attached the sample Practice Client sheet and Client Assessment form as print out files in your Module 8 Learning Environment.

Also, in your **Client Practice Sheet Area**, you'll find **instructions on how to upload your sheets along with your 'before' and 'after' pictures.**

*Please be advised that incomplete sheets will not be assigned to your student desk and you will not receive full marks for them.*

As with this and several of our other modules included in this program, we encourage you to conduct your own independent research on this subject.

Every time you see this icon –



It means we recommend taking some time to do research outside of the material we have presented to you in order for you to reach a higher level of understanding.

Use the library or the internet, or even interview local salon owners or working nail professionals. Get their opinions or background on how they got into this field, what trials and tribulations did they face, how did they overcome them?

Answer the questions posed within the module on the “**Additional Notes**” pages included with your study guide.

We’ve found that a common thread between our most successful students is that they use this program as a steppingstone into the world of nails, the industry and profession on a whole, and spend a lot of time on their own exploring industry issues and ideas. We encourage you to do the same.

Once you feel confident in the material presented in the study guide log in to your student desk and take the corresponding test and complete your assignments. Then complete the required number of Client Practice Sheets and upload them.

*\*Please note that there may be subtle differences between product application processes including product names that you may note from the Star Nail Products used in the Step by Step Video and the products you choose to use throughout your program.*

If you have any questions about product differences, please feel free to contact us directly at [info@taond.com](mailto:info@taond.com). Have Fun!



# *Fiberglass/Silk Enhancements*

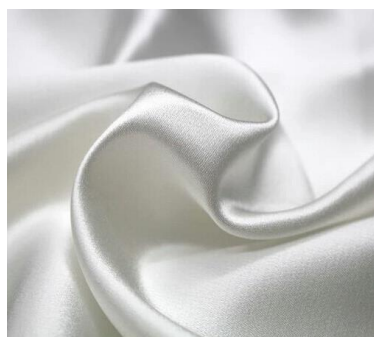
We start the very first of our enhancement applications with the fiberglass enhancement. We start with Fiberglass enhancements as we feel it is the easiest enhancement application to master when venturing into this arena as a nail professional student.

Now that you have mastered the natural nail services of manicures and pedicures, and have a full understanding of how the body works and the importance of properly 'prepping' the natural nail, as well as filing and shaping nails, it's time to graduate to applying enhancements.

## *The History of Fiberglass*

There seems to be historical proof that woman having been "wrapping" their nails for hundreds of years if not thousands. It is one of the oldest techniques when it comes to protecting natural nails. Over the years, products that have been used for wrapping have included paper, fabric, silk and several other items. In this program we will be learning and focusing on using fiberglass. Silk is another readily available and commonly used material for wrapping nails in the nail industry as well, and you may hear it referred to often.

*Fiberglass material*



The Silk material used for nail enhancements varies slightly from the fiberglass material in that it is a much tighter weave, and some might say is a stronger material than fiberglass. We prefer the fiberglass material as it is easier to thoroughly saturate with your brush-on resin and therefore make invisible on the nail plate for a more natural-looking enhancement.

When done properly, "wrapping" natural nails can give weak nails strength. "Wrapping" can be done on natural nails or over a plastic tip for added length and durability which we then refer to as 'enhancements'.

As with any enhancement application there are always Pros and Cons to each.

### *Pros of Fiberglass*

- Easy, fast application
- Lightweight, thin natural looking nails
- Allows polish to remain on nails
- Easy to file and shape nails
- Adheres well to natural nails thus less lifting

### *Cons of Fiberglass*

- Dealing with the fussy mesh
- Able to see the fiber mesh
- Over time thickness can occur with re-balancing
- Not as "strong" an enhancement as other types

With these Pros and Cons in mind, always perform a full client assessment and consultation to determine if fiberglass is the right enhancement for each individual client.

# *Fiberglass Enhancements Shopping List*

Along with your enhancement basics:

- terry cloth towels
- paper towels
- antibacterial hand soap
- hand sanitizer
- cuticle pusher
- cuticle nippers
- nail cutters
- nail files (100/180 grit)
- buffers (white and gold)
- orange wood stick
- tips
- base coat
- polish colours
- and top coat

**You'll also require a Professional Fiberglass System. A professional fiberglass system should contain the following items:**

- resin – either 5 second or brush on
- fiberglass wrap gel
- spray-on activator or brush on activator
- fiberglass strips, pre-made fiber wings or a roll dispenser
- scissors



Be sure to purchase your fiberglass system from a reputable manufacturer and that it comes complete with all your required materials.

As with all enhancement products we never recommend mixing and matching different products from different manufacturers. Each manufacturer likes to create their very own special chemical formulas, and mixing and matching could have disastrous results for your clients.

Before we begin our Fiberglass enhancement application, let's discuss tips.

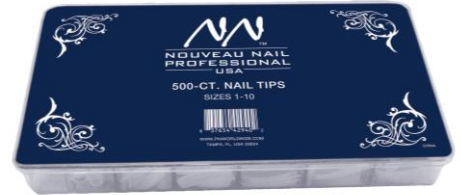
## *Tips*

*What are tips made of?*

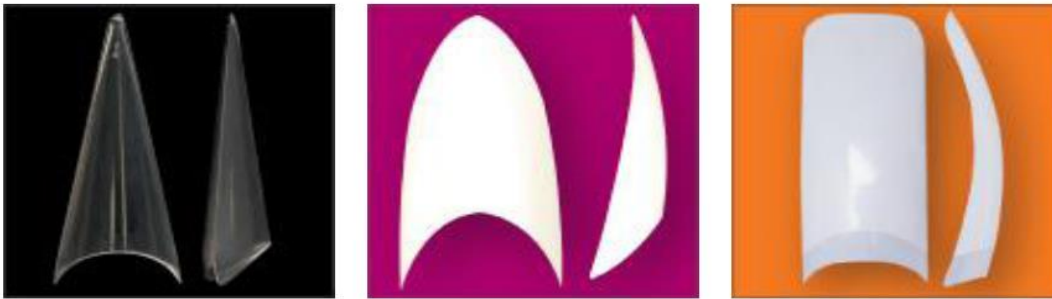


All nail enhancement tips are made of an ABS plastic. That explains why the term – “I wear acrylic tips” is incorrect. Unless you are sculpting acrylic or gel and you're adding length then you are using a plastic tip as the foundation.

A full tip kit typically contains 10 different sizes of the same type of tip. Each tip number refers to a different size. Generally, 1 is the largest in a series and 10 is the smallest. But some manufacturers may have the opposite sizing system.



We use the same type of tips for all enhancement applications. There is no such thing as a tip for acrylic that differs from one that can be used for gel or fiberglass. Tips come in all sorts of shapes, lengths, widths, colours etc.



We recommend purchasing a variety of different types, lengths, colours and widths of tips as every client can have different tip needs. Some clients may need a large fitting tip or love a blue French tip with their enhancements. Some nail professionals swear that clear tips work better with UV Gel and others still love them for nail art, so clear tips are great to always have on hand too.

Also be aware of the size of the well (contact) area of the tip too. Quality of tip materials can vary widely so don't be fooled by too cheap of a tip price – you may regret it in the end.

### ***What is the “well” area?***

As you can see from this picture there is a lighter more transparent area of the tip. That is the contact area of the tip that is glued to the nail plate – the “well” area.

Some tips have a full contact or well area (as this one pictured here does) and others have a smaller or half well area. The well area of a tip after it has been applied, is “blended” by gently filing and buffing it even with the nail plate so it looks invisible to the eye before applying your enhancement product.

#### **FULL WELL TIPS**



#### **HALF WELL TIPS**



# *Fiberglass Enhancements – Application with Tips*

We have provided step by step instructions below on how to properly apply fiberglass enhancements, re-balance and remove, but please also refer to your step by step HOW TO video for even further instructions.

Before the fiberglass (or silk if you prefer a tighter mesh weave) application process, start with a **Client Assessment**. This will help you to assess that fiberglass is the correct enhancement application for this client.

## *Procedure*

To begin the fiberglass application process:



1. Wash both your hands and your client's hands with an antibacterial soap and dry thoroughly. If any dirt, oil or moisture remains on the nail plate use a synthetic nail brush with antibacterial soap to scrub off. Dirt and oil will interfere with the adhesion of your nail products and cause lifting.



2. Sanitize hands with a quality professional hand sanitizer.

3. Remove any old polish or other nail product from your client nails with an acetone or non-acetone based polish remover.

4. Gently push back the cuticle on each finger with an orangewood stick or a cuticle pusher and remove any skin tags with cuticle nippers – This is called the “mini manicure” which helps prep the nail for the enhancement procedure. **REMEMBER** any skin left on the nail plate can lead to product lifting.

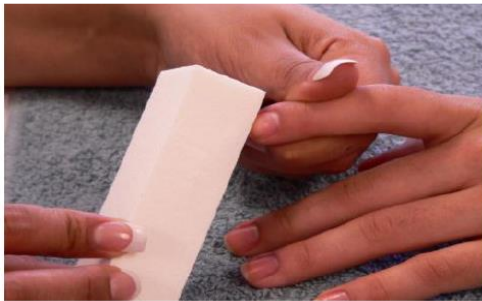


**Unlike in our manicure section, DO NOT apply any cuticle softening product in this step. This type of oil or cream-based product will interfere with fiberglass adhesion.**

## *What is lifting?*

*Lifting* is a term used for when an enhancement product separates from the natural nail.

The reason for concern (not just an appearance issue – though no one likes the look of lifted product) is that dirt, water and bacteria can get trapped between the natural nail and the enhancement and if left unchecked could lead to bacterial infections on the nail plate. So, when applying any enhancement product the main focus is on making sure the product is applied on a clean, sanitized surface and adheres well.



5. Gently etch the natural nail plate with a fine grit emery board (nothing stronger than a white or gold block buffer) to gently remove the shine from the natural nail. **DO NOT** over buff!

## *Why do we do this?*

Gently etching the natural nail plate is thought to assist in the nail enhancement product adhesion. Some nail enhancements systems require that you etch the nail plate and others may not. Make sure to always read the manufacturer's application instructions prior to using to understand whether etching is recommended.

**NEVER, NEVER use an electric file for this step, especially with an arbor or sanding band! This will cause unnecessary thinning out of the nail plates. It is a lazy and dangerous technique.**

This step is where many untrained nail professionals cause damage to the natural nail. Old school thinking had techs years ago, removing several layers of the nail plate, believing this would improve product adhesion. Modern science has told us this is not only not true, but is a dangerous, outdated practice.

Though most nail products do adhere better to a rougher surface than the slick surface of an untouched nail plate. The surface of the nail plate needs only to be gently “etched” with a soft grit buffer. **NO MORE THAN THAT!**

Many, many clients who have complained about ruined natural nails after applying an enhancement product were usually the victim of over filing before and during the application phase.

6. Apply a nail dehydrating product like *Nouveau Nail Refreshing Mint Anti-spray* over entire nail plate, careful to avoid the skin.

This dehydrator will remove any oil and moisture from the natural nail which helps with product adhesion and provide an excellent base to begin your application. If you feel it is required apply a thin amount of primer to the natural nail plate only!

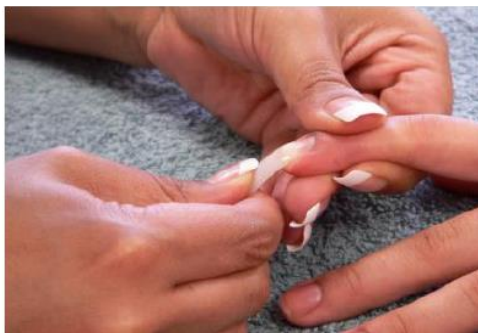


7. If using tips to add length, apply a small amount of brush on resin to the well area of the tip. Apply an adequate amount of resin, as too little will cause air bubbles to form in the well area. Air bubbles can lead to lifting as well.

Tip application is the foundation of your entire enhancement and requires proper adhesion and placement with no air bubbles. Perfect tip applications can take lots of practice, so take your time and allow yourself some latitude to get it right.

After applying resin to the well area, turn the tip around and butt the well of the tip up against the free edges starting at a 75-degree angle.

Gently press the well area of the tip flat against the nail plate. Be sure to avoid air bubbles as this will cause lifting.



Hold the tip in place to allow the resin to dry - generally about 15 seconds. Once dry, continue applying the other 9 tips before clipping excess length off the tip. Clip tip to desired length, file and buff to blend the well area and shape tip to specifications.



8. Apply a thin layer of resin to the entire enhancement and exposed nail plate to seal tip to the nail plate and allow the resin to dry.



9. 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.



10. With scissors, cut a small amount of the fiber mesh from the strip the right size to cover the entire nail plate, or if using pre-cut strips determine the right size, peel backing off the fiberglass piece and gently place on the nail with tweezers.

*NOTE: the fiberglass strip has a sticky side that will adhere to the nail – no need for glue!*

Once placed properly on the nail, pat down the edges of fiberglass with an orangewood stick and trim the excess mesh to leave approximately 1/16 of an inch from all sides including the cuticle area.

Avoid touching the fiberglass with your fingers – it will cause contamination.

*NOTE: if mesh or resin is left touching the skin it will cause lifting.*



11. Apply a small amount of the 5 second adhesive or brush-on resin to saturate the mesh from cuticle area to free edge and making the mesh invisible.

12. With the fiberglass *Advanced Formula Resin* draw a thin line down the center of the nail. Don't apply too much product here, otherwise it will run off onto the skin and into the cuticle area. Smooth out the gel over the entire enhancement keeping 1/16th of an inch away from all sides and the cuticle.



13. Spray with the *Super Fast Set activator spray*, or with your brush-on activator.

Repeat on all 10 nails.

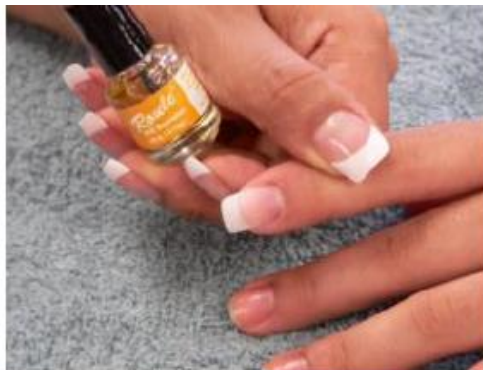
14. When the first layer of gel is dry repeat with an application of a second layer of gel on all 10 nails.

15. When second layer of gel is dry, gently file and shape nails to specifications. We find a medium grit file works best for the free edge and sides of the enhancement, but a white block buffer is all that is needed to smooth the top of the fiberglass enhancement.

16. Gently smooth out any lumps or bumps on the top of the new enhancement with a white block buffer and then a gold block buffer.



17. Apply a small drop of cuticle oil to each nail and with a 3-way buffer, buff for maximum shine.



18. Have your client scrub their nails with antibacterial soap and dry thoroughly.

19. If your client is paying be sure to ring out their bill before polishing.

Now you are ready to polish this brand new set of fiberglass enhancements. Apply a base coat, 2 coats of polish and seal with a high gloss UV top coat.



# *Fiberglass Re-balance Procedure*

After about 2 or 3 weeks after an application of a new set of fiberglass enhancements you will need to perform what we call a re-balance (previously known as a “fill”) appointment.

This means that the natural nails have grown and with it the enhancement has grown out as well. There will be a new area of natural nail growth between the eponychium area and the enhancement product that was originally applied.

To keep the enhancement perfectly balanced and avoid lifting issues, the enhancement must be re-balanced with new product.

**Please note that we do not use the term “fill” anymore. It is an outdated term, as all nail professionals know that you should be truly re-balancing enhancements not just “filling” in growth area with more product.**

**NEVER** glue down the lifted area of their enhancements. What you are doing is gluing in all that dirt, water and bacteria, guaranteeing it remains trapped which could lead to an infection.

## *To begin the re-balance procedure:*

1. Have your client scrub hands with antibacterial soap and dry thoroughly. Massage a small amount of hand sanitizing gel into both yours and their hands.

2. Remove any existing polish with a **NON-ACETONE** polish remover. Remember acetone will dissolve fiberglass so we do not want any acetone coming in touch with the existing fiberglass enhancements unless you are removing them.

3. Perform a “mini manicure” by gently pushing back any cuticle off the natural nail plate. Again, no need for cuticle softening products, as it will affect adhesion.



4. File down old product with a medium grit emery board on top of the enhancement until even with the new growth area.

5. Etch the area of new growth with a fine grit emery board or a white block buffer.

6. Re-shape and shorten enhancements to specifications.

7. Apply *Refreshing Mint Anti-Spray nail dehydrator* and primer to new growth area **ONLY!** If any of these products gets on the fiberglass enhancement it could cause yellowing.

8. Apply 5-second adhesive or use brush-on resin to the entire enhancement.

9. Apply the fiber mesh to the new growth area – **or** depending on the amount of re growth the entire enhancement.



10. With brush-on resin saturate the mesh and the entire enhancement. Allow adequate drying time.

11. Draw a thin line down the center of the nail with the fiberglass Advanced formula resin and smooth out over entire nail staying away from the sidewalls and skin.

12. Cure the gel with the activator.



13. Apply a second layer of gel and spray to cure as well.

14. File and shape nails with a medium grit emery board.

15. Smooth the top of the enhancement with a white block buffer then a gold block buffer.

16. Apply a drop of cuticle oil and buff each nail with a 3-way buffer.

17. Scrub hands with an antibacterial soap and dry thoroughly.

18. Apply base coat, 2 coats of polish and seal with a UV top coat.

**Once again, a lovely freshly re-balanced set of fiberglass enhancements. After re-balancing this set should look and be as strong as a brand-new set.**



# *Fiberglass Removal Procedure*



Once you are ready to remove your client's fiberglass enhancements **YOU MUST** remove them safely as to not damage their natural nails.

At some point in time your client may wish to have the fiberglass enhancements removed, either to have a new set put back on or for some other reason. For this there is a simple removal procedure that can be preformed, and if combined with a natural manicure can keep your natural nails in their healthiest shape.

Some nail professionals or clients pull or pry the enhancements off leaving them with weak, brittle and sometimes torn or damaged natural nails. Not very attractive or healthy, and this is the reason most clients are disillusioned with the entire nail industry claiming that the enhancement products “wrecked” their nails.

Removal of any nail enhancement product should be done with the greatest of care, and when combined with soothing natural manicure, natural nails should be as beautiful as when they started the whole process.

**NEVER pick, pull or pry off any enhancement from natural nails!  
This will cause excessive and often irreversible damage.**

## *To begin your removal process:*

1. Wash both yours and your client's hands with anti-bacterial soap and dry thoroughly. Massage a small amount of hand sanitizer into your hands and massage your client's hands.
2. Remove any nail polish from enhancements (this will speed up the removal process).
3. Then in a double bowl, fill the first bowl with warm to hot water, and place a second smaller bowl filled with acetone inside the larger bowl. This is exactly like a double boiler method. The warm water will speed up the acetone's removal power.
4. Place hands in the second smaller bowl filled with acetone, and cover hands with a warm dry towel. We cover the hands with a towel to prevent inhaling the vapours that are emitted from the evaporating acetone.



### **NEVER MICROWAVE ACETONE OR ANY OTHER NAIL PRODUCT**

5. Let them soak for approximately 15 minutes.
6. After 15 minutes remove the hands and wipe the nails with a paper towel to remove any loose dissolving product.
7. With a medium grit emery board GENTLY file away dissolving product, careful to only file on the dissolving product and not on the natural nail.
8. If remaining product remains, place hand back in the soak to soften the product again.
9. Repeat until all product has gently dissolved off the natural nail.



10. Scrub hands well with an antibacterial soap and dry thoroughly.
11. Follow up with a soothing natural manicure.
12. When polishing, use a nail strengthener as a base coat and use another coat of strengthener before applying the top coat (or follow the nail strengthener manufacturer's instructions).

Always advise your clients that their natural nails may be a little more delicate than normal and to treat them as such. It is a fabulous idea to have an amazing nail strengthener on hand to sell as a homecare retail item. And always be sure to re-book their next manicure or spa manicure with you before they leave.

### ***So...***

Although not the most popular enhancement application on the today's market, as you can see fiberglass enhancements can be a fast, less damaging, easy to apply and easy to remove enhancement option for many of your clients, especially those that are not interested in the commitment of UV Gel or acrylic. Great for such special occasions as weddings or proms, and they make an excellent repair application for torn or broken natural nails as well.

# *Additional Notes*

These Additional Module pages are for you to answer the extra questions we asked within the module and to be adding your research notes.

