

The Academy of Nail Design's

MODULE 10



“UV Gel Enhancements”

Welcome to Module 10: *UV Gel Enhancements*

In this module we will be discussing UV Gel Enhancements, Pros & Cons, and Applications with Tips, Re-balance and Removal techniques.



In this Module you will be required to complete Practice Client Sheets for UV Gel enhancements full sets with tips, sculpting 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 UV Gel 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 10 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 the 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 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, and spend a lot of time exploring the entire industry. 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.



Gel Enhancements

Gels are the latest and greatest way to enhance natural nails. There are two types of gels - light cured gels and no-light cured gels. We will be using a UVA light curing system. Gel enhancements have become popular and look great with polish or no polish, and coloured gels are now available and gel enhancement on toes is becoming extremely popular. Gels are similar to acrylic but instead of hardening on their own they require a different **catalyst**, and in our case the **catalyst** will be the UVA light.



Pros

- Lightweight, natural-looking nails
- Faster application
- No odor
- Gel adheres well to natural nails
- Flexible remove

Cons

- Heat from the curing under the UVA light can scare clients
- Traditional Gel doesn't dissolve in acetone and are therefore hard to remove
- Filing gel enhancements causes a very fine dust

UV Gel Shopping List

Along with a cuticle pusher, cuticle nippers, nail cutters, nail files, buffers, tips, forms, base coat, polish and top coat as mentioned above you'll also require a professional UV Gel system.



Your Professional UV Gel kit should contain:

- UV Lamp with the correct wattage for curing your gel
- Builder gel
- Clear glossy coat gel
- Finishing wipe or dispersion layer wipe
- Primer
- Tip Resin (either 5-second or brush-on)
- UV Gel brush

Be sure to purchase your UV Gel System is from a reputable manufacturer and that it comes complete with all your required materials.

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

Tips

What are tips made of?

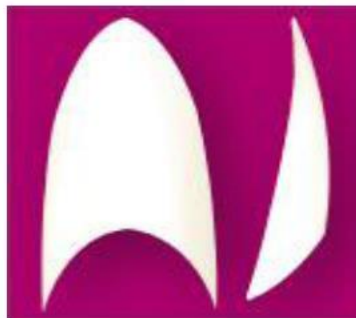
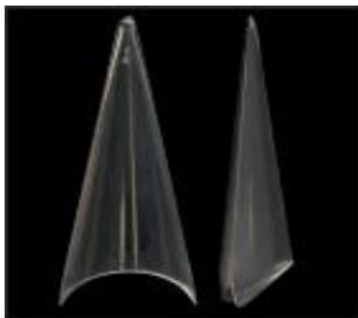


All nail enhancement tips are made of an ABS plastic. That explains why the term – “I wear acrylic tips” is incorrect. Unless you are sculpting acrylic or gel and you're adding length then you are using a plastic tip as the foundation.

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



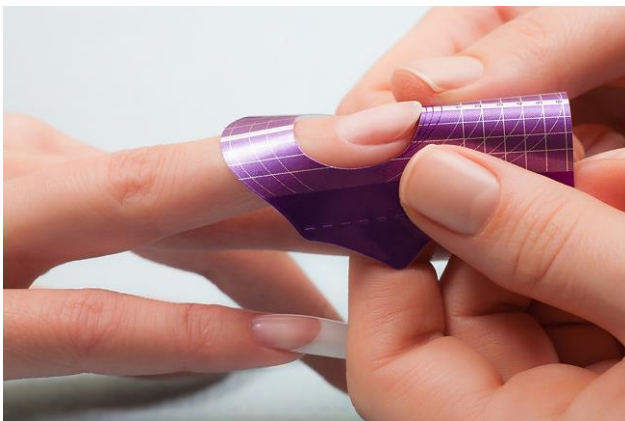
HALF WELL TIPS



What are forms?

Forms, like tips are used in acrylic and UV Gel enhancements applications to add length to a natural nail, a process called “sculpting”.

As with tips, forms also come in a variety of styles and shapes. Play around with a few different styles to determine what style you may be most comfortable using with your sculpted services.



UV Gel Enhancements – Application with Tips

Please note the photos included in this module are all presented live in our Step-by-Step instructional HOW-TO Video.

Before the acrylic enhancement application process, start with a **Client Assessment**. This will help you to assess that acrylic is the correct enhancement application for this client.

Procedure

To begin the UV Gel enhancement application process:



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. 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!

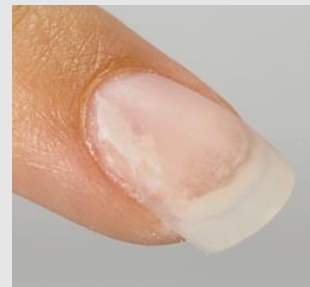


The purpose of the “mini manicure” is to prepare the nail plate for product adhesion by removing the dead tissue (cuticle) from the nail plate as nail products will not adhere to skin. This is the most important foundation step in your application process. If not completed properly a poorly performed “mini manicure” will lead to product lifting. Remember also we do not use any cuticle softening product in this step as this type of product could interfere with the adhesion of the gel.

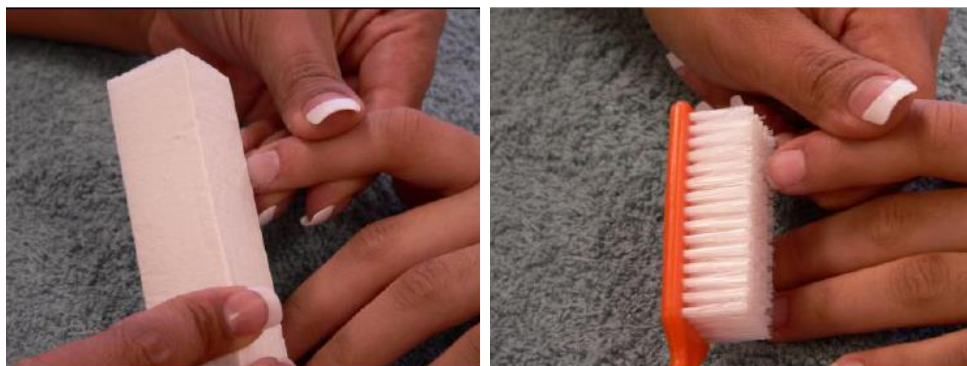
What is lifting?

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.



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 (preferably a white block buffer) emery board. 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. Some tips have smaller well areas, they are known as $\frac{1}{2}$ wells, while most tips have a full well. Choose the style of tip that you are comfortable with.

After you have covered the well area with resin, start your tip application by angling the tip at a 75-degree angle and butt the free edge up against the edge of the well.



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.

Once dry, continue applying the other 9 tips before clipping excess length off the tip.



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, and then shape tip to specifications. Remove the dust with a nail brush.



8. Continue blending 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 side-walls 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.

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 manufacturers 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.



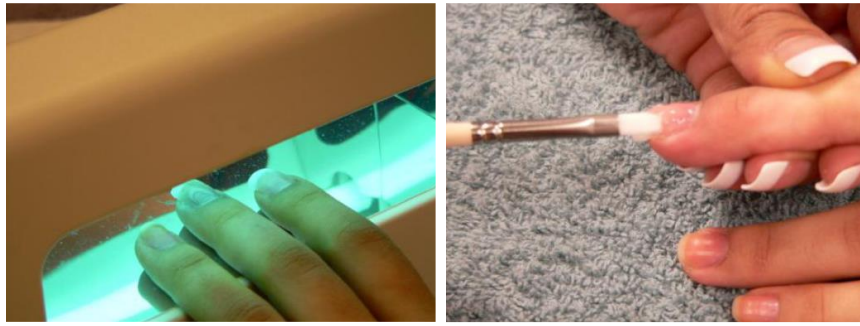
14. After the second layer of gel has fully cured, with a clean, lint-free cotton pad saturated with the finishing wipe (this product name varies by manufacturer, but is the liquid used to remove the uncured „dispersion“ layer of gel that remains on top of the enhancement after it has cured) wipe the „tacky“ uncured layer of gel from the surface of the nail in one quick wipe. Careful to not touch the skin with either the finishing wipe or uncured tacky gel residue. Try to use a new cotton pad for each nail to avoid cross contamination on the skin.

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.



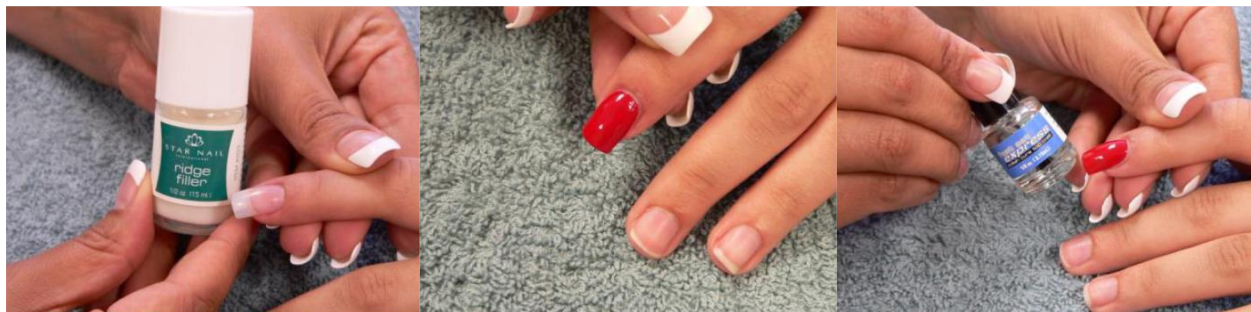
18. Once again remove the uncured layer of gel with a “finishing wipe” or similar product.

19. 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 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.



A beautiful set of UV Gel enhancements!

UV Gel Re-Balance Procedure

Gel re-balance applications are similar to fiberglass enhancements that they must be *re-balanced every 2-3 weeks*. If you wait longer than three weeks you may run the risk of lifting, and that could lead to a host of other problems, so it is best to stick to and encourage a strict schedule of regular re-balances every 14-21 days.

The re-balance procedure is similar to the new set application.



1. Wash hands with an antibacterial soap and dry thoroughly. Massage a small amount of hand sanitizer onto hands.



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 toward you. NEVER pull up and back toward the finger. This action will tear the skin.



REMEMBER - NEVER CUT ANY LIVING TISSUE!

The purpose of the “mini manicure” is to prepare the nail plate for product adhesion by removing the dead tissue (cuticle) from the nail plate as nail products will not adhere to skin. This is the most important foundation step in your application process. If not completed properly a poorly performed “mini manicure” will lead to product lifting. Remember also to not use a cuticle softening product here as this type of product will interfere with the adhesion of the gel.

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 discolour the product.



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.

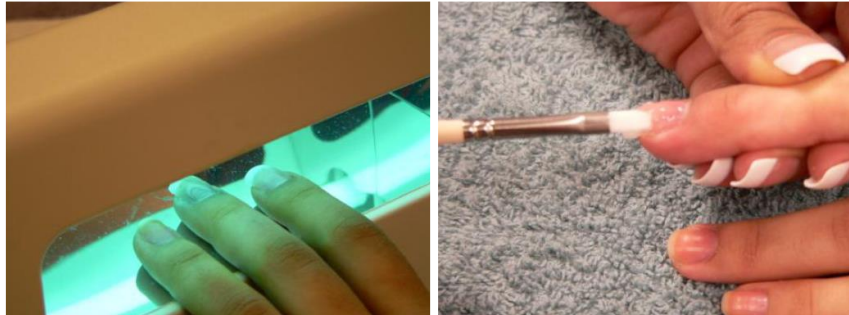


11. If required file and shape the nail as desired.



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.



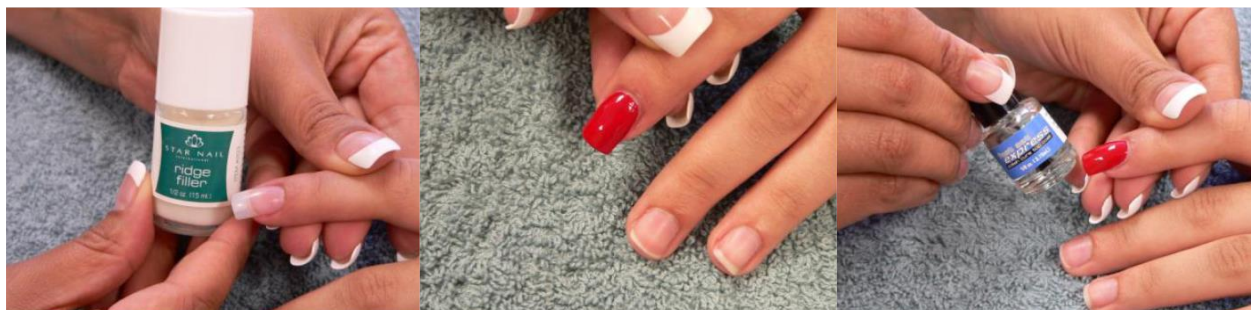
14. Once again remove the uncured layer of gel with a “finishing wipe” or similar product.

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.



UV Gel Enhancements – Sculpting



Sculpting is the term used for the application of acrylic or gel without the use of a plastic tip as a foundation. Forms are used which are made of either foil or plastic. Sculpting is an advanced application process that many nail professionals prefer over tip applications as it allows you greater freedom in creating an original style enhancement instead of being confined by the size and shape of a tip.

Required Materials

- light cured gel system
- antibacterial soap and hand sanitizer
- nail brush
- polish corrector stick
- forms
- curing light
- cuticle pusher and nippers
- gel brush
- primer
- cuticle oil
- files; a medium grit emery board, a white & gold block buffers and a 3-way buffer

To begin your sculpted set:



1. Wash hands and scrub nails with a nail brush and antibacterial soap, then dry thoroughly. Massage a small amount of hand sanitizer onto hands.



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.

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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.



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



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.



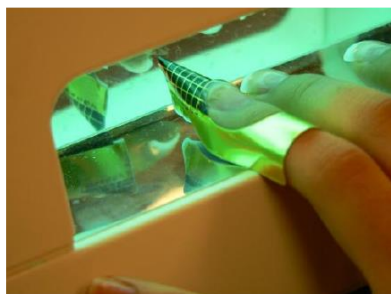
6. If recommended by the manufacturer, apply primer to the natural nail **ONLY!** Use care to avoid the skin. Allow a short period of time for the primer to dry.



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 $\frac{1}{2}$ on the form $\frac{1}{2}$ on the free edge of the natural nail in the centre. You are going to create the free edge first.

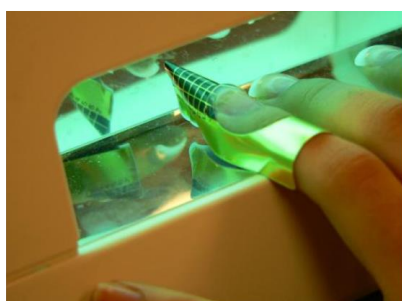
Float the gel back and forth across the form and free edge to shape a free edge extension. Gently float the gel to shape a square using your form grid lines as a measuring stick as to how long of a free edge you are creating. Keep the free edge square – if you desire an oval shaped enhancement it is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



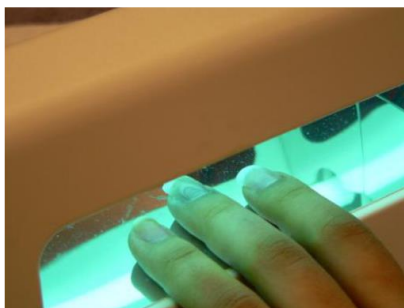
10. Remove the hand from the lamp and remove the sticky tacky layer with finishing wipe. Remove the form from the finger. You may find that some of the gel has dripped down creating icicle-looking drips. These can easily be filed off during your finishing phase. As you practice product control the less 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.



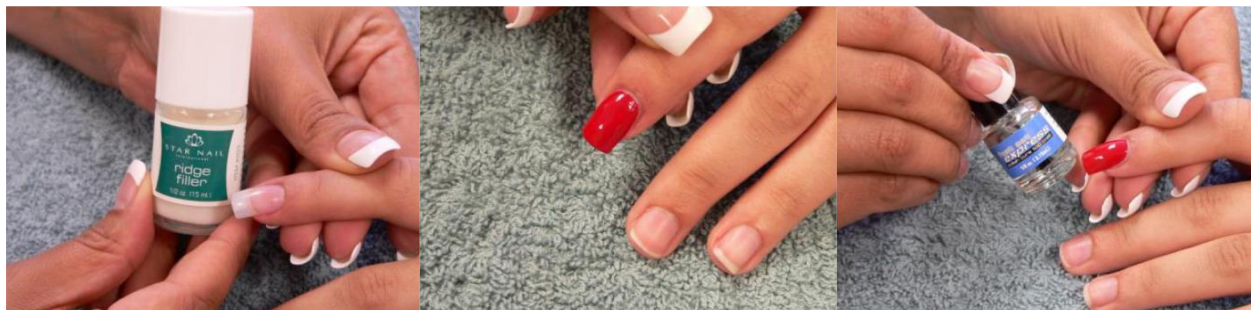
14. Once again remove the uncured layer of gel with a “finishing wipe” or similar product.



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.



UV Gel Removal



Unfortunately, currently with today's technology the only way to remove a traditional UV gel application is not through an acetone soak like acrylic or fiberglass, but through gently filing away all excess product and treating yourself to a natural nail manicure. Use caution when filing off a Gel application. It may be wise to leave a thin layer of gel on the natural nail and follow up with a manicure once a week for the next few weeks in order to maintain as much strength in your natural nails as possible. We also recommend you purchase a homecare kit which should include a reputable natural nail strengthener and cuticle oil.

Breakthrough!

There are now new UV-cured gel-based enhancement products hitting the market that dissolve in acetone or other specialty designed removing products making removal of these special UV Gel products as easy as fiberglass or acrylic!

Also, brand new are the latest gel products which are UV Gel-polish hybrids. These are coloured gels that are applied like a polish but cured with UV technology like gel. Their claim to fame is that they increase the life of colour on natural manicures for up to 14 days with no chipping!

As a part of your program we have included amazing HOW TO videos for Creative Nail Design's Shellac Gel Polish colour, removal and French applications in your Module 10 Learning Environment.

There are so many great gel polish lines out now you can practically choose your favourite and not go wrong!

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.

