



Young Nails Australia

Synergy Gel Manual

Health, Safety and Precautions

Straight up, we love you guys. That's why we have this manual and why we begin with the most important topic: your health and safety. Young Nails products have been created and manufactured with your career in mind and we've come up with tools, products and techniques that will keep you happy, healthy and successful for years to come.

A basic understanding of health and safety in a salon is absolutely crucial in protecting you, your clients and your business. All professional nail care technicians must become extremely well acquainted with each of the following subjects:

- Sanitation
- Disinfection
- Sterilization
- Ventilation
- Carpal Tunnel Syndrome

Sanitation

Cleanliness is next to Godliness. That's a cliché for a reason. Sanitation reduces (but doesn't eliminate) the amount of pathogens on surface areas. Your tools can be sanitized by cleaning them well with soap and water. Basic sanitation involves the washing of hands with soap and water or with no-rinse, anti-bacterial hand antiseptics like Cleanse.

Important Note: Sanitation does not kill harmful bacteria. Don't confuse sanitation with disinfection—they're two different things, girl.

Step-by-Step Sanitation Procedure

1. Before each client, wash your hands with anti-bacterial soap and water for the length of time it takes you to sing "Happy Birthday." It takes this long for a thorough cleansing. As already stated, Cleanse is also a good way of sanitizing you and your clients' hands before a salon service.
2. Use disposable materials such as paper towels and hand wipes. Dispose of them in an airtight trash can with a lid.
3. After each client, wash your hands with anti-bacterial soap and water for at least 15 seconds. Be sure that you sanitize your work station by spraying the surfaces thoroughly and wiping them down with a disposable paper towel.
4. All your instruments must be sanitized before you disinfect them.
5. Wash all towels and linens at a minimum of 72°C. Add bleach to the wash as an added precaution.

Disinfection

Disinfection eliminates most pathogenic bacteria. In other words, proper disinfection gets rid of the stuff that causes disease. You absolutely must use proper disinfectants, such as a spray disinfectant or a disinfectant soak, to completely disinfect your work surfaces and tools. When you're looking at disinfectant products for your station, be sure to read the label carefully and choose a product that is a Germicide, Pseudomonacide, Fungicide or Virucide.

Proper Disinfection Procedure

Completely submerge your implements in an approved disinfectant for a minimum of 10 minutes to effectively kill most pathogenic bacteria. Your local or state board may have specific regulations, so make sure that you follow those procedures, as well.

Sterilization

Sterilization goes beyond sanitation and disinfection and is the complete elimination, destruction and annihilation of all forms of microbial life. It sounds gruesome but it's a good thing. It can be accomplished with physical or chemical procedure such as the four mentioned below.

Sterilization Procedures

1. Steam under pressure
2. Autoclave
3. Dry Heat
4. Plasma sterilizing agents

You must sanitize, disinfect and sterilize your tools and in that order; doing just two out of three is not cool, nor is it safe. It is very important to understand these steps in order to have a safe working environment for you and your clients. For example, plunging your soiled implements into the disinfectant before cleaning them first will contaminate your disinfectant and cause it to lose its effectiveness.

For up-to-date reference please refer to relevant state guidelines for Cleaning and Disinfecting Manicuring and Enhancement Equipment. For more information For contact information contact the Australian Professional Fingernail Association APFA, Details on our website: www.youngnails.com.au

Ventilation

The first step in creating a safe working environment is understanding what can contaminate the air. The second step is taking measures to improve the problem.

It's the air that you breathe. Proper ventilation in the salon will drastically reduce your chances of becoming affected by the chemicals used at your work station. All products—even the safe ones—release some odour. Don't be fooled by products labelled "odour-free." All that means is that another chemical has been added to mask the odour, but it's still something that you're breathing. Proper ventilation can protect you and your client's lungs from the following:

- **Vapours:** Monomers Polish removers, Acetones and Alcohols all evaporate. The rate of evaporation will usually determine the amount of vapour smell in the salon.
- **Dust:** Dust is made up of small particles that float around after the finishing procedure. Acrylic and gel dust is generated with hand or electric filing.
- **Mists:** Usually generated with spray or aerosol accelerators.

Whether its vapours, dust or mist, proper ventilation at the work station and in the salon can remove contaminants in the air and help keep you healthy. The most effective form of ventilation is a local, fresh-air ventilation system. An efficiently designed system will pull vapours away from the source and should capture 15 to 30 Metres of contaminants per minute (mpm).

Odour Control

Follow these steps to keep odour at a minimum in the salon:

- Keep all containers, especially those with liquid contents, tightly sealed when not in use.
- Place soiled paper towels in sealed plastic bags before you put them in the trash, preferably an air-tight wastebasket.
- Use dampen dishes with lids to prevent quick evaporation.

Dust-Control

Follow these easy steps to keep dust at a minimum:

- Get a desk vent. This will draw the dust and odours away from your breathing space. A desk vent contains a charcoal-filtering system that will help purify the air you breathe.
- Use an ionizer to charge dust particles, causing them to fall to the floor.
- Use a HEPA filter to remove fine dust from the air.
- Wear a disposable mask. It's the most effective way to protect your lungs.

Other options: YN-99 Dust Extractor (YN-99DE)
 Fumelok System
 Emendee System

Contact info@hbwarehouse.com.au for more information on these products.

Air-Quality Check

Answer these questions to find out if you have air quality problems in your salon:

- Do your clients complain about strong odours when they walk in?
- Do you have to open the windows or doors because of the strong smell?
- Can you detect the strong smell of products on the opposite side of the salon?
- Does a smell linger for a long time after product use?
- Is the smell still strong when you arrive at work in the morning?
- Does the food you eat lack flavour, or do you have a funny taste in your mouth?
- Do the odours not bother you? Or is it possible you're just used to them?

If you answered yes to two or more questions, you should definitely take steps to improve the ventilation in your workplace. Do it today. Your health isn't to be taken lightly.

Carpal Tunnel Syndrome

Understanding basic ergonomics and using the right electric file can save your fingers, wrists, hands, shoulders, and back. It can even save your career. No doubt about it, your hands and wrists are the most important tools you own. Without a healthy body you cannot work as a nail technician. Something as simple as changing your grips and working with an electric file can minimize the pressure you put on your precious hands and fingers.

Most nail technicians use an under grip method when working on their clients. Then they spend 15 to 20 minutes filing the perfect shape. The problem is that nail technicians do this all day long, day in, day out. Because we love you guys and want you to have long careers, we've created the following solution to this problem:

1. The Over Grip Holding a client's finger from over their wrists will put you at a side profile to their fingers. This will also straighten out your wrist, lower your shoulder and keep your lower back straight, giving you hours/days/weeks/months/years of a healthier working posture. Use the I-Formation file technique to file the perfect shape.

2. Electric Filing Proper electric file usage will minimize repetitive motion. Refer to our guide to electric filing to understand how this tool can improve and even save your career. Switching to electric versus hand filing can make a huge difference in the quantity and quality of your work.

Acrylic vs. Gel

Most nail technicians find that one application technique isn't enough to accommodate every situation. Are acrylic nails the best choice? Or would gel be better? Maybe a combination?

Knowing which application to use on a client in any given situation can pose challenging questions, but we're here to answer them for you. We know which techniques have proven effective and which, after years of trial and error, have failed to be successful.

Remember, if you choose the right approach the first time, you'll save time, work faster and safer and win the loyalty of the client. It's worth the effort.

See the Need- Acrylic, Synergy Gel or Mani Q?

New nail client's natural nails are usually not in good form. This is why the client is looking to you for a nail enhancement service in the first place. You'll come across nail plates that are flat, splayed, or offer absolutely no free edge with which to perform your magic. Then there are the infamous nail biters. The application of an acrylic system/hard gel enables you to cast or re-shape the nail bed into an attractive first set of nails with good formation and strength.

A client's lifestyle can usually determine what system suits her (or his) natural nails. For example, if the client plays sports or tends to pick at their nails, they will have greater success with acrylic. The tighter bond of acrylic may stand up better than hard gel. Mani-Q is quite flexible and is excellent for natural nail overlays and gel toes. In addition to working on the nails, the technician's job also becomes a process of keen observation in deciding whether acrylic, hard or soft gel will provide the best bond and durability for the client's lifestyle. Don't make an assumption; just ask about their day-to-day activities and get the scoop.

In any new nail service, you will find that in some cases sculptured Nails will be the best new nail application choice. This will let you reshape the nail plate, ensuring the strongest nail extension while having to work with little or no natural free edge.

If you are using Synergy Gel or YN acrylic you will find that just about anything is possible. You can achieve all YN application techniques with both products. This ensures the finished product is always strong and professional.

If your client already has nice natural nails and does not require any more length, then Mani Q is the perfect option for them. It is a soft Gel system that is extremely gentle on the natural nail. Mani Q will give the client a nice thin coating over the natural nail without the feeling of wearing an "artificial enhancement". Mani Q will encourage the growth of the natural nail and with proper application will not peel, lift or chip for four long weeks! – (and longer)

Young Nails has a range to offer you in Acrylic, Soak Off (Soft) and Synergy (Hard) Gel systems - your options are limitless. Your choices will be generally based on client's requirements as per your recommendations after you have asked all the right questions.

Experiment, have fun and make sure to ask questions... We're always here to help.



Synergy System

Synergy (sin'er-je) n: the working together of two or more things to produce an effect greater than the sum of their individual effects.

The beauty of Synergy Gel is that each component is developed individually but all the gels work harmoniously. Components are manufactured with the perfect amount of urethane acrylate resins. When used in combination with each other, you get the perfect bond between each gel. The Base gel is manufactured with more acrylate resins, allowing the gels to weave onto the keratin layer of the natural nail for a tighter chain entanglement. This will provide a stronger anchor for the builder gels. Builder gels were designed with the perfect blend of urethane resins to allow for more flexibility. While the White gels were customized with different viscosities and pigmentation to suit all levels of application. The Finishing gels were designed to add shine with ease. They save time and provide protection to the enhancement.

Why Synergy Gels?

Synergy Gel nails isn't just a technique, it's a lifestyle. They bond well to a healthy keratin structure and strengthen and support the growth of natural nails. Because of their non-porous nature, they will protect the natural nail from harsh solvents and contaminants. The success of healthy natural nails will come with the understanding of proper gel application and maintenance.

What is Synergy Gel?

This tight chain of several thousand monomers is polymerized when activated by UV light. The catalyst for polymerization is the photo initiator, which interacts with an amine to form free radicals and initiate polymerization (curing). (Really, that's the simplest way to put it.) When the product cures, it becomes non-porous. After curing, Gel nails cannot be removed with acetone and must be filed off. These protective layers act as a shield protecting the structure of the natural nail.

Synergy Gel Components and Functions

Base Gel and Bonder

Designed to provide the ultimate retention to the natural nail.

Building Gels

Designed to provide the ultimate ease of use with the most flexibility.

Sculpturing Gels

Designed for reverse application as it has no self levelling properties.

Finishing Gels

- Finish – A clear, thin viscosity, self-levelling polish-on gel that cures with no tacky layer.
- Gloss – A clear, medium viscosity, self-levelling brush-on gel that cures with a tacky layer. Must be wiped off after cure.

Components and Features

Protein Bond

Young Nails has revolutionized non-acid adhesion. Through painstaking work in the lab, we've engineered a custom polymer that organically bonds to the keratin structure of the natural nail plate while creating a bonding surface for the gel to adhere. This creates a double-sided sticky tape effect which organically bonds to the keratin structure of the natural nail and provides an anchor for the gel. Protein Bond can be used as a base coat under polish also as a line eliminator.

Protein Bond provides maximum strength, adhesion, ease-of-use and versatility without the corrosive chemicals found in existing primers.

(Non-Acid Adhesion)

- Acts as a double-sided sticky tape
- Designed for ultimate adhesion
- Organically bonds to the keratin structure of the natural nail plate

Base

A clear, medium viscosity, self-levelling gel. Base is the first step and foundation coat of application. Developed with Chain Entanglement Technology, of course, this bonder gel provides the ultimate in adhesion. Base should be applied with a full, even coat to ensure maximum retention and durability.

- Medium viscosity, self-levelling gel
- First step and foundation coat
- Designed for ultimate adhesion
- Apply with a full, even coat to ensure maximum retention and durability

Available sizes: 15g, 30g, 60g

Flex

A clear, thin viscosity, self-levelling builder gel. Named for its ability to bend and move with everyday use and abuse, its thin consistency makes application quick, efficient and effective. Flex is also used for glitter blends or for adding coloured acrylic powder for colour blending.

- Thin viscosity, self-levelling gel
- Named for its ability to bend and move with everyday abuse
- Application is quick, efficient and effective because of its consistency

Available sizes: 15g, 30g, 60g

Build

A clear, medium viscosity, self-levelling builder gel designed for a controlled application. Its viscosity is perfect to create or "build" the body portion of an enhancement. Build is the ideal gel for creating the support needed on flat or bitten nails.

- Medium viscosity, self-levelling gel
- Used to add body to the enhancement
- Designed to "build" support for clients with flat or bitten nails

Available sizes: 15g, 30g, 60g

Build Pink

A pink-tinted, medium viscosity, self-levelling builder gel designed for a controlled application with a little added colour. Like Build, Build Pink's viscosity is ideal in creating the body portion of the nail and its colour is perfect for those who want a more dramatic look for clients with pale natural nails.

- Medium viscosity, self-levelling gel
- Used to add body to the enhancement
- Designed to "build" support for clients with flat or bitten nails
- Tinted pink for clients who prefer a little extra colour

Available sizes: 15g, 30g, 60g

Frosted Pink

Self-levelling opaque pink gel. Frosted Pink is a medium viscosity gel great for hiding flaws on the natural nail. Your clients will love you for it.

Available sizes: 15g, 30g, 60g

Clear Sculptor

Non-levelling clear sculpting gel. Great for sculpting free edges, and establishing a smile line with reverse application.

Available sizes: 15g, 30g, 60g

Frosted Pink Sculptor

Non-levelling opaque pink gel. Great for creating length on bitten or damaged nails or covering damaged natural nails. Can be used for sculpting free edges. Perfect to use for creating a smile line with Reverse Application.

Available sizes: 15g, 30g, 60g

French

A super-white, thick viscosity, non-levelling gel. Developed to create perfect smile lines with precise control. Perfect for you perfectionists.

- Thick viscosity, non-levelling, super-white gel
- Developed to create perfect smile lines with precise control
- Great for building thickness

Available sizes: 15g, 30g, 60g

Snow

A medium white, medium viscosity, self-levelling gel. This gel's consistency is perfect for tips, natural overlays and sculpts.

- Medium viscosity, self-levelling white gel

Available sizes: 15g, 30g, 60g

Hyper White

A super-white, thin viscosity, self-levelling gel. Great for backfills, and French toes.

- Thin viscosity, self-levelling super-white gel
- Designed for speed
- Incredible for pedicures

Available sizes: 15g, 30g, 60g

Finish Gel

A clear, thin viscosity, self-levelling, polish-on gel. Finishes easy with a polish-like application and cures in just 90 seconds with an ordinary 9-watt UV light. Finish is the first true UV gel on the market to cure with no tacky inhibition layer (sticky gel residue). This amazing gel can save up to 15 minutes of filing time and can be used on any artificial enhancement such as gel, acrylic or wraps.

Thin viscosity, self-levelling, brush on gel

- No Inhibition layer (sticky gel residue)
- Non-Porous for ultimate shine and wearability
- Use in place of 3-way buffers or topcoats on acrylic, gels or wraps
- **Not for use on natural nails**
- Note: Finish gel can absorb colour when used on clients who are hair dressers etc using dyes and other chemicals. We recommend substitution with Gloss Gel for these Clients

Available sizes: 15 ml

Gloss Gel

Great for Hairdressers or anyone who gets discolouration. Gloss is not susceptible to any chemical breakdown so nothing can penetrate it. Gloss is perfect over Mani Q also as a protective layer so the Mani Q does not breakdown on clients who are using harsh cleaning products, wax cleaners or anything that is likely to dissolve it.

- Apply as thinly as possible
- Cure for 2 minutes and wipe away sticky residue.

Also see Mani Q Natural Nail Soak off Gel System

Synergy Gel Preparation.

Proper preparation prevents poor adhesion

If you want a killer finish, the key is to start well. What we've learned from our own years in the salon is that careful, thoughtful preparation is one of the most important aspects of doing a great job on nails. Good preparation before beginning each set will determine whether the client's nails are going to bond well to the natural nail. This doesn't just apply to the first set, it applies to the life of the fills. This section describes thorough preparation for new nails as well as fills. If you have any questions please contact your Young Nails' Mentor. (for mentor details go to www.youngnails.com.au)

Please follow all these steps in order for gel preparation:

1. Use Cleanse to sanitize both you and your client's hands. Cleanse will leave a light lemon scent without drying the way other sanitizers do.
2. Push back the cuticles with your Magic Wand. Make sure you push and lift the cuticle away from the nail plate. Use the bladed end to scrape away any protein growth from under the cuticle and growth channel areas.

OPTION 2 : Use Cone Diamond Bit (medium) on the lowest speed of YN99 E-File working in one direction (normally towards yourself) slowly lightly move bit around cuticle area.

3. Use 150-180 grit file to remove shine from nail surface. Remember to remove shine in one direction when hand filing. Start at the cuticle area and come down the sidewalls. Repeat the same method to the other side.

OPTION 3 : Using your mandrel bit with a medium Course sanding band on your YN99 E-File. Working in one direction (normally towards yourself). Move across nail plate. Do not use pressure allow band to do the work, avoiding cuticle area.

4. Remove the balance of the shine by following through the body of the natural nail. After shine has been removed, dust away nail filings with manicure brush. Saturate a cotton wipe with Swipe and scrub the nail plate to remove any residual oil and contaminants.

5. Apply 2 coats of Protein Bond to natural nail. Do not flood the surrounding skin with Protein Bond. This can lead to overexposure and irritation.

Gel Fill Preparation

1. Use Cleanse to sanitize both you and your client's hands. Cleanse will leave a light lemon scent without drying the way other sanitizers do.
2. Push back all cuticles with your Magic Wand. Make sure you push and lift the cuticle away from the nail plate. Use the bladed end to scrape away any protein growth from under the cuticle and nail groove area.

OPTION 2 : Use Cone Diamond Bit (medium) on the lowest speed of YN99 E-File working in one direction (normally towards yourself) slowly lightly move bit around cuticle area.

3. Assess the need to remove any lifted product from cuticle area and free edge. If you see any lifting around the cuticle area, use your medium carbide or diamond bit and cut a line behind any lifting to ensure a clean removal from acrylic that may still be firmly attached to the nail bed. If you see any air pockets, take the same bit and cut a clean line around the air pocket to ensure easy removal.

REMEMBER: DON'T USE EITHER OF THESE BITS ON THE NATURAL NAIL. USE OF THESE BITS ON THE NATURAL NAIL WILL CAUSE RED MARKS ON THE NAIL BED. MAKE A GROOVE ONLY DEEP ENOUGH TO CREATE A PERFORATION FOR EASY REMOVAL.

4. After removing any lifting or air pockets, use your medium sanding band or 150-180 grit file and remove the shine from the natural nail. Be sure to bevel edges of files and sanding bands before using them on a customer. This will remove the sharp abrasive edges.

NOTE: If using an arbour band, use the lowest setting on the YN-99 e-File. Do not apply pressure. Let the electric file do the work for you.

5. Use Swipe with lint-free square wipes and scrub the nail plate and existing acrylic free of oils, dust, or contaminants.
6. Apply 2 coats of Protein Bond to the natural nail. Do not flood the surrounding skin with Protein Bond. This can lead to overexposure and irritation.

Gel Sculpting

Following these five preparation steps will make your gel sculpting sessions easy and fun (we couldn't decide which was more important):

1. Use Cleanse to sanitize both you and your client's hands. Cleanse will leave a light lemon scent without drying the way other sanitizers do.
2. Push back the cuticles with spoon side of your Magic Wand. Make sure you push and lift the cuticle away from the nail plate. Use the bladed end to scrape away any protein growth from under the cuticle and nail groove area.

OPTION 2 : Use Cone Diamond Bit (medium) on the lowest speed of YN99 E-File working in one direction (normally towards yourself) slowly lightly move bit around cuticle area.

3. Using the electric file with a medium sanding band or a 180/180 grit file to remove the shine from the natural nail.
4. Use your Swipe with a lint-free square wipe and scrub the nail plate free of all oil and contaminants.
5. Apply 2 coats of Protein Bond to the exposed natural nail. Protein Bond leaves a tacky layer to which the gel will adhere. Make sure the surface stays sticky.

Traditional Application

1. Apply the Base layer. This is the most important part of gel sculpting. Because Base is the bonding layer of the gel enhancement it must be applied evenly. Too thin of an application can lead to lifting. Too thick of an application can cause a heat spike.

Apply the form to the finger one at a time. Apply an even coat of base with a push pull technique from the cuticle through to the free edge and out onto the form, to create the desired length of the nail enhancement. While the first finger is curing, repeat this step on the other hand and alternate. Base must stay in the lamp for a minimum of 20 seconds. It will take that long to complete the application on the other hand. Over curing the base will not affect the bond, but DO NOT FREEZE the Base. You must go right into the lamp after application to ensure proper adhesion.

2. You have a choice of Build, Build Pink. Or Frosted Pink for clients with damaged nail beds or nail biters.

Pick up a pearl that is around half the size of the natural nail. Start at the cuticle with a floating technique using your brush to follow the contour of the natural nail. Float from the middle to the side, then the middle to the opposing side and work your way down to the free edge.

DO NOT REMOVE YOUR BRUSH FROM THE BEAD AS THIS WILL WHIP BUBBLES INTO THE PRODUCT!

Freeze this layer outside the lamp to prevent it from running onto the skin and creating heat spikes. The amount of Gel you apply will determine how long you should wait outside the lamp. Generally, 20 to 30 seconds before applying the next layer. Just be careful that you freeze the foundation before the product runs. Look at the nail from three directions to judge whether additional low spots require filling. Look down the length of the nail, from above the nail and from the side of the nail. If more product needs to be added, make sure to add before you wipe the nail with swipe.

3. After you final two minute cure, use swipe to wipe the dispersion layer (sticky residue) from the cuticle to the free edge. This will finalise the application and prepare you for finishing.

4. For detailed finishing information, please refer to 'I' Formation guidelines.

5. If you want to create a French look on you gel sculpture, you can use your Hyper White right on the surface of your gel enhancement, just like you would apply polish. Apply to one finger at a time, freezing as you go. Working by alternating hands is the fastest way.

Note:

You can also use Kaleidoscope Gel Paint colours for a coloured free edge look or for a full nail colour.

If you want to add glitter to your gel paint, you can press the glitter into the tacky residue after the gel paint has cured. Remove any excess glitter with your duster brush. Apply one coat of Finish Gel sealer to both hands and cure for two minutes.

6. Use Rose Oil to condition the free edge and cuticle area. Using rose oil on a daily basis will condition the matrix, hyponychium and free edge preventing them from getting dry and brittle.

Reverse Application

1. Apply the Base layer. This is the most important part of gel sculpting. Because Base is the bonding layer of the gel enhancement it must be applied evenly. Too thin of an application can lead to lifting. Too thick of an application can cause a heat spike.

Apply the form to the finger one at a time. Apply an even coat of base with a push pull technique from the cuticle through to the free edge and out onto the form, to create the desired length of the nail enhancement. While the first finger is curing, repeat this step on the other hand and alternate. Base must stay in the lamp for a minimum of 20 seconds. It will take that long to complete the application on the other hand. Over curing the base will not affect the bond, but DO NOT FREEZE the Base. You must go right into the lamp after application to ensure proper adhesion. Once the base has cured, you can remove the form which will leave a thin, transparent free edge for you to work on.

2. You have a choice of Clear Sculptor or Frosted Pink Sculptor. Pick up a pearl that is around half the size of the natural nail. Start at the cuticle with a floating technique using your brush to follow the contour of the natural nail. Float from the middle to the side, then the middle to the opposing side and work your way down to your reverse smile line.

DO NOT REMOVE YOUR BRUSH FROM THE BEAD AS THIS WILL WHIP BUBBLES INTO THE PRODUCT!

3. When you get your product down to where you want your smile line, stop your application and swipe out your smile. Always make sure that your product at the smile line is thicker and even from side to side, to ensure a razor sharp smile line. Freeze this layer outside the lamp to prevent it from running onto the skin and creating heat spikes. The amount of Gel you apply will determine how long you should wait outside the lamp. Generally, 20 to 30 seconds before applying the next layer. Just be careful that you freeze the foundation before the product runs. If you need to sharpen your smile line, you can use your diamond file.

4. You can choose from Hyper White, Snow or French for a French look or Kaleidoscope Gel Paints for colour work or design.

5. 3 OPTIONS

-Hyper White

Apply thin layer on free edge area (remember you can not build with hyper white) you will need to cap hyper white in flex as this gives a crystal clear finish.

-Snow

Apply medium layer of snow(ensure colour is even) to the free edge area cure for 2 mins. You will need to cap with flex as this gives a crystal clear finish.

-French

Apply medium layer of French Gel to the free edge and cure for 2 mins. Apply a second layer of French evenly and cure for 2 mins(no capping necessary)

6. After you final two minute cure, use swipe to wipe the dispersion layer (sticky residue) from the cuticle to the free edge. This will finalise the application and prepare you for finishing.
7. For detailed finishing information, please refer to 'I' Formation guidelines.
8. Apply one coat of Finish Gel sealer to both hands and cure for two minutes.
9. Use Rose Oil to condition the free edge and cuticle area. Using rose oil on a daily basis will condition the matrix, hyponychium and free edge preventing them from getting dry and brittle.

Tip Overlays - Gel

Shaping a Deeper Smile

The wells of the tips can be shaped into a deeper smile to give the appearance of a longer nail bed or enhanced smile line. Hold a 180/180 grit file at a 45° angle starting at the centre of the well. File in one direction until a deeper smile has been achieved.

Gluing Tips

When applying glue to the tip, lightly brush the glue to the inside of the nail well. To get the right amount, unscrew the cap from the glue bottle and bend it inside the neck of the bottle to release the excess glue from the brush. Use the length of the brush to scrape the glue inside the well of the tip from corner to corner. When gluing the tip onto the free edge, rock it down or up at a 30° angle to push out any excess air trapped inside the well. Hold for five seconds.

Removing Shine from the Tip

Following the correct technique is important for this procedure. You do not need to remove the shine from the tips when doing acrylic application. Acrylic bonds well to plastic. On the other hand, the shine must be removed when applying gel over tips. Gel does not bond well to a shiny surface. When removing the shine from the white tips, be careful not to remove too much of the smile. Filing too much can affect its physical appearance. The 180/180 Grey buffer is perfect to remove shine from the tips.

Preparation

1. Use Cleanse to sanitize both you and your client's hands. Cleanse will leave a light lemon scent without drying the way other sanitizers do.

2. Push back the cuticles with spoon side of your Magic Wand. Make sure you push and lift the cuticle away from the nail plate. Use the bladed end to scrape away any protein growth from under the cuticle and nail groove area.

OPTION 2 : Use Cone Diamond Bit (medium) on the lowest speed of YN99 E-File working in one direction (normally towards yourself) slowly lightly move bit around cuticle area.

3. Using the electric file with a medium sanding band or a 180/180 grit file to remove the shine from the natural nail.

4. Use your Swipe with a lint-free square wipe and scrub the nail plate of all oil and contaminants.

5. Size tip and glue to the natural nail. Make sure when gluing the tip that you do not flood the brush-on glue to the well of the tip. An even application will ensure a proper bond. Hold tip for 5 seconds.

6. Remove shine from tip before applying Protein Bond.

7. Apply 2 coats of Protein Bond to the exposed natural nail. Protein Bond leaves a tacky layer to which the gel will adhere. Make sure the surface stays sticky.

Gel Application

1. After the tip has been glued to the natural nail and prepared with Protein Bond, you can start the application.
2. You must always start with Base Gel. This will be the support to your strong enhancement. Apply Base to all 5 fingers from cuticle to tip. Make sure you cover all of the free edges, including the sides. Nail technicians sometimes forget to cover the edges of their tips when applying Base.
3. Cure for a minimum of 20 seconds to ensure a bond to the natural nail. NEVER FREEZE THE BASE. (This means keeping the hand outside the lamp to prevent the product from spilling onto the skin). The Base layer needs to go directly into the lamp after application.

Foundation Layer (1st Layer of Body)

The Foundation Layer will reinforce your cuticle area and nail grooves. The ideal method of application is to pillow an even amount around the perimeter of the nail to ensure a strong foundation. Remember, the enhancement will be filed into shape after the application is ready. In order to keep from filing away the cuticle area or nail grooves, make sure there's an even amount to file flush to the natural nail.

Nail technicians often make the mistake of applying gel like polish. This builds a thin flat surface that has no structural support.

To create a proper foundation layer, start by picking up a gel pearl and pushing it toward the cuticle area and pulling through to the tip of the free edge. This will distribute an even amount on both sides. Use the body of the brush and pillow an even amount of gel on the nail plate close to the cuticle corners and nail grooves without touching the skin. Freeze to prevent a heat spike. This method (depending on the amount of gel used) takes about 15 – 20 seconds outside the light. Go directly in the lamp after the freeze and cure for a minimum of 20 seconds. Remember to rotate fingers throughout the application to ensure a steady finishing time.

Blending Beads (Upper Arch and Dips)

If the enhancement requires additional gel for an upper arch or for dips to be filled in, blending beads need to be added. Blending beads need to be "floated on," which is the action of the brush touching the surface of the gel while leading an attached string from side-to-side or front-to-back.

Begin by floating across the stress support area and from front-to-back (see illustrations below). Observe the side profile of the nail to ensure that there is an upper arch or the dips have been filled. You can start from the back of the cuticle and float from side-to-side down to the stress support area. Use a front-to-back technique to even out the areas as needed. This will also blend in the areas that need to be filled.

Freeze and cure for 2 minutes.

REMEMBER: The body of the gel nail can be completed in one gel pearl. This technique can be accomplished by floating from side-to-side starting at the cuticle area and moving down to the tip. The key to preventing the product from running on to the skin is to freeze. Freezing will prevent the onset of heat spikes.

After the application is complete, remember that the gel enhancement must be cured for a full 2 minutes. Wipe away dispersion layer with Swipe from cuticle to free edge. Do not push back and forth forcing the dispersion layer onto the cuticle area as this could lead to allergic reactions.

Note: All Gel tip overlays can be applied in reverse to create a two tone look. Please refer to reverse application in the gel sculpting section to understand the proper mechanics.

Finishing

For detailed finishing information, please refer to the I-Formation guidelines for proper finishing techniques.

Use Rose Oil to condition the free edge and the cuticle area. Using Rose Oil on a daily basis will condition the matrix, hyponychium and free edge, preventing them from getting dry and brittle.

This Way, That Way. Re-Balancing Gel.

Use the following procedure to prepare your re-balancing gel application:

1. Use Cleanse to sanitize both your and your client's hands. Cleanse will leave a light lemon scent without drying the way other sanitizers do.
2. Push back the cuticles with Magic Wand. Make sure you push and lift the cuticle away from the nail plate. Use the bladed end to scrape away any protein growth from under the cuticle and nail groove area.
- OPTION 2 : Use Cone Diamond Bit (medium) on the lowest speed of YN99 E-File working in one direction (normally towards yourself) slowly lightly move bit around cuticle area.
3. If the natural nail is completely grown out, shorten the excess length using a diamond file or 180 grit file. Use an electric file with a medium sanding band or diamond bit to remove separated areas from free edge and cuticle area.
4. Prepare the re-balance by cutting a line with the electric file (Arbour Band, Diamond Bit, X-Cut Carbide) where you intend to create the fresh smile line.
5. Thin out the remaining product on free edge with the electric file (Arbour Band, Diamond Bit, X-Cut Carbide) for the reapplication of the new white gel (Snow, French or Hyper White).
6. Apply 2 coats of Protein Bond to the exposed natural nail. Protein Bond leaves a tacky layer to which the gel will adhere. Make sure the surface stays sticky.

Make sure you thoroughly understand and utilize the following application procedure for re-balancing gel:

1. Base Layer: Start by applying Base gel from the cuticle to the free edge. Use light motion to apply a smooth, even coat. Too hard of an application can create bubbles in the Base layer, making it weak and prone to separation. Push to get as close to the skin without touching the cuticles and nail grooves, and pull to the free edge with a light, even motion.
2. Wipe away any excess gel at the free edge to prevent thick build up where smile has been cut. Freeze inside a 36-watt lamp for minimum of 20 seconds.
3. White Layer: Apply thin layer of white gel (Snow, French or Hyper White) to free edge. Tuck it up to the existing wall and wipe in smile after application. Cure for 2 minutes. Complete the second hand while the first hand is curing.
4. Choose the builder gel that suits your style of application. Flex, Build Pink, and Build will serve the same function when applying to the body of the nail. Pillow in the fill area, float in the upper arch and sandwich the free edge to ensure nail structure is correct. Make sure all areas are filled in to prevent low spots. (If French Gel is applied twice this does not need to be capped)

Note: Heat can be felt if the product is built up too thick. Placing hand in front of the lamp for 20 seconds before insertion can reduce the heat transfer completely. This method is called Freezing.

5. Use Swipe to remove sticky layer from all 10 nails.

For detailed finishing information, please refer to the I-Formation guidelines for proper finishing techniques.

6. Apply one coat of Finish gel sealer to both hands and cure for 2 minutes.

7. Use Rose Oil to condition the free edge and the cuticle area. Using Rose Oil on a daily basis will condition the matrix, hyponychium and free edge, preventing them from getting dry and brittle.

Over Here, Over There... Re-Balancing Gel

Reverse — Fill Before Cut

Preparation

1. Use Cleanse to sanitize both your and your client's hands. Cleanse will leave a light lemon scent without drying the way other sanitizers do.
2. Push back the cuticles with your Magic Wand. Make sure you push and lift the cuticle away from the nail plate. Use the bladed end to scrape away any protein growth from under the cuticle and nail groove area.

OPTION 2 : Use Cone Diamond Bit (medium) on the lowest speed of YN99 E-File working in one direction (normally towards yourself) slowly lightly move bit around cuticle area.

3. Assess the need to remove any lifted Gel. If you see any lifting around the cuticle area, use your medium carbide or diamond bit and cut a line behind any lifting to ensure a clean removal of any Gel that may still be firmly attached to the nail bed. If you see any air pockets, take the same bit and cut a clean line around the air pocket.

REMEMBER: DO NOT USE EITHER OF THESE BITS ON THE NATURAL NAIL. MAKE A GROOVE DEEP ENOUGH TO CREATE A PERFORATION FOR EASY REMOVAL. USE OF THESE BITS ON THE NATURAL NAIL WILL CAUSE RED MARKS ON THE NAIL BED.

4. After you have removed any lifting or air pockets, use your medium sanding band or 180/180 grit file and remove the shine from the natural nail. Be sure to bevel files and sanding bands before using them on a customer. This will remove sharp abrasive edges.
5. Use Swipe with a lint-free square wipe, and scrub the nail plate and existing acrylic free of oils, dust or contaminates.
6. Apply 2 coats of Protein Bond to the exposed natural nail. Protein Bond leaves a tacky layer to which the product will adhere. Make sure the surface stays sticky.

Application

1st APPLICATION (Fill First)

1. The first stage of the reverse application is to fill all the pinks. You can either apply your gel with a reverse line at the smile or flush. If you are learning with your electric file, it can be easier to apply with a reverse line to give you a guide while filing out your free edge.

2nd Cutting and Application

1. Using your X-Cut Carbide, cut in a smile line into all 10 nails. Take your thumb and pointer finger and pull back your client's skin at the sidewalls. You are going to place the barrel bit at a 45° angle and cut in the new smile line from right to left, typically behind the two week growth line. If you are left handed, then you will be using the machine in reverse and working from left to right.

2. After your smile line has an even groove from side to side, remove existing gel on the free edge flush to the natural nail or tip. This will prevent shadowing when applying the new white or coloured gel.

OPTION: If you have colour or an art design you can completely remove the free edge with you X-Cut and then Re-form.

3. Repeat this step for all ten nails.

4. You can choose from Hyper White, Snow or French for a French look or Kaleidoscope Gel Paints for colour work or design.

5. When you have cured your desired free edge, you need to cap it with your build gel. Fill the free edge to the same level as the reverse smile line. Look at the nail from three directions to judge whether additional low spots require filling. Look down the length of the nail, from above the nail and from the side of the nail. If more product needs to be added, make sure to add before you wipe the nail with swipe.

6. After you final two minute cure, use swipe to wipe the dispersion layer (sticky residue) from the cuticle to the free edge. This will finalise the application and prepare you for finishing.

7. For detailed finishing information, please refer to 'I' Formation guidelines.

8. Apply one coat of Finish Gel sealer to both hands and cure for two minutes.

9. Use Rose Oil to condition the free edge and cuticle area. Using rose oil on a daily basis will condition the matrix, hyponychium and free edge, preventing them from getting dry and brittle.

Synergy Natural Gel Overlays

Use the following procedure as a guideline for preparing your natural gel overlay application:

1. Use Cleanse to sanitize both your and your client's hands. Cleanse will leave a light lemon scent without drying the way other sanitizers do.
2. Push back cuticles with the spoon side of Magic Wand. Make sure you push and lift the cuticle away from the nail plate. Use the bladed end to scrape away any protein growth from under the cuticle and nail groove area.

OPTION 2 : Use Cone Diamond Bit (medium) on the lowest speed of YN99 E-File working in one direction (normally towards yourself) slowly lightly move bit around cuticle area.

3. Using the electric file with a medium sanding band or a 180/180 grit file, remove the shine from the natural nail.
4. Use your Swipe with a lint-free square wipe and scrub the nail plate of all oil and contaminants.
5. Apply 2 coats of Protein Bond to the exposed natural nail. Protein Bond leaves a tacky layer to which the gel will adhere. Make sure the surface stays sticky.

Make sure you thoroughly understand and use the following application instructions for a natural gel overlay:

1. Apply the Base layer. This is the most important part of gel sculpting. Because Base is the bonding layer of the gel enhancement it must be applied evenly. Too thin can lead to lifting. Too thick can cause a heat spike. Apply Base to all 5 fingers and cure for a minimum of 20 seconds. While the first hand is curing, apply Base to the second hand and cure for a minimum of 20 seconds. Over-curing the base will not affect the bond. DO NOT FREEZE the Base. You must go right into the lamp after application to ensure proper adhesion. If applying white gel, make sure you swipe any excess base from the tip before application.
2. Choose the builder gel that suits your style of application. Build Pink, Build and Frosted Pink will serve the same function when applying to the body of the nail. If you want a good foundation (first layer of the body), you must pillow this layer. Pillowing is pushing an excess amount around the cuticle and nail groove area.

Freeze this layer outside the lamp to prevent it from running onto to the skin and creating heat spikes. The amount of gel you apply will determine how long you should wait outside the lamp. Generally, 20 to 30 seconds is enough time for the product to freeze before going in the lamp. You must go inside the lamp for a minimum of 20 seconds before applying the next layer. You can apply the product to multiple fingers to save time. Just be careful that you freeze the foundation before the product runs.

3. The final step in the application process is making sure that you have a nice upper arch. In order to achieve this, you must float the product into the areas that need it. Freeze the added product to prevent running and heat spikes. After the final product has been added, the gel nail must be cured for a full 2 minutes. Look at the nail from 3 directions to judge whether additional low spots require filling. Look down the length of the nail, from above the nail and from the side of the nail. If more product needs to be added, make sure to add before you wipe the nail with Swipe.

4. After your 2-minute final cure, use Swipe to wipe the dispersion layer (sticky layer) from cuticle to free edge. This will finalize the application and prepare you for finishing.

Note: Remember you can build the body in one motion using the builder gels. Just use your front to back, side to side and circular motion to float the product into the right shape.

For detailed finishing information, please refer to the I-Formation guidelines for proper finishing techniques

5. Apply one coat of Finish gel sealer to both hands and cure for 2 minutes.

NOTE: If your client tans often, you may need to use one coat of Gloss over the enhancement to give an ultra shine. Make sure you cure Gloss for 2 minutes. Remove sticky layer with Swipe.

Fun with Form Fitting

Form-Placement Guidelines

The grooves or growth channels of the nail plate are the guidelines for placing the form, not the free edge or hyponychium. This is the most important aspect of form placement. If you cannot sculpt your product onto the form without creating an edge where the form meets the line of the growth channel, the supports of your sculpted nail will not provide the strength needed for your work to hold up in your client's real life routines. A well placed form equals a happier client.

The form needs to sit parallel and even with the growth channels. Looking at the form-placement from the side, determine whether the tip of the form is too far up or down. To correct the placement, simply move the arms of the form in the direction of the correction. If the tip of the form points up, move the arms up. If the tip points down, move the arms down.

Use the lines of the growth channels to judge the width of your sculpted extension, not the lines on the nail forms.

To Place Your Form

1. Taking one form at a time from the roll, hold the form with a one or two-handed grip. Create a curve in the form that matches that of the natural nail plate or the curve formation you wish. When a natural free edge exists, use it to place the form under while lining the arms up in a parallel position with the growth channels.
2. When there is no free edge to guide your placement, imagine where the hyponychium track would be when placing the oval edge and concentrate your focus on lining up the arms in a parallel position with the growth channels. Expect to have the skin of the fingertip showing between the form and the growth channel. You will use the skin to build the support of the sculpted nail.
3. With a firm but gentle grip, centre the oval edge and lay the arms in the parallel position to accommodate the growth channels. Gently move the arms up or down to establish the curve of the sculpted extension. Press the arms of the form to the sides of the finger for a snug fit.
4. Check the fit by looking down the barrel of the form and fingernail. If you can look into the growth channels all the way to the cuticle, the form is well placed. If you see the form above the growth channel, you will have an extra step when removing the form.
5. When you're satisfied with the position of the nail form, pinch the end tabs securely together.

Tip: A great way to maintain the curve throughout your application of the form is to pre-pinch the tip. Open the backside to free the form and slide parallel to the growth channels.

Nail Forms Adjustments

If a form doesn't fit, adjustments are required. Here are a few examples of potential challenges and their solutions.

1. Extreme Natural "C" Curve or Square Free Edge

It can be a very challenging task to fit a form to the growth channels of a client who has a strong "C" curve or square free edge. The solution is to make the necessary adjustment by squaring the curved contact point of the form.

2. Wide Nail

Generally this is the thumb. When you're dealing with an extremely large nail, you'll find that the nail form will not fit under the free edge and you'll have difficulties balancing the form into the growth channels. You must cut 1/3rd off the right side of a form and 1/3rd off the left of another and stick them together. Use your scissors to cut out the front end for a balanced fit.

3. Extended Hyponychium Growth

When you encounter a client who finds the forms very uncomfortable—pinching at the smile line—they most likely have hyponychium overgrowth. The solution is to create a proper fit and reduce the pressure by cutting in a deeper curved indentation (U) at the contact point of the form.

4. Square Free Edge

Cut a square edge at the free edge to customize forms to fit. You can cut the center tab square on one side and place it underneath to give it a square edge.

For detailed finishing information, please refer to I-Formation guidelines for proper finishing techniques

5. Extended Square Free Edge

Fold both sides of the form along the growth channels of the centre tab, while still on backing paper. Roll C Curve into the centre of the form, peel backing paper off & set aside centre tab. Push an arch into the centre, the side walls will sit flat use your centre tab to create a bridge across the free edge area.

6. Stiletto Nail

This is a normal application, unlike the square form it is imperative that the free edge of the form is tapered into a cone like shape all the way to the end of the form. Ensure that the form is tightly tucked under the finger.

7. Short Stiletto Nail

Identical to the stiletto form, once the form is placed correctly use scissors to remove half of the form extending from the free edge.

Mani Q Natural Gel Overlays

Use the following procedure as a guideline for preparing your natural gel overlay application:

1. Use Cleanse to sanitize both your own and your client's hands. Cleanse will leave a light lemon scent without drying the way other sanitizers do.
2. Push back cuticles with the spoon side of Magic Wand. Make sure you push and lift the cuticle away from the nail plate. Use the bladed end to scrape away any protein growth from under the cuticle and nail groove area.
3. Using the electric file with a medium sanding band or a 180/180 grit file, remove the shine from the natural nail.
4. Use your Swipe with a lint-free square wipe and scrub the nail plate of all oil and contaminants.
5. Apply 2 coats of Protein Bond to the exposed natural nail. Protein Bond leaves a tacky layer to which the gel will adhere. Make sure the surface stays sticky.

Application for Mani Q with Kaleidoscope:

1. Apply an even coat of Mani Q and cure for 2 minutes.
2. Apply a *thin* layer of your Kaleidoscope Gel Paint and cure for 2 minutes.
3. If you want to apply glitter do that now. Apply with your brush and push into tacky residue. Dust away any excess with your manicure brush. If you are not applying glitter apply your second coat of colour cure for 2 minutes.
4. Apply another even coat of Mani Q to sandwich the colour in between cure for 2 minutes.
5. Apply a *thin* layer of Gloss Gel and cure for 2 minutes. *Firmly* remove sticky residue from the surface of the cured Gloss Gel. Tidy your shape with your 180/180 file and apply Young Nails Topcoat if additional shine is required. Young Nails UV Topcoat is an optical brighter, it makes your pinks pinker and whites whiter and intensifies artwork. Use Young Nails Fast Glass if standard clear topcoat is required. (optional: Polishes can be applied and removed *ONLY* on top of the cured Gloss layer.)

Never use 'Finishing Gel' with Mani Q as it will crack.

6. Apply Rose Oil.

APPLICATION FOR MANI Q with Coloured Acrylic

1. Apply an even coat of Mani Q. If you need to build the body of your nail a little do that now.
2. Take a scoop of Mani Q and place it on your mixing tile. Choose your desired coloured acrylic and tap a small amount into your Mani Q and mix through with your mixing knife until you get the shade of colour you are after.

Note: You don't have to stick to one colour; you can darken by adding a little black, make an earthy tone by adding a touch of brown or lightening with white or pearl. Use the same principles as when you are mixing your Kaleidoscope Colours. *If your mixture gets a little gluggy just add more Mani Q.

3. Apply your colour and cure for 2 minutes.
4. Apply another coat of Mani Q.
5. If you want to apply glitter do that now. Apply with your brush, push into the tacky residue and dust off the excess with your manicure brush. If you are not applying glitter you can apply a second thin coat of your gel paint and cure for 2 minutes.
6. Apply a thin layer of Gloss Gel and cure for 2 minutes. Firmly remove sticky residue from the surface of the cured Gloss Gel. Tidy your shape with your 180/180 file and apply Young Nails Topcoat if additional shine is required. Young Nails UV Topcoat is an optical brighter, it makes your pinks pinker and whites whiter and intensifies artwork. Use Young Nails Fast Glass if standard clear topcoat is required. (optional: Polishes can be applied and removed ONLY on top of the cured Gloss layer.)
7. Never use 'Finishing Gel' with Mani Q as it will crack.
8. Apply Rose Oil.

APPLICATION FOR MANI Q with Glitter Blends

1. Push back cuticles and remove any excess protein growth with your Magic Wand.
2. Remove the shine from the natural nail plate with your 180/180 file. Cleanse the nail with Swipe and apply 2 coats of Protein Bond.
3. Apply an even coat of Mani Q and cure for 2 minutes. If you need to build the body of your nail a little, then do that now. This always insures that your colours and designs are close to the top to make it quick to remove when your client comes back in.
4. Press your glitter into the tacky residue and remove excess with your manicure brush.
5. Apply your top layer of Mani Q.
6. Apply a thin layer of Gloss Gel and cure for 2 minutes. Firmly remove sticky residue from the surface of the cured Gloss Gel. Tidy your shape with your 180/180 file and apply Young Nails Topcoat if additional shine is required. Young Nails UV Topcoat is an optical brighter, it makes your pinks pinker and whites whiter and intensifies artwork. Use Young Nails Fast Glass if standard clear topcoat is required. (optional: Polishes can be applied and removed ONLY on top of the cured Gloss layer.)

Note: If you are working with a hairdresser or clients who gets discolouration, you will need to apply Gloss Gel instead of UV Topcoat. Remember you have to remove the tacky residue when working with gloss. Never use 'Finish Gel' with Mani Q as it will crack.

7. Apply Rose Oil.

Your Road Map to Filing Success.

I-Formation

Understanding this technique will create the perfect structure when filing into shape.

Right Handed – Set E-File to Forward

Left Handed – Set E-File to Reverse

STEP 1: Perimeter Shaping

FILE: 100, 150, 180 Grit or Diamond File

The perimeter is broken down into 3 points. (1) Free Edge, (2) Sidewalls, and (3) Lower Arch. When shaping the tip of the free edge you can create square, oval, or squoval (tapered) shapes by holding the file at a certain angle. Flush for square, 45° angle for squoval (tapered), and flat for oval. Hold your file with a strong grip and file up and down along the groove channel keeping the file straight. Pulling the file in diagonally can round out corners and create an unbalanced tip. Follow the same procedure for the opposing side.

For straight lower arches, turn the client's hand to the side and line up the file with the lowest part of the lower arch. Keep the file parallel to the finger and file straight and level until the board reaches the corner of the nail groove. This will create perfectly straight lower arches and prevent those unwanted steps (unevenness with lower arch, stair-like appearance).

STEP 2: Upper Arch Shaping

FILE: Medium to Fine File — 150-240 Grit

Bits: Medium Arbour Bands, Diamond Bit or X-Cut Carbide

Electric file:

Hold the finger with an over grip to prevent your wrist from bending. This will provide you with a perfect view of the upper arch from a side profile. Start by filing from the free edge toward the cuticle area while keeping the barrel of your bit in the center of the nail. Use the length of your barrel as your guide while shaping the form of your upper arch. Pull the hand piece in one direction to prevent the barrel from slipping. File up and over the upper arch by keeping the base of the barrel in contact with the free edge, the body in contact with the apex, and the tip in contact with the cuticle area.

Hand file:

Protect the cuticle area with your other hand while filing the upper arch. Keep the file in contact with the centre of the enhancement file, shaping the upper arch. Stroke the file horizontally as you move from cuticle to free edge.

STEP 3: Cuticle Area Contouring

FILE: Medium to Fine File — 150-240 Grit

Bits: Medium Arbour Bands, Diamond Bit or X-Cut Carbide

Electric file:

Using an over grip will give you the most comfortable positioning. File the cuticle area in one direction going from one cuticle corner to the other. Make sure that the edge of the barrel does not touch the natural nail. Keep the tip of the barrel in contact with only the acrylic or gel.

Hand file:

Blending the cuticle corner should be accomplished with a correct product application. In the case of a clean application, minimal filing will be required. When the application is heavy in this portion of the sculpted structure, place your file in the center of the cuticle and pull the file around the corners toward yourself. Keep your file at an angle so as not to cut into the natural nail plate, but blend to the nail plate.

STEP 4: Free Edge (C-Curve) Contouring

FILE: Medium to Fine File — 150-240 Grit

Bits: Medium Arbour Bands, Diamond Bit and X-Cut Carbide

Electric file:

While looking down the length of the nail, use the barrel of your bit and file the free edge even from side to side. Remember to file in one direction to prevent the barrel from slipping.

Hand file:

Using the contour lines you created in STEP 2, find the centre of the curve on the extension while looking down the length of the sculpted nail. Blend each corner of the extension into the centre visual point. Be sure your file is held diagonally as you contour your free edge.

STEP 5: Support Blending

FILE: Medium to Fine File — 150-240 Grit

Bits: Medium Arbour Bands, Diamond Bit or X-Cut Carbide

Electric file:

While looking down the length of the nail, file through the body from cuticle to free edge in one direction. This will take down any uneven areas through the body of the enhancement.

Hand file:

While you look down the barrel of the sculpted nail, you will see the supports of your bridge support rising away from the contouring of the nail plate. When blending the supports, your goal is to shape them to flow with the contour of the nail plate, creating an even C-Curve when looking down the length. With correct blending of the supports, you should see a full rise of product through the support bridge area from the profile view.

Enhancement Finishing Options

Here are four options for finishing your enhancement:

Option 1:

After using the 180/180 grit file, remove the dust from the enhancement and clean with Swipe. Apply a thin coat of Finish and cure for 2 minute under a 36-watt light. Only 2 minutes is required for a brilliant shine with no sticky layer to remove. Primary Benefit: Finishing the enhancements with this product will save you time. There is no soft filing, no sticky layer, no drying time. You can go straight into your polish application without using a base coat.

Option 2:

After using the 180/180 grit file, remove the dust from the enhancement and clean the surface with Swipe. Apply a thin coat of gloss gel and cure for 2 minutes inside a 36 watt light. After 2 minutes, remove the sticky layer from the top of the nail. Primary Benefit: Using the gel produces a durable, brilliant shine. Great for Hair Dressers or anyone who gets discolouration.

Option 3:

Using a 180/180 sponge buffer, remove the dust from the enhancement and any file lines from the surface of the nail. Use the green side first of your Super Shiner Buffer with a light pressure followed by the white side for an incredible glass like finish. Super Shiner is also great to buff natural nails to a high shine.

Option 4:

After using Gloss, Finish or Super Shiner Buffer, apply 1 coat of YUV. This amazing top coat provides a beautiful shine and also serves as an optical brightener top-coat. This is used to improve the colour of the enhancement. This product keeps the enhancement from becoming discoloured from UV rays, either from the sun or from tanning beds. You cannot, however, use a sunscreen with this product.

Brush Care and Maintenance

New Brush

When you receive your new brush, you will notice the brush hairs are stiff, this is because the hair is set with starch so the brush will stay in a perfect shape until used.

There are 2 options to remove the starch so you can use the brush for the first time:

OPTION 1:

Using a small amount of warm soapy water gently run it through the hairs with your fingers until the starch is removed. Rinse in clean warm water, Dry on brush mat.

OPTION 2:

Fill a small glass dappen dish up with monomer, load the brush up with liquid and wipe back and forwards on desk matt until the brush feels soft and pliable(generally this should use all the liquid in the glass dappen dish)

Maintenance of your brush

After each use you need to ensure your brush is free of any product before you store.

If you have product hardened in your brush you can remove it by:

- Soaking the brush in your monomer until product is soft and very easy to remove

DO NOT USE

BRUSH CLEANER

ACETONE

CUTICLE OIL

These products will either break down the brush hair and glue or make the brush completely unusable.

Storing Your Acrylic Brush

When storing your brush

You must lay all Young Nails Acrylic Brushes flat when storing as the excess monomer in the brush hair can affect the brush by

1. If you store your brush with the hair facing up the monomer can break down the glue at the base of the brush
2. If you store the brush with the hair facing down the monomer can break down the plastic cap on the end of the lid

Storing Your Gel Brush

When storing your gel brush ensure there is no product left in the brush, you can clean this out with swipe and lint free wipe

DO NOT EVER LEAVE YOUR BRUSH WITH PRODUCT IN IT NEAR THE UV LIGHT. AS THIS WILL CURE THE PRODUCT IN THE BRUSH AND THIS WILL LEAVE YOUR BRUSH UNUSABLE.

French Gel Toes. (synergy)

Preparation

1. Use Cleanse to sanitize the client's feet before proceeding.
2. Push back cuticles with Magic Wand. Make sure you push and lift the cuticle away from the nail plate. Use the bladed end to scrape away any protein growth from under the cuticle and nail groove area.
3. Lightly remove shine from the natural nail using a medium grit file or sanding band.
4. Use Swipe to remove oils and contaminants from the natural nail.
5. Use 2 coats of Protein Bond on the natural toe nails.

Application

1. Apply a thin coat of Base gel to the natural nail. Swipe away any excess from the free edge in the shape of a smile line. Cure for 20 seconds.
2. Apply an even coat of frosted pink to create a beautiful sheer look.
3. Lay in your Hyper White to the free edge using a marbleizing tool or the back of your brush. Make sure the coat is super thin.
4. Apply Finish Gel and cur for Two minutes.
5. Use Rose Oil to condition free edge and the cuticle area. Using Rose Oil on a daily basis will condition the matrix, hyponychium and free edge, preventing them from getting dry and brittle.

Netting with Gel

You can also use your black netting cut into small pieces inside the gel design. Use a small amount of Synergy Build Gel on the cured base gel. Place your net across the build gel holding both sides of the net (You can also do this with tweezers) Then place into YN 36W Lamp for 2 minutes you can remove any excess netting that is sticking up with a pair of scissors. Complete your nails design.

Gel Layering

Once you have prepared the nail with synergy base gel apply a kaleidoscope gel paint colour over the entire free edge of the nail, ensuring you have pushed the colour up against the smile line DO NOT CURE

Using another kaleidoscope gel colour (or Mix) Apply your second layer onto your first layer with a toothpick in a zigzag motion DO NOT CURE Repeat this process with another kaleidoscope colour.

OPTION : you can use a toothpick to marbleize the design if you like cure for 2 minutes

Once the design is cured use the sticky to apply a small amount of glitter of your choice to make colour enhanced then cap the entire design with synergy build gel.

Use I Formation to reveal design.

French Filigree Design

After you have extended the nail and applied reverse application. Choose your free edge colour (any kaleidoscope gel paint) apply from smile line to free edge and cure for 2 minutes.

Use a glitter to brush onto the sticky residue of the coloured gel. Push the glitter in until smooth. Coat with finish gel and cure for 2 minutes.

Use a contrasting colour with a toothpick to create your filigree design. Then cure for 2 minutes.

Use a contrasting colour with a toothpick to create your filigree design. Then cure for 2 minutes.

Cap the entire design with synergy build gel and cure for 2 minutes. Use I Formation to reveal design.

Gel Paint Mixing Chart Instructions.

1. Prep nails by pushing back the cuticle and removing the shine off natural nail.
2. Cleanse nails with Swipe.
3. Glue the proper size tip (clear tips work best) to each fingernail. Cut, file, shape, and buff to remove the shine from each tip, or place form on nail.
4. Cleanse again with Swipe.
5. Apply a thin layer of Protein Bond to the entire nail.
6. Use Base Gel to encase entire nail surface with a thin even coat for a strong bond. You can apply Base to five nails and then cure for one minute. Repeat for the other hand.
7. Use your choice of ether Build, Build Pink, or Flex. Apply to build a foundation and bridge support. It is best to do only one finger at a time. Set each nail a few seconds—just enough time to do each nail. After one hand is done cure for two minutes then cure other hand for two minutes.
8. Cleanse with Swipe to remove the sticky layer.
9. File, shape and buff the nail smooth making sure there are no high or low areas and the nail has a nice contour shape.
10. Swipe again making sure the nails are lint-free.
11. Float a thin, even coat of your favourite Custom Gel Colour. (It is best to do only two nails at a time and set). One even coat is best but you can apply two very thin coats if necessary to get the look you desire. Cure each hand for two minutes. Make sure the thumbs are fully cured.
12. Top with Finish Gel. Cure each hand for at least one minute.

Kaleidoscope Gel Kit Contents and Functions

Gel Paints (Follow instructions to create mixing colours)

<u>Primary Colours</u>	<u>Secondary Colours</u>	<u>Tinting Colours</u>
17023-1 7g Yellow	17026- 1 7g Green	17029-1 7g White
17024-1 7g Red	17027- 1 7g Orange	17030-1 7g Brown
17025-1 7g Blue	17028- 1 7g Purple	17031-1 7g Black

Accessories Included

- 2 x Plastic Mixing Spatulas – Used to scoop out mixing parts.
- 1 x Glass Dampen Dish – Used to store cleanser to clean brush in between applications.
- 20 x Pack 2x2 Wipes – Used to Swipe off sticky residue after cure.
- 1 x 7.5ml Protein Bond – Used to create bonding characteristics for Gel Paint.
- 4 x Empty White Mixing Jars – Used to store custom colours.
- 1 x 7g Crystal Glitter Mix – Add to gel paint to create brilliant shimmer.
- 1 x 7g Frosted Pigment Mix – Add small amount to gel paint to create pearl effects.
- 1 x YN Painting Knife – Use to blend colours equally without any bubbles.
- 1 x Mixing Tile – Smooth surface for blending colours equally.
- 1 x Colour Wheel – Use as colour guide to mixing correct colour.
- 1 x Toothpick – Use to create marbleizing effects.

TIPS FOR KALIEDESCOPE GEL PAINT

1. Add Frosted Pigment to make your colours metallic (about the size of a match head is heaps!)

NOTE: Frosted Pigment will lighten your colours also as it a white pigment.

2. If you would like to add a gold, silver or bronze shimmer to your colour try the Earth-tone Acrylics. Tap a small amount to your colour and mix through.

3. You can also mix your coloured acrylics with your Flex Gel/ or Mani Q. Flex Gel is the thinnest of all the Builder Gels so it is perfect for mixing glitters and coloured acrylics into.

4. For a transparent colour try mixing 1 drop of Young Nails Liquid Art to Build Gel or Mani Q! Now add a little Frosted Pigment! WOW!

NOTE: Liquid Art will lighten as it cures!

To darken your colour add black, to lighten your colour add white, to make an earthy shade add brown.

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