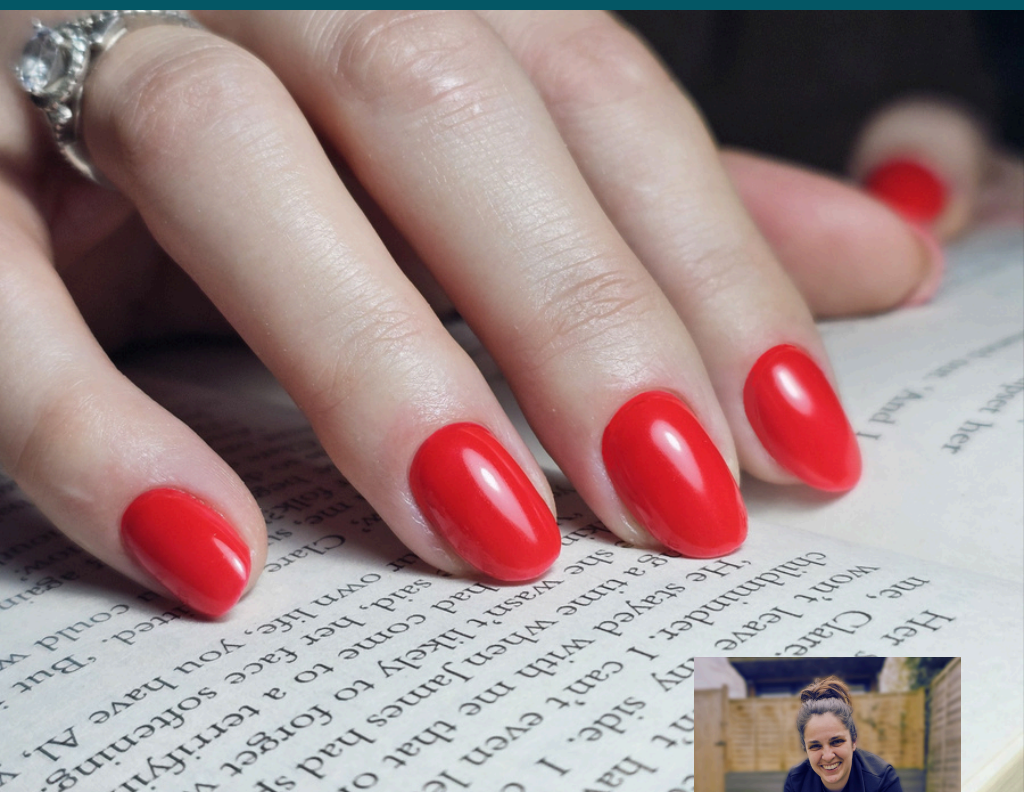


LET'S NAIL IT

HOW TO PAINT CLOSE TO THE CUTICLES

The complete guide on how to close the gap
when painting to the cuticles.



LET'S NAIL IT



Table of Contents

About Your Trainer	3
How to Paint Close to the Cuticles	4
It starts with Perfect Nail Prep	5
Clean	6
Natural nail prep	7
Natural nail prep VS E-File prep	8-9
Painting over enhancements	10
Pick Your Method	11
Bead application & How to pick up a bead for gel polish application	12-13
Using Line brush	14
Slowly build up colour	15
Paint across the cuticle with edge of the brush	16
Tips & Tricks	
Clean up mess with tools	17
Push back cuticles again if needed	18
Make sure you paint sides too	19
How your layers should look like	20
Avoid growing out ridge	21
Nail growth	22

INTRODUCTION

Hey, I'm your trainer

My name is Maya and I have been a nail technician since 2009. I am originally from Czech Republic, Prague. It is such a beautiful place to live, as well as having the best beer.

Since I started my journey doing nails I was always self-employed, renting places in salons, working from home or being mobile. As well as growing up in Czech I have lived in another 2 countries, Ireland and UK. Each time I moved I started doing nails again & not only started from scratch, but each time built up successful businesses.

I love being a nail technician, but over the last few years I have realized that I have a passion for helping others to achieve their dreams, through using my years of experience in different locations, with ups & downs, my aim is to help you become a better nail technician.



I truly believe that everyone deserves the best training they can get. If we keep doing the same mistake we get the same result every single time without progress. Let me point you in the right direction so you can make progress !

HOW TO PAINT CLOSE TO THE CUTICLES

Why is it important to paint close to the cuticles?

Longer lasting manicure: When you paint closer to the cuticles, you close the gap between skin and nail. As the nails grow, there's less visible regrowth, making the manicure look fresh for a longer period. This means your client can enjoy their manicure for an extended time before needing a touch-up or a infills.



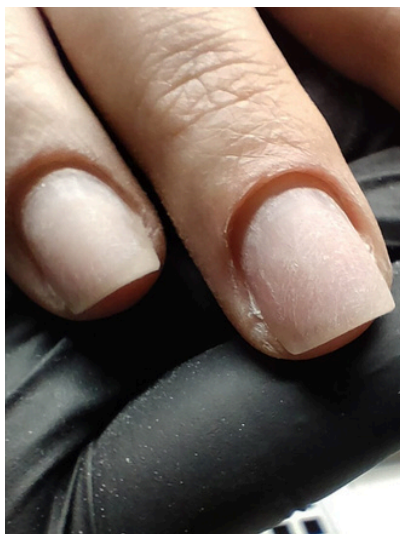
Professional Finish: A well-executed application that reaches close to the cuticles gives a cleaner, more polished look. It shows attention to a detail and enhances the overall appearance of the manicure.

Client Satisfaction: Clients appreciate a manicure that lasts longer and looks good as their nails grow out. Painting close to the cuticles can lead to higher client satisfaction, which can encourage repeat business and positive referrals.

Efficient Use of Time: By providing a longer-lasting manicure, you can schedule clients less frequently, freeing up time to take on new clients. This can help you manage your appointments more efficiently and increase your earning potential.

In essence, painting closer to the cuticles ensures a more durable and aesthetically pleasing manicure, benefiting both the client and the nail technician.

It starts with Perfect Nail Prep



The first step is to master nail preparation of the nail and surrounding skin.

Without perfectly removing cuticles and prepping the natural nail you won't be able to paint close to the cuticles.

All this can be done in 10–15 minutes! My Perfect Nail Prep Guide will help you to grow your skill.

If you haven't downloaded our free Perfect Nail Prep guide yet, make sure to do it now.

Clean



Dehydrate clients nail plate after you finish your prep (make sure hands and nails are dust free). This is my way; using lint free wipes folded in half.



I like to use disposable tools (lip balm applicator or micro-brush) dipped in dehydrator and applied across cuticle area and sides.

This will help nail retention. Disposable tools dipped in dehydrating solution (they all have different name, stick to what your brand recommends) around the cuticle area and sidewalls to ensure the removal of all dust particles.

Natural nail prep



Nail prep is essential prior to any nail treatment. The cuticle and dead skin must be removed, otherwise the nail enhancement may lift. The prep is the foundation to the rest of the treatment and is hugely overlooked a lot of the time.

This involves:

- pushing back the cuticles
- removing the shine from the nail
- cutting cuticles
- filing into desired shape (if gel polish is applied, you can skip rebalancing before applying infill product).

If you haven't downloaded Perfect Nail Prep guide yet, make sure to do it now.

Natural nail prep VS E-File prep

If you work with or without an E-File, nail prep should look similar. With E-File you can achieve better and smoother results with creating groove on proximal fold to paint closer to the cuticles.

With E-File attachments you can treat eponychium from underneath, lift the cuticle to create groove.



Natural nail prep VS E-File prep



Attachments like a flame, will help you to achieve this groove (not every client would have deep groove, be careful if you are performing this movement). Flame has got narrow tip, this tip can be used under the skin to under-file the skin, this creates the groove.

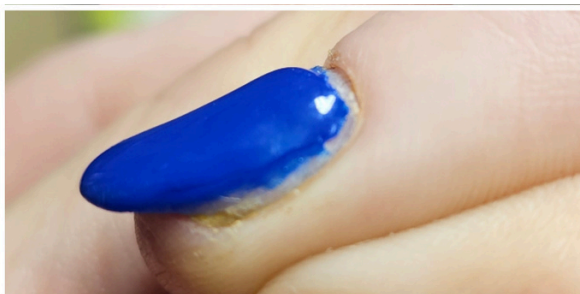
Make sure you have proper training before handling E-File.

Painting over enhancements



This is how infilled nails should look like prior painting. Enhancement doesn't need to be applied all the way to the cuticle. Gel color will fill in the gap. This gap also gives you room to paint close to the cuticles!

- no visible edge from enhancement
- completely smooth finish around cuticles
- free of dust



If you do not have enough room around the cuticles, gel polish color will add unnecessary thickness around cuticles like this.

Pick Your Method

There are four methods you can use to apply gel polish close to the cuticles.

- bead application
- using line brush
- building up the colour from the bottom of the nail
- using edge of the brush

Gel polish application should be thin and even all over the nail plate to make sure we are not adding blobs and making nail uneven looking.

Try all of these methods and pick one which suits you the best. For me it is a bead method. The gel does the work for you!

Make sure you use professional brands! They are easier to work with and last longer.



How to work with a bead method



-The bead needs to be clean this gives me a nice even bead on one side of the brush to place on the nail.



-Place your bead about 2-3 mm away from the cuticle.

-Then I place my brush behind this blob and slowly push towards cuticle. As the brush is behind the product, it only needs small push and bead is evenly applied around the cuticle.



-Evenly stroke down. As the brush is still touching bead, even movement down will bring the product down with a brush. This will take away unnecessary product from around the cuticle.

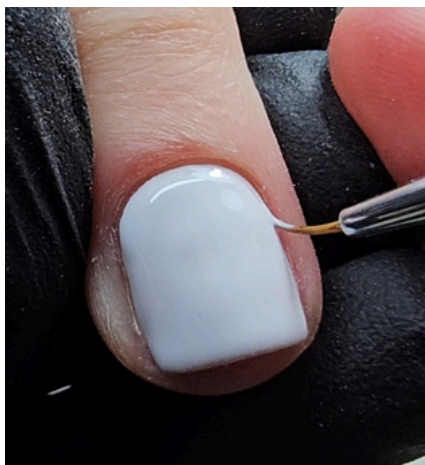
How to pick up a bead for gel polish application

My little trick when applying beads is, to completely wipe down the brush, and pick up bead on one side from the bottle.

I do the same for gel polish colours or soft gels (BIABs) and topcoat.

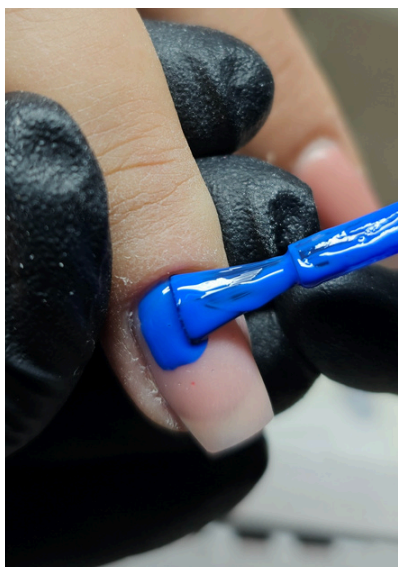


Using Line brush



Do not think that if you pick up line brush and paint to the cuticle you won't look professional. I use a line brush often! This depends on colour pigmentation and clients nail & cuticle shape, sometimes I need little brush to make sure application is where I want to be.

Paint across the cuticle with edge of the brush



Instead of doing it with full size of the brush, you can use edge of the brush to copy the cuticle shape.

There is usually much less of the product on the edge of the brush from the bottle.

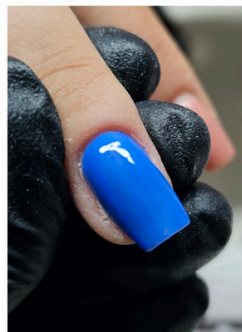
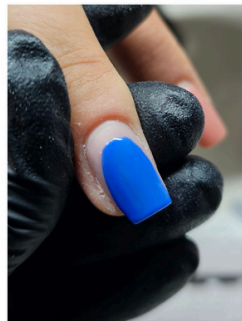
Once the cuticle area is done, you will paint rest of the nail as usual.

Slowly build up colour

Start by painting from the middle of the nail and gradually move toward the cuticle.

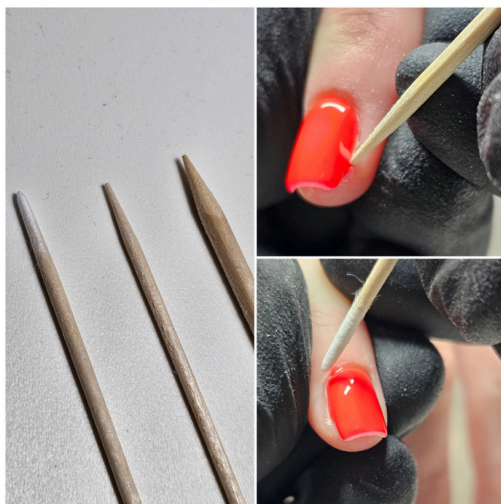
This technique ensures an even, thin layer of polish.

When you are working around the cuticles, you would use same movements as the bead method but with less of the product on your brush, this will prevent pushing too much of the product close to the cuticle and creates easier application.



TIPS

Clean up mess with tools



If you touch skin with any product, not just colour, this needs to be cleaned up as soon as possible. I like to use a toothpick; other side of orangewood stick or cotton swabs.

Each of these have different thickness for different jobs. I like to dip cotton swabs into non acetone remover to remove stains on the skin from darker colours, mainly red shades & larger areas that needs cleaning.

Toothpick and other end of orange wood stick are perfect for mess around the cuticles.

Any imperfections need to be cleaned up before it goes into lamp. It is harder to remove once its cured.

TIPS

Push back cuticles again if needed



Use cuticle pusher again just before you start applying the chosen colour.

Sometimes after manipulating the skin after it has rested you may have to remove it or push it again to make sure it is out of way prior application.

TIPS

Make sure you paint sides too



Here I have a different finger from the same set, pictures are taken from each side. My client cuts her nails when they get long, that is why free edge is wonky. But mainly I want to point out that we are only human, and we make errors. On left picture we can see grown painted nail all the way to the side, on right picture I haven't painted all the way to the side. It is here to show you perfectly painted nail and not so perfectly painted nail. The difference is small but can make a big impact when nails start to grow out!

Make sure you paint close to the sides, not just cuticles. This way your client nails will grow out smoothly looking good.



TIPS

How your layers should look



– When applying first coat of colour, leave 1 mm gap at the cuticle, paint behind your base coat on sides, leaving very thin application on sides.

– When applying second coat of colour, paint all the way to the cuticle (if you can) and make sides painted as close to the lateral side as possible.

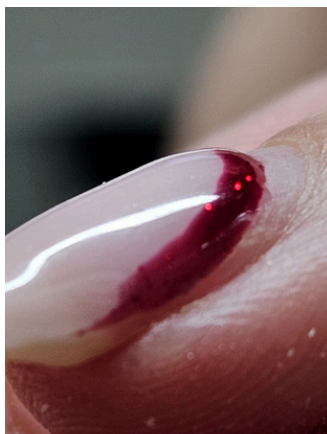


– If you do not have the skill yet to paint all the way to the skin, grab a line brush, dip it into colour and paint where needed to make fully covered colour application.

– Apply thin layer of topcoat, make sure you cover whole nail.

TIPS

Avoid growing out ridge



This is how layers build up, if you paint layers on top of each other. It creates lump which you can't see when doing nails, you can only see this when your client comes back a few weeks later.



This is a grown-out application the way I just described. By layering layers, you will achieve smooth transition. (This short nail has got overlay on the nail, check how thin the application is with colour application over, same as the picture above where too much product was applied).

Nail growth

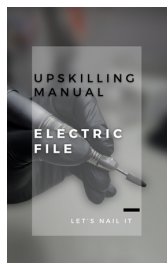
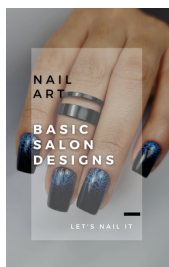


By painting close to the cuticles, your clients will get longer out of application!

There is two week growth on these nails, on each picture I am pulling skin to see the real growth. (If I didn't pull the skin, growth wont be as visible!)

Some nail technicians leaving 1 mm gap. This is old school way doing nails and there is no need doing that now, as products has developed and painting close to the cuticles does not have any effect on longevity of applied gel colour enhancements.

We have something more in stock you might be interested in...



I have created these in depth manuals for my students to take away home to have the possibility to read through all we covered and more. My courses are so intense and there is much information that you cant keep in mind. I have decided to offer these manuals to anyone who wants to refresh or up their skill.

Learn more with one of our manuals !

