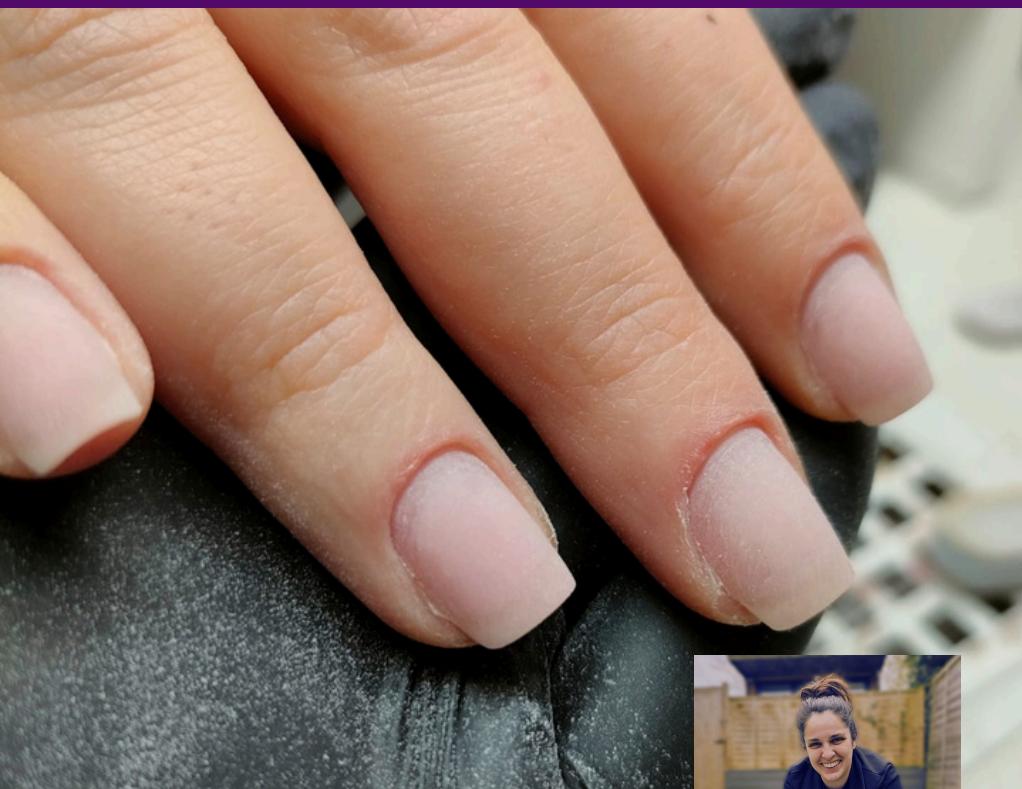


LET'S NAIL IT

PERFECT NAIL PREP

The complete guide on how to prep nails prior to any nail enhancements without Electric File



LET'S NAIL IT



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INTRODUCTION

Hey, I'm your trainer

My name is Maya and I have been a nail technician since 2009. I

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 !

CHAPTER I

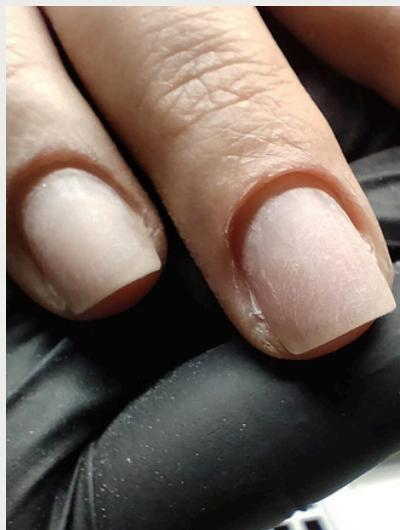
NAIL PREPARATION

Without Electric File

What is nail preparation?

Nail prep has & always will be the most important part prior to any nail enhancements. We all heard it during our first training and we heard it while being qualified. Whenever there is an issue with nail enhancements like lifting. This is the first question asked as its likely to be the route of the problem.

Have you prepped the nail properly?



What nail preparation involves?

- pushing back cuticles.
- removing shine from the nail.
- trimming cuticles.
- filing the nails to desired shape (you can skip on this step if you do infills like biab or acrylics/gels and you can shape nails after you infill them).
- dehydrating the nail prior to a treatment.

Proper nail preparation ensures that the product does not lift and the nails last longer.

Spend as much time as needed to prepare the nails as this sets your nails up to be the best. Although we want the nails to be prepped to perfection we don't want to be taking up loads of our clients time by spending hours making them ready. Through practice & good techniques its possible to prep the nails efficiently and properly.

CHAPTER II

What equipment we need

Nail Files/ Buffers

Use only 180/180 grit for natural nails. This is for shaping natural nails. (150/150, 100/100 grits are not suitable for natural nails.)

For removing the shine from the nail use a buffer. You do not need to use 180/180 grit for taking of the shine from the nail plate.



Cuticle Pusher

Choose any shape of cuticle pusher you like. I prefer this shape as it is thin and can lift up the cuticle gently.

Choosing the right equipment for you will make your life easier, and help you with your nail preparation.



Cuticle Scissors

Make sure you choose correct cuticle scissors. You need thin tip on your scissors, so you can slide in with leg of the scissor under loosen cuticle.



CHAPTER II

What equipment we need

**Nail Dust Brush**

Any nail dust brush to remove dust from fingers and nail bed. Avoid blowing on your clients fingers to remove the dust. That is unpleasant for your client. I like to use little brush, that is attached to my fingers and easy to use. I don't need to lift up brush all the time, i just turn my hand and brush.

**Wipes**

Lint free or regular wipes.

**Acetone or any dehydrator**

Any nail prep that is recommended by your brand, or acetone, this will do the same job.

Dehydrator removes moisture and oils from nail plate temporarily for better adhesion.

CHAPTER III

Step one

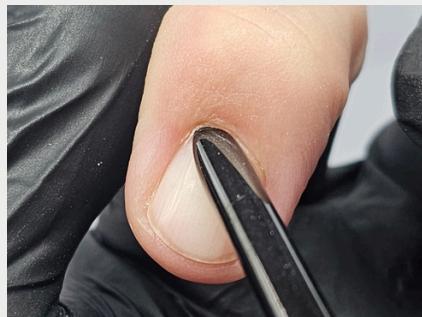
Pushing back cuticles



Not every nail prep will be easy! More you practice, easier nail prep will get. Here we are looking at easy nail prep.

Push back the cuticle

With your chosen equipment push the cuticle. Gently push the cuticle away from you, this will lift it. Always ensuring you are being gentle as you don't want to hurt your client.



Have your cuticle pusher completely flat with the nail

To avoid hurting your client. Some cuticles are more sensitive than others. Don't push too far and too harsh, you can damage matrix.

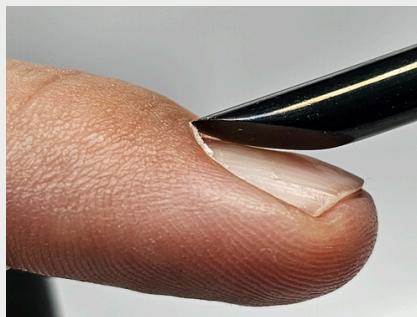
CHAPTER III

Step one

Lifting up cuticles

**Lifting up cuticles**

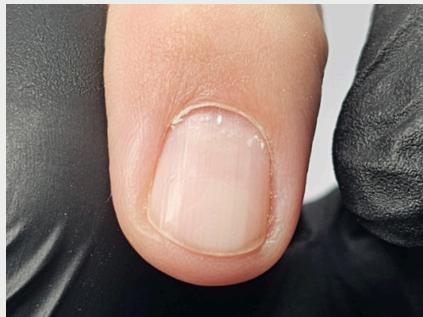
Lifting up the cuticle will create so much more room for you to paint later and more importantly it will create extra space for you to cut the cuticle.

**After push, lift up gently**

when you push the cuticle you can lift it up slightly. Doing this you will help you loosen up the cuticle and trimming cuticles will be easier. With this step, you will have extra room to paint closer to the cuticles and your client will get an extra week of wearing of nail enhancements.

CHAPTER III

Step one



Pushed and lifted cuticle

See the difference below of how lifting the cuticle creates more space for growth of your clients nail?

We have created about extra 2mm gap by pushing & lifting the cuticle. Cuticle is nice and loose and can be filed now.

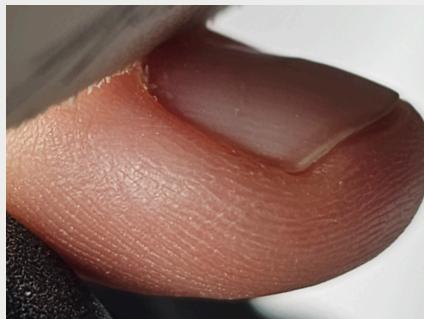


You can see how much room we have created not only by pushing the cuticle, but also by lifting it up. You do not have to worry about wet cuticle on client nail plate at this point. This will be removed in another step.

CHAPTER III

Step two

Lifting up cuticles with buffer & removing shine from the nail

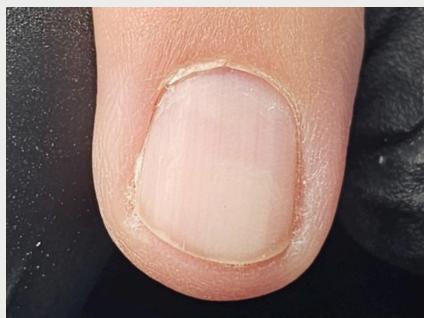


Remove shine from rest of the nail

Buffer

Use the edge of the buffer to loosen up cuticles a bit more. Edge of the buffer will smooth the skin as well as removing shine from that hard to reach area. This will also help with removing sticky cuticle from nail plate.

Some buffer's can have sharp edges, break your fresh buffer before use.



Remove any dust from the finger

Buffer will remove all the sticky cuticle from the nail plate. You do not need to use a scrapping tool. In most cases, scrapping the cuticle will take few layers of the nail with the cuticle if you are not careful, this could damage your clients nails.

CHAPTER III

Step three

Removing cuticles

**Trim the cuticles**

With your chosen cuticle scissors remove the cuticle. You can start at the bottom of the lateral fold if needed.

Hold your scissors flat to the skin. This way you can remove more of the cuticles than if you were to cut from a high angle..



Use small cuts if you are not sure. You do not need to cut cuticle all in one go, even if it is satisfying to see!

CHAPTER III

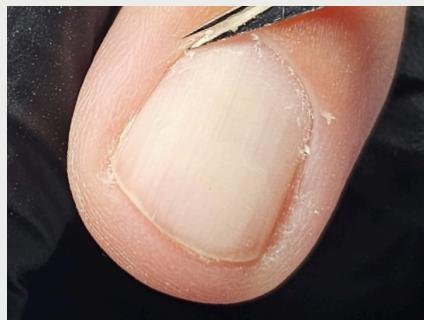
Step three

Removing cuticles



Gently keep cutting the skin all the way to other lateral fold. You can see how much I can slide my thin scissors under the lifted cuticle.

Not every cuticle can be cut in one go. Do not put pressure on yourself because you see this on social media. Take your time. You get the exact same result if its cut off bit by bit.

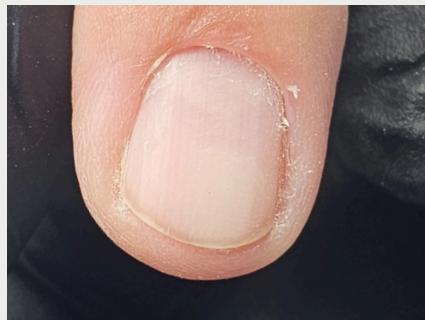


You can finish cutting the cuticle at the start of the lateral fold. You can remove more of the skin on that side if needed.

CHAPTER III

Step three

Removing cuticles



Trimmed cuticles

Removed cuticles

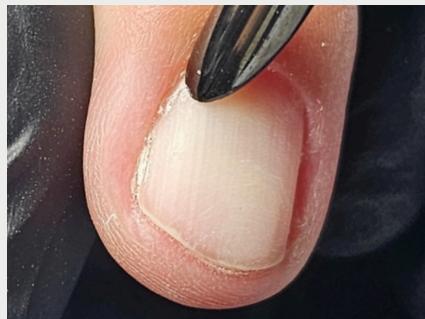
We can see on the picture a little hanging skin from trimming the cuticle. Have another go and remove gently rest of the cuticles that is in the way.



CHAPTER III

Step four

Touch up



Touch up

after you are done with removing the skin, have another look to make sure all skin is gone from the nail plate. If it is not, use either cuticle pusher or nail buffer again to remove rest of the skin.

Be gentle at this point, as the cuticle is removed, your clients skin will be more sensitive if you use a buffer.



Wipe natural nail with dehydrator of your choice.

Using lint free or regular wipes.



Your nail is prepped !

Natural nail is prepared for any nail enhancement of your choice.

If you are applying gel polish, shape your nail before application and nail prep liquid.

CHAPTER III



BEFORE/ AFTER

That is our nail prep done and ready for nail enhancement application.
All this is done without electric file !

CHAPTER IV

TIPS & TRICKS

Nail wood cotton swab

To remove dust completely from underneath of the skin, you can dip cotton swab into dehydrator or acetone and wipe down around cuticles.



Break your files

Files have got sharp edges. Break them before you use them on your client. Especially if you are doing nail extensions and the cuticles are cut. Sharp file can Break soft cuticle skin and your client can have a big ouchie.

Keep some of your old files so you can smooth edges of the new file with them. Run across the edge couple of times, all sides must be smoothed. Try it on top of your hand or forearm before using on your client.

CHAPTER IV

TIPS & TRICKS

When you cut your client

Do not beat yourself up if you cut your client. It happens to the best of us. Especially if you have brand new or sharpened scissors. It happen's to me occasionally !



Treat it like a wound

When you cut your client, clean it out with antiseptic spray.

Prior to any application you need to completely clean the nail plate. Blood can affect adhesion of enhancement.

You need to stop the bleeding....

Small cut : antiseptic spray will most likely make it stop bleeding.

Bigger cuts : you may need to apply pressure bandage and leave it for a couple of minutes, any pressure on the finger may cause bleeding again.

Make sure the nail plate is completely free of blood stains. I usually double dehydrate the nail, just to make sure the enhancement will stick to the nail plate.

Once wound has stop bleeding, be gentle with the area as it can start bleeding again. This could be tricky when shaping the nail if you do extensions.

CHAPTER IV

How long should nail prep take you?

Beginner 30-35 minutes
Intermediate 15-20 minutes
Advanced 10-15 minutes

Keep an eye on your timing, these times are approximate. Do not let nail prep be the longest part of your treatment.

How to prep nails with BIAB, Acrylics or Gels ?

You would prepare the nail same way. There are not any differences.
Up to your preference you can either start removing the gel coating first and then prepare the nail, or prepare the nail before you start removing old coating.

If you do infills ...

If you do infills or full set, you don't have to worry about small hanging skin. At this point skin was cut and it is little bit sensitive. As long as the cuticle is not in your way, you can apply product. Once you are filing around cuticles after you applied product, file will take care of little hanging pieces. Make sure your nail plate is completely free from wet cuticle for application. After you are done shaping the nail, check cuticles again and trim if needed.



CHAPTER V

Choosing correct tools



Choosing right cuticle pusher...

Cuticle pushers come in different shapes. To choose the correct one you will have to try a few to find out which suits you best. I have tried so many and I can say orange woodstick shape fits me the best. I can use it in different angles, I can manage sticky cuticles and I can lift the cuticles with it too. You do not need to buy the whole set of tools, if you are not sure, start with orange woodstick and when you are confident buy more tools. All of the tools have got a different purpose, having all of them will confuse you.

Choosing correct cuticle scissors...

There are scissors and there are scissors. Choosing the right pair will make your work so much easier. I am not using scissors on the left picture for cuticle work. They are too wide. Scissors on the right picture have got long slim tips. With that pair I can cut more of the skin easier. Invest in good equipment and look after them. scissors needs sharpening every now and then.



CHAPTER VI

How to hold your scissors

How you hold your scissors matter

The best way to hold your cuticle scissor is with your thumb and ring finger, putting your index finger on top of the scissors. This way you will have more freedom to move where you need to.

Holding your scissors with thumb and index finger is quiet limiting and you can't move around as you need to.



CHAPTER VII

Not all cuticles are same

Healthy cuticles

85% of your clients will have healthy cuticles.

That means that it is easy to work with them and your prep will be quick.

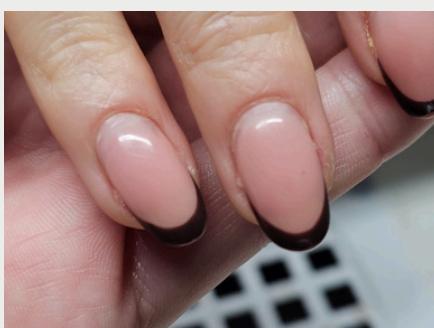
Some are bigger in size and some you barely can see.

Healthy cuticles will be easy to work with, flexible when pushing it and they will be easy to lift.

Use only 180/180 grit for natural nails. This is for shaping natural nails.

For removing the shine from the nail use buffer. You do not need to use 180/180 file grit for taking of the shine from the nail plate. This would remove more layers of the nail and it is not necessary.

Myth – cutting cuticles makes them grow faster. Not true, cutting cuticles has got no effect on growth of cuticles. Every single one of my clients has their cuticles cut on 3/4 weeks basis. Clearly we can see on pictures that that is not the case.



CHAPTER VII

Not all cuticles are same

Overgrown, dry cuticles

These cuticles are a little bit more work, same method will apply to work with this skin. Be a little bit more careful when cutting this skin, Even the smallest cut will make the skin bleed. If you cut your client, make sure you sterilize your equipment ! Advise your client to use cuticle oil.



Healthy not separated cuticles

Even healthy cuticles sometimes do not naturally separate on their own. These are still easy to work with.



Dry cuticles

This skin is dry, not flexible. Be gentle with this kind of cuticle. Advise your client to use cuticle oil.



CHAPTER VII

Not all cuticles are same

Sticky Cuticles

This type of cuticle is really hard to work with. When you push clients cuticles, be gentle. This skin is extremely sensitive. You can see the redness around cuticles, skin is not flexible and naturally does not separate from the nail plate.



Using oil on daily basis will help, not just once or twice, as much as possible. Hand cream will not do the job, creams are for skin not for cuticles.



CHAPTER VII

Cuticle care

Oiling cuticles makes massive difference in skin condition. Unfortunately not everyone is blessed with healthy cuticles.

Advise your clients to oil their cuticles :

Healthy Cuticles – once a day

Dry Cuticles – 3 times a day

Overgrown Cuticles – 3 times a day

Sticky Cuticles – as much as possible, paraffin treatment might be beneficial

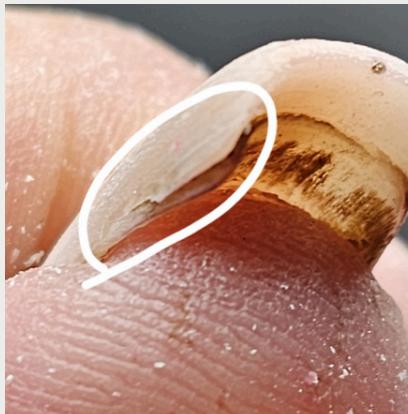


There is cuticle oil and there is cuticle oil.

Some cheaper cuticle oils do not include all the good things cuticles needs. In that case, oiling cuticles daily would not make any different.

Buy some good cuticle oils and have them for sale for your clients.

Cuticle oil also helps dry nails not to curl up and pull away from product! Dry nails sometimes lift at the free edge and the nail curls up, this is due lack of moisture (this would be happening more with acrylic extensions). Cuticle oil will help to prevent this.



CHAPTER VII

Overgrown, sticky cuticles

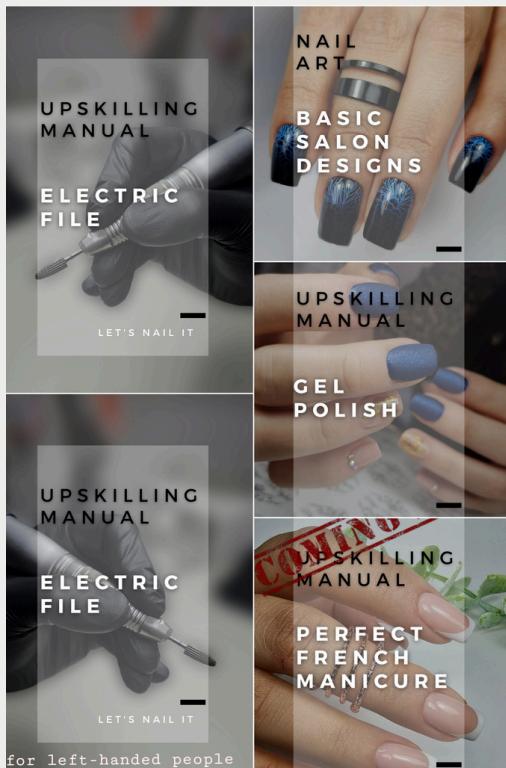
One of my client is a builder by profession, he works with his hands, natural body response is to protect nail plate and what is underneath. His cuticles grow to gigantic level.

I have not come across cuticles like this on female clients.

For this manicure I had used electric file. I would not be able to achieve this transformation without it. But this will be topic for another guide.



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 can't 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 !

get yours with free postage !
CODE nailprep
(coupon will expire 31st December 2023)

Recommended Equipment



Cuticle pushers

Lucy Pastorelli tools

The Nail Lab tools

Navy Professional tools

Astonishing Nails

Long lasting files
www.nailzilla.co.uk



Staleks scissors

Sharpen up your scissors with
www.profsharpening.co.uk
– they have some amazing cuticle scissors
for sale too