





Manicures and Pedicures

Overview of Treatments

Manicure Treatments

All Nail Technicians are trained in the most advanced methods that the industry has to offer in nail care. Each treatment is customized to fit your nail care needs. All Nail Technicians will conduct a technical nail analysis and make home care recommendations for all services.

Manicure

This treatment is designed for the guest with "less" time on their hands but would still like the benefits of a treatment including Olive Oil and Sugar Scrub and polish.

Rocco Altobelli "Signature" Manicure

This treatment is a great maintenance tool! It includes a relaxing hand and arm massage using Fig Spray and Milk Lotion with a treatment.

Radiance Renewal Manicure

This treatment offers "exfoliation" needed by using Fruit Acid Treatments including the Pumpkin Peel and Olive Oil and Sugar Scrub. It also includes a hand and arm massage using Argon Oil and essential oils.

Hydrating Paraffin Manicure

This treatment offers "extra moisture" by adding the Olive Oil and Sugar Scrub and paraffin hand dip. This wonderful hydrating manicure also includes a hand and arm massage using Argon Oil and essential oils.

Gelacure Manicure

This treatment offers all the benefits of the Rocco Altobelli "Signature" Manicure but uses Gel Polish. It includes a relaxing hand and arm massage using Fig Spray and Milk Lotion.

Gelacure Hydrating Paraffin Manicure

This treatment adds more moisture to the Gelacure Manicure by using the Olive Oil and Sugar scrub, Argon Oil, Essential oils and Paraffin Treatment to hydrate and smooth hands.

Gelacure Radiance Renewal Manicure

This treatment offers "exfoliation" needed by using Fruit Acid Treatments including the Pumpkin Peel and Olive Oil and Sugar Scrub finishing with Gel Polish.

Gelacure Redo and Renew

This treatment is the same as a Gelacure, but includes the removal and reapplication of Gel Polish.

Gelacure "Refresh"

This treatment refreshes the Gel Polish by buffing off the top layer of Gel Polish and adding more to brighten up the nails.



Manicure

Time Needed:

30 minutes

Supplies needed:

2 hand towels, 2 warm towels, non-acetone polish remover, cotton, plastic cuticle pusher, nail clipper, h2t hand lotion, h2t Sugar and Olive scrub, 180 grit file, 3 way buffer, hand sanitizer, polish, top coat and base coat

1. Wash your hands in hot soapy water before beginning your service.
2. Have your guest use the hand sanitizer at this time. Place a squirt in their hands to massage together.
3. Perform the Start To Finish consultation procedure with your guest.
4. While you are performing the Start To Finish, look over the guests hands and nails for any cuts, abrasions or infections. If they have any cuts or abrasions, continue the manicure wearing gloves on your hands. If they have any infections, discontinue the service and reschedule for another time when they have healthy hands.
5. The hand that you pick up will be the order in which you will perform all of the steps. Preferably pinky to thumb each time.
6. Begin by removing any nail polish on the nails with non-acetone polish remover and cotton. Buff nails if needed.
7. Shorten any nails with the nail clipper if needed. Shape the nails with the 180 grit file in the shape determined. Clean under the free edge if needed.
8. Apply a ½ tsp. of h2t Sugar and Olive scrub into your hands with a spatula and massage together to warm the product. Gently massage the scrub on the guest's right hand.
9. Repeat on the other hand. Lay a hot towel out, have the guest put their hand and arm on top of the towel, wrap the hot towel around their arm and hand. Proceed to the left hand in the same manner.
10. Remove the towel from the guest's right hand and arm by gently pulling the towel toward you and then open the towel up and re-wipe their hand to remove any product. Repeat this step on the other hand and arm.
11. Apply 2 squirts of h2t hand lotion on your hands and massage together to warm the product. Apply to the guests hands.
12. Remove any excess oil on the nail plate with cotton and polish remover.
13. Option: If the guest chooses to not wear polish, buff their nails to a high shine with the 3 way buffer.
14. Apply one coat of base coat on all nails.
15. Apply two coats of color (optional) on all nails. Clean up any excess polish on the nails with the plastic cuticle pusher, cotton and non-acetone remover.
16. Apply one coat of top coat on all nails.
17. Perform the Start To Finish closing technique.
18. Thoroughly wash all implements in hot soapy water and immerse in a disinfectant for 10 minutes.
19. Thoroughly clean all areas with a disinfectant.



Rocco Altobelli "Signature" Manicure

Time needed: 30-45 minutes

Supplies needed:

2 hand towels, non-acetone polish remover, cotton, ¼" cuticle nipper, metal cuticle pusher, plastic cuticle pusher, nail clipper, h2t hand lotion, oil or cuticle eliminator, 180 grit file, 3 way buffer, hand sanitizer, polish, top coat and base coat

1. Wash your hands in hot soapy water before beginning your service.
2. Have your guest use the hand sanitizer at this time. Place a squirt in their hands to massage together.
3. Perform the Start To Finish consultation procedure with your guest.
4. While you are performing the Start To Finish, look over the guests hands and nails for any cuts, abrasions or infections. If they have any cuts or abrasions, continue the manicure wearing gloves on your hands. If they have any infections, discontinue the service and reschedule for another time when they have healthy hands.
5. The hand that you pick up will be the order in which you will perform all of the steps. Preferably pinky to thumb each time.
6. Begin by removing any nail polish on the nails with non-acetone polish remover and cotton.
7. Shorten any nails with the nail clipper if needed. Shape the nails with the 180 grit file in the shape determined. Clean under the free edge if needed.
8. Gently massage one drop of oil or cuticle eliminator on each nail at the cuticle area.
9. Push back the cuticles on both hands with the cuticle pusher and nip any excess skin with a nipper if necessary.
10. Apply 2 squirts of h2t hand lotion on your hands and massage together to warm the product.
11. Gently massage the product into the guest's right hand and arm (up to the elbow). Use the RA hand and arm massage technique.
12. Apply 2 squirts of h2t hand lotion on your hands and massage together to warm the product.
13. Gently massage the product into the guest's left hand and arm (up to the elbow). Use the RA hand and arm massage technique.
14. Remove any excess oil on the nail plate with cotton and polish remover.
15. Option: If the guest chooses to not wear polish, buff their nails to a high shine with the 3 way buffer.
16. Apply one coat of base coat on all nails.
17. Apply two coats of color (optional) on all nails. Clean up any excess polish on the nails with the plastic cuticle pusher, cotton and non-acetone remover.
18. Apply one coat of top coat on all nails.
19. Perform the Start To Finish closing technique.
20. Thoroughly wash all implements in hot soapy water and immerse in a disinfectant for 10 minutes.
21. Thoroughly clean all areas with a disinfectant.



Radiance Renewal Manicure

Time needed: 45 minutes

Supplies needed:

2 black hand towels, non-acetone polish remover, cotton, ¼" cuticle nipper, metal cuticle pusher, plastic cuticle pusher, nail clipper, h2t hand lotion, oil or cuticle eliminator, 180 grit file, 3 way buffer, hand sanitizer, h2t Pumpkin Peel, Fig spray, 2 warm towels, small fan brush, 1/2 teaspoon, spatula, 2 plastic bags

1. Wash your hands in hot soapy water before beginning your service.
2. Have your guest use the hand sanitizer at this time. Place a squirt in their hands to massage together.
3. Perform the Start To Finish consultation procedure with your guest.
4. While you are performing the Start To Finish, look over the guests hands and nails for any cuts, abrasions or infections. If they have any cuts or abrasions, continue the manicure wearing gloves on your hands. If they have any infections, discontinue the service and reschedule for another time when they have healthy hands.
5. The hand that you pick up will be the order in which you will perform all of the steps. Preferably pinky to thumb each time.
6. Begin by removing any nail polish on the nails with non-acetone polish remover and cotton.
7. Shorten any nails with the nail clipper if needed. Shape the nails with the 180-grit file in the shape determined. Clean under the free edge if needed.
8. Gently massage one drop of oil or cuticle eliminator on each nail at the cuticle area.
9. Push back the cuticles on both hands with the cuticle pusher and nip any excess skin with a nipper if necessary.
10. Using the small fan brush, apply the h2t Pumpkin Peel to the underside of the right hand, palm and fingers. Then turn their palm down and apply to the top side of their hand and fingers. Put a plastic bag over their hand and wrap a warm towel around their hand. Repeat on the other hand. Let the h2t Pumpkin Peel set on for approximately 5 minutes.
11. After 5 minutes, remove the hot towel on the right hand and remove any h2t Pumpkin Peel, repeat on the other hand.
12. Spray their hand and arm with Fig spray; apply 2 squirts of h2t hand lotion on your hands and massage together to warm the product.
13. Gently massage the product into the guest's right hand and arm (up to the elbow). Use the RA hand and arm massage technique. Repeat on the left hand and arm.
14. Remove any excess oil on the nail plate with cotton and polish remover.
15. Option: If the guest chooses to not wear polish, buff their nails to a high shine with the 3 way buffer.
16. Apply one coat of base coat on all nails. Apply two coats of color (optional) on all nails. Clean up any excess polish on the nails with the plastic cuticle pusher, cotton and non-acetone remover. Apply one coat of topcoat on all nails.
17. Perform the Start To Finish closing technique.
18. Thoroughly wash all implements in hot soapy water and immerse in a disinfectant for 10 minutes.
19. Thoroughly clean all areas with a disinfectant.

Spa Technician



Hydrating Paraffin Manicure

Time needed: 45 minutes

Supplies needed:

2 hand towels, non-acetone polish remover, cotton, ¼" cuticle nipper, metal cuticle pusher, plastic cuticle pusher, nail clipper, h2t hand therapy lotion, moisture serum, oil or cuticle eliminator, 180 grit file, 3 way buffer, hand sanitizer, h2t Sugar and Olive Oil scrub, 2 hot towels, paraffin wax machine, 2 bags, 2 paraffin mitts, 1/2 teaspoon, spatula, essential oils

1. Wash your hands in hot soapy water before beginning your service.
2. Have your guest use the hand sanitizer at this time. Place a squirt in their hands to massage together.
3. Perform the Start To Finish consultation procedure with your guest.
4. While you are performing the Start To Finish, look over the guests hands and nails for any cuts, abrasions or infections. If they have any cuts or abrasions, continue the manicure wearing gloves on your hands. If they have any infections, discontinue the service and reschedule for another time when they have healthy hands.
5. The hand that you pick up will be the order in which you will perform all of the steps. Preferably pinky to thumb each time.
6. Begin by removing any nail polish on the nails with non-acetone polish remover and cotton.
7. Shorten any nails with the nail clipper if needed. Shape the nails with the 180-grit file in the shape determined. Clean under the free edge if needed.
8. Gently massage one drop of oil or cuticle eliminator on each nail at the cuticle area. Push back the cuticles on both hands with the cuticle pusher and nip any excess skin with a nipper if necessary.
9. Apply a ½ tsp. of h2t Sugar and Olive scrub into your hands with a spatula and massage together to warm the product. Gently massage the scrub on the guest's right hand. Repeat on the other hand.
10. Ask guest if they would like an essential oil added to the hot towels. Choices are Bergmont, Lavender and Sweet Orange (3-4 drops per towel). Lay a hot towel out, have the guest put their hand and arm on top of the towel, wrap the hot towel around their arm and hand. Proceed to the left hand in the same manner.
11. Remove the towel from the guest's right hand and arm by gently pulling the towel toward you and then open the towel up and re-wipe their hand to remove any product. Repeat this step on the other hand and arm.
12. Apply Moisture Serum on their hands, then massage with Hand Therapy Lotion. Have the guest dip their hands into the warm paraffin machine (3 times), put a plastic bag over their hands and cover them with a paraffin mitt. Have the guest relax for approximately 5 minutes with the paraffin on.
13. After the appropriate time, remove the paraffin mitts and gently pull the plastic while removing the paraffin from their hand. Repeat on the other hand.
14. Remove any excess oil on the nail plate with cotton and polish remover.
15. Option: If the guest chooses to not wear polish, buff their nails to a high shine with the 3 way buffer.



Hydrating Paraffin Manicure Con't.

16. May need to use alcohol to remove excess oil. Apply one coat of base coat on all nails.
17. Apply two coats of color (optional) on all nails. Clean up any excess polish on the nails with the plastic cuticle pusher, cotton and non-acetone remover.
18. Apply one coat of topcoat on all nails.
19. Perform the Start To Finish closing technique.
20. Thoroughly wash all implements in hot soapy water and immerse in a disinfectant for 10 minutes.
21. Thoroughly clean all areas with a disinfectant.

Overview of Treatments

Pedicure Treatments

All Nail Technicians are trained in the most advanced methods that the industry has to offer in nail care. Each treatment is customized to fit your nail care needs. All Nail Technicians will conduct a technical nail analysis and make home care recommendations for all services.

All pedicure treatments include a relaxing foot massage and at least one customized treatment. These are the differences between the treatments:

"Mini" Pedicure

This treatment is designed for the guest with "less" time on their hands but would still like the benefits of a treatment.

Rocco Altobelli "Signature" Pedicure

This treatment is a great maintenance tool! It includes a relaxing foot massage with a treatment.

Hydrating Paraffin Pedicure

This treatment offers a great "moisturizing" system including a leg and foot massage using Argon Oil. It also includes a wonderfully hydrating paraffin dip.

Radiance Renewal Pedicure

This treatment offers "exfoliation" needed by using Fruit Acid Treatments including the Pumpkin Peel. It also includes a relaxing leg and foot massage using Argon Oil.

Gelacure Pedicure

This treatment offers all the benefits of the Rocco Altobelli "Signature" Pedicure but uses Gel Polish. It includes a relaxing hand and arm massage using Fig Spray and Milk Lotion.

Gelacure Pedicure Redo and Renew Pedicure

This treatment is the same as the Gelacure Pedicure but includes the removal and reapplication of the Gel Polish.

Gelacure Hydrating Paraffin Pedicure

This treatment offers a great "moisturizing" system including a leg and foot massage using Argon Oil. It also includes a paraffin dip and Gel Polish.

Gelacure Radiance Renewal Pedicure

This treatment offers "exfoliation" needed by using Fruit Acid Treatments including the Pumpkin Peel. It also includes a relaxing leg and foot massage using Argon Oil. It also includes a paraffin dip and Gel Polish.



Pedicure Products

Callus Eliminator:

MUST WEAR GLOVES!! After soaking, liberally spread Callus Eliminator over only the callused areas. Allow it to penetrate for 3 - 5 minutes depending on callus build up. Rinse foot off and dry completely. Use foot file to gently remove the callus (it should just roll off). Wash foot thoroughly after use. DO NOT APPLY TO BROKEN SKIN!

Cuticle Eliminator:

Apply onto the cuticle growth to be removed from the nail plate. Let it penetrate for 45 seconds (let sit longer if cuticle is thick and overgrown). Gently push back the cuticle and remove it from the nail plate. Make sure to wash off after use.

Pedi Tablets:

A refreshing soak for the pedicure spa to assist in softening the skin. Comes in a tablet form, break in half for one pedicure tub.

Mint Foot Lotion:

A smooth cream that contains skin conditioning moisturizers. Contains Essential Mint Oils and Balm Mint Extract. Contains Meadow Foam Seed oil and Sunflower Oil to provide moisture to the skin and to give it a soft cushion feel. Contains Willow Bark Extract that has anti-inflammatory properties to make the skin feel soft and smooth.

Note: See detailed information sheets on safety and procedures for Callus & Cuticle Eliminator



“Mini” Pedicure

Time needed: 45 minutes

Supplies needed:

Pedicure tub, pedi soak, 4 hand towels, non-acetone polish remover, cotton, ¼” cuticle nipper, metal cuticle pusher, plastic cuticle pusher, toe nail clipper, pedicure slippers, h2t lotion, oil or cuticle eliminator, 180 grit file, 3 way buffer, polish (if applicable), nail brush

1. Wash your hands in hot soapy water before beginning your service.
2. Fill the pedicure tub with warm water, put 1 tsp. of pedi soak in and start the jets.
3. Perform the Start To Finish consultation procedure with your guest.
4. While you are performing the Start To Finish, look over the guests feet, legs and nails for any cuts, abrasions or infections. If they have any cuts or abrasions, continue the pedicure wearing gloves on your hands. If they have any infections, discontinue the service and reschedule for another time when they are healthy.
5. Have the guest put both feet into the pedicure tub. Adjust the water temperature as needed. Let the guest soak for approximately 5 minutes.
6. The foot that you pick up will be the order in which you will perform all of the steps. Preferably working from the outside in on each foot (smallest toe to largest).
7. Towel dry their foot, begin by removing any nail polish on the nails with non-acetone polish remover and cotton.
8. Shorten any nails with the toe nail clipper if needed. Shape the nails with the 180-grit file in the shape determined. Clean under the free edge.
9. Gently massage one drop of oil or cuticle eliminator on each nail at the cuticle area.
10. Begin pushing back their cuticles on the nails, then lightly brush the nails with a nail brush. Wipe the nails if needed. Apply a light coat of h2t lotion on their foot.
11. Wrap the towel around their foot so the foot does not go back into the water.
12. Repeat steps 7-11 on the other foot.
13. Turn off the jets on the pedicure tub.
14. Make sure the nails are completely dry, put pedicure slippers on the guests’ feet, wrap cotton in between the toes.
15. Option: If the guest chooses to not wear polish, buff their nails to a high shine with the 3 way buffer.
16. Apply one coat of base coat, two coats of color (optional) and one coat of topcoat on all nails. Clean up any excess polish on the nails with the plastic cuticle pusher, cotton and non-acetone remover.
17. Perform the Start To Finish closing technique.
18. Thoroughly wash all implements in hot soapy water and immerse in a disinfectant for 10 minutes.
19. Thoroughly clean all areas with a disinfectant and use the proper procedures for disinfecting the pedicure tub.



Rocco Altobelli "Signature" Pedicure

Time needed: 60 minutes

Supplies needed:

Pedicure tub, pedi soak, 4 hand towels, non-acetone polish remover, cotton, ¼" cuticle nipper, metal cuticle pusher, plastic cuticle pusher, toe nail clipper, pedicure slippers, foot file, h2t lotion, oil or cuticle eliminator, callus eliminator, 180 grit file, 3 way buffer, gloves, mint oil in spray bottle, polish (if applicable)

1. Wash your hands in hot soapy water before beginning your service.
2. Fill the pedicure tub with warm water, put 1 tsp. of pedi soak in and start the jets.
3. Perform the Start To Finish consultation procedure with your guest.
4. While you are performing the Start To Finish, look over the guests feet, legs and nails for any cuts, abrasions or infections. If they have any cuts or abrasions, continue the pedicure wearing gloves on your hands. If they have any infections, discontinue the service and reschedule for another time when they are healthy.
5. Have the guest put both feet into the pedicure tub. Adjust the water temperature as needed. Let the guest soak for approximately 5 minutes.
6. The foot that you pick up will be the order in which you will perform all of the steps. Preferably working from the outside in on each foot (smallest toe to largest).
7. Towel dry their foot, begin by removing any nail polish on the nails with non-acetone polish remover and cotton.
8. Shorten any nails with the toe nail clipper if needed. Shape the nails with the 180-grit file in the shape determined. Clean under the free edge.
9. Gently massage one drop of oil or cuticle eliminator on each nail at the cuticle area.
10. Put on gloves, apply a light coat (approx. 1 tsp.) of callus eliminator to the callus areas on their foot (for excess calluses).
11. Push back the cuticles while the callus eliminator is on the heels, wipe off the callus eliminator prior to using the foot file.
12. Use the foot file and gently file any callused areas, rinse the foot.
13. Spray the foot with mint oil, wrap the foot in a towel and set aside.
14. Turn off the jets on the pedicure tub and remove their other foot from the water.
15. Repeat steps 7-13 on the other foot.
16. Use approx. 1 tsp. of h2t lotion and gently massage their leg and foot using the RA massage techniques. After the massage, wrap their leg in a dry towel.
17. Repeat on the other leg and foot.
18. Make sure the nails are completely dry and free from any product, put pedicure slippers on the guests' feet, wrap cotton in between the toes.
19. Option: If the guest chooses to not wear polish, buff their nails to a high shine with the 3 way buffer.
20. Apply one coat of base coat, two coats of color (optional) and one coat of topcoat on all nails. Clean up any excess polish on the nails with the plastic cuticle pusher, cotton and non-acetone remover.



Rocco Altobelli "Signature" Pedicure con't.

21. Perform the Start To Finish closing technique.
22. Thoroughly wash all implements in hot soapy water and immerse in a disinfectant for 10 minutes.
23. Thoroughly clean all areas with a disinfectant and use the proper procedures for disinfecting the pedicure tub.



Hydrating Foot Therapy Pedicure

Time needed: 75 minutes

Supplies needed:

Pedicure tub, pedi soak, 4 hand towels, 2 hot towels, non-acetone polish remover, cotton, ¼" cuticle nipper, metal cuticle pusher, plastic cuticle pusher, toe nail clipper, pedicure slippers, foot file, h2t Foot Therapy Multi-Complex Cream, oil or cuticle eliminator, h2t Foot Therapy Sugar and Olive Oil Scrub, 180 grit file, 3 way buffer, polish (if applicable), h2t Fig Spray, Moisture Serum

1. Wash your hands in hot soapy water before beginning your service.
2. Fill the pedicure tub with warm water, put 1 tsp. of pedi soak in and start the jets.
3. Perform the Start To Finish consultation procedure with your guest.
4. While you are performing the Start To Finish, look over the guests feet, legs and nails for any cuts, abrasions or infections. If they have any cuts or abrasions, continue the pedicure wearing gloves on your hands. If they have any infections, discontinue the service and reschedule for another time when they are healthy.
5. Have the guest put both feet into the pedicure tub. Adjust the water temperature as needed. Let the guest soak for approximately 5 minutes.
6. The foot that you pick up will be the order in which you will perform all of the steps. Preferably working from the outside in on each foot (smallest toe to largest).
7. Towel dry their foot, begin by removing any nail polish on the nails with non-acetone polish remover and cotton.
8. Shorten any nails with the toe nail clipper if needed. Shape the nails with the 180-grit file in the shape determined. Clean under the free edge.
9. Gently massage one drop of oil or cuticle eliminator on each nail at the cuticle area and push back the cuticles. (use gloves) Apply a light coat (approx. 1 tsp.) of callus eliminator to the callus areas on their foot (for excess calluses). Let callus remover set for a minute and then remove with a towel prior to using the foot file. Use the foot file and gently file any callused areas.
10. Put the foot back into the water and gently pick up the other foot. Repeat steps 7-9 on the other foot.
11. Take both feet out of the water, towel dry. Apply a light coat (approx. 2 tsp.) of h2t Foot Therapy Sugar and Olive Oil Scrub to their leg and foot, massaging the scrub in. Rinse their leg and foot with water and wrap a hot towel around their calf. Repeat on the other leg and foot. Wrap legs and feet in hot towels.
12. Remove the hot towel, Use Fig Spray then Moisture Serum and massage into their legs and feet. Then use approx. 1 tsp. of Foot Therapy Multi-Complex Cream and gently massage their leg and foot using the RA massage techniques.
13. Dip feet in paraffin wax (3 times). Let sit for approximately 5 minutes.
14. Remove paraffin wax on both feet.

Spa Technician



Hydrating Foot Therapy Pedicure con't.

15. Make sure the nails are completely dry and free from any product (may need to use alcohol), put pedicure slippers on the guests' feet, wrap cotton in between the toes.
16. Option: If the guest chooses to not wear polish, buff their nails to a high shine with the 3 way buffer.
17. Apply one coat of base coat, two coats of color (optional) and one coat of topcoat on all nails. Clean up any excess polish on the nails with the plastic cuticle pusher, cotton and non-acetone remover.
18. Perform the Start To Finish closing technique.
19. Thoroughly wash all implements in hot soapy water and immerse in a disinfectant for 10 minutes.
20. Thoroughly clean all areas with a disinfectant and use the proper procedures for disinfecting the pedicure tub.



Radiance Renewal Pedicure

Time needed: 75 minutes

Supplies needed:

Pedicure tub, pedi soak, 4 hand towels, 2 hot towels, non-acetone polish remover, cotton, ¼" cuticle nipper, metal cuticle pusher, plastic cuticle pusher, toe nail clipper, pedicure slippers, foot file, h2t lotion, callus eliminator, oil or cuticle eliminator, h2t Pumpkin Peel, h2t Foot Therapy Sugar & Olive Oil Scrub, h2t Foot Therapy Multi-Complex Cream, 180 grit file, 3 way buffer, 2 plastic bags, applicator brush, polish (if applicable), Fig Spray

1. Wash your hands in hot soapy water before beginning your service.
2. Fill the pedicure tub with warm water, put 1 tsp. of h2t bath salts in and start the jets.
3. Perform the Start To Finish consultation procedure with your guest.
4. While you are performing the Start To Finish, look over the guests feet, legs and nails for any cuts, abrasions or infections. If they have any cuts or abrasions, continue the pedicure wearing gloves on your hands. If they have any infections, discontinue the service and reschedule for another time when they are healthy.
5. Have the guest put both feet into the pedicure tub. Adjust the water temperature as needed. Let the guest soak for approximately 5 minutes.
6. The foot that you pick up will be the order in which you will perform all of the steps. Preferably working from the outside in on each foot (smallest toe to largest).
7. Towel dry their foot, begin by removing any nail polish on the nails with non-acetone polish remover and cotton.
8. Shorten any nails with the toe nail clipper if needed. Shape the nails with the 180-grit file in the shape determined. Clean under the free edge.
9. With applicator brush, apply 1/8 cup of Pumpkin Peel on one foot and then the other, cover with a plastic bag.
10. Leave the Pumpkin Peel on their feet for approximately 3-10 minutes. Remove the bags and discard.
11. Put both feet into the water and gently rinse their feet off with water to remove any Pumpkin Peel.
12. Gently massage one drop of oil or cuticle eliminator on each nail at the cuticle area and push back the cuticles. Use the foot file and gently file any callused areas. Repeat on the other foot.
13. Apply a light coat (approx. 2 tsp.) of h2t Foot Therapy Sugar and Olive Oil Scrub to their leg and foot, massaging the scrub in. Wrap a hot towel around their leg and foot and set aside. Turn off the jets on the pedicure tub. Repeat on the other leg and foot.
14. Remove the scrub on one leg/foot with the hot towel, spray with Fig Spray then massage approx. 1 tsp. of Foot Therapy Multi-Complex Cream and gently massage their leg and foot using the RA massage techniques. Repeat on the other leg and foot.
15. Remove any excess oil with polish remover. Put pedicure slippers on the guests' feet, wrap cotton in between the toes.



Radiance Renewal Pedicure con't.

16. Option: If the guest chooses to not wear polish, buff their nails to a high shine with the 3 way buffer.
17. Apply one coat of base coat, two coats of color (optional) and one coat of topcoat on all nails. Clean up any excess polish on the nails with the plastic cuticle pusher, cotton and non-acetone remover.
18. Perform the Start To Finish closing technique.
19. Thoroughly wash all implements in hot soapy water and immerse in a disinfectant for 10 minutes.
20. Thoroughly clean all areas with a disinfectant and use the proper procedures for disinfecting the pedicure tub.



French Polish

Tools needed:

White polish

Pink polish

Clear Base Coat

Clear Top Coat

Procedure:

1. Wash your hands with hot soapy water, begin the start to finish consultation
2. This is performed after a manicure or pedicure procedure
3. Lightly apply a clear base coat to all ten nails
4. Then apply a white free edge, ensuring a perfect smile line on all ten nails
5. Repeat step 4 if a second coat is needed
6. Apply a pink polish or opaque color over the entire nail on all ten nails
7. Apply a clear top coat on all ten nails
8. Follow the start to finish by educating the guest on retail products





Acrylic Enhancements



Acrylic Enhancements Overview

Buff and Polish

This service is designed for the guest with "less" time on their hands and would like to extend their enhancements for a longer period of time.

Acrylic Fill

To maintain their acrylic enhancements and includes two free repairs if any nails are broken.

Acrylic Pink and White fill

To maintain their acrylic enhancements by getting a fill and re-whiting their white free edge.

Acrylic Overlay

An enhancement of acrylic that covers their entire natural nail.

Full set- Acrylic

A full set of acrylic enhancements with tips added for length.

Pink and White Sculpted Acrylic

A full set of acrylic enhancements with a white sculptured free edge.

Acrylic Repair

One repair or more than one repair of an acrylic enhancement either with a tip or sculpted.

Nail Removal

Removal of the acrylic with acetone and the paraffin wax machine.



Acrylic Enhancement Products

Entity

Prep: Use Nail Dehydrator 1st. It's formulated to remove excess moisture from the nail plate and prepare for adhesion.

Prime: Nu-Bond- (acid-free primer) is an acidic-free formula that removes oil and contaminants from the nail plate for unmatched adhesion on even the most sensitive guest.

Powders: Pink Sculpting Powder- Most universal shade of pink designed to showcase the color of the natural nail.

White Sculpting Powder- A radiant opaque white that allows for paper thin application. Use for a built-in french manicure look (backfills).

Liquid: Signature Sculpting Liquid- Fast set (2 min.) sculpting monomer designed for extreme control and championship performance.

- Fast set time
- Subtle color tone for color consistency
- Cross linking plasticizers allow strength and flexibility
- UV Inhibitors and optical brighteners for vivid color
- Do NOT use this product too wet; it won't set up!!

Forms: Corrective Sculpting Forms- Custom designed double-sided sculpting form for use on guest's nails that are difficult to fit. One side for flat or fan shaped nails and a second side for pointed nail plates and high hyponychiums allowing for a perfect fit and ultimate versatility.



Acrylic Overlay Application

Time Needed: 60 minutes

Supplies Needed:

Practice hand or model, cuticle pusher, 100-180 grit files, cuticle nipper, nail brush, Acrylic brush, non-acid primer, monomer, pink acrylic powder, oil, 2 towels, 2 table towels, non-acetone polish remover, base coat, top coat, polish (if applicable), 3-way buffer, cotton.

1. Wash your hands in hot soapy water before beginning your service.
2. Place one squirt of hand sanitizer into the guests hands and have them rub them together.
3. Perform the Start To Finish consultation procedure with your guest.
4. While you are performing the Start To Finish, look over the guests hands for any cuts, abrasions or infections. If they have any cuts or abrasions, continue the service wearing gloves on your hands. If they have any infections, discontinue the service and reschedule for another time when they are healthy.
5. Remove any polish with non-acetone polish remover and cotton.
6. Push back the cuticle using the cuticle pusher. Nip any loose skin with the cuticle nipper.
7. Remove the shine off of the natural nail with a 100-180 grit file.
8. Dust off the nails with the nail brush.
9. Apply a light coat of non-acid primer, be careful not to touch the cuticle or side walls.
10. While the non-acid primer is still wet, apply a small bead of pink acrylic on the free edge area.
11. Apply a second bead at the cuticle area, be careful not to touch the cuticle of side walls with any product.
12. Apply a third bead at the stress area. If needed apply a fourth bead in the same area.
13. After completing all 10 nails repeating steps 10-12, use the 100-180 grit file to buff any imperfections off of the nails. Shape the side walls and the free edge.
14. Working your way to a finer file, continue to buff the nail until no apparent scratches are seen.
15. Apply a drop of oil onto the cuticle area and rub to the free edge.
16. Continue steps 13-15 on all 10 nails.
17. Give the guest the nail brush and have them wash their hands in hot soapy water using the nail brush.
18. Change your table towel. Choose to either buff to a high shine or continue to step 19.
19. Apply a base coat, 2 coats of polish, and a top coat to all ten nails.
20. Perform the Start To Finish closing technique.
21. Thoroughly wash all implements in hot soapy water and immerse in a disinfectant for 10 minutes.
22. Thoroughly clean all areas with a disinfectant and use the proper procedures for disinfecting your implements.



Acrylic with Tips Application

Time Needed: 60 minutes

Supplies Needed:

Practice hand or model, cuticle pusher, 100-180 grit files, cuticle nipper, nail brush, Acrylic brush, non-acid primer, monomer, pink acrylic powder, oil, 2 towels, 2 table towels, clear or white tips, brush on glue, non-acetone polish remover, base coat, top coat, polish (if applicable), tip cutter, 3-way buffer, cotton.

1. Wash your hands in hot soapy water before beginning your service.
2. Place one squirt of hand sanitizer into the guests hands and have them rub them together.
3. Perform the Start To Finish consultation procedure with your guest.
4. While you are performing the Start To Finish, look over the guests hands for any cuts, abrasions or infections. If they have any cuts or abrasions, continue the service wearing gloves on your hands. If they have any infections, discontinue the service and reschedule for another time when they are healthy.
5. Remove any polish with non-acetone polish remover and cotton.
6. Push back the cuticle using the cuticle pusher. Nip any loose skin with the cuticle nipper.
7. Remove the shine off of the natural nail with a 100-180 grit file.
8. Dust off the nails with the nail brush.
9. Apply the tips (clear or white) with brush on glue to all ten nails. Apply the glue to the well of the tip.
10. Shorten the tips with the tip cutter to the desired length.
11. If using white tips, remove only the shine on the tip. If using clear tips, blend the tip into the natural nail and remove the shine.
12. Apply a light coat of non-acid primer, be careful not to touch the cuticle, side walls or the tip.
13. While the non-acid primer is still wet, apply a small bead of pink acrylic on the free edge area.
14. Apply a second bead at the cuticle area, be careful not to touch the cuticle of side walls with any product.
15. Apply a third bead at the stress area. If needed apply a fourth bead in the same area.
16. After completing all 10 nails repeating steps 10-15, use the 100-180 grit file to buff any imperfections off of the nails. Shape the side walls and the free edge.
17. Working your way to a finer file, continue to buff the nail until no apparent scratches are seen.
18. Apply a drop of oil onto the cuticle area and rub to the free edge.
19. Continue steps 16-18 on all 10 nails.
20. Give the guest the nail brush and have them wash their hands in hot soapy water using the nail brush.
21. Change your table towel. Choose to either buff to a high shine or continue to step 22.



Acrylic with Tips Application con't.

- 22. Apply a base coat, 2 coats of polish, and a top coat to all ten nails.
- 23. Perform the Start To Finish closing technique.
- 24. Thoroughly wash all implements in hot soapy water and immerse in a disinfectant for 10 minutes.
- 25. Thoroughly clean all areas with a disinfectant and use the proper procedures for disinfecting your implements.



Acrylic Sculpted Application

Time Needed: 75 minutes

Supplies Needed:

Practice hand or model, cuticle pusher, 100-180 grit files, cuticle nipper, nail brush, Acrylic brush, non-acid primer, monomer, white acrylic powder, pink acrylic powder, oil, 2 towels, 2 table towels, nail forms, non-acetone polish remover, base coat, top coat, polish (if applicable), 3-way buffer, cotton.

1. Wash your hands in hot soapy water before beginning your service.
2. Place one squirt of hand sanitizer into the guests hands and have them rub them together.
3. Perform the Start To Finish consultation procedure with your guest.
4. While you are performing the Start To Finish, look over the guests hands for any cuts, abrasions or infections. If they have any cuts or abrasions, continue the service wearing gloves on your hands. If they have any infections, discontinue the service and reschedule for another time when they are healthy.
5. Remove any polish with non-acetone polish remover and cotton.
6. Push back the cuticle using the cuticle pusher. Nip any loose skin with the cuticle nipper.
7. Remove the shine off of the natural nail with a 100-180 grit file.
8. Dust off the nails with the nail brush.
9. Apply the nail forms to all ten nails.
10. Apply a light coat of non-acid primer, be careful not to touch the cuticle, side walls or the tip.
11. While the non-acid primer is still wet, apply a small bead of white acrylic on the free edge area on the form. Try to create a distinct smile line at this time.
12. Apply a second bead of pink acrylic at the cuticle area, be careful not to touch the cuticle or side walls with any product.
13. Apply a third bead of clear or pink acrylic at the stress area. If needed apply a fourth bead in the same area.
14. After completing all 10 nails, remove the forms and discard. Use the 100-180 grit file to buff any imperfections off of the nails. Shape the side walls and the free edge.
15. Working your way to a finer file, continue to buff the nail until no apparent scratches are seen.
16. Apply a drop of oil onto the cuticle area and rub to the free edge.
17. Continue steps 14-16 on all 10 nails.
18. Give the guest the nail brush and have them wash their hands in hot soapy water using the nail brush.
19. Change your table towel. Choose to either buff to a high shine or continue to step 20.
20. Apply a base coat, 2 coats of polish, and a top coat to all ten nails.
21. Perform the Start To Finish closing technique.
22. Thoroughly wash all implements in hot soapy water and immerse in a disinfectant for 10 minutes.
23. Thoroughly clean all areas with a disinfectant and use the proper procedures for disinfecting your implements.



Acrylic Fill Application

Time Needed: 60 minutes

Supplies Needed:

Practice hand or model, cuticle pusher, 100-180 grit files, cuticle nipper, nail brush, Acrylic brush, non-acid primer, monomer, pink acrylic powder, oil, 2 towels, 2 table towels, non-acetone polish remover, base coat, top coat, polish (if applicable), 3-way buffer, cotton.

1. Wash your hands in hot soapy water before beginning your service.
2. Place one squirt of hand sanitizer into the guests hands and have them rub them together.
3. Perform the Start To Finish consultation procedure with your guest.
4. While you are performing the Start To Finish, look over the guests hands for any cuts, abrasions or infections. If they have any cuts or abrasions, continue the service wearing gloves on your hands. If they have any infections, discontinue the service and reschedule for another time when they are healthy.
5. Remove any polish with non-acetone polish remover and cotton.
6. Push back the cuticle using the cuticle pusher. Nip any loose skin with the cuticle nipper.
7. Use the 100-180 grit file and file the acrylic that has grown out. Reshape the nail in length and thickness if needed.
8. Dust off the nails with the nail brush.
9. Apply a light coat of non-acid primer to the regrowth area only, be careful not to touch the cuticle, side walls or the tip.
10. While the non-acid primer is still wet, apply a small bead of clear or pink acrylic at the cuticle are, avoid touching the cuticle.
11. Apply a second bead of pink acrylic if needed on the nail, be careful not to touch the cuticle or side walls with any product.
12. After completing all 10 nails use the 100-180 grit file to buff any imperfections off of the nails. Shape the side walls and the free edge.
13. Working your way to a finer file, continue to buff the nail until no apparent scratches are seen.
14. Apply a drop of oil onto the cuticle area and rub to the free edge.
15. Continue steps 12-14 on all 10 nails.
16. Give the guest the nail brush and have them wash their hands in hot soapy water using the nail brush.
17. Change your table towel. Choose to either buff to a high shine or continue to step 18.
18. Apply a base coat, 2 coats of polish, and a top coat to all ten nails.
19. Perform the Start To Finish closing technique.
20. Thoroughly wash all implements in hot soapy water and immerse in a disinfectant for 10 minutes.
21. Thoroughly clean all areas with a disinfectant and use the proper procedures for disinfecting your implements.



Artificial Nail Repair

Time Needed: 15-30 minutes

Supplies Needed:

Cuticle pusher, 100-180 grit files, cuticle nipper, cuticle oil, 2 towels, 2 table towels, acetone polish remover, base coat, top coat, polish (if applicable), cotton, artificial nail product, nail brush

1. Remove any nail polish on the nails.
2. Follow the same procedures for the Acrylic application.
3. Explain home maintenance to the guest and recommend products to be used.
4. If the guest does not want to receive an additional service, complete with a polish application.



Acrylic Nail Removal

Time Needed: 60 minutes

Supplies Needed:

Cuticle pusher, 100-180 grit files, cuticle nipper, cuticle oil, 2 towels, 2 table towels, acetone polish remover, base coat, top coat, polish (if applicable), cotton, foil, paraffin machine and supplies, nail brush

1. Saturate cotton in acetone nail polish remover, set on each nail plate and cover with foil.
2. Dip in paraffin, let sit on nail 10-15 minutes, depending on how old or new acrylic is.
3. Remove paraffin, wipe off with tissue and the rest should easily file off. (sometimes a second round of this is necessary).
4. Remove one hand at a time and file and buff.
5. Repeat step 4 until all of the acrylic is off.
6. Apply the cuticle oil to all 10 nails, have the guest wash their hands with a brush to remove any dust on their nails prior to polishing.
7. Always suggest the guest finish with a manicure (explain that there is an extra charge).
8. Explain home maintenance to the guest and recommend products to be used.
9. If the guest does not want to receive a manicure, complete with a polish application.



Helpful Hints

Bubbles in Acrylic:

- Incorrect mixing ratio of liquid and powder, too dry or too wet.
- Acrylic is put over wet primer. Primer must be dry prior to application of acrylic.
- Air bubbles trapped in acrylic brushes, push the brush into the liquid monomer to release any trapped air bubbles.
- Room and product temperature. If the room or product is too hot or cold it may cause bubbles.

Cracking in Acrylic:

- Incorrect mixing ratio of liquid and powder, too dry or too wet.
- Over filing of the nail can cause stress cracks that will later cause cracking of the nail
- Product contamination with the monomer. Applying any type of conditioner or product onto the acrylic brush will contaminate the brush.
- Mixing of other lines of acrylic powders and monomers.
- Room and product temperature. If the room or product is too hot or cold it may cause cracking.
- Over filing with an electric file.

Lifting of Acrylic:

- Product contamination with the monomer. Applying any type of conditioner or product onto the acrylic brush will contaminate the brush.
- Incorrect mixing ratio of liquid and powder, too dry or too wet.
- Mixing of other lines of acrylic powders and monomers.
- Room and product temperature. If the room or product is too hot or cold it may cause lifting.
- Acrylic applied too thin at the stress area.
- Improper preparation of the nail plate. Removing excess cuticle and oils from the nails will prevent lifting.
- Product on the cuticle and sidewalls.





Gel Enhancements

Gel Enhancements Overview

Buff and Seal

This service is designed for the guest with "less" time on their hands and would like to extend their enhancements for a longer period of time.

Gel Fill

To maintain their gel enhancements and includes two free repairs if any nails are broken.

Gel Pink and White fill

To maintain their gel enhancements by getting a fill and re-whiting their white free edge.

Gel Overlay

An enhancement of gel that covers their entire natural nail.

Full set Gel

A full set of gel enhancements with tips added for length.

Pink and White Sculpted Gel

A full set of gel enhancements with a white sculptured free edge.

Nail Repair

One or more nails repaired using either the gel overlay, tips or sculpted gel.

Nail Removal

Removal of the gel with acetone and the paraffin wax machine.

Gel-A-Cure

This service is designed for the guest who would like to extend their polish application for a longer period of time using a soak off gel enhancement.

Refresh

To "refresh" a gel-a-cure with a buff and blend and the same color applied to refresh the look again.

Redo & Renew (on the hands or feet)

The gel-a-cure is soaked off and replaced with a new gel-a-cure set.

Gel Polish addition

Gel Polish is applied over an artificial nail enhancement.

Gel-A-Cure with Pedicure

Enhance any pedicure with a gel-a-cure service



Gel Enhancements

Gel Products

1. Bonder - light cured, allows Sculpture to bond to the nail. Apply immediately prior to Sculpture.
2. Connex - air dry to a chalky white - for guests that have lifting problems. Do not put on tips!
3. Fibrique- contains strengthening fibers. Use every other fill.
4. Formatur - use for a white free edge on full sets and/or pink and white backfills.
5. One Component - contains bonder, sculpture and sealant. Use during a fill.
6. Sculpture - for use with guests who are hard on nails and/or wear nails longer than most. Always use when doing a full set. This product gives the most strength.
7. Pink Sealant - final product applied to give gel nails and extreme high shine.
8. Entity Sealant- clear
9. Gel Glaze Sealant- Noble Sparks creates a permanent french on the tips



Gel Full Set Overlay

Time Needed: 60 minutes

Supplies Needed:

100 and 180 grit file, LCN Bonder, LCN Connex, LCN Sculpture, Sealant, cotton, alcohol, Gel brush, Connex brush, cuticle pusher, cuticle oil, LCN Gel light, hand sanitizer, nail brush, 2 towels, 2 table towels.

1. Wash your hands in hot soapy water before beginning your service.
2. Place one squirt of hand sanitizer into the guests hands and have them rub them together.
3. Perform the Start To Finish consultation procedure with your guest.
4. While you are performing the Start To Finish, look over the guests hands for any cuts, abrasions or infections. If they have any cuts or abrasions, continue the service wearing gloves on your hands. If they have any infections, discontinue the service and reschedule for another time when they are healthy.
5. Push back the cuticle using the cuticle pusher.
6. Remove the shine on the nail plate with a 100-180 grit file.
7. Brush off the excess dust with the nail brush.
8. Apply a thin coat of LCN Connex ONLY if the nail plate is damaged or the guests hands are in water often with their occupation. If applied, wait until the LCN Connex is completely dry to move to the next step. (A separate Connex brush will be used)
9. Apply a thin coat (like nail polish) of LCN Bonder over the entire nail. Keep away from the cuticle and side walls.
10. Cure under the LCN Gel light for 2 minutes. Be careful not to touch the nail after this step.
11. Apply one thick coat of the LCN Sculpture. Keep away from the cuticle and side walls. Cure under the LCN Gel light for 2 minutes.
12. Apply a second thick coat of the LCN Sculpture if needed to build the C curve and shape of the nail. Cure under the LCN Gel light for 2 minutes.
13. Using cotton saturated in alcohol, wipe the nails with the cotton to remove the sticky film.
14. File with the 100-180 grit file the sides and top to shape the nails.
15. Remove the dust with the nail brush.
16. Change your table towel at this time if needed.
17. Apply a thin coat (like nail polish) of Sealant (pink) over the entire nail. Keep away from the cuticle and side walls. Cure under the LCN Gel light for 2 minutes.
18. Using cotton saturated in alcohol, wipe the nails with the cotton to remove the sticky film.



Gel Full Set Overlay con't.

19. Reshape if needed around the side walls with the 180 grit file. Apply cuticle oil on each nail.
20. Give the guest the nail brush and have them wash their hands in hot soapy water using the nail brush.
21. Change your table towel. Apply a base coat, 2 coats of polish and a top coat.
22. Perform the Start To Finish closing technique.
23. Thoroughly wash all implements in hot soapy water and immerse in a disinfectant for 10 minutes.
24. Thoroughly clean all areas with a disinfectant and use the proper procedures for disinfecting your implements.



Sculptured Gel Full Set

Time Needed: 75 minutes

Supplies Needed:

100 and 180 grit file, LCN Bonder, LCN Connex, LCN Sculpture, Sealant, LCN Sculpture Formatur, cotton, alcohol, Gel brush, Connex brush, cuticle pusher, cuticle oil, LCN Gel light, hand sanitizer, nail brush, nail tips, 2 towels, 2 table towels.

1. Wash your hands in hot soapy water before beginning your service.
2. Place one squirt of hand sanitizer into the guests hands and have them rub them together.
3. Perform the Start To Finish consultation procedure with your guest.
4. While you are performing the Start To Finish, look over the guests hands for any cuts, abrasions or infections. If they have any cuts or abrasions, continue the service wearing gloves on your hands. If they have any infections, discontinue the service and reschedule for another time when they are healthy.
5. Push back the cuticle using the cuticle pusher.
6. Remove the shine on the nail plate with a 100-180 grit file.
7. Brush off the excess dust with the nail brush.
8. Apply nail tips with glue on all ten nails, blend the tips and remove the shine from the tips.
9. Apply a thin coat of LCN Connex ONLY if the nail plate is damaged or the guests hands are in water often with their occupation. If applied, wait until the LCN Connex is completely dry to move to the next step. (A separate Connex brush will be used)
10. Apply a thin coat (like nail polish) of LCN Bonder over the entire natural nail. Keep away from the cuticle, side walls and tips.
11. Cure under the LCN Gel light for 2 minutes. Be careful not to touch the nail after this step.
12. Apply one thick coat of the LCN Sculpture on the nail plate and extend over the tip on all of the nails. Keep away from the cuticle and side walls. Cure under the LCN Gel light for 2 minutes.
13. Apply a second thick coat of the LCN Sculpture to build the C curve and shape of the nail. Cure under the LCN Gel light for 2 minutes. A third coat can be used if needed.
14. Using cotton saturated in alcohol, wipe the nails with the cotton to remove the sticky film.
15. File with the 100-180 grit file the sides and top to shape the nails.
16. Remove the dust with the nail brush.
17. Change your table towel at this time if needed.
18. Apply a thin coat (like nail polish) of Sealant (pink) over the entire nail. Keep away from the cuticle and side walls. Cure under the LCN Gel light for 2 minutes.
19. Using cotton saturated in alcohol, wipe the nails with the cotton to remove the sticky film.
20. Reshape if needed around the side walls with the 180 grit file. Apply cuticle oil on each nail.
21. Give the guest the nail brush and have them wash their hands in hot soapy water using the nail brush.



Sculptured Gel Full Set con't.

22. Change your table towel. Apply a base coat, 2 coats of polish and a top coat.
23. Optional: The guest may choose to just leave with the shiny sealer over the top.
24. Perform the Start To Finish closing technique.
25. Thoroughly wash all implements in hot soapy water and immerse in a disinfectant for 10 minutes.
26. Thoroughly clean all areas with a disinfectant and use the proper procedures for disinfecting your implements.



Gel Fills

Time Needed: 1 hour

Supplies Needed:

100 and 180 grit file, LCN Bonder, LCN One Component, Sealant (pink), cotton, alcohol, Gel brush, cuticle pusher, cuticle oil, LCN Gel light, hand sanitizer, nail brush, 2 towels, 2 table towels.

1. Wash your hands in hot soapy water before beginning your service.
2. Place one squirt of hand sanitizer into the guests hands and have them rub them together.
3. Perform the Start To Finish consultation procedure with your guest.
4. While you are performing the Start To Finish, look over the guests hands for any cuts, abrasions or infections. If they have any cuts or abrasions, continue the service wearing gloves on your hands. If they have any infections, discontinue the service and reschedule for another time when they are healthy.
5. Push back the cuticle using the cuticle pusher.
6. File the fill line, shorten the length and file the C curve on the nail and reshape as needed.
7. Brush off the excess dust with the nail brush.
8. Apply a thin coat (like nail polish) of LCN Bonder over the entire nail. Keep away from the cuticle and side walls.
9. Cure under the LCN Gel light for 2 minutes. Be careful not to touch the nail after this step.
10. Apply a coat of LCN One Component at the cuticle and over the entire nail. Keep away from the cuticle and side walls. Cure under the LCN Gel light for 2 minutes.
11. If needed apply a second coat of LCN One Component at the cuticle and over the entire nail. Keep away from the cuticle and side walls. Cure under the LCN Gel light for 2 minutes.
12. Using cotton saturated in alcohol, wipe the nails with the cotton to remove the sticky film.
13. File with the 100-180 grit file the sides and top to shape the nails.
14. Remove the dust with the nail brush.
15. Change your table towel at this time if needed.
16. Apply a thin coat (like nail polish) of Sealant (pink) over the entire nail. Keep away from the cuticle and side walls. Cure under the LCN Gel light for 2 minutes.
17. Using cotton saturated in alcohol, wipe the nails with the cotton to remove the sticky film.
18. Reshape if needed around the side walls with the 180 grit file. Apply cuticle oil on each nail.



Gel Fills con't.

19. Give the guest the nail brush and have them wash their hands in hot soapy water using the nail brush.
20. Change your table towel. Apply a base coat, 2 coats of polish and a top coat.
21. Optional: The guest may choose to just leave with the shiny sealer over the top.
22. Perform the Start To Finish closing technique.
23. Thoroughly wash all implements in hot soapy water and immerse in a disinfectant for 10 minutes.
24. Thoroughly clean all areas with a disinfectant and use the proper procedures for disinfecting your implements.



Gel Pink and White Fills

Time Needed: 75 minutes

Supplies Needed:

100 and 180 grit file, LCN Bonder, LCN One Component, LCN FM Pearl White, Sealant (pink), cotton, alcohol, Gel brush, cuticle pusher, cuticle oil, LCN Gel light, hand sanitizer, nail brush, 2 towels, 2 table towels.

1. Wash your hands in hot soapy water before beginning your service.
2. Place one squirt of hand sanitizer into the guests hands and have them rub them together.
3. Perform the Start To Finish consultation procedure with your guest.
4. While you are performing the Start To Finish, look over the guests hands for any cuts, abrasions or infections. If they have any cuts or abrasions, continue the service wearing gloves on your hands. If they have any infections, discontinue the service and reschedule for another time when they are healthy.
5. Push back the cuticle using the cuticle pusher.
6. File the fill line, shorten the length, file down the free edge to re-white, and file the C curve on the nail and reshape as needed.
7. Brush off the excess dust with the nail brush.
8. Apply a thin coat (like nail polish) of LCN Bonder over the entire nail. Keep away from the cuticle and side walls.
9. Cure under the LCN Gel light for 2 minutes. Be careful not to touch the nail after this step.
10. Apply a coat of LCN FM Pearl White at the free edge to re-white. Wipe your brush often to create a distinct smile line.
11. Cure under the LCN Gel light for 2 minutes.
12. Apply a coat of LCN One Component at the cuticle and over the entire nail. Keep away from the cuticle and side walls. Cure under the LCN Gel light for 2 minutes.
13. If needed apply a second coat of LCN One Component at the cuticle and over the entire nail. Keep away from the cuticle and side walls. Cure under the LCN Gel light for 2 minutes.
14. Using cotton saturated in alcohol, wipe the nails with the cotton to remove the sticky film.
15. File with the 100-180 grit file the sides and top to shape the nails.
16. Remove the dust with the nail brush.
17. Change your table towel at this time if needed.
18. Apply a thin coat (like nail polish) of Sealant (pink) over the entire nail. Keep away from the cuticle and side walls. Cure under the LCN Gel light for 2 minutes.
19. Using cotton saturated in alcohol, wipe the nails with the cotton to remove the sticky film.
20. Reshape if needed around the side walls with the 180 grit file. Apply cuticle oil on each nail.
21. Give the guest the nail brush and have them wash their hands in hot soapy water using the nail brush.
22. Change your table towel. The sealer may be shiny enough, or add a top coat.
23. Perform the Start To Finish closing technique.



Gel Pink and White Fills con't.

24. Thoroughly wash all implements in hot soapy water and immerse in a disinfectant for 10 minutes.
25. Thoroughly clean all areas with a disinfectant and use the proper procedures for disinfecting your implements.



Buff and Seal- Gels

Time Needed: 30 minutes

Supplies Needed:

100 and 180 grit file, Sealant, cotton, alcohol, Gel brush, cuticle pusher, cuticle oil, LCN Gel light, hand sanitizer, nail brush, 2 towels, 2 table towels.

1. Wash your hands in hot soapy water before beginning your service.
2. Place one squirt of hand sanitizer into the guests hands and have them rub them together.
3. Perform the Start To Finish consultation procedure with your guest.
4. While you are performing the Start To Finish, look over the guests hands for any cuts, abrasions or infections. If they have any cuts or abrasions, continue the service wearing gloves on your hands. If they have any infections, discontinue the service and reschedule for another time when they are healthy.
5. Push back the cuticle using the cuticle pusher.
6. File the fill line, shorten the length, file down the free edge to re-white, and file the C curve on the nail and reshape as needed.
7. Brush off the excess dust with the nail brush.
8. Apply a thin coat (like nail polish) of Sealant over the entire nail. Keep away from the cuticle and side walls. Cure under the LCN Gel light for 2 minutes.
9. Using cotton saturated in alcohol, wipe the nails with the cotton to remove the sticky film.
10. Reshape if needed around the side walls with the 180 grit file. Apply cuticle oil on each nail.
11. Give the guest the nail brush and have them wash their hands in hot soapy water using the nail brush.
12. Change your table towel. The sealer may be shiny enough, or add a top coat.
13. Perform the Start To Finish closing technique.
14. Thoroughly wash all implements in hot soapy water and immerse in a disinfectant for 10 minutes.
15. Thoroughly clean all areas with a disinfectant and use the proper procedures for disinfecting your implements.



Artificial Nail Repair

Time Needed: 15-30 minutes

Supplies Needed:

Cuticle pusher, 100-180 grit files, cuticle nipper, cuticle oil, 2 towels, 2 table towels, acetone polish remover, base coat, top coat, polish (if applicable), cotton, artificial nail product, nail brush

1. Remove any nail polish on the nails.
2. Follow the same procedures for the Gel application.
3. Explain home maintenance to the guest and recommend products to be used.
4. If the guest does not want to receive an additional service, complete with a polish application.



Gel Nail Removal

Time Needed: 60 minutes

Supplies Needed:

Cuticle pusher, 100-180 grit files, cuticle nipper, cuticle oil, 2 towels, 2 table towels, acetone polish remover, base coat, top coat, polish (if applicable), cotton, nail brush

1. Remove any nail polish on the nails.
2. Shorten the nails if applicable.
3. Buff the nails until the gel is removed, continue working around the nail so that heat and friction does not occur.
4. Repeat step 3 until all of the gel is off.
5. Apply the cuticle oil to all 10 nails, have the guest wash their hands with a brush to remove any dust on their nails prior to polishing.
6. Always suggest the guest finish with a manicure (explain that there is an extra charge).
7. Explain home maintenance to the guest and recommend products to be used.
8. If the guest does not want to receive a manicure, complete with a polish application.



Helpful Hints

1. With Light Concept products, lifting occurs if: the product is applied to the cuticle and cured; bonder was applied too thickly; or impeccable prep has not been done.
2. When working with Light Concept products, impeccable preparation is critical, as any pterygium, oil or shiny spots on the nail can cause lifting. Insufficient buffing will also cause lifting.
3. In the three-phase application, Bonder must be applied very thinly. If Bonder is too thick, it can cause lifting.
4. Connex is a bonding agent based on hydrophilic monomers. It results in a bonding to the natural collagen in the nail, thus not harming the nail. Connex can be used in combination with all light curing resins and increases the bonding results with problem nails. Air dry for two minutes.
5. Applying Sculpture is different than applying liquid and powder products or other self-leveling LCN products. Imagine your brush is a razor, and the product is a balloon to achieve that soft touch for a smooth finish. Brushing sculpture on will leave high and low spots.
6. Sealant applied too sparingly will cure with dry streaks, pits or whirlpools. First, remove sticky surface coating, then use a white buffing block and re-apply Sealant.
7. Should you have lifting, be sure to file all of it off before you fill. If a white lift line appears, it can be repaired by filing in one direction only, until the lift line is completely filed off.
8. Heat sensation can occur during the curing process. This heat sensation does not affect the nail; it is simply uncomfortable for the guest. The guest with a very damaged nail will be most likely to experience the sensation (most often occurring with the guest who previously had an artificial nail system that used a primer).
9. A heat reaction will most often happen when using Sculpture, because you are applying it in a thick manner to add shape, strength and form. (Applying two or three thin layers of Sculpture will avoid this).
10. Guests with damaged or sensitive nail beds may feel heat from the curing process.
11. Avoid this by having the guest remove her hand from the light for a few seconds and then replace it in the light unit. Repeat this step three more times and then leave hand in light for the remainder of cure time.
12. If you feel you have under cured the product, simply re-activate the light unit and continue curing.
13. Be sure not to clean between coats of light cured products. The tacky dispersion film ensures adhesion of the next layer. All Light Concept Nails products are compatible and can be layered to customize nails for each individual guest. Only clean when you're going to file the nail or you're done.
14. Allow one-phase products to self-level. Overworked gel can cause bubbles.
15. Keep gels and brushes away from the light unit while curing.
16. Exposure to the light will cause the gels and brushes to harden.
17. If you have problems with illuminating the light, check the outlet, the on/off switch and the fuse located at the back of the unit.



Helpful Hints con't.

18. While cleaning the thumb after curving, you may find the product is not completely cured, because the outside of the thumb is shielded from the light. Make sure your guest rotates her thumb slightly, or raises it slightly for complete curing.
19. Connex is an air-dried product which is applied to the natural nail only.



Gel-A-Cure Overview

Gelish Products

1. Foundation/base gel: This product creates the adhesive bond between the nail plate and gel products. This product secures adhesion while not damaging the natural nail plate. (Most nails will use this product- exception is structure/clear gel)
2. Top it Off/sealer: Top it off creates a high shine that will not dull, chip, or peel from the Gelish soak off polish (use over all Gelish products)
3. Structure/clear gel: This gel has a thicker viscosity for reinforcing, strength, enhancing the nail or repairing a damaged nail plate. Must use Foundation/base gel prior to applying the structure.
4. Gelish soak off polish: A variety of colors that go on like a polish, cured under a light like a gel. One or more coats may be applied.

If using the Harmony LED light:

Dry nails as specified~

Foundation 10 seconds

Structure 30 seconds

Gelish Polish 30 seconds

Top it off sealer 30 seconds

You must cure 4 fingers at a time and the thumbs either cured together or alone.



Gel-A-Cure

Time Needed: 45 minutes

Supplies Needed:

180 grit file, (Gelish foundation, structure, top it off and color), cotton, alcohol, Gel brush, cuticle pusher, cuticle oil, Gel light, hand sanitizer, nail brush, 2 towels, 1 table towels,

1. Wash your hands in hot soapy water before beginning your service.
2. Place one squirt of hand sanitizer into the guests hands and have them rub them together.
3. Perform the Start To Finish consultation procedure with your guest.
4. While you are performing the Start To Finish, look over the guests hands for any cuts, abrasions or infections. If they have any cuts or abrasions, continue the service wearing gloves on your hands. If they have any infections, discontinue the service and reschedule for another time when they are healthy.
5. Push back the cuticle using the cuticle pusher.
6. Brush off the excess dust with the nail brush.
7. Apply a thin coat of Gelish foundation on all nails from the cuticle to free edge, staying away from the cuticle and side wall areas.
8. Cure under the Gel light for 1 minute. Remove residue with a gel brush.
9. If nails need extra strength or repair, use the Gelish structure after the foundation. Apply a thin layer of Gelish structure with a gel brush on all nails from the cuticle to free edge and cure for 2 minutes.
10. Apply one thin coat of Gelish color on the nail plate from cuticle to free edge. Keep away from the cuticle and side walls. Cure under the Gel light for 2 minutes.
11. Apply a second thin coat of Gelish color on the nail plate from cuticle to free edge. Keep away from the cuticle and side walls. Cure under the Gel light for 2 minutes.
12. Apply one thin coat of Gelish top it off on the nail plate from cuticle to free edge. Keep away from the cuticle and side walls. Cure under the Gel light for 2 minutes.
13. Using cotton saturated in alcohol, wipe the nails with cotton to remove the sticky film.
14. If needed, apply cuticle oil and give the guest a nail brush to have them wash their hands in hot soapy water using the nail brush.
15. Perform the Start To Finish closing technique.
16. Thoroughly wash all implements in hot soapy water and immerse in a disinfectant for 10 minutes.
17. Thoroughly clean all areas with a disinfectant and use the proper procedures for disinfecting your implements.



Refresh

Time Needed: 30 minutes

Supplies Needed:

180 grit file, (Gelish foundation, top it off and color), cotton, alcohol, Gel brush, cuticle pusher, cuticle oil, Gel light, hand sanitizer, 2 towels, 1 table towels, nail brush

1. Wash your hands in hot soapy water before beginning your service.
2. Place one squirt of hand sanitizer into the guests hands and have them rub them together.
3. Perform the Start To Finish consultation procedure with your guest.
4. While you are performing the Start To Finish, look over the guests hands for any cuts, abrasions or infections. If they have any cuts or abrasions, continue the service wearing gloves on your hands. If they have any infections, discontinue the service and reschedule for another time when they are healthy.
5. Push back the cuticle using the cuticle pusher.
6. Buff the nail and blend the line of demarcation of the gel.
7. Brush off the excess dust with the nail brush.
8. Apply a thin coat of Gelish foundation on all nails from the cuticle to free edge, staying away from the cuticle and side wall areas.
9. Cure under the Gel light for 1 minute. Remove residue with a gel brush.
10. Apply one thin coat of Gelish color on the nail plate from cuticle to free edge. Keep away from the cuticle and side walls. Cure under the Gel light for 2 minutes.
11. Apply one more thin coat of Gelish color (if needed) on the nail plate from cuticle to free edge. Keep away from the cuticle and side walls. Cure under the Gel light for 2 minutes.
12. Apply one thin coat of Gelish top it off on the nail plate from cuticle to free edge. Keep away from the cuticle and side walls. Cure under the Gel light for 2 minutes.
13. Using cotton saturated in alcohol, wipe the nails with cotton to remove the sticky film.
14. If needed, apply cuticle oil and give the guest a nail brush to have them wash their hands in hot soapy water using the nail brush.
15. Perform the Start To Finish closing technique.
16. Thoroughly wash all implements in hot soapy water and immerse in a disinfectant for 10 minutes.
17. Thoroughly clean all areas with a disinfectant and use the proper procedures for disinfecting your implements.



Re-do & Renew

Time Needed: 45 minutes

Supplies Needed:

180 grit file, (Gelish foundation, structure, top it off and color), cotton, alcohol, Gel brush, cuticle pusher, cuticle oil, Gel light, hand sanitizer, 2 towels, 1 table towels, nail brush, fig spray, 2 glass bowls, acetone polish remover

1. Wash your hands in hot soapy water before beginning your service.
2. Place one squirt of hand sanitizer into the guests hands and have them rub them together.
3. Perform the Start To Finish consultation procedure with your guest.
4. While you are performing the Start To Finish, look over the guests hands for any cuts, abrasions or infections. If they have any cuts or abrasions, continue the service wearing gloves on your hands. If they have any infections, discontinue the service and reschedule for another time when they are healthy.
5. Buff the nails to remove the seal. Spray fig spray on the hands for added moisture.
6. Pour acetone into 2 glass bowls and have the guest soak their fingers in the acetone for 10-15 minutes.
7. Take one hand and gently scrape the gel off of their nails with a cuticle pusher. Repeat on the other hand.
8. Gently buff any left over gel with a file.
9. Push back the cuticle using the cuticle pusher.
10. Have the guest take the brush to the rest room and scrub their nails with soap and water.
11. Make sure nails are completely dry.
12. Apply a thin coat of Gelish foundation on all nails from the cuticle to free edge, staying away from the cuticle and side wall areas.
13. Cure under the Gel light for 1 minute. Remove residue with a gel brush.
14. If nails need extra strength or repair, use the Gelish structure after the foundation (see step 9). Apply a thin layer of Gelish structure with a gel brush on all nails from the cuticle to free edge and cure for 2 minutes.
15. Apply a thin coat of Gelish foundation on all nails from the cuticle to free edge, staying away from the cuticle and side wall areas.
16. Cure under the Gel light for 1 minute. Remove residue with a gel brush.
17. Apply one thin coat of Gelish color on the nail plate from cuticle to free edge. Keep away from the cuticle and side walls. Cure under the Gel light for 2 minutes.
18. Apply a second thin coat of Gelish color on the nail plate from cuticle to free edge. Keep away from the cuticle and side walls. Cure under the Gel light for 2 minutes.
19. Apply one thin coat of Gelish top it off on the nail plate from cuticle to free edge. Keep away from the cuticle and side walls. Cure under the Gel light for 2 minutes.
20. Using cotton saturated in alcohol, wipe the nails with cotton to remove the sticky film.



Re-do & Renew con't.

21. If needed, apply cuticle oil and give the guest a nail brush to have them wash their hands in hot soapy water using the nail brush.
22. Perform the Start To Finish closing technique.
23. Thoroughly wash all implements in hot soapy water and immerse in a disinfectant for 10 minutes.
24. Thoroughly clean all areas with a disinfectant and use the proper procedures for disinfecting your implements.

Gel-A-Cure with Pedicure

Time Needed: Pedicure time + 45 minutes

Supplies Needed:

All supplies needed for a pedicure, 180 grit file, (Gelish foundation, top it off and color), cotton, alcohol, Gel brush, cuticle pusher, cuticle oil, Gel light, hand sanitizer, nail brush, 2 towels, 1 table towels

1. Wash your hands in hot soapy water before beginning your service.
2. Perform the Start To Finish consultation procedure with your guest.
3. While you are performing the Start To Finish, look over the guests feet for any cuts, abrasions or infections. If they have any cuts or abrasions, continue the service wearing gloves on your hands. If they have any infections, discontinue the service and reschedule for another time when they are healthy.
4. Prior to the Gel-A-Cure procedure, a pedicure must be performed.
5. After the pedicure, make sure the nails are completely dry prior to starting.
6. Apply a thin coat of Gelish foundation on all nails from the cuticle to free edge, staying away from the cuticle and side wall areas.
7. Cure under the Gel light for 1 minute. Remove residue with a gel brush.
8. Apply one thin coat of Gelish color on the nail plate from cuticle to free edge. Keep away from the cuticle and side walls. Cure under the Gel light for 2 minutes.
9. Apply a second thin coat of Gelish color on the nail plate from cuticle to free edge. Keep away from the cuticle and side walls. Cure under the Gel light for 2 minutes.
10. Apply one thin coat of Gelish top it off on the nail plate from cuticle to free edge. Keep away from the cuticle and side walls. Cure under the Gel light for 2 minutes.
11. Using cotton saturated in alcohol, wipe the nails with cotton to remove the sticky film.
12. Perform the Start To Finish closing technique.
13. Thoroughly wash all implements in hot soapy water and immerse in a disinfectant for 10 minutes.
14. Thoroughly clean all areas with a disinfectant and use the proper procedures for disinfecting your implements.



Redo & Renew with Pedicure

Time Needed: Pedicure time + 60 minutes

Supplies Needed:

All supplies needed for a pedicure, 180 grit file, (Gelish foundation, top it off and color), cotton, alcohol, Gel brush, cuticle pusher, cuticle oil, Gel light, hand sanitizer, nail brush, 2 towels, 1 table towels, acetone, foil, gloves

1. Wash your hands in hot soapy water before beginning your service.
2. Perform the Start To Finish consultation procedure with your guest.
3. While you are performing the Start To Finish, look over the guests feet for any cuts, abrasions or infections. If they have any cuts or abrasions, continue the service wearing gloves on your hands. If they have any infections, discontinue the service and reschedule for another time when they are healthy.
4. Prior to the Redo & Renew procedure, a pedicure must be performed.
5. After the pedicure, make sure the nails are completely dry prior to starting.
6. Apply acetone soaked cotton on every toe nail and cover with foil.
7. Leave on toe nails 10-15 minutes.
8. Remove cotton and foil, discard. Use cuticle pusher to scrape gel off of nails and then buff to smoothness.
9. Apply a thin coat of Gelish foundation on all nails from the cuticle to free edge, staying away from the cuticle and side wall areas.
10. Cure under the Gel light for 1 minute. Remove residue with a gel brush.
11. Apply one thin coat of Gelish color on the nail plate from cuticle to free edge. Keep away from the cuticle and side walls. Cure under the Gel light for 2 minutes.
12. Apply a second thin coat of Gelish color on the nail plate from cuticle to free edge. Keep away from the cuticle and side walls. Cure under the Gel light for 2 minutes.
13. Apply one thin coat of Gelish top it off on the nail plate from cuticle to free edge. Keep away from the cuticle and side walls. Cure under the Gel light for 2 minutes.
14. Using cotton saturated in alcohol, wipe the nails with cotton to remove the sticky film.
15. Perform the Start To Finish closing technique.
16. Thoroughly wash all implements in hot soapy water and immerse in a disinfectant for 10 minutes.
17. Thoroughly clean all areas with a disinfectant and use the proper procedures for disinfecting your implements.



Gel Polish Addition

Time Needed: 15 minutes

Supplies Needed:

(Gelish foundation, top it off and color), cotton, alcohol, Gel brush, cuticle pusher, Gel light, 2 towels, 1 table towels

1. Wash your hands in hot soapy water before beginning your service.
2. Place one squirt of hand sanitizer into the guests hands and have them rub them together.
3. Perform the Start To Finish consultation procedure with your guest.
4. While you are performing the Start To Finish, look over the guests hands for any cuts, abrasions or infections. If they have any cuts or abrasions, continue the service wearing gloves on your hands. If they have any infections, discontinue the service and reschedule for another time when they are healthy.
5. After completing a gel or acrylic nail enhancement, follow these steps.
6. Apply a thin coat of Gelish foundation on all nails from the cuticle to free edge, staying away from the cuticle and side wall areas.
7. Cure under the Gel light for 1 minute. Remove residue with a gel brush.
8. Apply one thin coat of Gelish color on the nail plate from cuticle to free edge. Keep away from the cuticle and side walls. Cure under the Gel light for 2 minutes.
9. Apply a second thin coat of Gelish color on the nail plate from cuticle to free edge. Keep away from the cuticle and side walls. Cure under the Gel light for 2 minutes.
10. Apply one thin coat of Gelish top it off on the nail plate from cuticle to free edge. Keep away from the cuticle and side walls. Cure under the Gel light for 2 minutes.
11. Using cotton saturated in alcohol, wipe the nails with cotton to remove the sticky film.
12. If needed, apply cuticle oil and give the guest a nail brush to have them wash their hands in hot soapy water using the nail brush.
13. Perform the Start To Finish closing technique.
14. Thoroughly wash all implements in hot soapy water and immerse in a disinfectant for 10 minutes.
15. Thoroughly clean all areas with a disinfectant and use the proper procedures for disinfecting your implements.



Fiberglass Enhancements



Fiberglass Enhancements Overview

Fiberglass Nail Repair

This service is designed to repair nails using fiberglass.

Buff and Polish

This service is designed for the guest with “less” time on their hands and would like to extend their enhancements for a longer period of time.

Fiberglass Fill

To maintain their fiberglass enhancements and includes one free repair if any nails are broken.

Fiberglass Overlay

An enhancement of fiberglass that covers their entire natural nail.

Full set- Fiberglass

A full set of fiberglass enhancements with tips added for length.



Fiberglass Full Set Overlay

Time Needed: 60 minutes

Supplies Needed:

100 and 180 grit file, Fiberglass Control brush on glue, Fiberglass resin glue, Fiberglass mesh, Fiberglass Bonding sheet, Fiberglass brush on activator, Fiberglass Miracle Dissolve, cotton, cuticle pusher, h2t oil, hand sanitizer, nail brush, 2 towels, 2 table towels.

1. Wash your hands in hot soapy water before beginning your service.
2. Place one squirt of hand sanitizer into the guests hands and have them rub them together.
3. Perform the Start To Finish consultation procedure with your guest.
4. While you are performing the Start To Finish, look over the guests hands for any cuts, abrasions or infections. If they have any cuts or abrasions, continue the service wearing gloves on your hands. If they have any infections, discontinue the service and reschedule for another time when they are healthy.
5. Push back the cuticle using the cuticle pusher.
6. Remove the shine on the nail plate with a 100-180 grit file.
7. Brush off the excess dust with the nail brush.
8. Apply a small strip of resin gel on the nail. Use the brush on activator to polish the resin on the nail. Wipe the brush on the table towel before putting the brush back into the activator. Be careful to stay away from the cuticles.
9. Repeat step 8 on all ten nails. If the brush on the activator begins to harden, you may swap it out with the Miracle Dissolve brush.
10. Cut a piece of Fiberglass mesh and lay the mesh over the nail. Cut around the edges to ensure they are not touching the cuticle and along the free edge.
11. Press the mesh down with the bonding sheet. If extra strength is needed, add another smaller piece of mesh and criss cross the mesh at the C curve.
12. Apply a thin coat of Control Brush on Glue (like polish) over the entire nail and Fiberglass
13. Repeat step 12 on all ten nails.
14. Apply a small strip of resin gel on the nail. Use the brush on activator to polish the resin on the nail. Wipe the brush on the table towel before putting the brush back into the activator. Be careful to stay away from the cuticles.
15. Resin gel should be applied on the nails while the Control Brush on Glue is still wet. Repeat step 14 on all ten nails.
16. After the nails are dry, lightly buff them with a 180 grit file.
17. Apply a drop of h2t oil on the cuticles.
18. Give the guest the nail brush and have them wash their hands in hot soapy water using the nail brush.
19. Change your table towel. Apply a base coat, 2 coats of polish and a top coat.
20. Perform the Start To Finish closing technique.
21. Thoroughly wash all implements in hot soapy water and immerse in a disinfectant for 10 minutes.
22. Thoroughly clean all areas with a disinfectant and use the proper procedures for disinfecting your implements.



Fiberglass Full Set with Tips Application

Time Needed: 60 minutes

Supplies Needed:

100 and 180 grit file, Fiberglass Control brush on glue, Fiberglass resin glue, Fiberglass mesh, Fiberglass Bonding sheet, Fiberglass brush on activator, Fiberglass Miracle Dissolve, cotton, cuticle pusher, h2t oil, hand sanitizer, nail brush, 2 towels, 2 table towels.

1. Wash your hands in hot soapy water before beginning your service.
2. Place one squirt of hand sanitizer into the guests hands and have them rub them together.
3. Perform the Start To Finish consultation procedure with your guest.
4. While you are performing the Start To Finish, look over the guests hands for any cuts, abrasions or infections. If they have any cuts or abrasions, continue the service wearing gloves on your hands. If they have any infections, discontinue the service and reschedule for another time when they are healthy.
5. Push back the cuticle using the cuticle pusher.
6. Remove the shine on the nail plate with a 100-180 grit file.
7. Brush off the excess dust with the nail brush.
8. Apply plastic tips with glue on all ten nails, shorten, remove the shine and blend the tip to match the nail. Brush off the excess dust with the nail brush.
9. Apply a small strip of resin gel on the nail. Use the brush on activator to polish the resin on the nail. Wipe the brush on the table towel before putting the brush back into the activator. Be careful to stay away from the cuticles.
10. Repeat step 8 on all ten nails. If the brush on the activator begins to harden, you may swap it out with the Miracle Dissolve brush.
11. Cut a piece of Fiberglass mesh and lay the mesh over the nail and tip. Cut around the edges to ensure they are not touching the cuticle and along the free edge.
12. Press the mesh down with the bonding sheet. If extra strength is needed, add another smaller piece of mesh and criss cross the mesh at the C curve.
13. Apply a thin coat of Control Brush on Glue (like polish) over the entire nail and Fiberglass.
14. Repeat step 13 on all ten nails.
15. Apply a small strip of resin gel on the nail. Use the brush on activator to polish the resin on the nail. Wipe the brush on the table towel before putting the brush back into the activator. Be careful to stay away from the cuticles.
16. Resin gel should be applied on the nails while the Control Brush on Glue is still wet. Repeat step 15 on all ten nails.
17. After the nails are dry, lightly buff them with a 180 grit file.
18. Apply a drop of h2t oil on the cuticles.
19. Give the guest the nail brush and have them wash their hands in hot soapy water using the nail brush.



Fiberglass Full Set with Tips Application Con't.

20. Change your table towel. Apply a base coat, 2 coats of polish and a top coat.
21. Perform the Start To Finish closing technique.
22. Thoroughly wash all implements in hot soapy water and immerse in a disinfectant for 10 minutes.
23. Thoroughly clean all areas with a disinfectant and use the proper procedures for disinfecting your implements.



Fiberglass Fills

Time Needed: 60 minutes

Supplies Needed:

100 and 180 grit file, Fiberglass Control brush on glue, Fiberglass resin glue, Fiberglass mesh, Fiberglass Bonding sheet, Fiberglass brush on activator, Fiberglass Miracle Dissolve, cotton, cuticle pusher, h2t oil, hand sanitizer, nail brush, 2 towels, 2 table towels.

1. Wash your hands in hot soapy water before beginning your service.
2. Place one squirt of hand sanitizer into the guests hands and have them rub them together.
3. Perform the Start To Finish consultation procedure with your guest.
4. While you are performing the Start To Finish, look over the guests hands for any cuts, abrasions or infections. If they have any cuts or abrasions, continue the service wearing gloves on your hands. If they have any infections, discontinue the service and reschedule for another time when they are healthy.
5. Push back the cuticle using the cuticle pusher.
6. Apply a small coat of Miracle Dissolve on the fill line, let dry.
7. Blend the fiberglass that has grown out at the fill line with a 100-180 grit file.
8. Brush off the excess dust with the nail brush.
9. Apply a small strip of resin gel on the nail. Use the brush on activator to polish the resin on the nail. Wipe the brush on the table towel before putting the brush back into the activator. Be careful to stay away from the cuticles.
10. Repeat step 9 on all ten nails. If the brush on the activator begins to harden, you may swap it out with the Miracle Dissolve brush.
11. Apply fiberglass mesh if needed on the C curve.
12. Repeat step 9-10 on all ten nails a second time.
13. After the nails are dry, lightly buff them with a 180 grit file.
14. Apply a drop of h2t oil on the cuticles.
15. Give the guest the nail brush and have them wash their hands in hot soapy water using the nail brush.
16. Change your table towel. Apply a base coat, 2 coats of polish and a top coat.
17. Perform the Start To Finish closing technique.
18. Thoroughly wash all implements in hot soapy water and immerse in a disinfectant for 10 minutes.
19. Thoroughly clean all areas with a disinfectant and use the proper procedures for disinfecting your implements.



Fiberglass Repairs

Time Needed: 15 minutes

Supplies Needed:

100 and 180 grit file, Fiberglass Control brush on glue, Fiberglass resin glue, Fiberglass mesh, Fiberglass Bonding sheet, Fiberglass brush on activator, cotton, cuticle pusher, h2t oil, hand sanitizer, nail brush, 2 towels, 2 table towels.

1. Wash your hands in hot soapy water before beginning your service.
2. Place one squirt of hand sanitizer into the guests hands and have them rub them together.
3. Perform the Start To Finish consultation procedure with your guest.
4. While you are performing the Start To Finish, look over the guests hands for any cuts, abrasions or infections. If they have any cuts or abrasions, continue the service wearing gloves on your hands. If they have any infections, discontinue the service and reschedule for another time when they are healthy.
5. Push back the cuticle using the cuticle pusher.
6. Apply a small strip of resin gel on the nail. Use the brush on activator to polish the resin on the nail. Wipe the brush on the table towel before putting the brush back into the activator. Be careful to stay away from the cuticles.
7. Cut a piece of Fiberglass mesh and lay the mesh over the nail repair. Cut around the edges to ensure they are not touching the cuticle and along the free edge.
8. Press the mesh down with the bonding sheet. If extra strength is needed, add another smaller piece of mesh and criss cross the mesh at the C curve.
9. Apply a thin coat of Control Brush on Glue (like polish) over the entire nail and Fiberglass.
10. Apply a small strip of resin gel on the nail. Use the brush on activator to polish the resin on the nail. Wipe the brush on the table towel before putting the brush back into the activator. Be careful to stay away from the cuticles.
11. After the nails are dry, lightly buff them with a 180 grit file.
12. Apply a drop of h2t oil on the cuticles.
13. Give the guest the nail brush and have them wash their hands in hot soapy water using the nail brush.
14. Change your table towel. Apply a base coat, 2 coats of polish and a top coat.
15. Perform the Start To Finish closing technique.
16. Thoroughly wash all implements in hot soapy water and immerse in a disinfectant for 10 minutes.
17. Thoroughly clean all areas with a disinfectant and use the proper procedures for disinfecting your implements.



Buff and Polish

Time Needed: 30 minutes

Supplies Needed:

100 and 180 grit file, Fiberglass Control brush on glue, Fiberglass resin glue, Fiberglass mesh, Fiberglass Bonding sheet, Fiberglass brush on activator, Fiberglass Miracle Dissolve, cotton, cuticle pusher, h2t oil, hand sanitizer, nail brush, 2 towels, 2 table towels.

1. Wash your hands in hot soapy water before beginning your service.
2. Place one squirt of hand sanitizer into the guests hands and have them rub them together.
3. Perform the Start To Finish consultation procedure with your guest.
4. While you are performing the Start To Finish, look over the guests hands for any cuts, abrasions or infections. If they have any cuts or abrasions, continue the service wearing gloves on your hands. If they have any infections, discontinue the service and reschedule for another time when they are healthy.
5. Push back the cuticle using the cuticle pusher.
6. Apply a small coat of Miracle Dissolve on the fill line, let dry.
7. Blend the fiberglass that has grown out at the fill line with a 100-180 grit file.
8. Brush off the excess dust with the nail brush.
9. Apply a small strip of resin gel on the nail. Use the brush on activator to polish the resin on the nail. Wipe the brush on the table towel before putting the brush back into the activator. Be careful to stay away from the cuticles.
10. Repeat step 9 on all ten nails. If the brush on the activator begins to harden, you may swap it out with the Miracle Dissolve brush.
11. Repeat step 9-10 on all ten nails a second time.
12. After the nails are dry, lightly buff them with a 180 grit file.
13. Apply a drop of h2t oil on the cuticles.
14. Give the guest the nail brush and have them wash their hands in hot soapy water using the nail brush.
15. Change your table towel. Apply a base coat, 2 coats of polish and a top coat.
16. Perform the Start To Finish closing technique.
17. Thoroughly wash all implements in hot soapy water and immerse in a disinfectant for 10 minutes.
18. Thoroughly clean all areas with a disinfectant and use the proper procedures for disinfecting your implements.



Artificial Nail Repair

Time Needed: 15 minutes

Supplies Needed:

Cuticle pusher, 100-180 grit files, cuticle nipper, h2t essential oil, 2 towels, 2 table towels, acetone polish remover, base coat, top coat, polish (if applicable), cotton, artificial nail product, nail brush

1. Remove any nail polish on the nails.
2. Follow the same procedures for the Fiberglass application.
3. Explain home maintenance to the guest and recommend products to be used.
4. If the guest does not want to receive an additional service, complete with a polish application.



Fiberglass Nail Removal

Time Needed: 30 minutes

Supplies Needed:

Cuticle pusher, 100-180 grit files, cuticle nipper, h2t essential oil, 2 towels, 2 table towels, acetone polish remover, base coat, top coat, polish (if applicable), cotton, foil, paraffin machine and supplies, nail brush

1. Saturate cotton in acetone nail polish remover, set on each nail plate and cover with foil.
2. Dip in paraffin, let sit on nail 10-15 minutes, depending on how old or new fiberglass is.
3. Remove paraffin, wipe off with tissue and the rest should easily file off. (sometimes a second round of this is necessary).
4. Remove one hand at a time and file and buff.
5. Repeat step 4 until all of the acrylic is off.
6. Apply the h2t essential oil to all 10 nails, have the guest wash their hands with a brush to remove any dust on their nails prior to polishing.
7. Always suggest the guest finish with a manicure (explain that there is an extra charge).
8. Explain home maintenance to the guest and recommend products to be used.
9. If the guest does not want to receive a manicure, complete with a polish application.