

AT-HOME GEL NAILS



STEP 1: SHAPE UP

Time to shape up those nails, clip any hangnails, and PUSH THE CUTICLES BACK! You can soak your nails in warm water for a few minutes to make it easier to push them back. Make sure you buff them!

[LINKED HERE](#)



STEP 2: FILE DOWN

Now, this is OPTIONAL! You have the option to rough up the nail bed just a touch if you'd like. Go slow and use the "soft" file replacements it comes with. No need to use all the crazy attachments.

[LINKED HERE](#)



STEP 3: ACETONE

Clean off the nails with acetone. You want them nice and clean so the oils on the nail beds don't create any lift under the polish. The acetone dries them out.

[LINKED HERE](#)



STEP 4: PH BOND

Do one thin coat of the pH bond and cure under the UV light linked below. You will leave your hand under until the UV light turns off.

DO NOT GET ANY ON THE SKIN OR CUTICLES.

[LINKED HERE](#)



STEP 5: FOUNDATION

Do one thin coat of the foundation and cure under the UV light linked below. You will leave your hand under until the UV light turns off. Do the UV light step two times.

DO NOT GET ANY ON THE SKIN OR CUTICLES.

[LINKED HERE](#)



STEP 6: BUILDER GEL

Now, this product can be a little tricky. This is a builder gel polish. It is what gives the nail strength. I will attach a video of how to use it. You will do one coat of this and cure under the UV light linked below. You will leave your hand under until the UV light turns off. Do the UV light step two times.

DO NOT GET ANY ON THE SKIN OR CUTICLES.



[LINKED HERE](#)



STEP 7: POLISH

Do one thin coat of the polish and cure under the UV light linked below. You will leave your hand under until the UV light turns off. Do the UV light step two times. You can add two coats if you need to. I typically only do one. I linked the kinds I like to use in my Amazon storefront.

DO NOT GET ANY ON THE SKIN OR CUTICLES.

[LINKED HERE](#)



STEP 8: TOP COAT

Do one thin coat of the top coat and cure under the UV light linked below. You will leave your hand under until the UV light turns off. Do the UV light step two times.

DO NOT GET ANY ON THE SKIN OR CUTICLES.

[LINKED HERE](#)



STEP 9: ALCOHOL

Here is the magic step! When you are done with one and before you do the other hand you will dip the nails in alcohol a few times. Dip, pull out, let dry. Dip, pull out, let dry. Do this 4-5 times and it "sets" the nails and makes them so they do not feel tacky.

[LINKED HERE](#)



UV LED LIGHT

I have used this light for about 2 years! It is small and works really well for the price!

[LINKED HERE](#)

My biggest tips are GO SLOW & USE THIN LAYERS! The key is to not get any of it on the skin. It is hard to "clean up" since it is gel so once it's on the skin, it is difficult to correct. Practice makes perfect! PLEASE make sure you are curing for enough time in between layers.