

GETTING RID OF GELS FOR GOOD

Your step by step guide to breaking the cycle of unhealthy nail care to get the GORGEOUS nails you've always dreamed of without sacrificing your health!

DAY 1

Safely remove your gel polish. If applied by a salon professional, we recommend going back to them for proper removal. Depending on the products used they'll be in the best position for the appropriate removal process. If that isn't an option we recommend following up with the manufacturer or brand website for their specific instructions. Because your nails will be weak and prone to breakage you should take off any nail length that goes more than 1/8 inch over the edge of your finger tip. A flush nail length to the furthest edge of your fingertip is ideal.

After removal, we recommend starting with a basic manicure WITHOUT applying a base coat for 48-72 hours. Manicure steps can be found [here](#).

For your FIRST manicure after removal, we recommend skipping steps 6-8.

DAYS 2-3

Your first 2 days after removal should include 3 applications of cuticle oil during the day and one oiling treatment. Because your nails may be weak or brittle we recommend checking them twice a day for hang nails, breaks or damaged edges and smoothing them with the glass nail file.

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DAY 4

Today should consist of a touch up for any nails that need filing or smoothing, followed by a 2-3 minute hand scrub treatment and finished with 2 coats of Clearly On Top base/top coat combo.

DAYS 5, 6, 7 should include oiling morning, midday and before bed.

DAY 8

You'll do another full manicure again. Removing the base/top coat during the first step of the manicure and completing the remaining steps with the exception of Step 7 (applying polish - note you should apply 2 coats of "Clearly On Top").

DAYS 9-13

Your nails will need a combination of the nailcare we've outlined above. We've provided a calendar for easy management below. You can download a PDF version [here](#).

DAY 14

Another manicure...with polish – YAY!!!!

Consistency for the next 10 weeks will be critical for establishing a solid foundation for healthy nails. Use the calendar to track your progress and be sure to share your results with us!