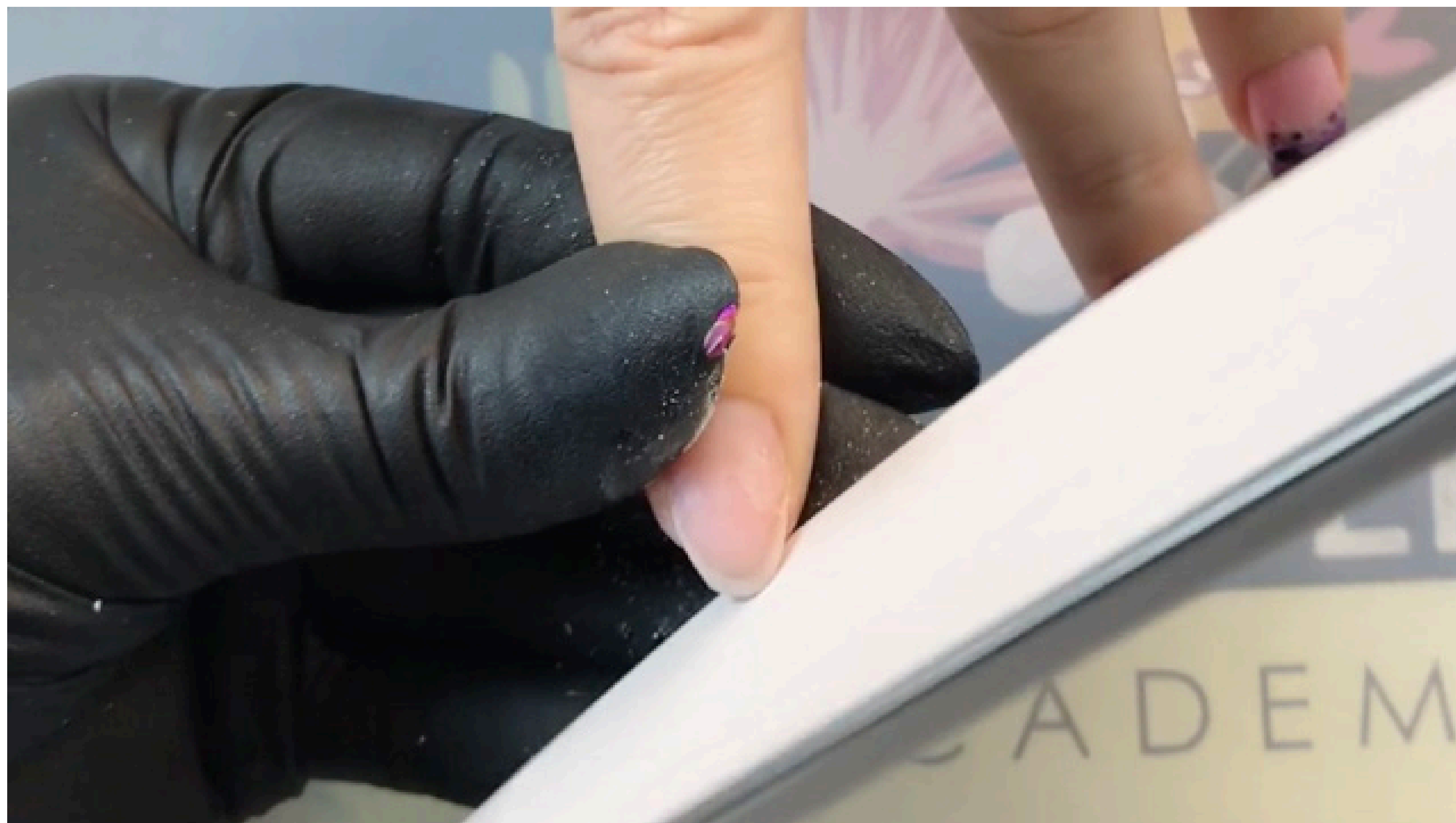




WILDFLOWERS  
NAIL ARTISTRY

# NAIL PREP



GOAL TIME 5 MINUTES

-Reduce the free edge (especially the corners if you plan to sculpt)

-Use the Wildflowers 180 flat file

-Remove the filing skirt



-With gentle pressure, push back the proximal nail fold

-If you do not have an e-file, be sure to scrape away any visible cuticle on the nail plate.



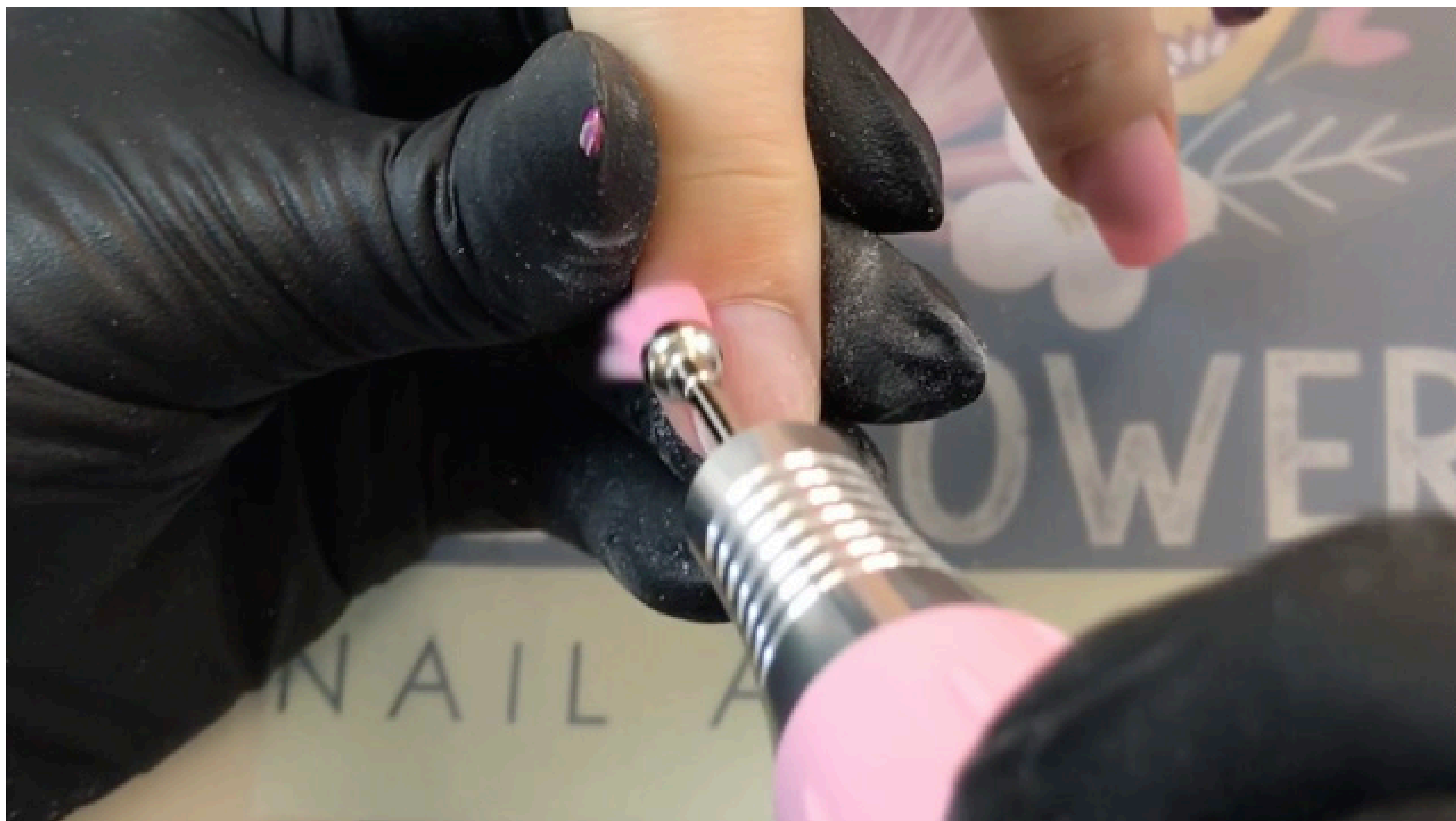
-Remove the crusties from the nail plate using a sciver bit.

-If you do not have an e-file, use the 180 sponge file to gently file away any remaining crusties.



-Remove the shine from the natural nail using the 180 sponge buffer.

-REMEMBER, if you just removed something from your nails, and they are not shiny, it's not necessary to file them again, you'll only damage them.



-Remove the dust from the natural nail, and nail folds using the brush bit.

-If you do not have an e-file, gently use a disinfectable nail brush to remove the dust.



-Scrub the nail with a mix of:  
1 part pure acetone  
2 parts isopropyl alcohol 90%+

-Allow to dry (don't blow on it!!) on it's own. Prepare to apply Wildflowers BASE gel.

-Remember, if you touch the nails, to re-scrub them before applying BASE.