NAIL FILE GRITS 101

80 Grit = Very Coarse
- Best used to remove polish, gel, or acrylics
- Not to be used on the natural nail

100 Grit = Coarse
- Used to shorten the length of nails with or without acrylic
- Or to shape side wall and free edge

150 Grit = Medium Coarse
- Used to shape the nail bed or blend tips onto the natural nail

180 Grit = Medium
- Used to shape the entire nail or nail enhancements such as acrylics
- Used to prep the nail before applying products
- Or to shorten or shape free edge of natural nail

220-280 Grit = Medium Fine
- Used to prep nails before UV gel polish
- Soft enough for natural nail and creates a smooth shine

400-900 Grit = Extra Fine
- Used for finishing
- Removes ridges and stains
- Preps for buffing/shining