

QUICK GUIDE TO USING ELECTRIC NAIL FILES AND TOOLS



 the beauty specialists

INTRODUCTION

Electric Files, commonly called e-files, make the perfect salon-style manicure or pedicure easy to achieve and keep your feet and hands in perfect condition.

With a wide range of profiling, shaping and polishing tools your e-file has many uses including nail shortening, quickly buffing nails, preparing natural nails for extensions, removing gel nail enhancements, removing hard skin from feet and performing professional infills. In fact e-files can be used for most of the procedures you would use a hand file for.

PLEASE NOTE: This guide shows specifically how and when to use your e-file instead of other tools such as hand files or buffers. As such this guide is intended to be used in conjunction with the instructions for the other processes you may be following.

As with most new skills electric filing takes time to master and it is vital to know what you are doing to prevent damaging the nail plate. So, be patient, and allow yourself time to learn and develop your technique. There are many ways in which to practice techniques from buying 'practice hands' from beauty supply companies to sticking false tips onto dowel rods. Whichever way you choose make sure you practice all speeds and different tools so you are completely confident with your technique before working on real nails.

GETTING STARTED

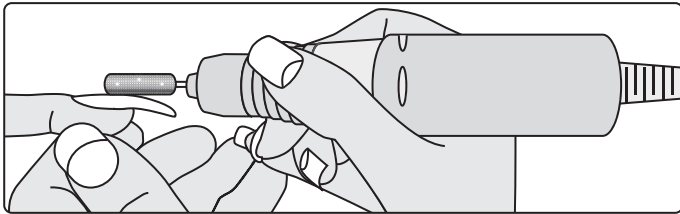
HOLDING THE HANDPIECE

For almost all applications hold the handpiece as you would a pencil but keeping the shaft of the tool horizontal. Manipulate the finger nail to present the correct angle to the tool.

(Occasionally you may change from this position, for instance when cutting a smile line or when performing a pedicure.

BALANCE FINGER

When using your file **ALWAYS** rest your little finger of the hand holding the handpiece against your other hand. This acts as a steadier for controlling the action of the file and allows far greater control of the pressure applied to the drill tool.

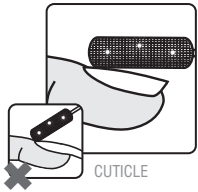


KNOW YOUR E-FILE TOOLS

ANGLING THE NAILS AND TOOLS

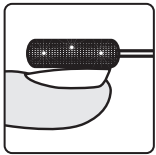
Correct use of the e-file (when working on the nail) is best achieved by keeping the tool horizontal.

Try to follow this rule as much as possible as it maintains the control of the handpiece. However, during use, some movement will be required to achieve a smooth finish.



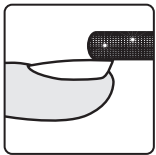
The illustrations show a guide to the angles for each zone of the nail.

Cuticle – use the top of the barrel tool, take care to keep the angle flattish so you do not file into the natural nail.



Centre – use the centre third of the tool here, rolling slightly with strokes to create a natural curve.

The angle determines which part of the tool is in contact with the nail. To check you are connecting with the correct part watch for which area of the tool goes white with dust.



Tip and free edge – use the top third of the tool to create a smooth curve to the tip of the nail.

TOOLS

Your file is supplied with a selection of tools. Many tools are interchangeable and the use of them is, in part, down to personal preference.

Always check the tools you are using are not damaged or bent. If the tools wobble or vibrate during use they may be bent. This can damage the nail and, if extreme, can damage the machine.

Most tools are available in coarse, medium or fine grades - for almost all applications only medium and fine grades of tools are used.

Acrylic nails are the hardest and can withstand all tool styles. UV gel nails are too soft for use with carbide tools, these respond best to the diamond tools.

DIAMOND TOOLS

Suitable for use on:

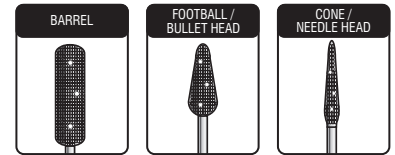
Natural nails

UV gel nails

Acrylic nails

Resin wrapped nails (silk or fibreglass)

Made of diamond fragments adhered to a metal barrel, these are available in fine, medium and coarse grade. The ones supplied with your e-file are medium and are the most versatile of all your electric file tools.



KNOW YOUR E-FILE TOOLS

CARBIDE TOOLS

Suitable for use on:

Acrylic nails

UV gel nails - **ONLY** for removal

Carbide tools have small flutes cut into the surface, these shave, rather than grind, a minute layer away. Traditional carbide tools have flutes going in just one direction, these can be difficult to use. A more versatile type of carbide has cross cut flutes for use with clockwise or anti-clockwise rotations.

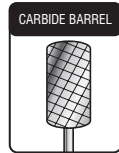
The deeper the flutes the more coarse the drill tool, the carbide tool supplied with your e-file is a medium, cross-cut barrel.

Carbide tools are ideal for use on acrylic nails.

NEVER use carbide tools on the natural nail. Not only are they too harsh, but, also, the shaving action can lead to peeling of layers.

Carbide tools are available in different shapes, the most commonly used is the barrel - a straight sided cylindrical tool for use filing the surface of nail enhancements. The top edge of the barrel can also be used to 'cut' a line behind lifted product. Take care with this to avoid cutting right through the product into the nail as these tools are sharp, especially when new.

Some alternative shaped tools are 'backfill' - a shorter version of the barrel tool, 'inverted backfill' - a shortened barrel with the taper extending away from the tip and 'tapered barrel'.



SANDING BANDS AND MANDREL

Suitable for use on:

Acrylic nails

UV gel nails

Hard skin

The sanding bands are used for shortening nail extensions and can be used for filing the top surface of hardened products such as acrylic or UV gel. They are available in various grit grades, the most commonly used grades are 180 and 240 grit.

The lower the grit number the coarser the grade. As with hand files you need to progress from coarser to finer grades to achieve a good finish.

The sanding bands are used with the mandrel which is a metal barrel tool. The sanding bands simply push on and pull off the mandrel. The sanding bands are disposable and should not be used on more than one person.

Sanding bands are not suitable for high speed use as they are susceptible to heat build up.



STONE ABRADER / BARREL SANDING HEAD

Suitable for use on: Natural nails, Hard skin

The stone abradar / barrel sanding head can be used to prepare the natural nail prior to the application of nail enhancements. As with all tools used on the natural nail care must be taken as damage can occur if over used. The stone abradar / barrel sanding head can also be used to remove hardened skin from around the toes and file down thickened toe nails.



KNOW YOUR E-FILE TOOLS

BUFFING TOOLS

Suitable for use on:

Natural Nails

All types of extensions

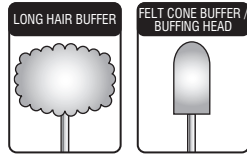
There are many types of buffing tools. They are all used in a similar way.

To achieve a high shine massage a small amount of buffing paste onto the nail surface.

Hold the buffing tool parallel to the work surface and work the buffing cream all over the surface of the nail in small circular movements, keep the pressure light and remove the tool very frequently to avoid heat build up.

If using a long hair buffer, such as a goats hair buffer, switch to a felt or cotton style buffing cone to finish.

Always use buffers on a low to medium speed, this is very important as the insulating properties of a buffer means the heat can build up very quickly especially on a high speed.



EMERY STONE CONE

Suitable for use on:

Hard skin

The emery stone cone is ideal for use on thick, hardened skin on the foot. Move in circular motions to remove any dead skin from around the soles and balls of feet.



CLEANING YOUR E-FILE TOOLS

Metal tools

If you are using your metal nail tools on more than one person it is vital to disinfect them between people.

Remove the dust and debris with a small wire brush or tweezers.

Soak the tools in acetone to remove any remaining acrylic or nail product.

NOTE: UV Gel will not dissolve in acetone so any gel residue needs to be removed completely with a wire brush.

NOTE: Acetone **DOES NOT** disinfect the tools.

Scrub the surface with warm soapy water and a small brush such as a toothbrush.

Finally disinfect the tool by submerging completely in a suitable solution such as baby bottle sterilising solution (follow the manufacturers instructions).

Remove from the solution and dry well with kitchen towel. Do not leave wet as this may cause rust.

Sanding Bands

Sanding bands cannot be cleaned and should be discarded between uses on different people.

CHOOSING THE CORRECT SPEED

Choosing the correct speed is something which takes practice and it is important to get to know how to tell if you need to increase or decrease the speed.

A general rule is to use a slower speed for natural, UV gel or resin wrapped nails and a higher speed for acrylic nails.

If you feel you need to increase the pressure on the tool, this usually means you need to increase the speed of the rpm.

If, on the other hand, you are removing too much product even with very light pressure this means the rpm is too fast and you should decrease the speed.

Also decrease the speed if you are finding it hard to control the tool, especially if you are near the cuticle area.

Your exact preferred speed will depend on your technical expertise, the hardness of the surface you are filing and the process, for example, filing the back edge for an infill requires a slower speed than smoothing the top surface. Ideally you should maintain a visible result with light pressure on the surface.



NATURAL NAILS

E-files can be used on the natural nails but it is essential to take great care and ensure you are completely familiar with the procedures, speeds and pressures required.

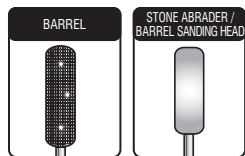
NEVER use carbide or swiss carbide tools with the natural nail.

NEVER use any coarse tools with the natural nail.

The natural nail is most susceptible to damage from heat build up so ensure you remove the tool for at least as much time as it is in contact with the surface.

REMOVING NAIL RIDGES

If you suffer from ridges you can use the e-file with a fine diamond tool or stone abraders / barrel sanding head.



On a slow speed move the tool gently over the ridged area, lift and repeat.

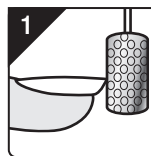
Work on a slow speed and do not remove any more of the surface than is absolutely necessary.



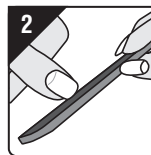
TIP: Do not rely on visible results instead feel the surface. Often the line of the ridge can still be seen when it has actually gone.

REDUCING THE LENGTH

Use the 240 grit sanding band and mandrel to reduce the length.



For this do not keep the tool parallel to the work surface, instead hold and keep vertical, try not to angle the tool or your nail edge will be uneven.



Do **NOT** attempt to shape the nails with the e-file, always shape using a hand file...

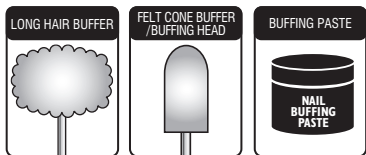
As a guideline, looking at the nails straight on - the three centre finger nails should all be the same length with the little finger nail and thumb nail in proportion to these.

Do not make the mistake of comparing the free edges - these will rarely all be the same. Instead concentrate on the total length of the nail, cuticle to tip.

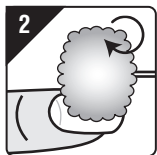
NATURAL NAILS

BUFFING

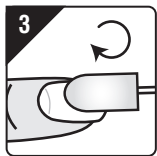
Use buffers on a low speed, as the insulating properties of a buffer allows heat to build up very quickly on a high speed.



1 Massage a small amount of buffing cream into each nail.



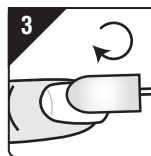
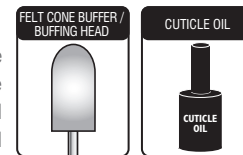
2 Work the buffing cream all over the surface of the nail in small circular movements, keep the pressure light and remove the tool very frequently to avoid heat build up.



3 If using a 'loose' buffer such as the goats hair ones switch to a felt or cotton style buffering cone to finish.

BUFFING WITH CUTICLE OIL

After buffing with buffing paste to achieve a high shine you can buff again with cuticle oil. However, apply the oil sparingly or you will ruin the buffing tool. Never allow the cuticle oil to run down the tip shank into the machine as this can cause damage.

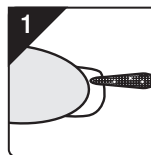
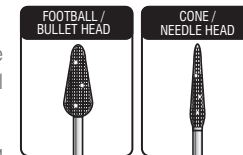


3 Simply apply a tiny amount of cuticle oil to the surface of each nail and buff over in small circular movements, keep the pressure light and remove the tool very frequently to avoid heat build up.

CLEANING UNDER THE FREE EDGE

Using a football / bullet head or cone / needle head you can effectively clean under the natural nail.

This can be useful at removing some staining under the nail, but be careful not to overdo this and weaken the nail.

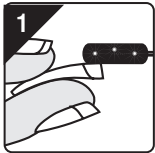
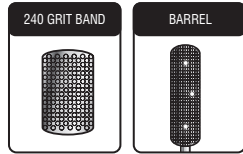


1 On a slow to medium speed file underneath the free edge of the nail lightly.

NAIL EXTENSIONS

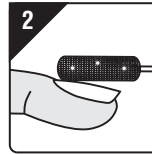
PRE-BLENDING YOUR EXTENSION TIP

Pre-blending your extension tips gives a more professional result. It also reduces the amount of blending once the tips have been applied to the nails surface reducing the chances of damaging the nail surface.



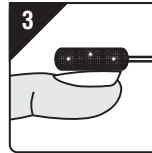
Pre blend the edge with a 240 grit sanding band or barrel tool. Keep the handpiece flat to the surface of the extension tip so that the well area gradually tapers to the end.

Repeat procedure for each extension tip.



cuticle

On a slow to medium speed move the tool gently over the nail surface right to left, lifting off the nail between strokes. Do not tilt the file or nail too much and avoid filing into the nail.

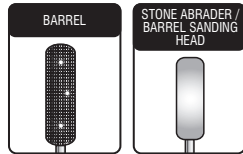


middle

PREPARING THE NAILS

To prepare the nail surface before applying an enhancement use a diamond tool or a stone abradar / barrel sanding head.

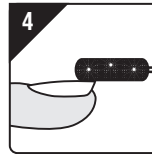
The precision of the electric file is perfect for ensuring all dead skin cells are removed.



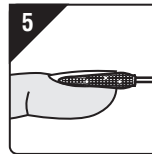
Skin/cuticle cells left on the nail plate contain oils and moisture which is the most common cause of nail extensions lifting.

Gently push back the cuticles with the hoof stick before using your e-file.

Work on the three zones methodically, to avoid going over one area repeatedly:



tip and free edge



If necessary use a cone / needle head to get into the sidewall area of the nail surface.

After this stage remember to brush away all dust before proceeding.

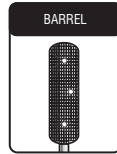
Do **NOT** touch the nail surface after this stage as your fingers will transfer natural oils from the skin onto the nail.

NAIL EXTENSIONS

BLENDING THE SEAM

To blend the seams of extension tips use a barrel tool.

Keep the pressure very light. If you feel the need to apply more pressure increase the speed of the e-file instead.

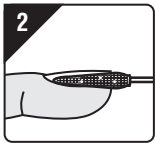


On a slow speed, move across the seam of the extension in one direction, lift the tool and repeat. Angle the nail slightly to taper into the natural nail without actually filing the natural nail at all.

Remember to lift the tool off the nail very frequently to avoid heat build up.



Take care **NOT** to angle the tool too much to minimise the chances of filing the natural nail.

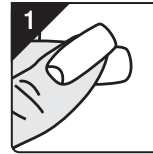


Using a barrel or football / bullet head angle the file towards the side of the nail and carefully blend the corners of the extension near the side wall.

NOTE: Do **NOT** use the e-file to reduce the length of the extensions at this stage, as it will weaken the bond.

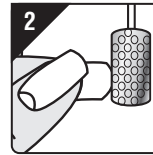
REDUCING THE LENGTH

After the product has been applied you can use your e-file to reduce the length of the extensions, if necessary, so they are even.



For all types of extensions use 180 grit sanding band.

Position your thumb on the top of the enhancement to provide support to the stress area and hold the finger in steady.



Hold and keep the tool vertical, try not to angle the tool or your nail edge will be uneven.

With firm, but not hard, pressure move the drill across the end of the nail in a straight line.

Do **NOT** attempt to shape the nails with the electric file. Always use a hand file to shape the nails.

As a guideline, looking at the nails straight on - the three centre finger nails should all be the same length with the little finger nail and thumb nail in proportion to these.

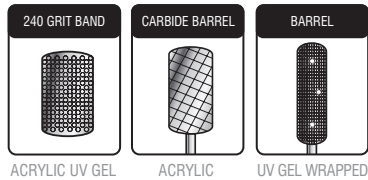
Compare the total length of the nail, cuticle to tip. Do **NOT** make the mistake of comparing the free edges - these will rarely all be the same.

NAIL EXTENSIONS

Finishing the top surface

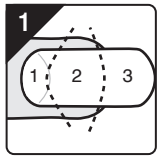
For acrylic nails use either a 240 grit sanding band or a medium cross-cut carbide barrel.

For UV gel nails or wrapped nails use either a 240 grit sanding band or a medium barrel.



When filing some people prefer to complete each nail before moving onto the next, others prefer to complete each stage on all the nails, thereby working all the nails together. Familiarise yourself with each step thoroughly and follow a methodical route.

Hold the finger firmly, pinching the sidewalls down away from the nail plate.



Mentally separate the nail into three zones:

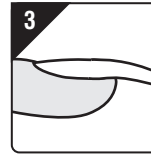
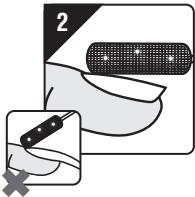
- 1 - cuticle
- 2 - centre
- 3 - tip and free edge

File each zone with the correct part of the tool.

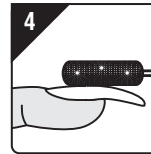
Cuticle

On a slow speed taper the product overlay towards the cuticle area using the top section of the tool. To avoid 'rings of fire' keep the handpiece parallel to the work surface and angle the finger as you need.

Work slowly, moving from one side to the other then **LIFT OFF** and repeat - do not move left to right in contact with the nail.

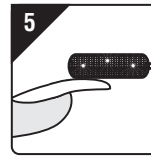


Regularly view the nail from the side to check for any bumps left at the edge of the product. It is important to taper the product fully to avoid a 'step' as the product grows out. At the same time avoid filing into the natural nail.



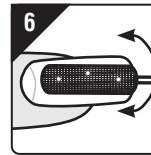
Centre

File over the whole surface thinning the product if it is too thick and smoothing any bumps. Keep the nail and tool moving to avoid working in one spot for too long.



Tip and free edge

Angle the nail slightly to form a smooth dome to the tip of the free edge.

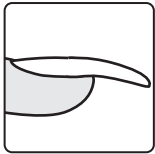


On both the centre and tip zones you can move the file side to side in contact with the nail, taking care to lift regularly to avoid heat build up.

NAIL EXTENSIONS

Each nail must be checked from several angles to ensure a smooth surface. If the surface is uneven at all, simply file over the area to remedy. On all areas check the product is not too thick or clumsy, and the surface is smooth without bumps or steps.

Check the product is not too thin at the stress line where the free edge starts. If this occurs more product will need to be applied and the filing re-done.



Side View

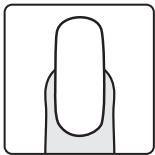
Look from both sides. There should be a smooth dome, with the highest point centred on the nail, tapering towards the cuticle and without any stepped areas.



Straight down the nail

Looking end on at the nail check the 'C' curve is even with the highest point in the centre.

Tip the nail up and down checking for bumps on the top profile of the nail.



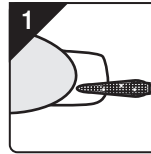
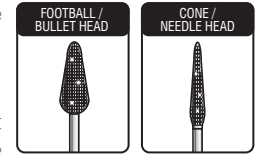
Flat, Top View

Looking straight onto the nail surface roll the nails to show any imperfections which will show up in the light.

Check for bumps, flat spots and surface blemishes.

THE UNDERSIDE

When filing under the nail use football / bullet head or cone as part of the underside is the natural nail.

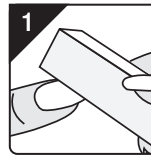


Do **NOT** use a carbide tool.

On a slow to medium speed file underneath the free edge of each nail lightly to remove any stray product and neaten the shape.

Check the undersides are straight and even. Feel the free edge and underside to check for sharp edges or 'unfinished' patches. Check the underside of the nail is clean and free from product and glue residue.

Once you have checked each nail compare all the nails to ensure they are all even.



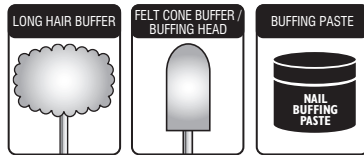
FINISHING

Once you are happy with the shape of the nail always rub each nail vigorously with a white block to smooth before progressing to the buffing stage.

NAIL EXTENSIONS

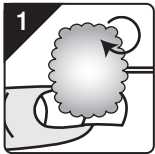
BUFFING

Buffing is the finishing stage of applying nail extensions. Use fine grade barrels and/or sanding bands over the nail surface before moving onto buffing files.



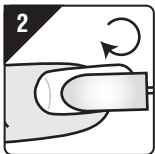
There are many types of buffing materials available, they all have the same purpose, to shine the nail, so it is worth trying different types to find one that suits you. Always use buffers on a low speed, the insulating properties of a buffer means the heat can build up very quickly especially on a high speed.

If using a 'long hair' buffer use this for the first part of buffing before moving to a felt or cotton buffer. Otherwise just use a felt or cotton buffer for the whole process.



1 Rub a small amount of buffing cream into each nail.

Work the buffing cream all over the surface of the nail in small circular movements, keep the pressure light and remove the tool very frequently to avoid heat build up.



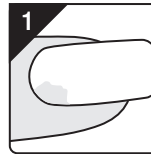
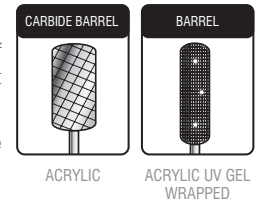
2 Change to a felt or cotton style buffing cone. Buff over the whole nail. Also buff under and around the free edge to create a smooth feel.

NOTE: If after buffing there are scratches in the surface, repeat the surface filing with the very fine grade sanding band or barrel and re-buff.

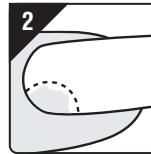
REMOVING LIFTED PRODUCT

For acrylic nails use the top 'cutting' edge of either a medium barrel or a medium cross-cut carbide barrel.

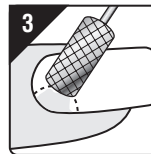
For UV gel nails or resin wrapped nails use the top 'cutting' edge of a medium barrel.



After applying nail extensions there can be areas of lifting which show as opaque areas. This must be removed to prevent water becoming trapped underneath which can lead to watermould on the nail plate.



2 Angle the handpiece and with the edge of the tool cut a line just behind the lifted area. The lifted area will usually flick off.



3 Continue until all loose product has been removed. Do **NOT** file directly onto the lifted area as the movement can force more product to detach from the nail plate.

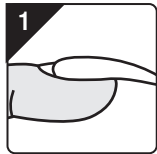
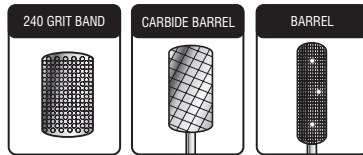
NOTE: Regularly wipe away dust, sometimes this can cling to the edge of the product and appears as lifting.

NAIL EXTENSIONS

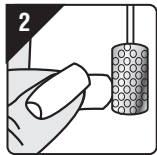
INFILLING (BACKFILLING)

For acrylic nails use either a 240 grit sanding band or a medium cross-cut carbide barrel.

For UV gel nails or resin wrapped nails use either a 240 grit sanding band or a medium barrel.



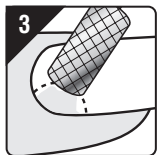
As the natural nail grows it is necessary for you to in-fill as a gap will appear between the cuticle and the seam. The enhancement may also begin to lift. This is usually required about two weeks after your first application and every 2-3 weeks thereafter. Prep the nails as usual for the type of product in question.



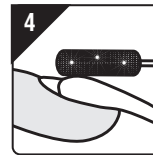
Using the 180 grit sanding band reduce the length if necessary.

Refer to '**REDUCING THE LENGTH**' section

Do **NOT** attempt to shape the nails with your e-file.



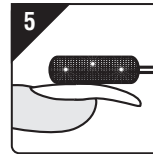
Examine the cuticle area for loose/lifted product, air pockets or bubbles. These show as cloudy areas. Refer to the section '**REMOVING LIFTED/LOOSE PRODUCT**' to remove these.



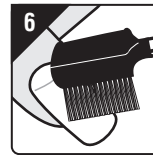
With the nail at a slight angle and the hand piece parallel to the work surface, file towards the cuticle area tapering the product down to the natural nail.

Use your balance finger to maintain firm control and remember to lift the file off the nail very frequently.

Do **NOT** file into or on the natural nail at all.

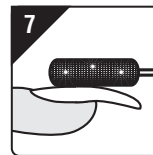


Once back edge is tapered into the nail remove about half the thickness of the remaining old product over the nail to allow for the new product to be applied over the top.



Regularly remove the dust and view the nail from the side to check the taper and remove any bumps left at the edge of the product.

Apply the product for whichever nail enhancement you have used, acrylic, gel or nail wrap, following your usual instruction for the application of the product.



Once the product is completely hard, file over the whole surface to finish. Refer to '**FINISHING THE TOP SURFACE**' section.

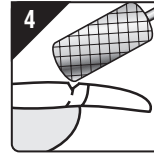
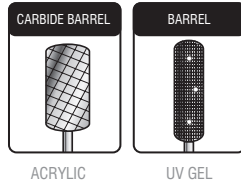
Finally buff until you have the required shine. Refer to '**BUFFING**' section.

NAIL EXTENSIONS

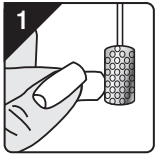
CUTTING A SMILE LINE

The electric file is perfect for cutting a crisp smile line when backfilling 'pink and whites'. For acrylic nails use the top 'cutting' edge of a carbide barrel

For UV gel nails use the top 'cutting' edge of a medium barrel.



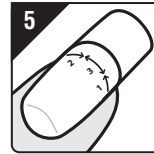
Using the top of the carbide barrel cut the smile line into the tip of the nail product. This is one of the few occasions when you angle the drill tool into the nail to cut a neat line. Hold the tool at about a 45° angle. Use your balance finger to maintain control. Do not rush.



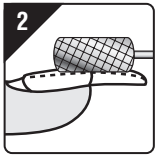
1 Wash and dry the hands and prep the nails as usual for the type of product in question.

Using the 180 grit sanding band reduce the length if necessary.

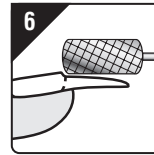
Refer to '**REDUCING THE LENGTH**' section



5 You may find it easier to initially cut the shape in three stages, right edge in, left edge in and finally the centre. Once this initial guide is there you can refine the curve.

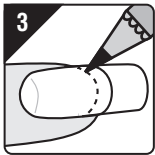


2 Thin the product over the whole surface of all the nails. Aim to remove about a quarter of the product at this stage.



6 Once you are happy with the smile line, hold the drill parallel to the surface and remove three quarters of the product thickness on the tip.

If necessary refine the smile line using a small barrel at a slow speed to get a finer finish.



3 Using a pencil draw a smile line on each nail at the new position.

TIP: You can use a template such as an acrylic nail form to achieve a good, even curve.

Check the smile lines on all the nails together look even and well positioned.

Repeat this on each nail. When all ten nails have had the tip product thinned, remove any dust compare them together for evenness.

You are now ready to continue your backfill with pink and white gel or acrylic as you wish.

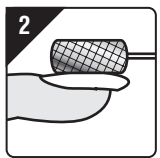
NAIL EXTENSIONS

REMOVING UV GEL NAILS

UV Gel nails cannot be soaked off, the professional way to remove them is to file away leaving a very thin gel layer on the nail. The precision of the e-file makes this process quick, easy and less harmful to the natural nails.



Cut the nails to the desired length.



Using a medium speed, carefully file the gel overlay, leaving a very thin layer of product.

Take great care **NOT** to file into the natural nail plate.



Shape with a hand file. Wash hands and nails well remove all traces of gel dust which can irritate the skin. Condition the skin and nails with cuticle oil and moisturiser.

NOTE: Carbide tools are not generally used with gel nails, however for removal they can be used.

AFTERCARE ADVICE, HINTS AND TIPS FOR NAIL EXTENSIONS

- To maintain your nail extensions, use your e-file periodically between infills to file the back edge lightly to remove any fragments of lifting. This helps prevent more serious lifted areas.
- Always remove lifted areas as soon as possible and do not allow water to become trapped under the nail. Always dry your nails thoroughly after washing. Trapped water can lead to water mould, which requires medical treatment.
- Do **NOT** use detergents, such as washing powders or washing-up liquid, or bleach without wearing rubber gloves, these will damage your extensions.
- Remember the most common cause of all nail extensions nails lifting is poor nail preparation. Try to meticulously remove all cuticle cells from the nail plate during the nail preparation stage. Use a cone / needle head tool to get into the sidewall areas if necessary.
- Also do **NOT** touch the nail plate after the preparation stage to prevent contamination with skin oils. If you accidentally touch the plate, wipe over again with finishing wipe to remove any oils you may have transferred.
- Apply cuticle oil to the nails nightly, massaging into the cuticle. Apply hand moisturiser at least once a day.

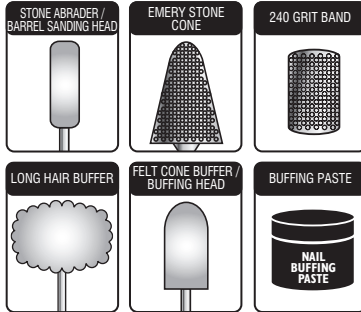
COMPLETE PEDICURE

COMPLETE PEDICURE

Assemble all products before starting so you don't have to retrieve tools with wet feet!

You will need; polish remover, cotton pads or cotton wool, bowl of hot water with a foot soak product, exfoliating scrub, nail brush, nail file, moisturiser, cuticle remover product, cuticle stick, e-file tools and your e-file.

Before starting remove nail polish and if you need to shorten nail length either clip them or use your e-file with the sanding band on medium speed. Finish by filing across with a hand file.



1 Soak feet for 5-10 minutes in foot soak and relax.

Lift one foot from the soak and dry. Apply cuticle remover and leave for 3-5 minutes while you check the foot for hard skin.



2 Push the cuticles back and remove any excess cuticle skin.



3 Massage your exfoliating scrub all over the foot for a minute or two, gently on the top and more thoroughly on the soles and around hard skin areas.

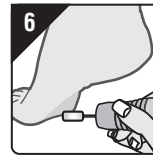


4 Replace the foot in the foot soak to rinse off the exfoliating scrub and repeat steps 1 to 3 on the other foot.



5 Dry both feet well.

NOTE: All pedicure tools work best when they are dry and used on dry skin, so remove all traces of creams or water before using the e-file.



6 Using your stone abrader / barrel sanding head or Emery Stone Cone remove any hard skin. Use short strokes or small circles on a slow to medium speed and remember to lift the tool off the skin regularly to prevent a build up of heat.

Do not remove the hard skin completely or the area will be sore.

COMPLETE PEDICURE



Check the nails.

With the stone abrader / barrel sanding head remove any hard skin around the big toe nail.

Use the stone abrader / barrel sanding head or 240 grit sanding band to remove any ridges on the toe nails.



If you have removed ridges with the stone abrader / barrel sanding head or 240 grit sanding band, use a white sanding block over each nail to smooth the surface before buffing.



Massage a small amount of buffing paste into each nail and buff to a shine.

See the '**NATURAL NAILS - BUFFING**' section.

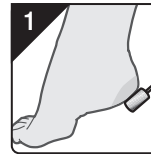
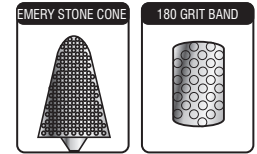


Finally moisturise the feet and legs.

NOTE: If you wish to apply nail polish to the toenails remove any residual buffing paste and moisturiser first with an acetone-free remover.

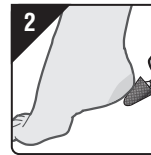
REMOVING CALLOUSES

If you have to remove callouses as part of a pedicure use a specialist callous removing cream or lotion. Follow the instructions taking care not to leave the product on the skin any longer than stated. Dry the area before using your e-file.



Using a 180 grit sanding band on medium speed remove the top layer of the callous.

Lift the tool off the callous very frequently to avoid heat build up.



Graduate to a 240 grit Sanding Band or Emery Stone Cone to finish removing the hardened area.

Do not remove the callous completely as this will expose raw skin which will be sore.



Moisturise the area.

Moisturising the area regularly should help avoid the callous building up again.

NOTE: Clean the tools thoroughly after use and discard the sanding bands.

YOUR QUESTIONS ANSWERED

Is it true that e-files damage the nail?

If used correctly e-files are very safe. The tools are smaller and more precise than traditional files so they can be used more accurately and can be safer than hand filing.

If used incorrectly the e-file can damage the nail, most commonly by people filing into the natural nail, or by not lifting the tool off the nail regularly and building up heat.

The drill tools get hot when in use, how do I stop this?

This is from the friction on the nail plate and it is vital to prevent the tool getting so hot it causes damage.

Follow these rules to avoid the problem:

- Get into the habit of lifting the tool off the nail every second or so.
- Don't go back and forth when in contact with the nail plate, instead move in one direction then lift off the nail and repeat.
- Do **NOT** apply too much pressure. All your strokes should be short and light.

Why do my nail enhancements lift at the back?

This is usually caused by incomplete nail preparation leaving skin cells or oils on the nail plate before applying the extension and product. To avoid this remove the shine from the natural nail surface thoroughly using a diamond tool before applying extensions.

Other causes can be:

- Touching the nail plate after preparation which transfers oils onto the surface.
- Exposing the hands and nails to detergents, such as washing up without gloves, will damage almost all nail extensions and cause lifting.

- 'Picking' - if there is a small area of lifting do not pick. Simply file away before it has a chance to spread.

Why are my nails always dull even after buffing?

This is usually caused by not graduating properly from coarser grits to finer ones. Always use a white sanding block between filing the surface and buffing.

The use of a buffing cream at the first stage of buffing will also help achieve a high gloss shine.

Since using an e-file my nail enhancements become brittle after the first few infills. Why?

Caused by microshattering this typically happens after a couple of infills. This can be due to using drill tools which are too coarse or being too aggressive when filing. This has the effect of vibrating the enhancements and over time the product bonds become more and more brittle with each infill.

Why do I keep catching the skin at the sides of the nail?

This is known as 'grabbing' and occurs when the positioning is not quite right. Try to keep the handpiece parallel to the work surface and manipulate the finger rather than moving the drill tool. Also hold the finger by pinching down the sidewalls of the nail to keep the skin out of the way.

I keep snagging the tool on the nail and losing control. What am I doing wrong?

Usually this is from using too fast an rpm or applying too much pressure. Try slowing the speed first. If that does not work, increase the speed but use less pressure.

Occasionally it could be that the tool is very sharp. In which case apply

YOUR QUESTIONS ANSWERED

very little pressure.

“Rings of Fire” - what are they and how do I avoid them?

These are the red lines which only show up as the nail grows. Created by filing into the natural nail as you taper the cuticle edge, they are thinned areas of natural nail.

These are often caused when a sanding band is used on the cuticle area, the narrower circumference of a barrel tool makes it easier to control. So if you regularly have “rings of fire” and use a sanding band, try switching to a diamond tool for cuticle work.

To avoid these:

- Take great care to prevent filing into the natural nail. Keeping your handpiece parallel to the work surface and angling the nail helps this.
- Use very light pressure and only slightly angle the nail to create the taper to the cuticle.
- If necessary reduce the speed of the tool to allow greater control.

If ‘rings of fire’ appear regularly you must refine your filing technique, however, these can be caused by the most experienced of nail technicians on occasion and are not usually painful or permanently damaging to the growth of the nail.

If you have painful “rings of fire’ that is serious misuse of the electric nail file and can be a sign of severe damage the nail plate.

What are “Hot Spots”?

Similar to “rings of fire” but on a smaller scale these are simply red marks where the file has gone into the natural nail because of filing in one area for too long. Hot Spots are more likely to be created with hand filing as the files are larger and less precise than an electric file. Correct use of electric files will almost never result in hot spots.

They are usually not serious. However it is a sign of damage to the nail plate and something which should be avoided.

CUSTOMER CARE

If you have any questions please email us at: online@riobeauty.com

For further information, visit: www.riobeauty.com



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