

B A S E  C O A T

AT ————— HOME

QUICK COAT
MANICURE RITUAL
INSTRUCTIONS

STEP 1

Wash your hands thoroughly with soap and warm water for 20 seconds.

STEP 2

Decide on your preferred nail shape and length.

STEP 3

Starting with your right hand:

- Remove all existing polish with polish remover. Do not use Acetone for regular polish.
- Trim your nails using clippers.
- Use SMOOTHIE, our glass nail file, to shape them.
- Soak your fingers in a bowl of warm water for 1-2 minutes to soften cuticles.
- Dry your cuticles by blotting them with a towel.
- Using the flat side of the birchwood stick, gently push back your cuticles and clean under the free edges of your nails.
- Lightly buff your nails in a downward motion from cuticle to free edge.
- Using cuticle nippers, gently remove any dead skin. Do not pull any attached skin because it can cause an infection.

STEP 4

Return to left hand, and repeat steps 3 & 4.

STEP 5

Apply HYDRATE, our body creme, or your favorite lotion from your fingertips to your elbows.

STEP 6

Dehydrate your nail plates twice, once with 100% alcohol and once with polish remover.

STEP 7

Apply your polish.

- Apply one coat of the base coat to both hands.
- Apply two coats of nail polish, waiting 1-2 minutes between coats to keep from smearing.
- Apply one top coat.
- Using the birchwood stick, clean up any polish from your cuticles and surrounding skin with polish remover. Wrap the stick with cotton if it is available.

STEP 8

After your nails are dry to the touch, apply NOURISH, our cuticle serum. Massage it onto each cuticle for at least 30 seconds. This will bring blood flow to your nails, while nourishing them.

STEP 9

Polish will be mostly dry in about 30 minutes, but will not be completely dry for a full hour. So, avoid doing any vigorous activities.