

BASE  COAT

AT ————— HOME

# GENTLE GEL REMOVAL INSTRUCTIONS

## STEP 1

Spray Cleansing Mist onto hands and rub together.

## STEP 2

Using an emery board, gently file top coat of gel polish so you do not disrupt the natural nail plate (for accelerate the gel removal process by breaking the seal of the gel manicure).

## STEP 3

Apply our NOURISH cuticle serum to all cuticles and rub in to help prevent nails and cuticles from over dehydrating with acetone during soaking time.

## STEP 4

Fully saturate pieces of cotton with acetone and place on nails. Be sure pieces of cotton fully cover nails to effectively soak off gel polish completely. If you do not have acetone readily available you can use polish remover WITH acetone for soft gels only. It will take longer but it works!

## STEP 5

Wrap pre-cut squares of foil around fingers, holding cotton in place on nails.

## STEP 6

Optional: Heat 2 washcloths in the microwave for 3-4 minutes, wrap warm washcloths around each hand to trap in heat. \*Heat helps accelerate the gel removal process.

## STEP 7

Patently wait 10 - 15 minutes to give gel polish a chance to soak and soften.

## STEP 8

Check to see if gel is ready, starting with the first finger you wrapped. Use your orange wood stick, gentle push from cuticle to free edge only. If it does not remove easily, rewrap your hand in a warm towel and wait a few more minutes.

## STEP 9

Check gel polish again and remove remaining gel with wooden stick only (do not use any metal tools or implements to ensure no damage to the natural nail bed).

## STEP 10

Cleanse your hands again to move any debris from the gel removal process.

## STEP 11

Apply a coat of our Base Coat with Garlic Extract to add a protective layer to your nails. The garlic extract will help strengthen your nails but also acts as an antimicrobial.