



INSTRUCTIONS

Fingers and Toes

Using Glue Tabs:

1. Wash and dry hands or feet
2. Using the small file trim your natural nails free edge to the length you are happy with
3. Using the cuticle tool with the pink end push back your cuticles gently (a wood stick can also be used for this)
4. Using the pink end of your cuticle tool use a flat circular motion around the cuticle area to remove any dead cuticle from your nail plate
5. Use your buffer block to lightly etch your nail plate to remove shine - DO NOT over etch or over buff your nail plate you only want a 'rougher' surface for the nails to adhere to - you do not want to cause unnecessary damage to your natural nails!
6. Take a lint free wipe and your pre nail prep solution, place some nail prep solution onto your lint free wipe and wipe over your nail plate - get into every surface area to dehydrate your nail
7. Size your press on nails to fit your natural nails
8. If you need to resize a press on nail to fit better use your larger file and do one stroke at a time as it does not take too long to change the size
9. Once you are happy with your sizing, take your glue tabs and match the size of a glue tab to your natural nail plate size and place onto the nail plate
10. Use your wood stick to gently rub over to ensure it is placed down securely
11. Using a hair dryer on low heat (under 10°) to lightly warm up your glue tab for around 10 seconds can help with longevity but is an optional step!
12. Peel off the clear layer to reveal the sticky top of the glue tab and take your press on nail at an angle, place the nail at the cuticle area of your natural nail and slowly bring the nail down to your nail plate - this will push out any air bubbles as you place your nail down
13. Hold your press on nail in place for around 10 seconds pushing down on top of the nail to make sure it is secure - do this for all 10 fingers or toes
14. If you wish to file down the length of your press on nails use the larger file to do so, placing a finger on top of the nail you are filing can help make sure it stays in place as you file the free edge
15. Refrain from putting your hands or feet in water for at least an hour to ensure the glue tab has adhered completely, this will help with the longevity of your nails
16. Water and oils will be something that will start to break down the glue tabs adhesion, so refrain from submerging hands or feet in water for too long and make sure they are dried thoroughly after bathing or showering etc