



# GEL POLISH

## HOME REMOVAL

theguild  
of Nail Technicians

As I'm unable to care for your nails at the moment, I want to make sure you can do that from home.

### **BREAKING THE GEL POLISH SEAL:**

- You'll need to remove the shine from the Gel Polish and the free edge of your nails for the acetone to break down the product. Use a **100/180 grit nail file**, which has a coarse enough grit to score the surface of the Gel Polish. Do not file off the colour, otherwise you'll risk filing your natural nails.
- Be careful not to cut the skin around the nails with the edges of the file. Make sure to 'season' a new nail file by running another nail file over the edges to soften them, but please still take care.

### **SOAK OFF ANY REMAINING GEL POLISH:**

- Once the Gel Polish has been filed, acetone is required to break down the remaining product.
- Use **Cuticle Oil** around the skin of your nails to protect from the drying effect of the acetone.
- Fold over a **Cotton Pad** and soak in **Acetone** then place it over your nail.
- Use some **Kitchen Foil** to secure the cotton pad in place over the nail and make sure it's tight.
- Keep the nail(s) wrapped for 10-15 minutes for the acetone to dissolve the product.

**TIP** – just do one hand at a time. Wrap your hand in a towel to keep them warm. This will help the acetone work quicker.

### **GENTLY PUSH THE LAST BIT OF GEL POLISH AWAY:**

- Using the wooden **Orange Stick**, push off the remaining Gel Polish from the nail plate.
- If any Gel Polish remains on the nail, soak another cotton pad in acetone, place on the nail and re-wrap in the foil, repeating this process until all the product has been dissolved.
- If there is a little bit of Gel Polish that won't budge, use a **240 grit white buffing block** to gently run over the nail to buff the stubborn bits smooth.

**TIP** – *If you take your time with the removal and follow the steps carefully, the removal of Gel Polish can be virtually damage free.*

### **SHAPE AND HYDRATE YOUR NAILS:**

- Using a **240 grit nail file**, gently run the file over the free edge of your nails (filing in one direction) and file into shape.
- Using the **White Buffing Block**, gently buff your nail plate to remove any left over residue.
- Wash your hands to remove any remaining dust from the removal process and dry thoroughly.
- Using the wooden **Orange Stick**, gently push back your cuticles.
- Apply **Cuticle Oil** to the cuticle, side walls, underneath the free edge and massage in circular motions.
- Apply **Hand Cream** and rub in circular motions over the nail plate and surrounding skin to keep hands and nails hydrated.

**YOUR NAILS WILL FEEL SOFT FOR THE FIRST 24 HOURS UNTIL THE ACETONE HAS EVAPOURATED FROM YOUR NAIL PLATE. KEEP THEM MOISTURISED WITH THE CUTICLE OIL AND HAND CREAM TO MINIMISE SPLITTING, PEELING AND BREAKING.**

**KITS AVAILABLE AT [ELEGANT-NAILS.CO.UK/SHOP](https://www.elegant-nails.co.uk/shop)**