

## The Nail Dr Rx for Polish Strip Application

For the easiest application and longest lasting results, please follow the following instructions:

### Step 1:

Remove current nail polish (if any). I recommend using a buffer block to rough up the surface of the polish prior to attempting to remove it. This mineral fusion nail polish remover is excellent and a great value. It is acetone-free, hydrates the nails, smells great, and is highly effective on all types of polish strips.

\*\*\*Glitter polish can be more difficult to remove.\*\*\*

Sometimes it may require extended contact time between the nail and the remover solution.

To accomplish this you can:

1. Soak a cotton ball in the remover and wrap the cotton and your fingertip in some foil for a few minutes prior to polish removal. Then use a manicure stick to scrape the polish from your nails (or just wipe it with the cotton ball).
2. Use nail soaker clips to hold the cotton ball to the finger and then scrape or wipe the polish off.

### Step 2:

Clip, file, and shape your nails. Remember to only file the nail in one direction. This will keep the nail tips healthy and prevent peeling/ cracking/ snagging! Use the buffer block to lightly remove any ridges from the nails.

### Step 3:

Push back your cuticles. This can be made easier by using a cuticle softener or soaking your fingers briefly (like 30 seconds to a minute) in some lukewarm soapy water. You do not want to soak the fingers for too long, or it can cause the nails to absorb too much water and cause the polish to bubble up. This step is definitely optional if you are in a time crunch!

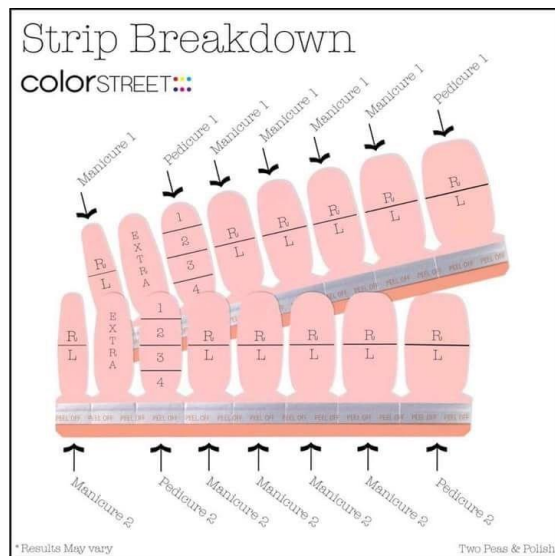
### Step 4:

Prep the nail bed with the rubbing alcohol pads. This step is really important! It strips any products or oils from the nail bed that might interfere with the polish from adhering to the nail.

Now you are ready to apply the polish strips. No base coat is needed, the polish strips have a base and top coat included in them! Open your polish strips and get ready to place them on your fingers.

The great thing about the polish strips is it is easy to put one or two one and then you can walk away and go do something else for a little while before completing your manicure. I just recommend ensuring the strips aren't left out for too long because since they are REAL polish, they can dry out.

\*\*\*Pinkies first, Thumbs Last!!!\*\*\*



1. Choose the strip that best fits your nail width at the base. Keep in mind that excess can be trimmed so if you want to choose a size up that is ok!

2. Detach the strip, peel the clear layer off the top and grasp the silver tab. Hold the tab and gently peel the strip from the backing. Now you can apply the strip to the base of your nail. I press it into the base of the nail first, then towards the tip, applying even pressure with my thumb. Then I start at the base again on each side and roll towards the edges. Use the graphic below to see how to best apply pressure to the strip. Because our nails are curved, it prevents wrinkles at the tips if you follow this pattern when applying the strip to the nail.



3. Lastly use your thumb nail or a file to detach the excess strip from the tip of the nail bed. If you do use a file, be sure to only file in one direction in a downward motion. This helps seal the nail to your nail bed instead of peel it off! You can then take the remnant from that strip and apply it to the same nail on the opposite hand.
4. The polish strips have a top coat on them already, so no top coat is necessary. However if you are super hard on your manicures like I am, I like to apply a gel top coat, or the clear as day polish strips.

## Solids, Glitters, and Nail Art Designs



REMOVE  
CLEAR COVER



PEEL  
POLISH STRIP



REMOVE TAB  
& SELECT END



APPLY TO NAIL  
& GENTLY STRETCH  
TO FIT



GENTLY FILE EXCESS  
OR REMOVE WITH  
FINGERNAIL

## French Manicure

APPLY TIP FIRST



REMOVE  
CLEAR COVER



PEEL  
TIP STRIP



APPLY TIP TO FREE  
EDGE OF NAIL



GENTLY FILE EXCESS  
OR REMOVE WITH  
FINGERNAIL

APPLY SHEER OR CLEAR OVERLAY



REMOVE CLEAR COVER  
& PEEL POLISH OVERLAY



APPLY  
OVERLAY TO NAIL



GENTLY FILE EXCESS  
OR REMOVE WITH  
FINGERNAIL

color  
STREET