

## Client Home Care Guide

- In order to maintain your Nail Enhancements for long-term wearability, please read and follow these simple guidelines.
- Oil nails *twice* per day to maintain inherent flexibility. Product that is allowed to become brittle will crack and break.

There are several manufacturers products that I would recommend; however, since we all have our own personal choices, I will only recommend that the oil you use or sell contain Jojoba and Vitamin E oils. Jojoba oil has a very tiny molecule, which is small enough to penetrate the surface layer of the skin and pull the larger molecule of the Vitamin E in behind it. Oils in addition to these are generally added to condition and moisturize the skin and nails. Applying oil to the nail enhancement will help to maintain flexibility by lubricating the product molecules. Applying oil to the natural nail free edge will help prevent 'curling away' and to maintain proper levels in the natural nail plate.

- Repetitive or severe pressure on the nail extension will lead to cracks that result in full-blown breaks. Treat your nails as *jewels*, not *tools*!

The use of 'tools' to help you perform your daily routines will help to insure against breakage. For instance, use a pop-top opener to open soda cans, use the side of your hand or finger to open car or refrigerator doors, and never reach for anything with your fingertips as the nail extensions will reach the object first.

- Nails that are *too long* for your lifestyle and activity level (repetitive downward tip pressure) result in service breakdown. If your nails become too long between appointments, shorten the length with the 240-grit file.

The higher the activity level, the shorter the enhancement should be. An active length = 1/4 the length of the nail bed. An average length = 1/2 the length of the nail bed, and a full fashion length equals the length of the nail bed. Extensions longer than the length of the foundation (the nail bed) will cause undue downward pressure with normal use of the hands and fingers that may result in a broken or torn natural nail plate.

- Properly applied product will shrink when cured and create an airtight seal. Mechanical forcing of product through extreme pressure, picking or nipping rough edges will result in lifting. Use a 240-grit file to remove rough edges or blend any lifting into the natural nail plate. Holding the file flat to the area of lift, gently file in the direction of the lifted material until the area of lift is removed. *Do not over-file!* Over-filing removes vital nail plate layers and will weaken the natural nail foundation. To re-seal the product, massage a drop of oil into the nail surface, then buff to a dull shine with the 360-grit buffer. You may also choose to buff to a high shine with a 3-way buffer.
- When changing polish between maintenance appointments, remove polish with regular polish remover and a lint free cotton or gauze wipe. I have never recommended the use of non-acetone polish remover, as it requires more time to soften polish, thereby remaining on the product surface, softening and weakening the surface layer. After the enamel has been removed, wash hands and scrub nails with a soft toothbrush. Apply cuticle oil to the product surface and massage into the cuticles and overlay. Using the 360-buffer, buff the oil into the nail surface to re-seal the product. Buff to a high shine with a 3-way buffer or apply one thin coat of base coat, two thin coats of enamel and a thin application of topcoat, allowing the layers to dry between coatings.
- Fungus infections (Greenies) are caused by air-borne spores (pseudomonas bacterium) that have become trapped between the overlay and the nail plate layers. These spores require food to eat and

moisture to grow. The nail plate layers contain contaminants along with the natural oil and moisture. Should any lifting occur between visits, buff away the area of lift. *Do not attempt to glue the area of lift.* Most *instant* glues are *not* moisture resistant. Instant glue also sets-up the instant it is exposed to air. The glue cannot 're-seal' lifted material and may incorporate air-borne bacteria or spores into the area of lift. The bacteria or spores will be trapped between the nail plate and the overlay, utilizing the natural nail contaminants as food and the moisture to grow. The results are a greenish to brownish stain on the nail plate, which is a by-product of the infection. Should any area of lift be too large to remove by filing, or visible discoloration is present, please call for a nail repair appointment.

- To prevent the spread of communicable or infectious disease, never share your files or implements with others, whether at home or in the salon.

Your personal implements can be purchased through several different outlets: An 'over-the-counter' beauty supply, drug or department stores or from your salon. If your salon does not supply individual files for individual clients, ask to purchase these files and keep them in a clean, dry storage container between uses. Sanitize files and implements after every use in an approved sanitizing solution, rinse well, dry and store in the container.

- Wear gloves when performing household chores, working in the garden or whenever you use cleaning solutions of any kind.

Most household cleaning solutions contain chemicals that will affect the overlay and result in service breakdown. Some household pest sprays contain a chemical that may actually melt the surface of the overlay and compromise the integrity of the product.