

NORTH
Coast

GEL EXTENSIONS

*Training
Manual*

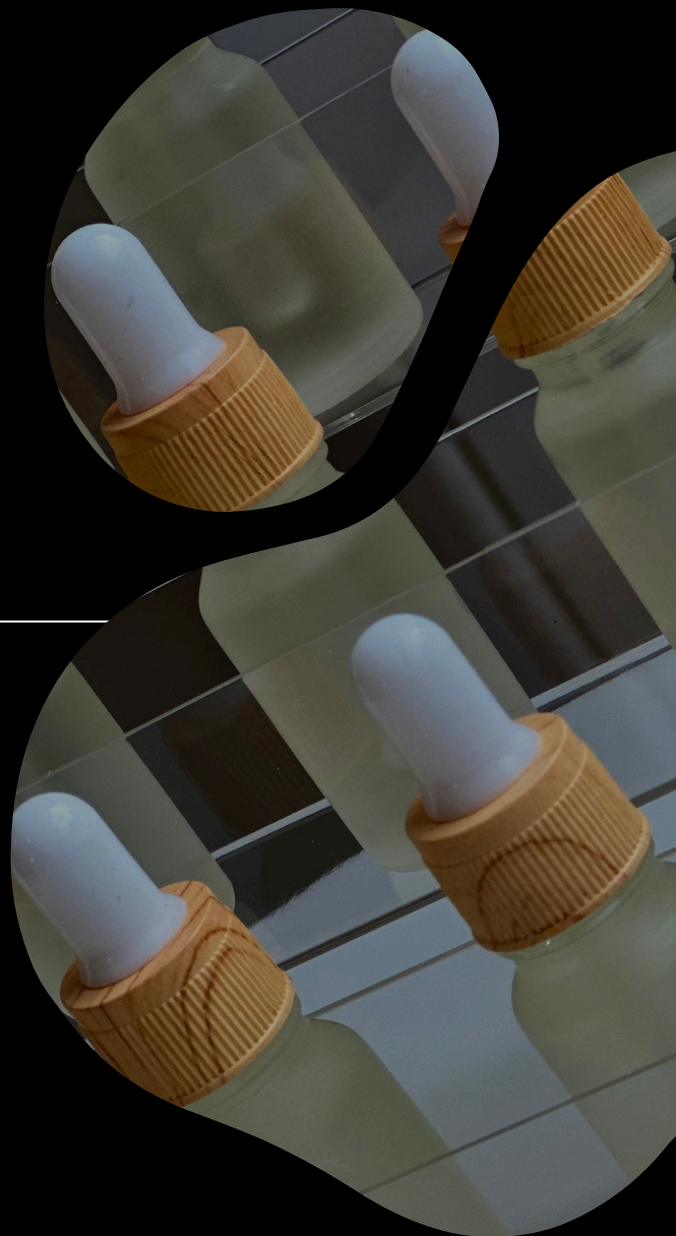
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GEL EXTENSIONS

Training Manual



BY JADE LEVITT





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Gel polish

WHAT ARE GEL EXTENSIONS

Ch. 1

WHAT ARE GEL EXTENSIONS?

What are gel extensions?

Gel extensions are a great way of extending your clients nails using nail tips or forms, Perfect for those who prefer longer nails.

why not acrylic?

Acrylics are not for everyone & a good nail tech should asses which system will be best for each client as it is not a one size fits all...

Example: I have a lot less lifting with gel on myself than I do acrylic therefore gel is the best option for me... there are also many other reasons such as a client with ridged nails the gel will self level into the grooves camouflaging them to give a lovely smooth flawless finish whereas acrylic will sit on top and potentially cause lifting.

Tips & Forms: Nail tips are glued on top of the nail, nail forms are placed directly under the nail. They are like stickers that are designed to be wrapped around each finger to keep them securely in place. The nail form should be snug around the finger and fit the shape of the nail perfectly before you start any application.

Overall Nail Tips allow you to create Nail Sets quickly meaning you can have a client sitting in your salon for less time. However Nail forms create a flawless natural look.

The choice of the 2 is down to personal preference.

BUILDER GEL & HARD GEL

What is the difference between builder gel & hard gel?

builder gel is softer and perfect for a overlay or short extensions, builder gel (builder gel on a bottle) as it's commonly known as today is made to be more flexible.

Hard gel is perfect for long extensions as it is a much harder stronger gel.

For long extensions we recommend hard gel for durability.

Take note some hard gels are file off only so make sure you do your research on your choice of system to ensure you know how to use it.

WHAT IS IT

Hygiene & disposables

If you are a complete beginner with no experience you may have never seen these products before so here is a run down of what is what...

Disposables are one use only and should be discarded after each use...



Hand sanitiser

Essential before starting a service.



Multi surface cleaner

For cleaning your nail desk after every service.



Barbicide

For cleaning your metal implements diluted with water kept in a glass jar.



Acetone

For dehydrating your clients nails & removing nail enhancements.



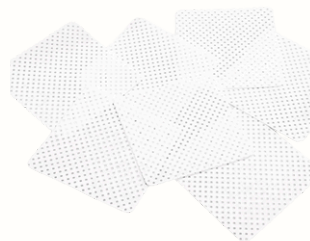
Rubbing alcohol

Essential for cleaning metal tools in your autoclave & cleaning.



Gloves

Hygiene, should be disposed of after each use.



Lint free wipes

For wiping the clients nails
lint free will avoid any fluff on the nails. Should be disposed of after each use.



Couch roll

Over the top of a towel on your nail desk and to be disposed of after each client.
I recommending changing your bedroll after nail prep to avoid any dust in your polish.

WHAT IS IT



Consultation cards
Storing clients data.



Pump bottle
For cleansers & acetone



Nail dusting brush
For removing dust from the nail plate.



Nail Clippers
For removing length on the natural nail.



Cuticle pusher
For pushing back cuticles.



Cuticle Nippers
For removing overgrown cuticles.



Gel brush
For moving the gel around the nail & building the apex.



Liner brush
For feathering builder gel or getting into side walls... perfect for nail art, French tips... I recommend the brillbird O Long brush as it is so universal.



Nail file or buffer
For shaping, de-bulking & removing length. Buffers are for removing scratches and giving a smooth surface for gel application.

WHAT IS IT



Foil wraps

For removing gel polish, should be disposed of after each use.



Removal bowls

For removing gel polish, fill the bottom bowl with warm water & the top with acetone. Acetone should be poured in the bin after use. You should not re use the acetone, clean the bowl with warm soapy water.



Gel polish

Base coat, colour, top coat & builder gel.



Dust extractor

For collecting nail dust to protect your lungs.



Gel lamp

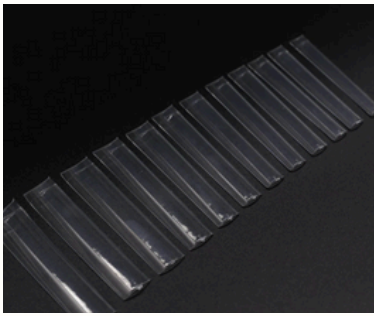
For curing gel polish.



Cuticle oil

For rehydrating clients cuticles at the end of the service.

WHAT IS IT



Nail tips

Used to extend the natural nail, attached with glue.



Nail forms

Used to extend the nail, without the use of nail glue.



Hard gel

used to extend the natural nail, perfect for longer sets.

See useful links page for suppliers and discounts

Gel/polish

HEALTH & SAFETY

Ch.2

HEALTH & SAFETY

HEALTH & SAFETY

- Chemicals such as acetone, barbicide, alcohol... should be stored in a cupboard out of reach & handled with care.
- You must wear gloves for each client.
- All surfaces must be cleaned with disinfectant.
- No hazards, wet floor.....

COUNCIL REQUIREMENTS

- You must have the following on site.
- First aid kit
- Fire extinguisher
- Accident book
- Secure lockable cabinets for client record cards.
- Clinical waste should be disposed of accordingly.
- Data protection act should be followed.
- Insurance

Health & safety is essential to a successful business, failing to follow regulations could risk a bad reputation and potential closure of business by your local council.

Gel/polish

HYGIENE

Ch.3

HYGIENE

general hygiene

- All surfaces should be wiped down between clients using an anti bacterial spray. As the therapist you should be clean, presentable and washing your hands before touching a client.
- Hand sanitiser is essential before starting a treatment, you and your clients should sanitise before proceeding with any treatment.

Sanatisation/Sterilisation

- All metal tools should be soaked in Barbicide & Barbicide should be changed every day. Please read manufacturers instructions on the bottle. This will keep your tools clean in between clients.
- Metal implements should be sterilised in a auto clave at the end of each day using rubbing alcohol.

Metal tools include your cuticle pusher, cuticle nippers, nail clippers, nail scissors & any additional metal tools you may use. You must use soap and a nail brush to scrub the tools spray with 100% rubbing alcohol. Place the tools carefully in the auto clave for the recommended time setting on your auto clave, be careful this will be very hot, this is to kill any bacteria. Once your autoclave has finished and cooled down you should then place the tools in diluted Barbicide see manufacturers instructions for measurements... This will keep your tools clean between clients.

Cleaning your tools is vital, failure to do so could result in infection, nail conditions & potential closure by your local council.

Disposal of waste

Acetone should be disposed of in a bin of tissue or stored in a container and disposed of safely. Acetone should never poured down the sink as it could melt the plastics the plumbing system & it can be hazardous to the environment.

If your files, towels ect come into contact with blood they should be disposed of via clinical waste.

Diluted Barbicide can be disposed of down the drain.

Are nail files reusable?

No we do not recommend re using nail files



Gel/polish

ANATOMY

Ch.4

The skin bordering the lower end of the nail is called the proximal nail fold. A thin layer of skin, known as the cuticle, grows over the nail there. The cuticle function is to protect new nails from bacteria when they grow out from the nail root.

Your nail matrix is made of special cells whose main job is to make new fingernails or toenails. Each nail matrix produces 196 layers of cells that combine to make each of your fingernails and toenails. Each nail matrix is constantly making new nail cells, unlike your hair follicles, which go through periods of rest.

The lunula is the visible portion of the distal nail matrix that extends beyond the proximal nailfold. It is white, half-moon-shaped. The lunula has a primary structural role in defining the free edge of the distal nail plate. The shape of the lunula determines the free edge shape of your nail and damage to this will define the shape. If you've ever wondered if your natural nail shape is round or square, take a look at the lunula on your nails.

The cuticle is a layer of clear skin located along the bottom edge of your finger or toe. This area is known as the nail bed. The cuticle function is to protect new nails from bacteria when they grow out from the nail root.

The lateral nail folds or side walls, are the where the skin of the finger folds down along the side of the nail plate, providing protection as well as a groove to guide the growth of the nail.

The eponychium is the thick, layer of live cells present under the surface of the proximal nail fold on the ventral side that produces the cuticle. The visible 'lip' or the fold seen at the bottom (or the proximal) nail fold of the nail is eponychium. It forms a seal that prevents allergens, irritants, and pathogens from entering the potential space between the distal skin of the digit and the nail plate

PROXIMAL NAIL FOLD
EPONYCHIUM
PERIONYCHIUM
The perionychium is the skin surrounding the sides of the nail plate. Also protects the very sensitive fingertip, and functions as a temperature regulator.

NAIL PLATE

The part that we call the nail is technically known as the "nail plate." The nail plate is mostly made of a hard substance called keratin. It is about half a millimeter thick and slightly curved. The nail is firmly attached to the nail bed beneath it. The nail plate both supports the underlying dorsal surface of the distal phalangeal pad.

The hyponychium is the thick skin under your nail tip. It can overgrow and become even thicker, making it painful to trim your nails. You're more likely to have overgrown hyponychium if you get gel manicures, wear acrylic nails, or bite your nails

HYPONYCHIUM

LUNULA

CUTICLE

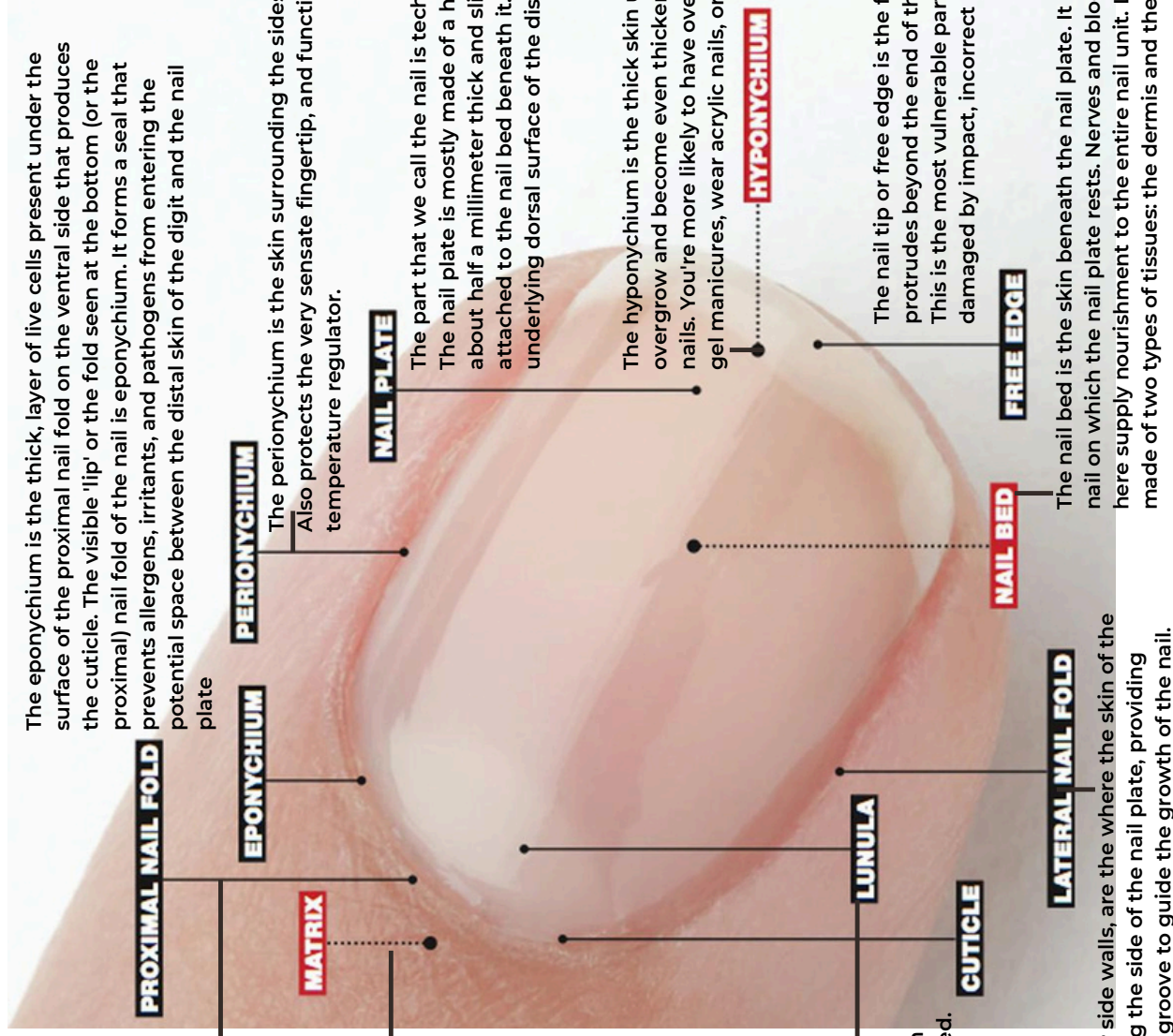
NAIL BED

FREE EDGE

The nail tip or free edge is the free part of the nail bed and protrudes beyond the end of the finger. How far is a matter of taste. This is the most vulnerable part of the nail and can easily be damaged by impact, incorrect filing, etc.

LATERAL NAIL FOLD

The nail bed is the skin beneath the nail plate. It is the area of the nail on which the nail plate rests. Nerves and blood vessels found here supply nourishment to the entire nail unit. Like all skin, it is made of two types of tissues: the dermis and the epidermis.



Gel/polish

CONSULTATION

♦ ♦ ♦

Ch.5

CONSULTATION

A consultation should be carried out before starting the treatment, a consultation is where you will discuss the treatment find out your clients expectations & see if there goals are achievable.

At a consultation you should have your client fill out a client record card where you will find out if your client is Eligible for the treatment (contra indications, allergy's, conditions, medications...) You can also use this card to take notes of any problems ect..

Client record cards should be stored in lockable storage such as a filing cabinet to ensure data protection... Client record cards should be kept for 7 years from there last treatment, once/if you ever dispose of these you should shred these cards.

You can purchase client record cards from any beauty supply store or you can make your own, there are many templates online if you wish to make your own.

There are many apps out there now such as timely & faces... you must make sure these forms are unreachable to anyone other than yourself... these forms are private and confidential and should not be shared with anyone else.

Data protection act must be followed.

Consent forms along side your consultation cards are perfect to cover your back! For insurance purposes we recommend you do this. Consent forms will allow the client to know of any treatement risks... you can do this via paper using online templates or you could make your own. The faces app or timely is a great option for online use. Failure to do this could leave your buisness vounerable.

Cancel

What's your name?

First name First name

Last name Last name

Date of birth (optional)

Tap here to select a date

Telephone (optional)

Do you have any known allergies? In... Answer

Do you have any of the following (optional)

- ☐ Nail infection
- ☐ Broken or sore skin
- ☐ Warts
- ☐ Blood thinning medication
- ☐ Eczema or psoriasis on hands
- ☐ Broken bones in hands or fingers
- ☐ Diabetes

I am consent for my photos to be shared on

CONTRA INDICATIONS

WHAT IS A CONTRA INDICATION?

A contra-indication is a pre existing medical condition that could put you or your client at risk if the treatment was carried out. Here is a list of contra-indications that may restrict treatment:

- Eczema
- Nail infections broken sore skin aras Athletes foot Psoriasis
- Dermatitis
- Damaged nails
- Cuts & abrasion Bruising
- Warts

Another contra indication would be certain medications the customer may be taking such as blood thinning medication or topical steroids which can cause the skin too thin meaning it could cause wounds easily.

Why is it important to find out any potential contra indications before starting a treatment?

- Skin conditions such as eczema, psoriasis ect the skin could be easily irritated if the products do touch the skin.
- Warts are contagious.
- Cuts and abrasions could become infected.
- Treating a infected nail could make the nail worse and it will contaminate your products....
- Medications that thin the skin can be very sensitive making it easy to cut the skin with files or metal tools which could then lead to infection as well as sore skin/nails.

You must protect yourself & your client !

CONTRA ACTIONS

WHAT IS A CONTRA ACTION?

A contra-action is something that occurs during or after the treatment, it is a adverse reaction to unforeseen conditions such as a unknown allergy.

It is important to establish any potential causes of contra-actions such as allergy's to products or substances such as latex during a consultation. If a reaction does occur you must make a note of this on the clients consultation card and advise them to seek medical advice.

If a client does have a reaction occur a curtousy call or text later on or 24 hours after would be a great way to show that you care for your client. After care is just as important as the service.

Gel/polish

PRODUCT KNOWLEDGE

Ch.6

PRODUCT KNOWLEDGE

HEMA, also known as 2-hydroxyethyl methacrylate or hydroxyethyl methacrylate is used as an adhesive in gel polish. It gives your polish that nice hard, shiny finish. However, its small molecules are easily absorbed into the skin and it can cause sensitisation.

Both gel nail polish and standard nail polish contain HEMA – an ingredient some people are allergic to.

Gel polish is made up of acrylic monomers and oligomers that bond together when placed under UV light. This process is called curing, and in a matter of seconds, the once-liquid gel turns into a hard, chemical-resistant coating.

What are heat spikes?

Heat spikes are actually normal and is a chemical reaction that happens when your gel hardens under the LED/UV lamp which is called a polymerization reaction. So don't worry your natural nails aren't actually burning or melting off.

Most lamps will have a low heat mode to avoid this or you can have your client remove there hand for relief and then re enter the lamp to finish curing.

Gel/polish

DRY MANICURE

Ch.7

DRY MANICURE

It is important that you can perform a dry manicure... A dry manicure is a important part of nail prep. To perform a dry manicure you are required to push back the cuticles, nipping away any dead cuticle that requires removal, shaping and buffing the natural nail. Shaping the natural nail should be done with care to avoid splitting and breaks.

Nail prep is the most important part for a long lasting gel manicure, nail prep should be thorough... missed cuticle or nails that have not been dehydrated correctly will cause chips, breaks & lifting...



What should I cut when it comes to cuticles?

Cuticles should only be cut if they present white in colour & are overgrown. The Proximal nail fold is also known as the cuticle, cuticles are there to protect against infection therefore should only be cut when necessary.



Gel polish

LUXURY MANICURE

Ch.8

LUXURY MANICURE

A luxury manicure & pedicure is optional to add to your service or you can make it a separate service... a luxury manicure consists of soaking, exfoliating, massage, masks & sometimes heated mitts... you would offer this service at the end of a gel polish.

1. Soak
2. Exfoliate
3. masque
4. mitts
5. balm
6. oil

If you are not applying any enhancements cuticle work must still be carried out.



Gel/polish

SHAPING

Ch.9

SHAPING

SQUARE

Shaping the natural nail you should use a 180/240 grit nail file. Square When creating the perfect square in its most common/popular style right now its all about crisp sharp lines, definition! To create the perfect square you should file straight down the side walls making sure to keep your file straight, remember to blunt the edges of your file before you do this to make sure you do not cut the client... then straight across the free edge, super simple. If you struggle try a metal file they don't bend.

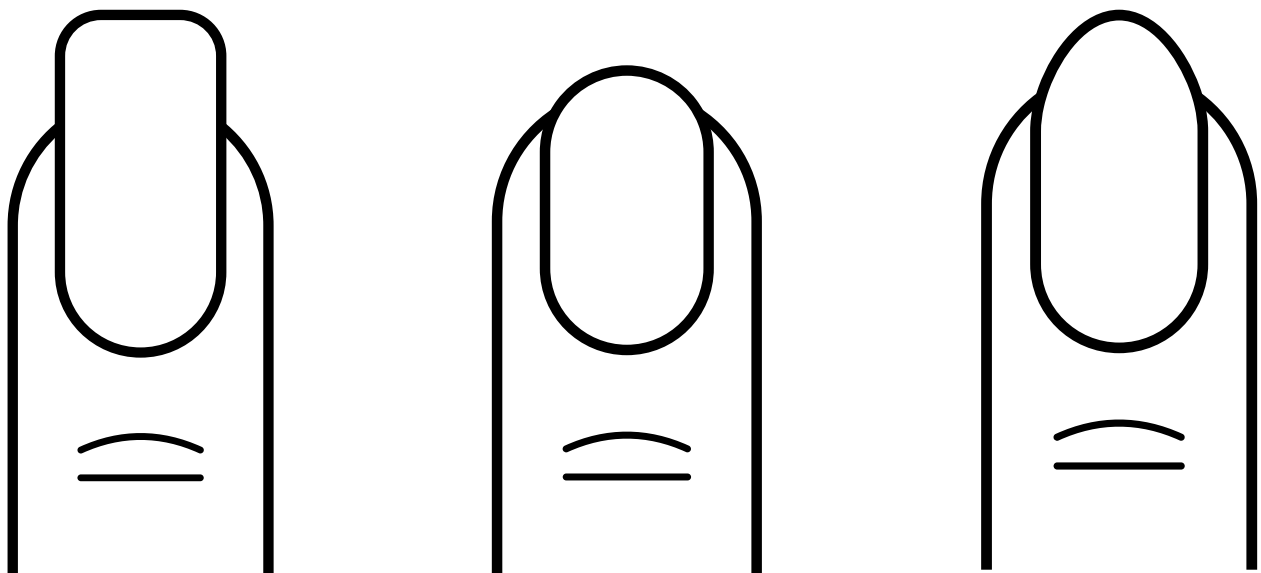
OVAL

When creating oval nails you need to keep the side walls straight and round off the edge making sure not to point the tip. Not quite almond but almost.

ALMOND

When creating almond nails it is important to meet the longest part of the nail in the middle rounding off the sides but not too round, the tip shouldn't be pointy but not rounded either it should shape perfectly like a real almond.

Trends change all the time so its important to keep with the trends... however these are the most universal shapes that never go out of fashion



FILES & BUFFERS

1. Coarse files (80-100 grit) for shaping acrylic and taking the length or surface down quickly.
2. Medium files (180-220 grit) for smoothing artificial nails and shaping artificial and natural nails.
3. Fine files (240-600 grit) are best for removing small bumps, ridges or discolorations and for shaping the free edge of natural nails.
4. Ultra fine files - buffer or microabrasive (600-2400 grit) are used for buffing and shining all types of nails.



Gel polish

TIPS & FORMS

Ch.10

NAIL TIPS

how to apply nail tips?

It's great if your nail tips have a well this will help clip the nail tip onto the natural nail snug, nail tips should be applied flat for seamless application.

What size do I need?

your nail tip should fit side wall to side wall and that is your perfect fit, I like to choose the tips as I go for each nail, try the tip on the natural nail before securing with nail glue.

Do not assume you will use the same size tips for the other hand measure and apply as you go.

When it comes to gel extensions I recommend keeping the length on the shorter side for long lasting gel extensions. Once all of the tips are applied you may now cut and shape the tips as desired.

How to blend the tips

Tips should be blended into the natural nail focusing de bulking the smile line of the nail tip avoiding filing the natural nail unnecessarily, once you have de bulked that edge you can now blend with the natural nail do so with care, once the tip is smooth and flush with the natural nail you are then ready to move onto the next steps.



FORMS

Forms are used to sculpt the natural nail, forms are a sticker which is placed under the natural nail. Forms are a great way to get seamless, flush side walls. The lines on a form are to help guide you to create consistent length & size.

Nail Forms are used as nail art stickers, usually placed under the nails. You have to wrap them on each finger, ensuring the Nail Form hugs your fingers and fits the nail like a glove.

Nail forms come in all different shape & sized grids.

One of the main differences between a nail form and nail tips is where you place them nail forms are usually placed under the nails while nail tips are placed on the surface of the nail for nail extensions.

Nail tips are very reliable when it comes to extending your nails and sporting any popular nail shapes you want since it has the capacity to be durable and last long. You can use a nail form to extend your nail shape since it's much lightweight but it will be removed later on. Therefore, nail forms are commonly used to sculpt your nails rather than being an extension.

If you're wondering how to use Nail Forms with builder gel or how to do acrylic nails with forms, then here are the answers to your questions. Place the Nail Form by inserting your finger and wrapping them behind the free end of your nail, then stick both corners together.

Another trick you can do is attach the bottom corners together and then put them on the finger. Look at it from the side so you know it's straight and not angled up or down. Pinch the tip of the Nail Form depending on what shape and length you're going for.

FORMS

Nail forms should be applied after nail prep at the same time you would apply nail tips.



Gel/polish

PRODUCT APPLICATION

Ch.11

THE APEX

It is important you apply a apex to the nails when using builder gel or hard gel, as the nails grow they will become weak in the stress area causing them to snap therefore it's important we add a apex into the nails to avoid this, the apex is a slightly thicker area of the nail that we make using gel or acrylic systems. This is also another reason maintenance appointments are important, as the nail grows out the apex will move to the tip of the nail making them tip heavy and this will make where the apex should be weaker. Which could lead to breaks.



GEL EXTENSIONS APPLICATION

Gel polish must be applied in thin coats to avoid wrinkling uncurled gel.

Cuticles should only be cut if they present white in colour & are overgrown.

Cutting live skin could cause infection as cuticles are there to prevent infection, cutting live cuticles could cause the skin to grow back faster and thicker or you could even cut the clients skin.

Every system is different for example some systems may require additional steps and some brands do not, such as adding a dehydrator or & a primer you must check with your chosen brand to ensure you are following there system correctly.

If you were to add a dehydrator & primer this is usually done just before applying your base coat.

Dehydrator first, primer second then base coat this is to ensure the products will adhere.

It is important to apply cuticle oil at the end of the service to nourish nails as they become dehydrated during the service.

If you are struggling to apply the apex have your client turn there hand so there palm faces the ceiling and the gel will self level meaning when your client turns there hand back around your apex will be there.

It is normal for the polish to be tacky after each layer has been cured until top coat is applied and should no longer be tacky.

GEL EXTENSIONS APPLICATION

STEP 1 : NAIL PREP

- Sanitise your and your clients hands.
- Using a cuticle pusher or cuticle e file tool to push back the cuticles before trimming away excess with nippers.
- File nails into the desired shape using a 220/240 File.
- Gently buff nails using a 100/180 Buffer to remove any shine.
- Dehydrate and cleanse the nail plate using pure acetone.

STEP 2: FORM/TIP APPLICATION

- Apply Nail Forms or Tips to each nail.
- After tips have been sized correctly, apply using nail glue. Press down firmly to ensure there are no air bubbles as this will cause lifting.
- Cut, file and buff tips into your clients desired shape using a 120/180 File and TGB 100/180 Buffer.

STEP 3: BASE LAYER

- Apply a thin layer of Base coat.
- Cure using a UV/LED lamp for manufacturers recommended time (usually 60-99 seconds)

STEP 4 : FIRST LAYER

1. Apply a thin layer of builder or hard gel & do not cure this is called a slip layer.

STEP 5: SECOND LAYER

1. Apply a medium bead of builder gel or hard gel spreading from side to side and dragging away from the cuticle area. Avoid thick build-up around the free edge and the cuticle area.
2. Use a liner brush to perfect the cuticle and side walls.
3. Build and cure one nail at a time and turn the hand over to help create apex.
4. Cure for manufacturers recommended time.

GEL EXTENSIONS APPLICATION

STEP 6: THIRD LAYER

if you feel your apex is still not there or the nail structure is not correct repeat the below steps for 3rd time.

1. Apply another medium bead builder or hard gel spreading from side to side and dragging away from the cuticle area. Avoid thick build-up around the free edge and the cuticle area.
2. Use a liner brush to perfect the cuticle and side walls.
3. Build and cure one nail at a time and turn the hand over to help create apex.
4. Cure in the lamp for manufacturers recommended time.

STEP 7 : REFINE

- Remove the tacky layer with acetone.
- Refine the nail using a 120/180 File.
- Buff into shape using a 100/180 Buffer, concentrating on making everything smooth and flush, removing any bumps or imperfections in the structure.
- Remove any dust with the Dusting Brush and wipe with isopropyl alcohol.

STEP 8: TOP COAT/ GEL COLOUR

- If nails are to be finished with Gel Polish colour you may apply that now as normal (you will not need to re base coat you may go straight on top of the gel extension.)
- Apply Top Coat and cap the free edge.
- Cure following manufacturers instructions.

STEP 9: FINISH

- Apply a small amount of Cuticle oil to each cuticle.

Gel/polish

MAINTANENCE

Ch.12

MAINTENANCE/REBALANCE/INFILL

Why is maintenance important & what is it? clients should return every 2-3 weeks for a infill. You should prep exactly the same as when you first applied the gel, buff off the top coat & colour using a 100/180 grit file leaving the builder gel. You can now file down that apex. as the nails grow out the apex will also grow out putting extra weight towards the tip, reshape, de-bulk & clip away any lifting using cuticle nippers till your base is nice and flush, re apply the gel just as you did originally & re apply the apex....

It is important the nails are completely free of any lifting & making sure the nails are prepped thoroughly for long lasting nails & to avoid any further issues. Failure to do so could result in the set not lasting, lifting, greenies.....



Gel/polish

AFTERCARE

Ch.13

AFTERCARE



Aftercare may vary depending on the brand you use, this is a list of basics... it is so important to check with the system you are using.

- Be especially careful the first 24 hours after application avoid intense heat during this time.
- Use cuticle oil daily to prevent lifting and promote healthy nail growth.
- Always return to the salon for maintenance or removal.
- Avoid long periods of time in water.
- Do not use your nails as tools.
- Never pick or peel product as this could damage your natural nail.

Gel/polish

REMOVAL

Ch.14

Removal

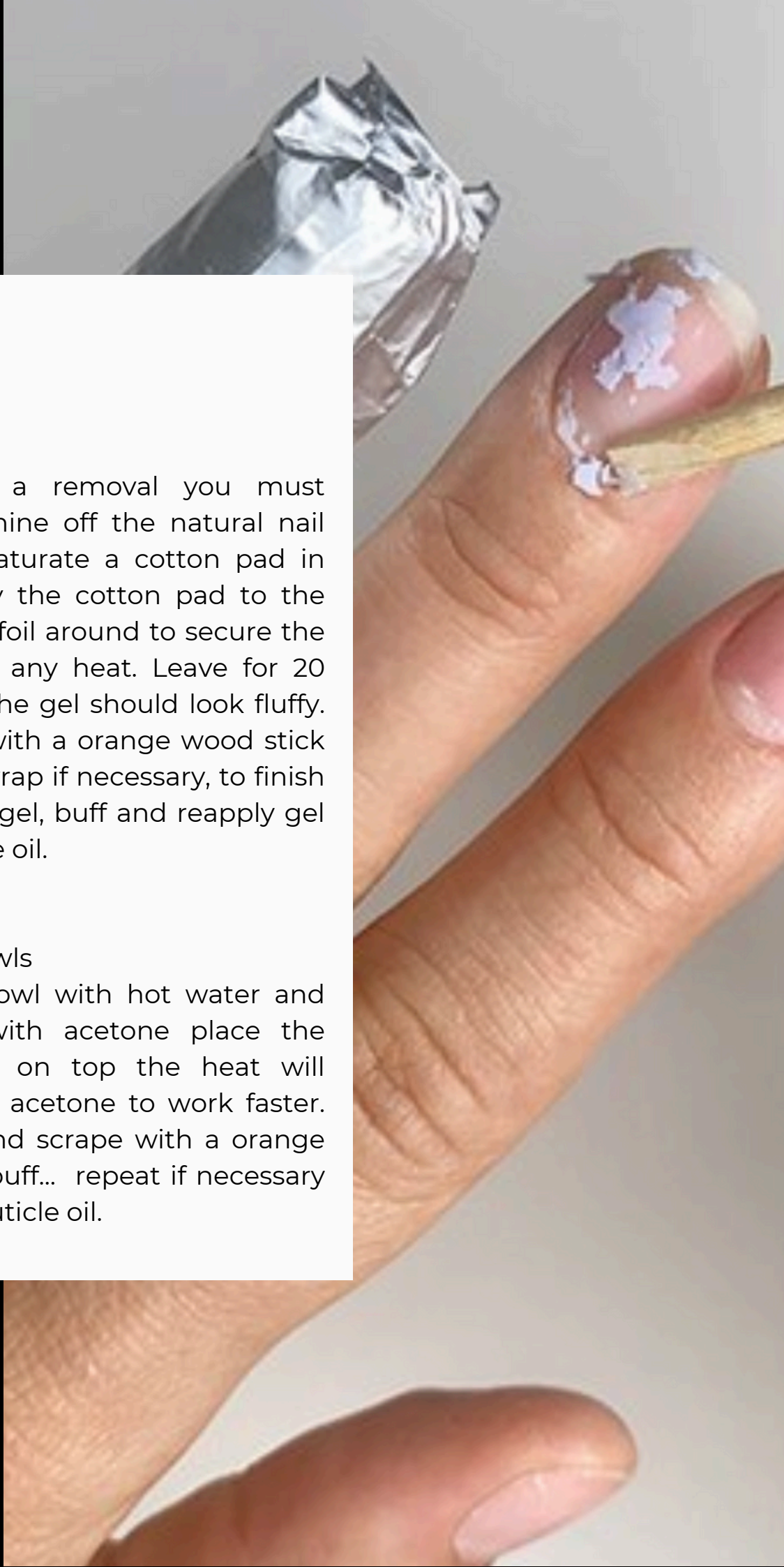
method 1

To complete a removal you must remove the shine off the natural nail using a file, saturate a cotton pad in acetone, apply the cotton pad to the nail and wrap foil around to secure the pad & lock in any heat. Leave for 20 minutes and the gel should look fluffy. Scrape away with a orange wood stick & repeat the wrap if necessary, to finish file any loose gel, buff and reapply gel or apply cuticle oil.

Method 2

Fill up two bowls

the bottom bowl with hot water and the second with acetone place the acetone bowl on top the heat will accelerate the acetone to work faster. Leave to sit and scrape with a orange wood stick & buff... repeat if necessary & finish with cuticle oil.

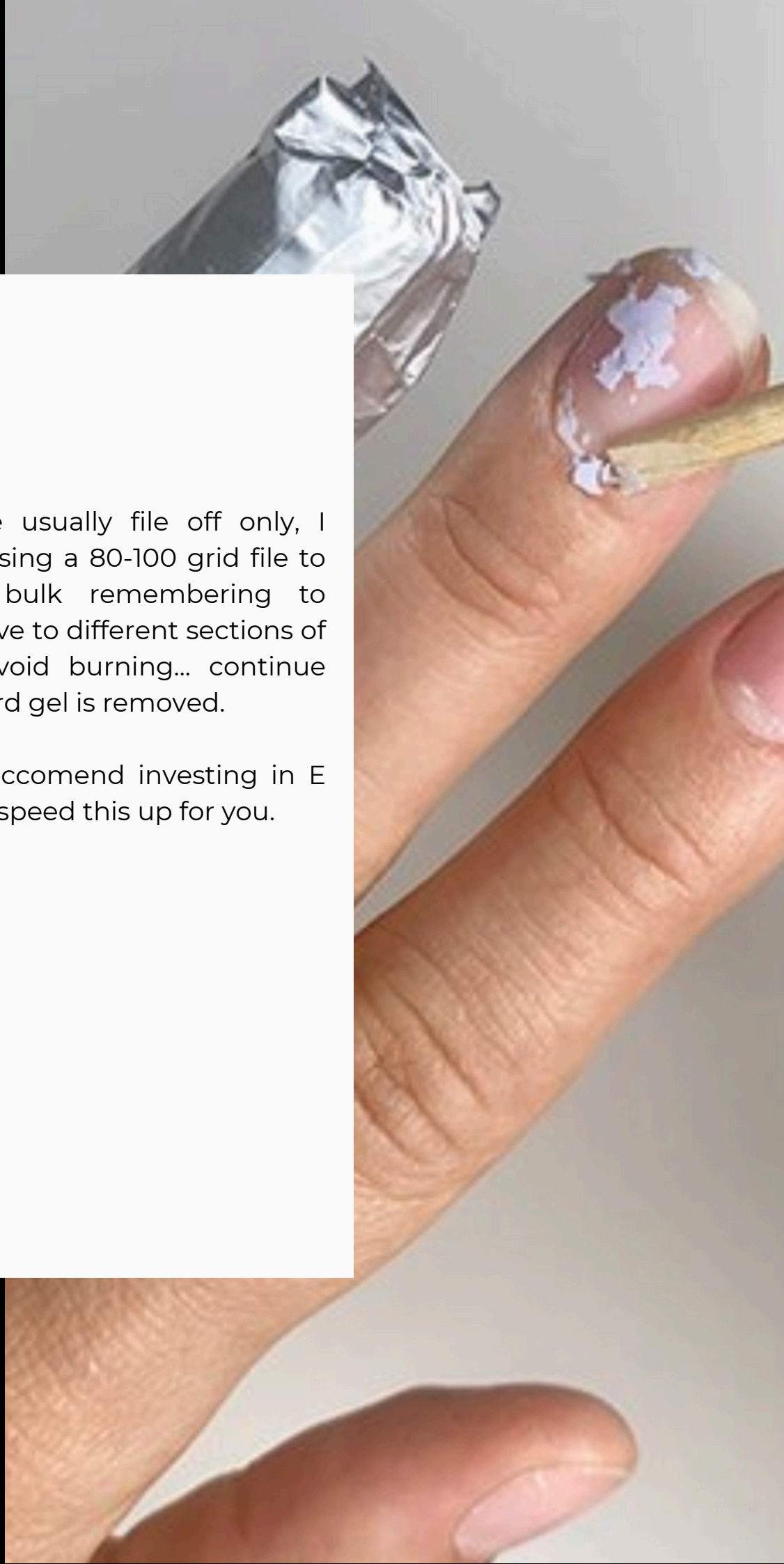


Removal

file off

Hard gels are usually file off only, I recommend using a 80-100 grid file to remove the bulk remembering to constantly move to different sections of the nail to avoid burning... continue until all the hard gel is removed.

I personally recommend investing in E file training to speed this up for you.



Gel/polish

TROUBLESHOOTING

Ch. 15

TROUBLE SHOOTING

Lifting

If you have a client return with lifting clip away the lifting and buff till the gel and the natural nail are flush... if you apply product on top of lifting this can cause further lifting and Pseudomonas.

What causes lifting? Incorrect application, oily nails & going a long time between infills. When you come to do a infill if you notice lifting you must remove this with cuticle nippers and smooth out with your nail file before re applying product.

Pseudomonas

'Pseudomonas' are a common, run-of-the-mill bacteria that can turn the nail green were 'mould' is actually a fungus. Typically, the nail does not provide a sustainable environment for these bacteria to grow, however, when conditions are perfect (such as when moisture gets trapped), these bacteria make a home either on top of the natural nail and under an enhancement. Severe and untreated cases will appear as dark green or even black spots on the nail. More than often, this is caused by moisture getting trapped between an enhancement and the natural nail; poor application or poor tech hygiene. This can also be due to clients enhancements lifting away from the natural nail or leaving it too long between maintenance appointments. Meaning moisture has been able to be sandwiched between the natural nail and the gel. It is important to investigate why this has happened. It should grow out on its own, do not try to file this off it will not come off.

Are your tools clean?

Are your nail files clean?

Does your client return every 2-3 weeks for maintenanc? Does your client have oily nails?

Is gel the correct treatment for your client?

if your finding your client is suffering from chips, breaks and lifting, maybe your client has oily nails and you need to be more thorough or take extra steps with this clients prep. Maybe maintenance appointments need to be 2 weeks rather than 3. Every client is different and has different needs it is important to assess during a consultation. If gel is lifting, your application is correct & tools are clean maybe your client should try another system such as acrylic....



Ridged Nails

Ridged nails usually occur due to a clients medication/age However if this occurs after a treatment and did not have it when product was applied they could be having a allergic reaction or have new health conditions.

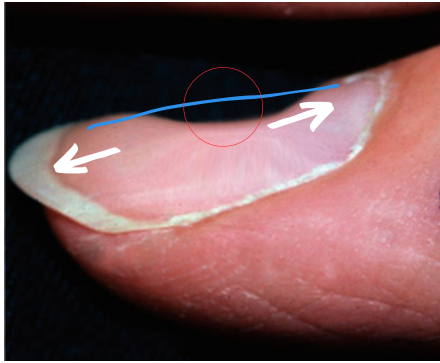
Ridged nails: gel is perfect for grooved/ridged nails, gel is the best solution over acrylic with ridged nails.

why?

Acrylic is hard and would sit on top of a nail like this meaning it has increased chance of lifting, gel however will sit perfectly in the grooves as it is self levelling.



Spoon nails



spoon nails can be tricky! Clients may come in with nails like this due to health conditions, medication or nail trauma. This should be discussed during your consultation. This set may take you longer than your regular set as they require a little more work.



Prep the nails as usual I would not apply regular gel polish to this set, i would apply builder gel as it is thick & can build up that dint. Prep the nails and apply base coat, apply your slip layer of gel then sit your bead directly in the dint then gently spread the remaining builder gel edges surrounding the dint making sure to keep the bulk of that bead in the dint. Cure for 60 seconds and repeat if neccisary. You may find it looks a little lumpy, do one nail at a time and cure as this will run if you move on... wipe the nails with acetone & refine with a nail file and buffer smoothing over creating a smooth nail ready for colour application.



Hooky nails



Hooky nails can be tricky! Clients may come in with nails like this due to health conditions, medication or nail trauma. This should be discussed during your consultation. This set may take you longer than your regular set as they require a little more work.

Prep the nails as usual I would not apply regular gel polish to this set, i would apply builder gel as it is thick & can build up the tip. Prep the nails and file under the nails to remove some of that overhang and apply base coat, apply your slip layer of gel then sit your bead at the tip and feather towards the cuticle keeping the thickness of the bead at the tip, cure, repeat if neccisary. You should be left with a tip heavy nail right now, this is where you will file the top of the nail untill smooth and blends perfectly with the rest of the nail. Now here is where you will need a e file (you must be trained in e file before using a e file) swoop your e file under the nail to take down the bulk under hearth the nail.

Onycholysis



'Onycholysis is when your nail separates from its nail bed. It often appears after an injury to your nail, but it may have other causes, including fungi. Treatment may only involve cutting away the separated nail as it grows out, or you may need to take antifungal medications or stop using certain nail products.

Your client may have has a reaction to your products, or maybe a deeper health condition if it is not a fungal infection.

what should I do?

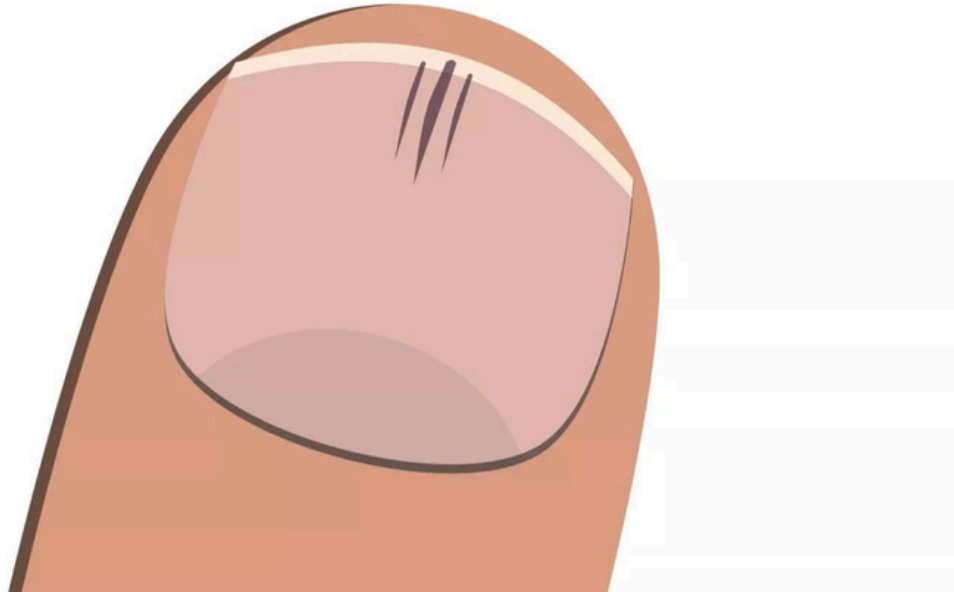
remove any enhancements & do not reapply until safe to do so.... allow it to grow out and recommend cuticle oil and seek medical attention for blood tests....

Splinter hemorrhages

Splinter hemorrhages are caused by a disruption of blood vessels in the nail bed. It looks like fine splinter-like lines under the nail.

This is usually caused by some sort of injury to the nail or by using certain drugs. It can also be caused by diseases.

The most common cause however is trauma to the nail bed. They will heal as time goes on.



It is important as a nail tech you can detect any nail conditions and advise your clients... doing so makes you more than someone who “just paints nails”

I strongly advise following on from this course you always update your knowledge where possible.

I have been in the industry for many years and still update my skills and knowledge regularly.

Gel/polish

PHOTOGRAPHY

Ch. 16

Photography

- Taking photos with a clean clutter free background is asthetic to people so making sure to have a tidy background is a great start.
- Clean your camera lense! So many people just don't think to clean there camera!!
- Lighting, natural lighting is stunning to showcase your work but failing that a great option is a ring light.
- Take photos from all angles, close to the nails, away from the nails & then you can crop in your camera roll later, using different angles is so eye catching to create those professional photos.
- Add rings and accessories to stand out.
- Use a micro lense & play with your phone settings.

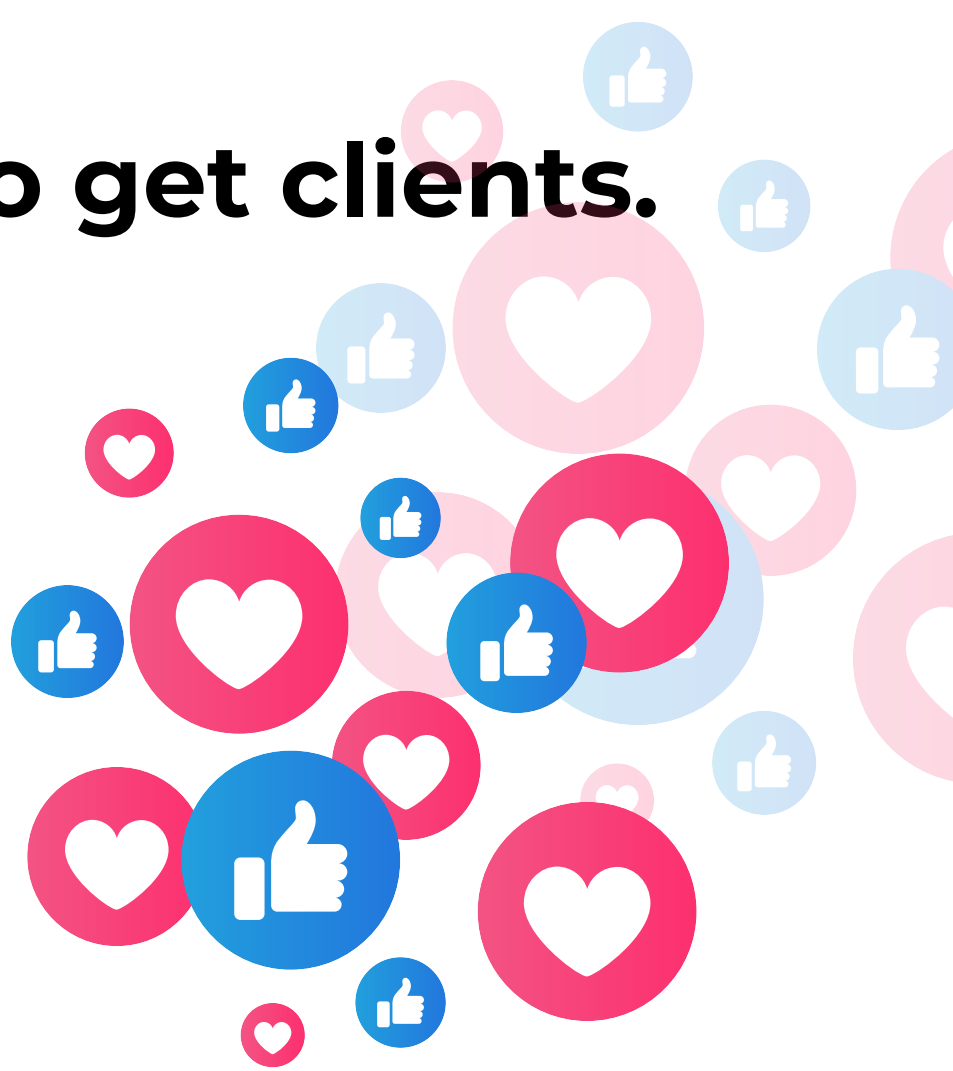


Gel/polish

HOW TO GET CLIENTS

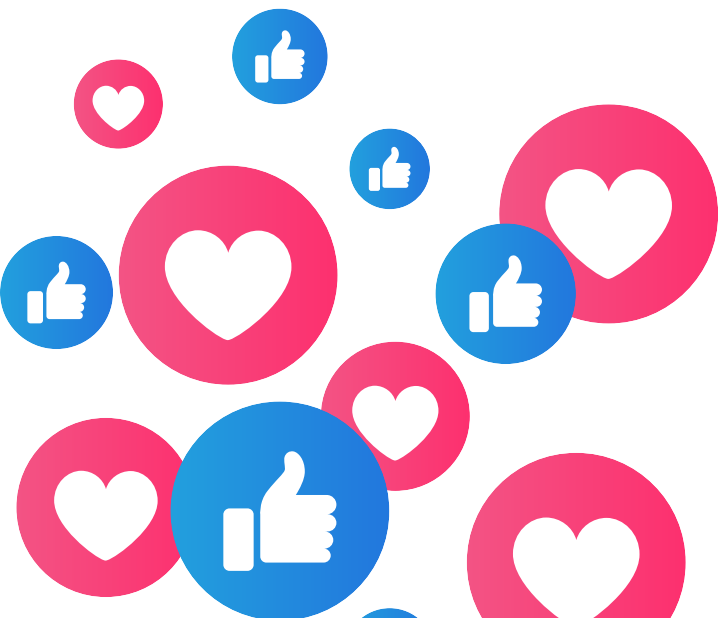
Ch. 17

How to get clients.



There are many ways to get new clients & returning clients, here are my top tips...

- Social media is a great way to spread the word about your business. Post photos of your work regularly you can even sponsor your posts to reach more people.
- Ask family & friends to share your business on their social media.
- Flyers & leaflets.
- Loyalty cards are a great way to have clients return because they know they will get a discount once they have filled their card, it also makes them feel loyal.
- When a client's treatment is finished offer/advise to book their next few appointments..



Gel/polish

SHOPPING LIST

Ch.18

SHOPPING LIST

A few essentials you will need to get started.

- | | | | |
|---|-------------------|---|-----------------|
| ✓ | HAND SANATISER | ✓ | DUSTING BRUSH |
| ✓ | GLOVES | ✓ | LINT FREE WIPES |
| ✓ | CUTICLE PUSHER | ✓ | COTTON PADS |
| ✓ | CUTICLE NIPPERS | ✓ | BASE COAT |
| ✓ | NAIL CLIPPERS | ✓ | TOP COAT |
| ✓ | FILES AND BUFFERS | ✓ | BUILDER GEL |
| ✓ | UV LAMP | ✓ | GEL POLISH |
| ✓ | ACETONE | ✓ | CUTICLE OIL |
| ✓ | HARD GEL | | |
| ✓ | NAIL TIPS | | |
| ✓ | NAIL FORMS | | |
| ✓ | PRIMER | | |



Gel/polish

USEFUL LINKS
&
DISCOUNTS

Ch.19

USEFUL LINKS & EXCLUSIVE CODES

Insurance providers:

- Salon gold
- ABT
- INSYNC

Retailers

- Salon services
- Salons direct
- The gel bottle inc
- Glossify
- Glitterbels
- Navy pro tools
- Amazon

Online Support groups & useful sites

- Facebook - Nail tech safety net
- website - Scratch magazine
- Website - The nail tech org

Exclusive discounts

Take full advantage using my one time exclusive north coast discount code

Navy pro tools Student Code - NRTACD15

***Receive 10% off any north coast training
courses use code - LEV10***

TERMANOLOGY

Rebalance: Another word for infill.

Cure: cure or curing is when you put your clients hand in the lamp with gel polish setting/hardening.

Flash cure: flash curing is when you only cure the gel for several seconds usually 10/20 seconds this is usually done when your doing art work, you can flash cure a piece your happy with before moving onto the next step of the design so if you make a mistake you do not have to remove the full design.

System: When we say system we mean which brand you are using.

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