

NORTH *Coast*

E FILE

Training Manual

Lucy Pastorelli

BY JADE LEVITT



NORTHCOASTTRAININGACADEMY@GMAIL.COM

E FILE

Training Manual



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JL



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Efile

INTRODUCTION

Ch. 1

WHAT IS A E FILE

This course will teach you how to correctly & safely use a e file. E files are a great way to speed up your service & relieve strain on your hands, wrists back & neck. The E stands for electric.

It is important you read this manual carefully & practice your e file techniques before working on a real client, it is important you do choose the correct tools and do not damage the clients natural nails. Some damage can be irreversible and you as the tech do not want to be responsible for that.

Electric nail files still get a bad rap from nail techs who use them incorrectly, techs who don't use them and fear them, and from the myths that some nail techs and customers still insist on. With correct education, a good quality machine, bits and safe practices are used, there is no reason why an electric nail is any more damaging than manual tools and hand files. This is the reason we don't call them a "nail drill". If your client feels uneasy educate them as to why a e file is good e.g speeds up the service, helps with your hands, & allow more precise work.

Efile

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 ensure you and your client are safe during the service making sure tools & equipment as thoroughly sanitised and disinfected.
- Ventilation is important for you and your client however especially for you as you are in these working conditions all day, your client is only in them for a short while although their health is just as important. We recommend you as a tech wearing a mask to reduce the amount of chemicals and dust you are inhaling.

POSTURE

- working correctly is so important to avoid carpal tunnel syndrome & arthritis... we are constantly using repetitive motions in our hands and wrists which could cause issues later in life. You can help reduce your chances of this by practicing correct posture, your constantly holding your clients relaxed hand we recommend having a rest for your clients wrist to rest on easing the pressure from your wrist. Sitting straight with the clients hands directly in front of you avoiding you having to twist your body and wrists.
- Perfect your product control to avoid having to over file.

HOW TO HOLD YOUR CLIENTS HAND

- Have your clients hand relaxed so you are able to move their fingers & hand to where you need it to be avoiding you having to move yourself or put strain on your hands and wrists.
- If you are moving direction you must remember to change your rotation on your device.

VENTILATION

VENTILATION

ventilation is so important for tech & client when using a hand file or e file a lot of dust will be released into the air, not only dust but primers, monomer ect contain chemicals, over exposure to this can lead to respiratory Issues. Especially to techs as we sit in it all day.

- Open a window
- Invest in a extractor fan
- Wear gloves
- Wear a mask
- wear a apron

Efile

HYGIENE

Ch.3

HYGIENE

Cleaning your bits are as important as cleaning any of your other metal tools. You wouldn't re use a dirty hand file so we don't recommend re using dirty bits.

step 1.

Start by removing dust, product & dirt from the bit by scrubbing with a wire brush, not only will this be a part of the cleaning process but this will also keep your bits sharp. This must be done after each client.

step 2. Clean with warm soapy water using a wire brush.

step 3. Disinfect using hospital grade solution for manufacture recommended time in a auto clave.

step 4. Soak your bits in barbicide for the recommended manufacture time & remove after the time is up to avoid rust.

Make sure to be wiping down your e file as you would your nail desk using a anti bacterial spray or wipes.

Wash your hands before each client and have your clients wash there hands. Always sanitise yours and your clients hands before starting with a service, this should not replace regular hand washing.

Metal bits: After each use, clean your bits to remove debris from the surface either by washing with a firm bristle or wire brush and soap and warm water, or by immersing in acetone for five to 10 minutes if there is a build up of product. Note that acetone is not a disinfectant; it is a solvent used for cleaning. If there is product clogged in your bit, it is likely that the product was not fully cured, so it is recommended to address your application to prevent this occurring.

After cleaning, completely immerse your bits in a liquid disinfectant for the time required on the label. Use an autoclave if required.

Silicone bits: Remove the portion of the bit used on your client by holding the bit vertically on the surface of a course file. With the machine on, press down until you're past the used portion — similar to sharpening a pencil. Clean with warm soapy water. Completely immerse the bit in an approved disinfectant for the recommended manufacturer time. Do not place in an autoclave.

Sanding bands or sleeves: These are single-use, disposable items and cannot be saved or reused. After each use, discard them in a waste receptacle.

Ceramic bits: Clean in warm, soapy water, then disinfect in an approved disinfectant solution. Use an autoclave if desired. Store all bits in a clean, dry container until you are ready to use them.



Efile

ANATOMY

Ch.4

If you are completing this course you should already have the anatomy knowledge as a certified nail tech however here is a reminder on the next page...

It is important to learn & familiarise yourself with the nail anatomy to avoid damaging the clients nails & to detect any issues and understand there uses.

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

LATERAL NAIL FOLD

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.

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.

Efile

NAIL PREP

Ch.5

NATURAL NAIL

Nail prep is one of the most important steps in creating a seamless long lasting nail enhancement. when conducting a nail service most services require etching/removing the shine from the natural nail to ensure adhesion.

Natural nails have approx 100 cell layers, aggressive filing with a coarse file (80- 150 grit) file/bit can cause damage to the natural nail, incorrect bit/files will damage the natural nail as these files & bits were not designed for the natural nail plate.

It is important to use light gentle pressure when working with the natural nail.

Over filing can cause damage however under filing if shine is left on the nails could cause adhesion problems. This is why it is important to practice before moving on to a live client/model.

what angle should you hold your file?

your file should be parallel to the nail and never downward facing this will cause grooves in the nail.

BIT - Sanding band
GRIT - 180 - 240 grit
RPM - 5



NATURAL NAIL

The cuticle bits are to be used in replacement to the cuticle pusher, very little pressure is required and your E file should be used on a low speed. It is important to have a routine you can replicate on each nail for consistency. Remember to constantly move your file and avoid repeatedly going over the same area failure to do so could result in heat build up.

It is important to invest in high quality tools to avoid discomfort to your client and inconsistent results... you buy cheap you buy twice...

Clients often find using a e file is more comfortable than using a cuticle pusher as less pressure is required.

The finest grit possible should be used on the cuticle area if the nail plate is being chewed up your applying too much pressure.

NATURAL NAIL



Don't let social media trick you with picture perfect nails, the cuticle and nails may not be seamless after one appointment, trying to make skin and nails perfect on day one could cause you to over compensate by using too much pressure and possibly removing parts of the skin and nail that should be left alone. When working on the skin you should only be exfoliating that top layer of skin if necessary and no more.

BIT - Diamond barrel

Diamond flame

Diamond pear

RPM - 10-12

Efile

CHOOSING YOUR E FILE...

Ch.6

CHOOSING YOUR E FILE

what should you look for when choosing your E file?

There are many options when it comes to E files, some are rechargeable, corded, cordless... I personally prefer a cordless E file I can charge at the end of the day as it minimises wires.

Buying a cheap E file may result in low quality, more work for the tech, not powerful or fast enough....you need to find a machine which works well on low and higher speeds as for example when it comes to cuticle work you will work on low speeds and may need to change to higher speeds for other aspects such as debulking product.

Your machine must have forward and reverse options. If you are right handed you will use the forward option and left handed reverse.

Make sure your E file has high power but vibrates to a minimum, high vibrations can cause discomfort for both you and your client causing damage to the client's nails, making it difficult for you to control & causing strain on your hand as the nail tech.



CHOOSING YOUR E FILE

FORWARD & REVERSE

Most e-files will come with two directions, most commonly called forward and reverse.

The forward direction will rotate the bits in the correct direction when working from right to left, or for a right handed tech.

The reverse direction will rotate the bits in the correct direction for a left to right, or for a left handed tech.

It is important to seek an electric nail file that offers both directions. having the option of both allows all techniques.



RPM

RPM stands for rotations per minute this is how fast it can spin, usually the faster the RPM the better.

For natural nails only you will need at least 15,000 RPM for acrylic nails you need a machine with 25,000 or higher.

CHOOSING YOUR E FILE

TORQUE

The torque is the power of the machine, if you have a e file with a high RPM and it has low torque you will have to put in extra effort the machine should do the work for you.

Tell tale signs of low torque are skipping & stopping when pressure is applied.

good quality E files do the work for you if you are strsinung your hands or wrists your E file has low torque. This is why quality is key

THE MACHINE

It is important to look after both your hand piece and your machine, you've spent a lot of money on this quality product it's important to look after it.

It is important to note not all drill bits will fit all machines, standard nail file shanks are 3/32 inch meaning most bits will fit in these machines. a few brands have smaller shanks therefore not all bits will fit in that machine. It is important to check this when purchasing your machine.

Efile

UNDERSTANDING DRILL BITS

Ch.7

UNDERSTANDING DRILL BITS

Bits are made from different materials, come in different shapes, sizes and styles and have different purposes and benefits.

Each tech will have their own preference on what bit they prefer to work with, down to the material and the grit.

There are some bits which must only be used for certain techniques.

Choosing high quality grits is so important to seek the benefits of using a E file. Purchasing cheaper low quality bits will result in harder work for you and potential damage to the client.

How to know good drill bits to bad drill bits?

Good quality drill bits will naturally be more pricey around £20 per bit. The grit should be close together & even. Bad drill bits will be cheap low quality, and inconsistent grit.

Some bits are designed specifically to go in one direction however bi directional bits work for everyone.

What pressure should you use when using your e file?

light to medium pressure should be used as your file should be doing the work for you, however if you have a low torque machine you may need to apply more pressure.

UNDERSTANDING DRILL BITS

Colouring

Some bits are coloured most colour coatings are for decorative use only such as rainbow, blue, rose gold & Uncoloured dark grey.

Different bits have different coatings.

Black and tin are diamond-like coatings. tin is a dull bronze gold colouring. These last 2-3 times longer than regular bits, because this coating can protect the bits from oxidising.



Coated for decoration

UNDERSTANDING DRILL BITS

UNDERSTANDING GRITS

Like regular hand files E file bits also have different grits it is important to learn these colour bands to ensure you do not damage your clients nails, we recommend you buy your bits from the same brand e fileyou use. Some manufacturers do not use coloured bands so you may need to contact them to establish what grit they are.

Yellow = extra fine

Red = fine grit

Blue = medium grit

Green = coarse grit

Dark blue / dark purple / Black = coarsest grit



UNDERSTANDING DRILL BITS

UNDERSTANDING GRITS

what is carbide?

Carbide is a metal, The carbide nail bits are made to be durable and resilient. They have flute-like cuts which enables the carbide nail drill bit to take off nail gel, acrylic or 3D objects and not scratching it just like the diamond nail drill bits.

Carbide bits, the grit is determined by the teeth on the bit, deep and large flutes give you coarse grit, while shallower smaller flutes indicate a finer bit.

Some bits like a 5 in 1 bit will have more than one grit per bit. For example a fine grit 5 in 1 bit will have a finer grit towards the point and a coarse grit through the mid length to ends meaning it's safer when Your debulking your enhancement near the growth line. Whilst keeping the coarse part of the bit where the bulk of the product is.

Carbide bits can be cleaned, disinfected & sterilised as normal.

So what's the difference between a carbide bit and a diamond bit? With carbide tools, the finish starts to deteriorate from the very first cut onward, whereas the diamond tool maintains a nice clean finish right up until it becomes dull.....at which time it plummets and should be replaced.



UNDERSTANDING DRILL BITS

How often should I replace my bits?

Bits should be replaced every 2-4 months depending on how much you use them.

If you feel you have to change your speed or apply more pressure your bits are probably blunt, it's important to replace your tools when they get to this stage.

You're only as good as your tools.

It is important to build a collection of bits you love to ensure your bits can be cleaned in between clients.

UNDERSTANDING DRILL BITS

Mandrel bits

Mandrel bits are usually made of metal & therefore can be cleaned as usual, these are used with sanding bands... sanding bands are made of sand paper, a sanding band is basically a nail file in bit format. These should be disposed of after each use as these can not be cleaned.

To use simply slot the sanding band onto the mandrel, neither are any use without the other these must come as a pair,

This bit is used for nail prep such as removing the shine from the nail plate before product application, smoothing the natural nail & removing gel polish.

These come in a range of grits to remember to use the finest grit on the natural nails.

Sanding bands can heat up fast so take care when using.

RPM - 5

Mandrel bit



Sanding bands

UNDERSTANDING DRILL BITS

Ceramic bits

Ceramic bits, like carbide bits, are very durable but are not as effective.

They are often used for shaving purposes to remove bulk and are sometimes designed for cuticle work.

Ceramic bits can help reduce heat created by the e-file.

Some bits are only ceramic coated, so will not last as long. It is important to check this.

Like carbide bits, ceramic bits can also have flute-like cuts, which help them to shave off the product. You can find the ceramic bits in several grits such as medium-coarse and fine-coarse.

RPM - 30



UNDERSTANDING DRILL BITS

DIAMOND BITS

Diamond bits are usually used for the natural nails to remove dead cuticle and get in hard to reach areas, some are used only on the skin and some are used for removing shine from the natural nail. Perfect for those with high sidewalls. These come in all sorts of different shapes and sizes.

Diamond bits scratch off residue and product buildup on nails (instead of shaving it off, like ceramic and carbide bits do).

Diamond bits are made of synthetic or natural diamond particles. They are strong and long-lasting. We strongly recommend purchasing a good quality diamond bit.

Diamond bits come in a variety of grits from fine to extra coarse, but as these are usually used on the cuticle area and skin, fine to medium grit is the most that should be used for this technique.

Just like ceramic and carbide bits diamond bits can be cleaned, disinfected and sterilised.

RPM - 10-12



UNDERSTANDING DRILL BITS

SILICONE BITS

Silicone e-file bits can be used for polishing the nail, it can be used on the natural nail or an enhancement.

They can be sanitised but not disinfected or sterilised.

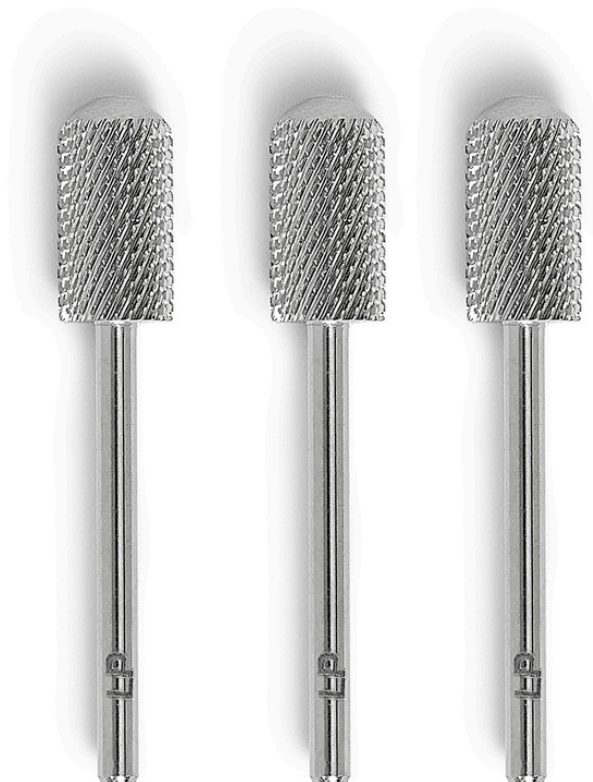


UNDERSTANDING DRILL BITS

SAFETY BITS

Safety bits are made for touch up work close to the side walls and cuticle area, hence the rounded tip, the tip is rounded to avoid cutting the skin around the nails.

RPM - 20



UNDERSTANDING DRILL BITS

Cone shaped bits can be used to clean underneath the nail and remove extra acrylic or gel product in that area.

These bits are small and thin, making them ideal for reaching small spaces. They can have a pointed or rounded top. If using to clean under the nail, choose a non pointed bit to ensure you don't press the sharp end on the hyponychium.

RPM - 10-15 for under the nail

RPM - 20 to refine

LP - The halo



The shape of an under nail cleaner bit is pointed or rounded and small and thin. The point size changes from manufacturer to manufacturer. This shape helps the bit to get in tight spaces. It is commonly used for sidewalls also.

The cone bit has a long, slim, and tapered shape. You can use this cone-shaped bit for several purposes, preparing the cuticle area , sidewalls and cleaning under the nail.

UNDERSTANDING DRILL BITS

BARREL BITS

Barrel bits come in many sizes and have many uses. In general, these bits are good for surface work, shortening the nail, and shaping the nail.

you must be cautious when using these bits, near the skin as the edge can be sharp.

RPM - 20

LP - The Swiss barrel



UNDERSTANDING DRILL BITS

TAPERED BARREL

The Tapered barrel bit has a flat top and a cone shape to it. It is shorter than the cone bit and is great for surface work, debulking, infill preparation, cuticle, and sidewall preparation.

5 in 1 bits are actually cuticle safety bits and are designed for safe cuticle work. They are rounded at the top and come in a great variety of shapes. With these bits, you can easily reach the cuticle and sidewalls without damaging the nail. They are great for in-fill cuticle work. These are a great asset to your kit.

RPM - 20



UNDERSTANDING DRILL BITS

BRUSH BITS

A soft brush bit for cuticle clean up and dust removal, giving a clean flawless cuticle area, which aids in the application of topcoats to stop cuticle flooding.

you can also purchase wire brush bits, that can be used to clean e file bits to remove derbris

RPM - 5-10



UNDERSTANDING DRILL BITS

PEDICURE BIT

This cone-shaped bit is commonly made of synthetic diamond particles. Some of these bits come with hollow stripes in the centre. The hollow centre prevents it from heating up too quickly. It is also designed to avoid dust clogging by allowing it to pass through the bit.

This bit's main purpose is to remove dry callus easily & exfoliate.

Make sure to not stay in one place and keep moving round when using these bits.

Pedicure bits are excellent to use for dry pedicures or to just add extra smoothness.

The use of a cone or barrel pedicure diamond bit is great to smooth dry and hardened skin on the heel, ball, and side of the feet as well as to reduce the appearance of cracked heels.

It also makes pedicures easier and quicker to perform with less wear and tear on your hands and arms.

RPM - 20

The LP Exfoliator



Efile

DUST CAPS

Ch.8

LUXURY MANICURE

DUST CAPS

These are small plastic caps which sometimes come with an e-file bit or can be purchased separately. They are to protect the hand piece from getting dust inside. If dust builds up in the hand piece, it can cause heat and damage to your hand piece.

Push the dust cap over the chuck to protect this.



The chuck

Efile

HOW TO USE YOUR E-FILE

Ch.9

HOW TO USE YOUR E-FILE

HOW TO HOLD YOUR ELECTRIC FILE

You should hold your hand piece according to the photo below, if your fingers rest too close to the bit you are at risk of catching your hand or gloves, hold it too high and you will have lack of control, make sure your gloves are tight to avoid catching them.

You should have a controlled steady grip of your clients finger using your none dominant hand to ensure full control, this will avoid any damage to the client if the E file slips & gives you control. This also allows you to open the side walls for accurate work you can rest of pinky on your hand holding the file on the salients finger for more sturdy control.



HEAT

If your client is feeling heat from your e file, your pressure may be too much of your repeatedly going over the same area, avoid going over the same area straight after each swipe & release pressure if necessary.

SKIPPING

If your e file is skipping it may be that your speed is too low, if your machine is low torque this may also be the reason.

HOW TO USE YOUR E-FILE

AM I OVER FILING?

Knowing how much to file when removing bulk, complete removal or with gel polish can be daunting, with the fear of going too far and damaging the natural nail.

Your confidence will grow with practice and time.

As a guide, only remove product to the base layer and either leave this base coat or change to a buffer when reaching this.

Whilst you grow your confidence, remove just a bit at a time, then as you come closer to the natural nail, change to a hand filer. Remove a little more each time you use your file.

you can also draw on the then file see where your removing product and to practice how much product to remove.

EXAMPLE

your prepping the natural nail ready to scuff the shine off the nail using your mandril and sanding band, Use a felt tip pen to colour in he nail plate then gently remove the pen using your E-file you should have removed the perfect amount. Use this for practice

You can also practice your pressure and depth on an egg.

As you file through, you will work through the layers and see if your angles and pressure is correct and allow you to adjust this. By mastering this before working on a client, it will give you confidence on knowing exactly how much to remove and what angles your bit needs to be when working. apply your base, colour & top to the egg as if it were a natural nail, if you see chunks removed or unevenness your speed or pressure is wrong, try go down to the base coat without getting down to the egg shell, you can also try this with builder gel or acrylic...



Efile

PRODUCT LIFTING

Ch.10

HOW TO REMOVE PRODUCT LIFTING

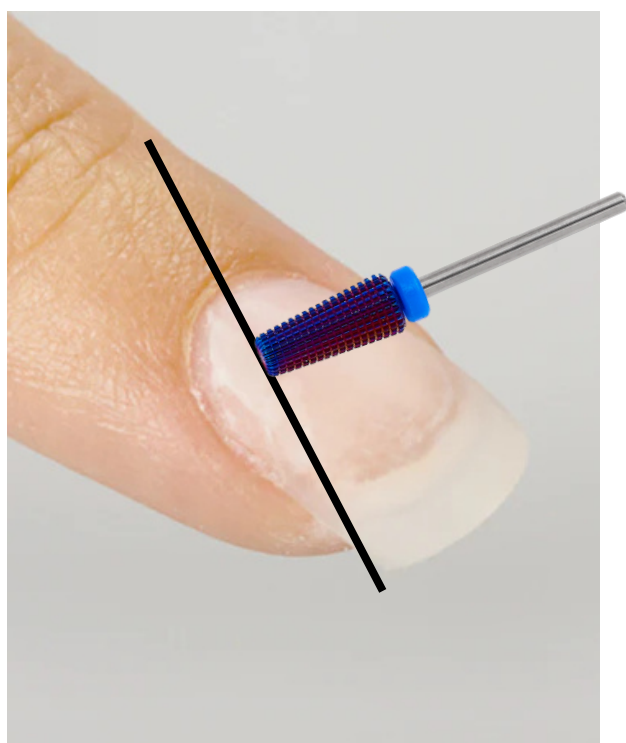
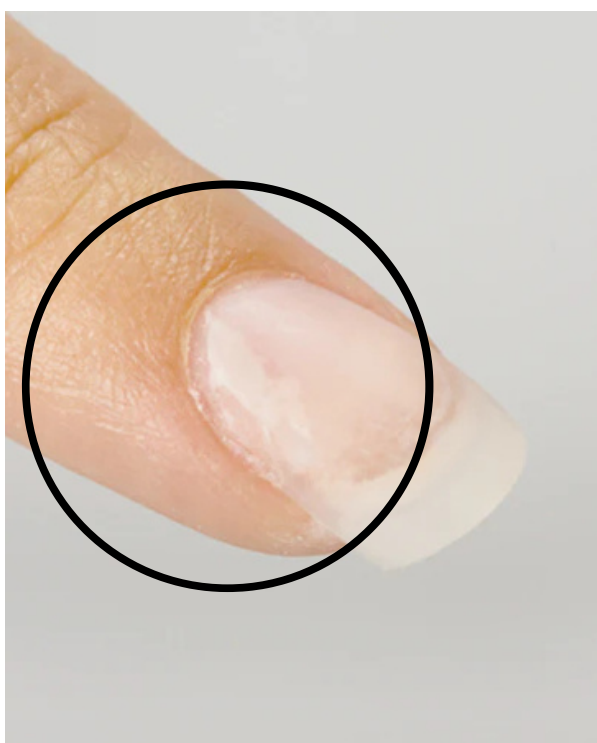
Product can sometimes lift this can be caused for several reasons, incorrect tech prep & application, lack of maintenance, clients job, system not correct for that client, trauma, improper aftercare...

so how do we remove it?

When using your e file you need to be confident, i often see people targeting a area of the nail even with a hand file & they completely miss the area with their file causing overfiling in another area. I recommend practicing by colouring in a area preferably around the edges of the cuticle area that seems to be the most difficult point of the nail to target, & file until pen is removed.

So how do we remove lifting? Using a 5 in 1 tapered safety bit, be careful & take your time when removing lifting with a e file you do not want to indent the nail plate with the e file or burn the client. Thin out the enhancement & then using only the edge of the bit carefully remove and thin out that section until it crumbles away.

how to detect lifting? Lifting is usually lighter In colour than the rest of the nail.



Efile

TECHNIQUES

Ch.11

PREP



Cuticle prep

RPM - 10-12 LIGHT PRESSURE

BIT - Diamond twist flame, diamond barrel, diamond flame...

LP- perfect prep kit

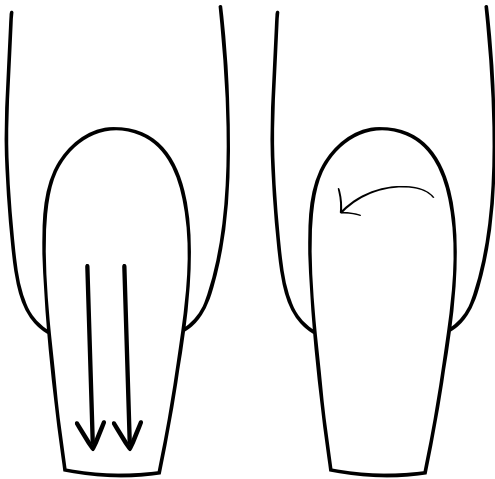
Use your cuticle bit as a cuticle pusher. Holding the bit at a 45 degree angle at the skin. Work from one side to the other or from one side to the centre and repeat on the other side.

When working from the centre to one side, use your machine in reverse when working from the centre to the left and in forward when working from the centre to the right.

This will lift the eponychium so you can remove non living tissue from the nail plate.

be careful to not dug the edge of the bit into the nail plate as this will cause ring of fire.

PREP



Downward strokes

Nail plate prep

RPM - 5 LIGHT PRESSURE

BIT - FINE SANDING BAND

Hold the bit flat against the nail. Using light pressure, go over the entire surface from one side to the other and back again, making sure you have not left any part of the nail untouched. Always lift the bit off the nail after a few strokes so that heat doesn't build. Example go from left to right.

use the sanding band in a downward motion & the. Use the sanding band exactly the same as the cuticle but to go around the cuticle area being careful not to cause a ring of fire.

Remember to go from left to right or whatever pattern works for you making sure you are not going over the same area too many times causing heat, you can also write your thumb over the nail to feel if there is heat building up.

PREP



Removing length

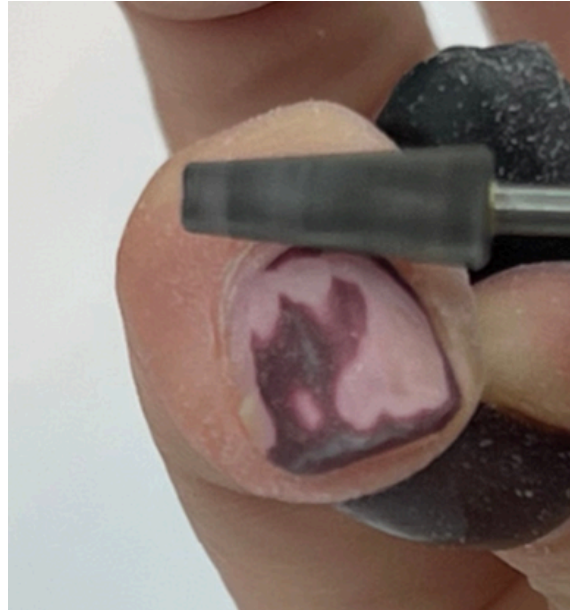
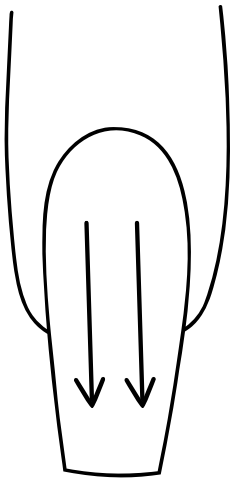
RPM - 20

BIT - extra fine sanding band, 5 in 1 bit, barrel bit

To remove length on nails with enhancements on keep your bit straight up and down vertically and slowly remove the length, if skipping occurs make sure your bit is in the correct position (vertical) if you find skipping turn down the speed and go slower.

For natural nails I do not recommend using a e file nail clippers will be fine. Using incorrect bits on the natural nail will chew the nail up causing damage.

PREP



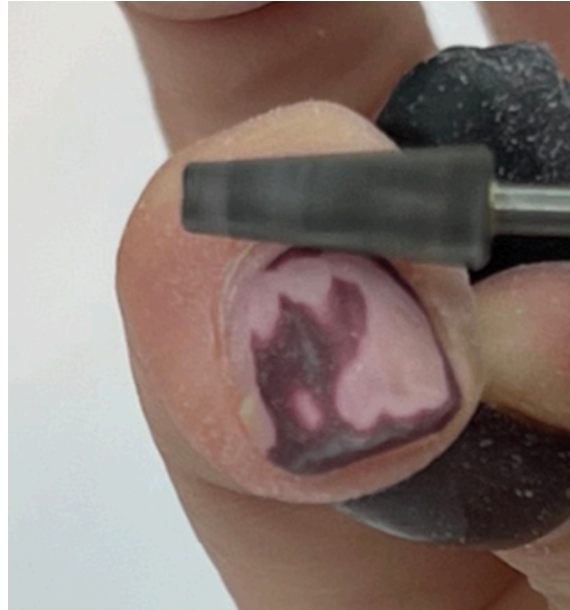
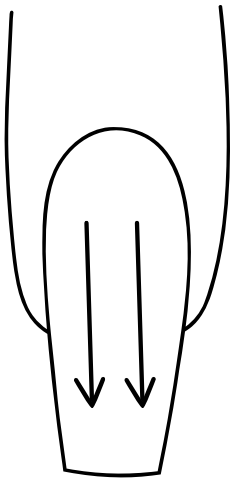
Removing Gel polish

RPM - 20 on the natural nail, 15-20 in enhancement
BIT - 5 in 1 bit, fine sanding band for the natural nail.

It is absolutely safe to remove gel polish with a e file as long as the correct bits & techniques are being used.

Remove the bulk of the gel with your tornado or 5 in 1 bit on 15-20 RPM however you must not use this bit on the natural nail. As soon as your at the base coat or close switch to a fine grit sanding band on 5-10RPM using the same technique you use to prep the natural nail working in downward strokes...

PREP



Removing/infilling builder gel or acrylic

RPM - 12 on the natural nail, 20 on enhancement

BIT - 5 in 1 bit, safety bit, sanding band

To infill/rebalance builder gel or acrylic you are looking to remove bulk, use a 5 in 1, tornado or safety bit to remove bulk in a downward motion remove 60-80% of product.

TO REMOVE

you can fully remove product with your e file however I recommend, end s combination of e file + soaking... remove 80% of product & then soak to avoid unnecessary filing on the nail plate.

Remove the bulk of the gel with your tornado or 5 in 1 bit on 15-20 RPM however you must not use this bit on the natural nail. As soon as your close to the natural nail switch to a fine grit sanding band on 5-10RPM using the same technique you use to prep the natural nail working in downward strokes...

PREP



Removing product from under the nail.

RPM - 20

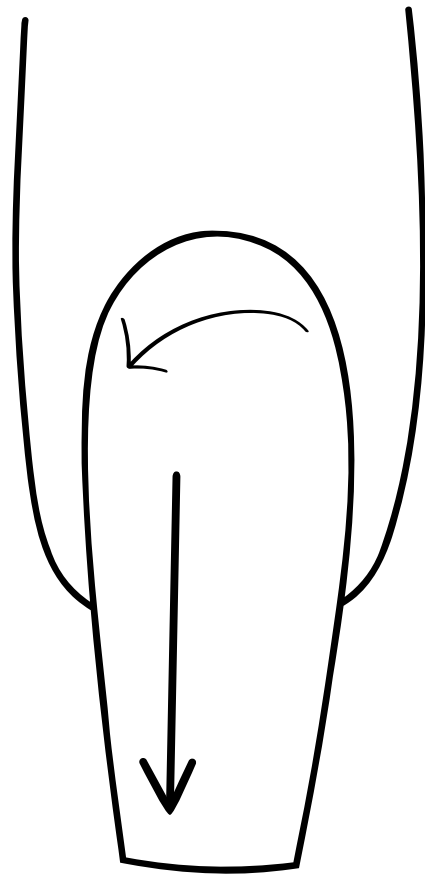
BIT - the Penelope

Sometimes after your form or tip application, you can notice that some product is sitting unevenly under the free edge. This needs to be removed so that the client does not pick or catch this.

When the client returns for infill, you may also notice some peeling or misalignment of the natural nail and it can be good practice to smooth this out.

Do not push the bit too hard when cleaning the underside of the nails. Doing so can damage the hyponychium. Take even more care if the client has an extended hyponychium. support the nail upside down by resting the clients nail on your other finger. Work from one side to another.

REFINING



Refining the nail.

RPM - 20

BIT - 5 in 1 bit, cone bit, diamond cuticle bit, pear bit

How to refine product,

if you wish to get right into the corners use a cuticle bit, for the body of the nail use downward even strokes, use light pressure.

Use a fine grit if your simply smoothing out product.

REFINING



Polishing the natural nail after removal.

RPM - 10-20

BIT - Silicone buffer bit

If your client is having a complete removal it is nice to give your clients a nice clean smooth finish.

Silicone buffer bits can be used to buff the nail to a shine, whether it is a natural nail or enhancement.

Apply cuticle oil to the enhancement or natural nail, Make sure there is not too much so you just polish it in.

Start at one side with the tip of the e-file at a 45 degree angle. Work across the nail in a rolling method.

The cone shape means it easy to get around the cuticle area.

E-file

TECHNIQUES & TIPS

10-20RPM

Ch. 12

TECHNIQUES & TIPS

- consistency is key, going over one area more than another will cause a uneven nail when you look down the barrel.
- Touch the nail with your thumb to feel for heat building up.
- Use a lower grit to refine, higher grit will remove.
- keep your bits flush to the nail when unit Using cuticle bits, ring of fire will be caused if you do not use the bit flush to the nail.
- Use e file dust caps to protect your machine.
- Practice using eggs with layered polish on, use uncoiled if your feeling confident!
- Use pen on the nails to practice how much your removing & control.
- Always move your clients hand rather than yourself & e file.
- Use low speed for cuticles, medium for refining/infilling.
- check with your supplier their recommended RPM for their machine & care instructions.
- Avoid cheap machines & bits... buy cheap you buy twice... I will show you a comparison to a cheap e file & a quality e file on your training course.



Ring of fire

Gel/polish

USEFUL LINKS
&
DISCOUNTS

Ch.13

I highly recommend the Lucy pastorelli range for high quality products, they also offer a wide range of salon equipment.



USEFUL LINKS & EXCLUSIVE CODES

Insurance providers:

- Salon gold
- ABT
- INSYNC

Retailers

- Lucy Pastorelli
-

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

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

NORTH — COAST

✉ Northcoastrainingacademy@gmail.com



Jade Levitt

NORTHCOASTBEAUTY&TRAININGACADEMY