



Back to Basics

Returning to your roots can breathe new life into your services and business.

Over the years, you've collected many fancy brushes and numerous cuticle pushers, not to mention drawers overflowing with files. In your quests to obtain the latest products and learn the hottest new services over the years, you may have deserted some of your most basic techniques that ensure a proper service. But there comes a time for us all when we all need to clean out the clutter and simplify our lives—a time when we decide to get back to basics. Take this opportunity to review your starting steps and simplify your services with a renewed energy—after all, there's no time like the present!

Pre-Service Prep

Any good service starts with a solid foundation. Before you begin working on your client's nails, make sure to take these basic steps.

- 1 Wash your hands and have your client wash hers.
- 2 Remove polish.
- 3 Push back cuticles. Remove shine and debris from the nail plate with 180- or 240-grit file or buffer block. Pay attention to the cuticle area.
- 4 Shape the free edge of the nail. If you're working with tips, remove excess natural nail length to ensure a proper fit.
- 5 Cleanse the nail plate to dehydrate the nail and remove residual dust and oil.

Basic Polish

- 1 Prep nails. (For basic nail prepping, check out the Pre-Service Prep sidebar.)
- 2 Apply a layer of base coat to nails.
- 3 Apply a coat of polish to nails and let them dry for one minute.
- 4 Apply another coat of polish to nails and let them dry for one minute.
- 5 Apply a layer of top coat to nails and let nails dry.
- 6 Apply cuticle oil.

Basic Pink-and-White Acrylics

- 1 Prep nails. Select a tip style and size that best matches the shape of the natural nail. A properly sized tip should cover no more than one-third of the nail bed and extend across the width of the nail without touching the skin. Prepare tip as required to ensure a secure fit.