



Module 10 : Gel Polish

- What gel nails are and why they're so popular
- The tools / equipment you will need to do this technique
- Step-by-step guide to doing gel nails
- Includes detailed instructional video

By the end of this module, you will know:

- What a gel polish is and why they are so popular
- The tools/equipment you will need to do this technique
- Removal of gels
- Step-by-step guide to doing gel polish
- Detailed instructional video

10.1: Introduction

A gel polish can offer the same strength and beauty as acrylic nails, but they tend to cause less mess and also look a lot more natural.

In addition, they are less likely to cause damage to the nail plate, as there is no need for messy acrylic nail removal. As a result of this, they are growing in popularity among clients, which means it's your job as a nail technician to learn how to apply them.

10.2: Preparation, Tools and Equipment

Prepare your Kit/Equipment



Equipment List:

- Hand soap/hand sanitiser
- Nail polish remover - non-acetone
- Nail polish remover - acetone-based (for any gels they may have on)
- Cuticle remover and cuticle pushers
- Cotton pads, preferably those that do not shed lint
- Nail clippers, scissors, emery boards, and nail buffers

- Dehydrator and primer
- UV nail gel
- UV lamp

10.3: Removal of Gel Nails

Make sure you use a gel remover or an acetone-based product.

Cut up your cotton pads into little squares that will fit the nail and also cut up squares of foil - big enough to wrap around just under half of the client's finger.

Use a file - preferably a rougher grit one - and file over the gel on the client's nail and also breaking the seal at the top - make sure to cover cuticle with your finger to protect hurting the client.

Once you are satisfied with the filing, place a soaked square cotton pad on the nail and wrap the foil around the nail - do this for all the nails with gel on and leave soaking for around 10-15 mins.

After this time, take the foil off and scrape the gel off using an orange stick or cuticle tool.

10.4: How to Apply Gel Polish

1. Preparing the nails for gel application

As with any nail work, you need to prepare the hands first.

Wash the client's hands with a hand sanitiser. Use nail polish remover to remove existing nail polish. Even if it does not look as though there is any there to begin with, you need to give the nails a quick wipe anyway. This ensures anything that remains from previous nail work does not interfere with a good application.

Washing the hands with hand sanitiser will cleanse and remove moisture and oils that could make applying and drying the gel difficult.

Wash/Sanitise Hands



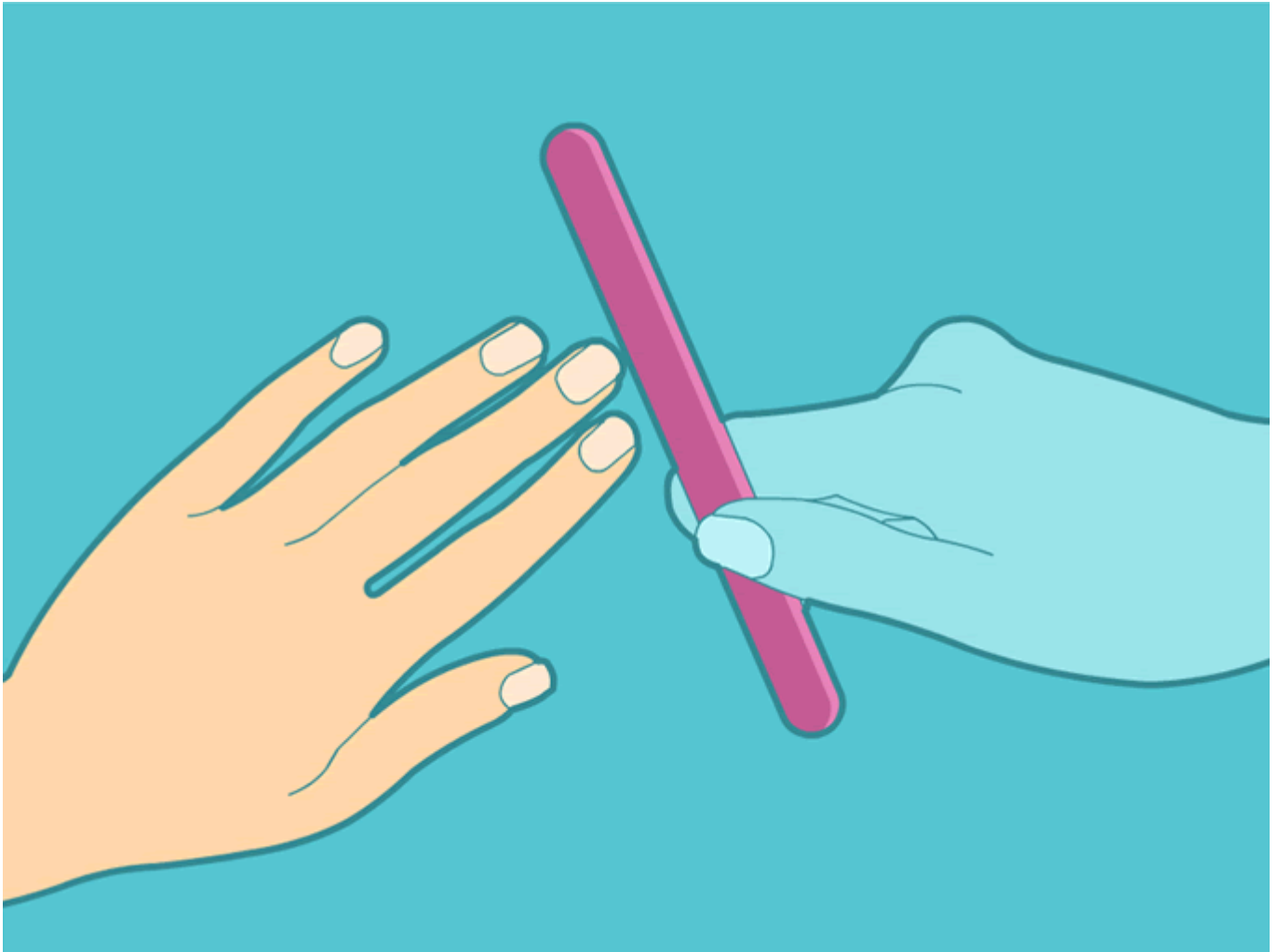
Remove Polish



Start shaping the nails by cutting them down, if needed. Unlike when applying acrylic tips, you do not need to get too close to the finger. Before doing this, you should also establish the client's desired look. Ask whether they want tips that are round, square, or a rounded square.

Once you have shaped the tips you need to begin buffing the nails themselves. Just do this lightly, as you do not want to make them too coarse. Once you have done this, give them another wipe with a little nail polish remover.

Shape the Nails



You need to address the cuticles. You should now know the technique when it comes to cuticles by now, from previous modules. However, just in case you do not, we will go through it again. Apply just a little cuticle remover to each one, before using the cuticle pusher to push it back slightly. Try not to push too hard or far, as breaking the cuticle-nail bed barrier can lead to a bacterial infection. Make sure the nail bed is clean of all dead cuticle as this can cause gels to lift - also make sure that cuticle remover is removed after as this can cause the gels to lift.

Take Care of the Cuticles



Now that you have applied the nail polish remover/cleaned the nails, you need to use the nail dehydrator and primer. Begin with just a little dehydrator, moving across each nail as swiftly as you can to prevent the bottle's contents from evaporating.

After the dehydrator has dried, you need to apply the primer. Some gel kits come with a specific primer, while others may require you to purchase your own.

Apply Nail Dehydrator and Primer



2. Applying the UV gel

After all that prep the time has come to apply the UV gel. In contrast with acrylic nails and gel overlays, this is really quite a simple process.

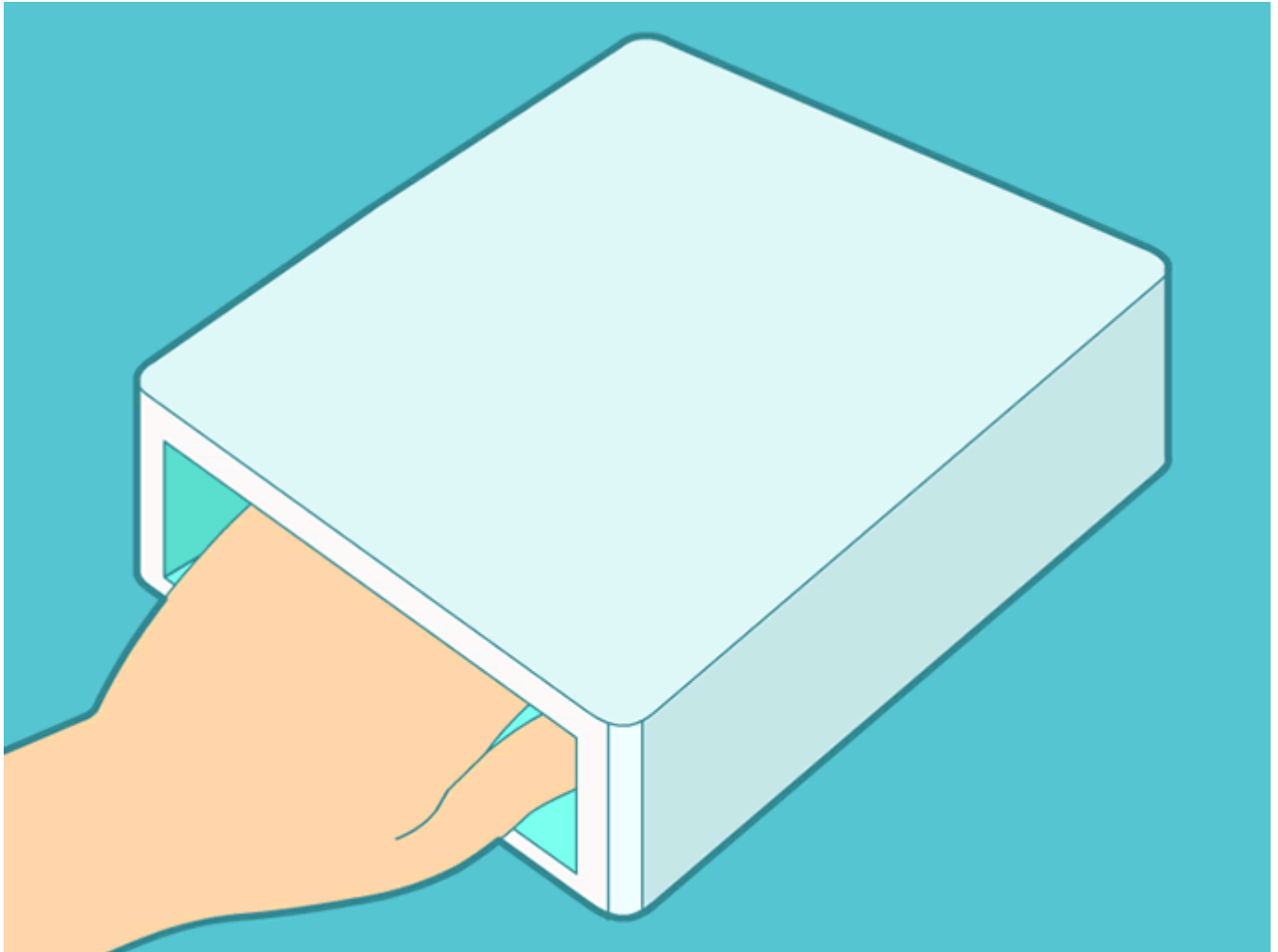
Start just above the cuticles. Aim to get close enough to make sure the look is natural, without actually entering the cuticle bed itself. Use long strokes, preferably ones that you do not have to break.

Application of UV gel



After applying the first coat, place the nails under the UV lamp and wait for around 60-180 seconds.

Put your client's hands in the UV lamp



The amount of time that your client has to leave their hands under the UV lamp will vary according to the wattage of the UV lamp. Please refer to the instructions for further details.

After applying the first coat, you are going to need to aim for a second and third. Check with the manufacturer's instructions about the curing process.

10.4 Maintenance

Advise the client that their gel nails can last up to 2-3 weeks if looked after properly.

Tell them to do the following:

- Use gloves when gardening, washing up or cleaning
- Avoid picking the gels off as can ruin natural nails
- When using moisturiser or sun cream lotion make sure the nails after a wiped to avoid them lifting

10.5 Instruction Video

How to Apply Gel Polish - 11m 34s

Go and Practice

Estimated time: 60+ minutes

Find a friend or family member and practice a set of gels on them following the step by step instructions as set out in this module of the course.

Module Summary

Gel polish lasts quite a while, looks natural, and is relatively easy to apply.

In this module, you learned about the approach you need to take to perfect the nails and how to remove gel nails.

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