

Creative

Touch

UV GEL FULL COVERAGE EXTENSIONS



Nail Extensions
In Under 30
Minutes!!!

Creative Touch Group Limited
Aesthetic & Beauty Training

www.creativetouch.training

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Touch

COURSE OVERVIEW

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- SECTION TWO - TREATMENT OVERVIEW
- SECTION THREE - ANATOMY & PHYSIOLOGY
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#1006840
8 CPD CREDITS**

SECTION ONE

Introduction

SECTION ONE

INTRODUCTION

Introduction

This course is non brand specific training for the use of creating full coverage UV Gel extensions. This treatment is fast effective and kinder alternative to other conventional extensions, applied in as little as 30 minutes and lasting up to 4 weeks it is the perfect service to offer for people on the go and time restricted.

Equally as strong as other well know industry leading services such as acrylics it takes away the time consuming nature of the job and the need for maintenance by replacing them with a service that is versatile, convenient and price friendly too!



SECTION ONE

INTRODUCTION

Benifits Of Having UV Gel Full Coverage

UV gel tip extensions is a revolutionary treatment, creating a full set of extensions in as little as 30 minutes without compromising on the shape, structure or the overall finish to the nail. This system is created using a UV gel tip pre structured to hold an apex and pre shaped for convenience applied to the nail using a builder gel.

The two combined create a hard durable and long lasting nail extension just as strong as acrylic but quicker and kinder to the nail. It is as easily removed as it is applied with a builder gel and a soak off product, removed in minutes using acetone. This treatment works well for a remove and reapply method each time allowing the client to easily change their design or shape without the need for time consuming filling like encapsulated acrylic, but it can also be infilled using your builder gel in equally quick fashion.

This service is fast becoming a leading contender for nail extensions, for so many reasons this includes:

- Fast application less than 30 minutes.
- Equally fast removal less than 15 minutes.
- No infills, a fresh sharp shaped nail every time. This also allows the client to easily change shape and length at appointments should they wish to.
- Smaller kit, this service can be completed with just a handful of products and far more cost effective compared to other nail extension services.
- Pre length and shaped tips. This creates fantastic consistency within your work, removes the need for glue or shaping and they come in a flat and pinched finished for different desired finishes.

SECTION TWO

Treatment Overview

SECTION TWO

TREATMENT OVERVIEW

PPE - Personal Protective Equipment

The use of PPE during aesthetic services has never been more necessary than in recent times. PPE is the use of personal protective equipment some items will be of a clinical nature some are for safety and hygienic practice. Following these health and safety guidelines will protect both you and the client during a treatment.

Basic guidelines are:

Disposable gloves - We prefer to use Nitrile gloves when performing skin needling treatments. They fit snugly on the hand like latex gloves but without the allergy risk. You should always wash your hands prior to putting on your gloves following the NHS guidelines.

How to properly remove gloves:

1. Using your right hand grasp the rim of the left glove and remove it turning it inside out.
2. Whilst holding onto the glove turned inside out, use your left hand, grasp the rim of your right glove and pull it off of your hand without touching anything.
3. Dispose of the gloves in your bio-hazard waste bag.

Wash your hands following the recommended guidelines.



SECTION TWO

TREATMENT OVERVIEW

PPE - Face Mask & Shield

Face Mask Type II: A medical face mask made up of a protective 3-ply construction that prevents large particles from reaching the client or working surfaces.

Clear visors cover the face (and typically provides a barrier between the wearer and the client from respiratory droplets caused by sneezing, coughing or speaking). Visors should fit the user and be worn properly. They should cover the forehead, extend below the chin and wrap around the side of the face.



Disposable apron - One time use disposable aprons should be worn during your service. These should be fitted correctly and disposed of after each service into the clinical waste disposal.

SECTION TWO

TREATMENT OVERVIEW

NHS Guidelines To Hand Washing

Effective hand hygiene is the most important strategy in preventing infection. Hand hygiene is a general term applying to the use of soap/solution (non-antimicrobial or antimicrobial) and water, or a waterless antimicrobial agent to the surface of the hands.

An infection spread by unclean hands can have a devastating impact on a client and therapist.

Washing your hands properly should take about as long as singing "Happy Birthday" twice (around 20 seconds).

The poster displayed is the NHS guidelines to handwashing and the advised way of keeping your hands clean. It is advised that you display a copy in your clinic and encourage all attending to follow this guidance.



SECTION TWO

TREATMENT OVERVIEW

Personal Presentation

A beauty therapist should be a shining example to her trade. A client will look to their clinician as a professional and this will be reflected not only in how they look, but also their attitude and overall demeanour. If a client does not feel satisfied with the hygiene of either the therapist or the clinic, it is highly likely they will not return or recommend you to others.

Your uniform:

Is recommended to be worn at all times during working hours. It should be clean and smell fresh. Ideally a clean uniform is recommended to be worn each day. Your uniform should be kept simple not be decorated with anything other than a name badge or that of a professional organization to which the clinician is a member.

Hair:

Should be clean and secured away from the face.

Nails:

In the event that nail extensions are worn, these should be cleaned thoroughly underneath every time you wash your hands and they should be of a reasonable length and shape so as not to piece your gloves. Maintenance should be kept up regularly so to not look tatty.

Footwear:

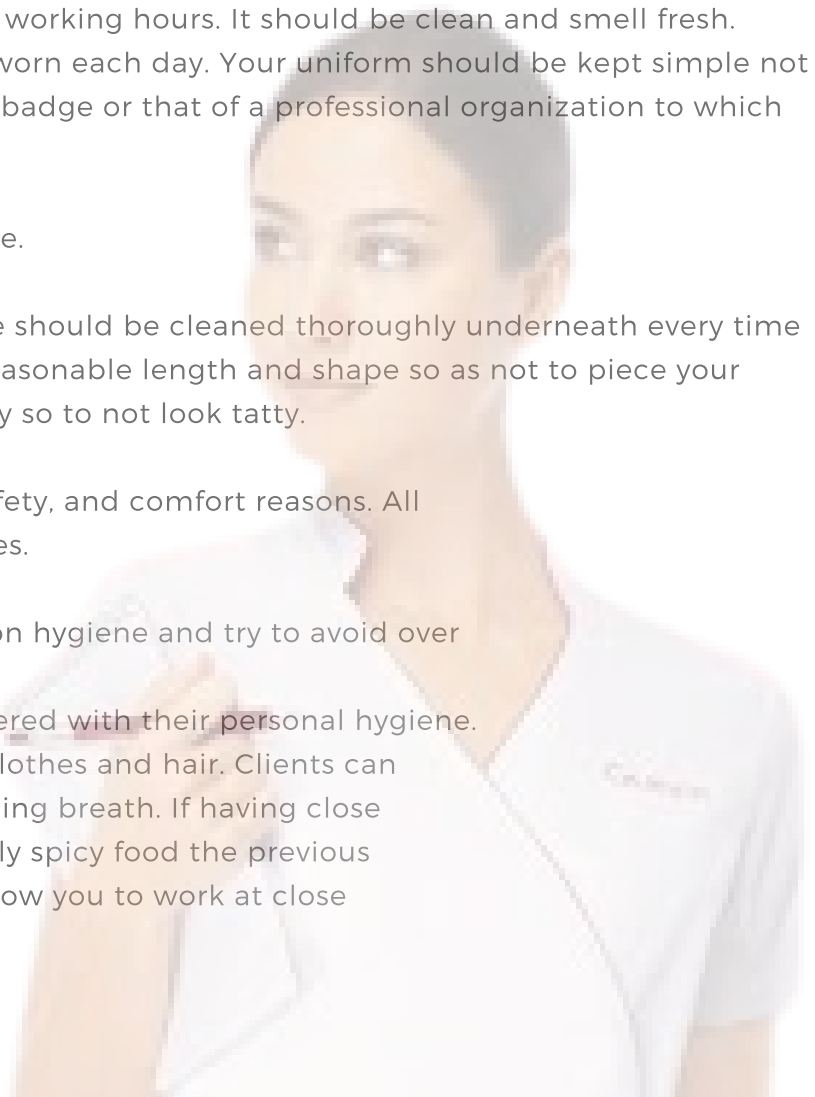
High heels are not to be worn for health and safety, and comfort reasons. All footwear should be enclosed no open toed shoes.

Personal Hygiene:

Deodorant should be worn at all times for person hygiene and try to avoid over powering perfume.

If you are a smoker extra care should be considered with their personal hygiene.

The smell of cigarette smoke clings to fingers, clothes and hair. Clients can often find this offensive. Be aware of fresh smelling breath. If having close contact with a client, avoid garlic and excessively spicy food the previous night. Face masks also help mask smells and allow you to work at close contact with your client.



SECTION TWO

TREATMENT OVERVIEW

Your Working Environment

Your working environment is a reflection of the service you will perform, clean, tidy, hygienic settings are a must. Things to consider within your salon will be:

- Wipeable walls, floors, working surfaces.
- No food and drink to be consumed at the treatment.
- Wipeable chair.
- Clean towels or coverings for every client.
- Disposable couch roll.
- First aid kit.
- Medical grade surface cleanser.

Strict sickness policy will help stop the spread of infection by pre warning your clients that if they have been unwell within 48 hours of their intended treatment they will be required to rebook and anyone attending that is unwell will be sent away and charged for time wasted. Following these guidelines will help to reduce cross contamination and reduce the risk of spreading infection.



SECTION TWO

TREATMENT OVERVIEW

Barbacide

Keeping yourself and your clients safe should be a top priority every day in the salon. That said, when there are new pathogenic threats, it should remind us of the importance of adherence to proper infection control guidelines.

Porous vs. Non-porous:

Things in our world can be categorized as either porous or non-porous. Porous items are things that can absorb liquids. Liquids can run through them, or they may be made of mostly liquid. Examples of porous items in the salon include your towels, neck strips and you! Non-porous items are generally made of glass, metal or plastic. Liquids cannot be absorbed or passed through these materials. In every state, porous items must be discarded after every service because there is no way to make them safe for use on multiple clients. Non-porous items may be used on multiple clients, but in every state, they must be cleaned and disinfected prior to use. That is where disinfectants come in! Disinfectants are chemicals that are designed to destroy the “germs” we are concerned about in the salon - bacteria, viruses and fungi.

The steps to proper disinfection are as follows:

- Wash non-porous item using either soap/water or a chemical cleaner.
- Rinse and dry item. Immerse, wipe or spray your item with an appropriate disinfectant.
- Adhere to contact time listed on the label. It might say something like “ensure the item is fully immersed for 10 minutes” or “surface must stay visibly wet for 2 full minutes”. The time referenced is for how long it takes to destroy every pathogen listed on the label.
- Concentrate immersion contact time: 10 minutes.
- Spray contact time: 10 minutes.
- Wipes contact time: 2 minutes.
- It is important that disinfectants used for immersion be changed daily.



SECTION TWO

TREATMENT OVERVIEW

Insurance



As a professional therapist setting high industry standards is a key factor to a successful business. Keeping your records up to date, following guidelines laid out by your insurance provider and keeping your insurance policy current are absolute basics all should follow.

There are many industry specific brokers and insurance firms in the UK that you can obtain a suitable public and professional liability insurance policy from. Several basic level beauty policies start at less than £100 per year. This will need to be put into place before working on the general public and charging for services.

Age of suitability of a service is set out by your insurance provider, always check their guidelines before offering services. From a professional opinion we do not recommend providing treatments to anyone under the age of 16 years.

SECTION THREE

Anatomy & Physiology

SECTION THREE

ANATOMY & PHYSIOLOGY

The Hand

- The human hand has 27 bones: The carpals or wrist accounts for 8; The metacarpals or palm contains five; the remaining fourteen are digital bones; fingers and thumb.
- The palm has five bones known as metacarpal bones, one to each of the 5 digits.
- These metacarpals have a head, a shaft, and a base.
- Human hands contain fourteen digital bones, also called phalanges, or phalanx bones.
- Two in the thumb (the thumb has no middle phalanx) and three in each of the four fingers. These are the distal phalanx, carrying the nail, the middle phalanx and the proximal phalanx.
- Sesamoid bones are small ossified nodes embedded in the tendons to provide extra leverage and reduce pressure on the underlying tissue. Many exist around the palm at the bases of the digits; the exact number varies between different people.

Anatomy of the Hand

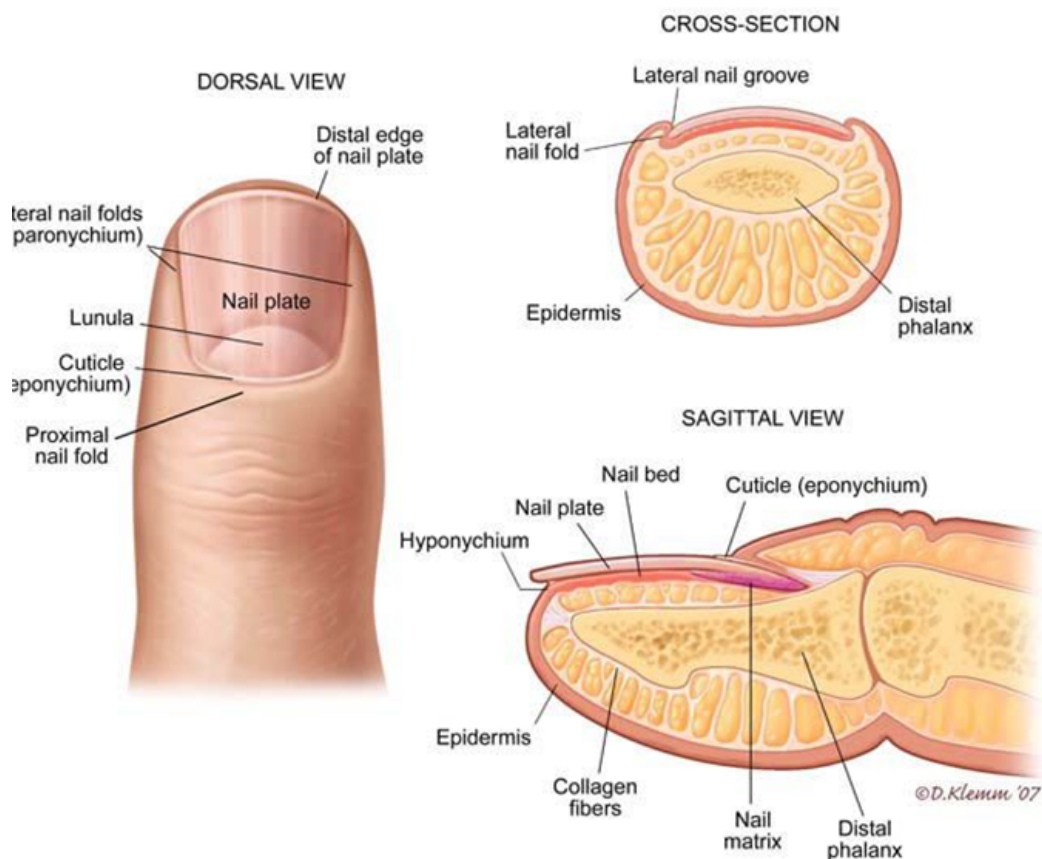


SECTION THREE

ANATOMY & PHYSIOLOGY

The Natural Nail

Located beneath the skin at the nail's base, the matrix contains nerves, blood, and lymph vessels that produce nail cells. The new cells flatten and are pushed forward toward the fingertip, resulting in nail growth. Damage to this important and sensitive area can result in nail plate irregularities. Correct and safe practice with hand tools and an E-file is essential to maintaining healthy nail structure. Matrix damage can create permanent disfigurements when trauma is caused.



SECTION THREE

ANATOMY & PHYSIOLOGY

The Natural Nail

The nail plate is formed by the cells in the matrix reproducing. As the cells multiply they are pushed up before they die and therefore harden. This process is Keratinisation. The nail plate grows at approximately 3mm per month for the finger nail and 1mm per month for the toenail. The matrix needs a good supply of oxygen and nutrients for the cells to reproduce.

The growth of the nail can differ due to:

- Diet.
- Illness.
- Medication.
- Age.
- Time of the year (nails grow quicker in the summer).
- Injury or damage to the matrix or nail bed.
- Overall neglect.

If cells in the matrix are damaged by injury or illness, the thickness of the nail plate can vary, such as having a ridge in the overgrowth of the nail plate.

A healthy nail takes approximately six months to grow from the matrix to the free edge. In the summer months nails grow faster due to Vitamin D production.

A healthy nail should show:

- No inflammation.
- A natural sheen.
- A supple unbroken cuticle.
- A pink glow from underneath the nail bed.
- No ridges or spots.
- An unbroken free edge.

SECTION THREE

ANATOMY & PHYSIOLOGY

The Foot

The foot is an intricate part of the body, consisting of 26 bones, 33 joints, 107 ligaments, and 19 muscles. The bones and joints in the feet experience wear and tear, so conditions that cause damage to the foot can directly affect its health. The human foot consists of 26 bones. These bones fall into three groups: The tarsal bones, metatarsal bones, and phalanges. The tarsal bones are a group of seven bones that make up the rear section of the foot.

Tarsal bones include:

The talus, or ankle bone:

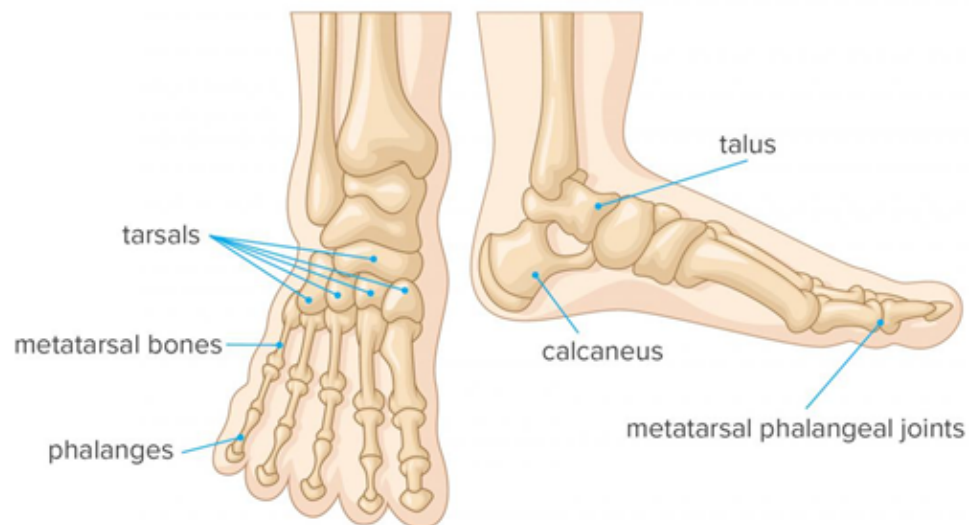
The talus is the bone at the top of the foot. It connects with the tibia and fibula bones of the lower leg.

The calcaneus, or heel bone:

The calcaneus is largest of the tarsal bones. It sits below the talus and plays an essential role in supporting body weight.

The tarsals:

These five bones form the arch of the midfoot. They are the medial, intermediate, and lateral cuneiforms, the cuboid and the navicular.



Metatarsal bones:

- The metatarsal bones are a group of five tubular bones in the middle of the foot. They connect to the tarsal bones and the phalanges.
- The metatarsals sit in a row. Doctors number them one to five. The first one sits closest to the arch of the foot, and number five sits at the outer edge of the foot.
- The phalanges are the bones in the toes. The second to fifth toes each contain three phalanges.
- From the back of the foot to the front, doctors call them the proximal, middle, and distal phalanges.
- The big toe or hallux contains only two phalanges, which are proximal and distal.
- The metatarsal phalangeal joints are the joints between the metatarsals and the proximal phalanx of each toe. These joints form the ball of the foot.
- The first metatarsal phalangeal joint sits in line with the big toe. It is a common area for foot pain and other problems.

SECTION THREE

ANATOMY & PHYSIOLOGY

Foot Related Conditions

- Arthritis can affect many different bones within the feet, but most commonly causes problems with the joints at the base of the big toe.
- This type of arthritis is known as big toe arthritis. Doctors may refer to it as hallux limitus or hallux rigidus.
- Big toe arthritis occurs when cartilage in the joint of the big toe begins to wear away. This can happen as a result of many years of repetitive upward movement of the joint.
- Certain activities, such as prolonged running and walking, can increase a person's risk of developing arthritis in this area.
- A bunion is a prominent bump on the inside of the foot, near the base of the big toe.
- Bunions develop when the bone at the base of the toe - The first metatarsal - Begins to separate from the bone at the base of the second toe - The second metatarsal.
- Gout is a type of inflammatory arthritis. Although it can affect almost any joint in the body, it most commonly affects the joint at the base of the big toe.
- Gout usually occurs due to a high concentration of uric acid in the blood.
- A hammer toe is a condition that usually affects toes other than the big toe. Instead of pointing straight out in front, these toes point downward, forming a claw shape.
- In most cases, the condition develops with age. It is usually the result of a muscle imbalance when the long muscles of the lower leg overpower the smaller muscles of the foot. This imbalance causes the toes to bend inward.
- Heel spurs are bony growths that develop on the heel bone, or calcaneus. Although they may cause some discomfort, they are rarely painful.
- Sesamoiditis is inflammation of one or both sesamoid bones at the base of the big toe. The condition can cause significant pain in this area.
- Stress fractures happen when an area of bone endures excessive and repetitive force.
- Certain repetitive activities, such as walking and running, can cause microscopic cracks, or microfractures, to develop in the bone. Ordinarily, the body can repair these microfractures.

SECTION FOUR

Client Consultation

SECTION FOUR

CLIENT CONSULTATION

Completing A Consultation

An important part of being a professional therapist is upholding professional standards this includes always carrying out an in depth consultation appointment before completing the service.

The most successful clinics earn their reputation by providing excellent personal service. A service can only be truly personal when the needs of each individual client are understood, and treatments and advice are matched to their needs.

Clients have many different reasons for attending a clinic for treatment. Information is obtained at the consultation by asking questions and by examining the client's need for the service.

Keep eye contact with your client, listen carefully and note the answers given to you. This way, clients know you are genuinely interested in what they are telling you. Remember, clients may disclose information to you of a personal or sensitive nature. It is a breach of the Industry Code of Ethics to discuss or disclose this information with third parties unless it directly affects the treatment being given.

A full consultation should be carried out, this is to ensure you have fully understood your client's expectations and also to ensure they are not contraindicated and a safe, effective and satisfactory delivery of the treatment is achievable.

Always ensure your client is happy to go ahead with the service and have given their written consent.



SECTION FOUR

CLIENT CONSULTATION

Consultation Forms Should Include

- Written consent to be obtained for best practice.
- Name and explain the procedure.
- Discuss expectations and benefits.
- Check for contraindications.
- Explain possible side effects and recovery.
- Sign, date and store the consent.
- Incorporate a general medical questionnaire.
- Check ID if concerned they could be under 18.
- Failure to complete client record cards will void your insurance.
- All record keeping should comply with GDPR data protection.
- Client consultation template available with this training.



SECTION FIVE

Contraindications

SECTION FIVE

CONTRAINDICATIONS

Contraindications

All beauty services have a list of associated contraindications. This could be something that needs to be considered at the beginning of a service to assess for suitability of the service. We put these into three categories for nail services.

- Total avoidance - Example bacteria or viral infection.
- Aware of issue and to be monitored - Example mild eczema to the surrounding area.
- Make amendments to service to accommodate - Example skin tag or scar tissue.

Next you will find a range of commonly found nail related issues and conditions and if they are appropriate to have a service.



SECTION FIVE

CONTRAINDICATIONS

Contraindications

Warts - Warts are small lumps on the skin that most people have at some point in their life. They usually go away on their own but may take months or even years. Warts are not considered very contagious, but they can be caught by close skin-to-skin contact. The infection can also be transmitted indirectly from contaminated objects or surfaces, such as the area surrounding a swimming pool.

Contact Dermatitis - Contact dermatitis is a red, itchy rash caused by direct contact with a substance or an allergic reaction to it. The rash is not contagious or life-threatening, but it can be very uncomfortable. Many substances can cause such reactions, including soaps, cosmetics, fragrances, jewellery and plants.

Nail Psoriasis - If you have psoriasis, it is important to check your fingernails and toenails for signs of nail psoriasis. Common signs include, tiny dents in your nails (called "nail pits"), white, yellow, or brown discoloration, crumbling nails, nail(s) separating from your finger or toe, build up beneath your nail. If you notice any of these signs or another problem with a nail, tell your dermatologist. Treatment can help clear nail psoriasis and reduce pain. Without treatment, nail psoriasis may worsen.

Nail Fungal - Fungal nail infections are common. They are not serious but they can take a long time to treat. Fungal nail infections usually affect your toenails, but you can get them on your fingernails, too. Fungal nail infections usually start at the edge of the nail. They often then spread to the middle. The nail becomes discoloured and lifts off. The nail becomes brittle and pieces can break off. It can cause pain and swelling in the skin around the nail. It is contagious and will spread, it requires anti fungal treatment.



SECTION FIVE

CONTRAINDICATIONS

Skin & Nail Conditions

- **Pitting** - It can happen for several reasons and is often related to nail psoriasis. You may also have discoloration of your nails or abnormal growth with this condition.
- Nail pitting may show up as shallow or deep holes in your nails. The pitting can happen on your fingernails or your toenails. You may think the pitting looks like white spots or other marks. It might even look like your nails have been hit with an ice pick.
- **Leukonychia** - Leukonychia is a condition where white lines or dots appear on your finger or toenails. This is a very common issue and entirely harmless. Many healthy adults have these spots at some point in their lives, so developing them is likely not a sign of a serious medical condition.
- **Subungual hyperkeratosis** - Subungual hyperkeratosis describes the accumulation of scales under the distal portion of the nail plate, with nail thickening and uplifting. It most frequently involves the toenails. Splinter hemorrhages appear as longitudinal linear red / brown areas of hemorrhage, often seen in fingernails and located in the distal portion of the nail plate.
- **Onycholysis** - Onycholysis is a common medical condition characterized by the painless detachment of the nail from the nail bed, usually starting at the tip and / or sides. On the hands, it occurs particularly on the ring finger but can occur on any of the fingernails. It may also happen to toenails. When the underlying condition is treated and under control, onycholysis will usually clear up over the course of a few months. Failing to treat the underlying cause may result in further medical complications or the nail failing to heal.
- **Splinter hemorrhages** - A splinter hemorrhage is a longitudinal, red / brown hemorrhage under a nail and looks like a wood splinter. Seen end-on, the hemorrhage is in the lower part of the nail plate or underneath it. Splinter hemorrhages can occur at any age; However, they are more common in older people. The most common cause of a splinter hemorrhage is trauma, including the application of an acrylic nail.



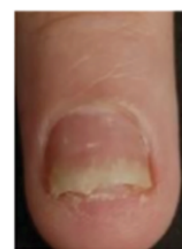
Pitting



Leukonychia



Crumbling



Subungual hyperkeratosis



Onycholysis



Splinter hemorrhages

SECTION FIVE

CONTRAINDICATIONS

Skin & Nail Conditions

- Paronychia - Paronychia is an inflammation of the skin around the nail, which can occur suddenly (acute), when it is usually due to the bacteria paronychia is usually caused by bacteria. Paronychia is often treated with antibiotics, either topical or oral or both. Chronic paronychia is most often caused by a yeast infection of the soft tissues around the nail but can also be traced to a bacterial infection. If the infection is continuous, the cause is often fungal and needs antifungal cream or paint to be treated.
- Hematoma - Subungual hematoma is the medical term for bleeding and bruising under the nail. This is usually the result of some kind of injury to the blood vessels under the nail bed. For example, blood vessels can break and leak blood into the area underneath the nail when a door slams on a finger or a heavy object crushes a toe. If left untreated, a simple subungual hematoma typically grows out with the lengthening nail plate and resolves on its own, although sometimes subungual hematomas can result in your nail falling off (onycholysis). Until the nail grows out, however, you can expect weeks to months of blue / black discoloration.
- Pseudomonas Bacteria - Green Nail Syndrome (GNS, Pseudomonas nail infection, chloronychia, green striped nails, chromonychia) Green nail syndrome is caused by infection with *Pseudomonas aeruginosa*.
- Patients likely have a history of prolonged exposure to water or detergents (soaps), or an unguinal trauma.



SECTION FIVE

CONTRAINDICATIONS



Wart



Psoriasis on the nails



Paronychia



Onycholysis



Nail Furrows



Psoriasis

Eczema



Subungual Hematoma



Leukonychia

SECTION FIVE

CONTRAINDICATIONS

Common Foot Conditions

Ingrown Toenail - Ingrown toenails occur when the edges or corners of your nails grow into the skin next to the nail. Your big toe is most likely to get an ingrown toenail. Ingrown toenails may be more common in people with sweaty feet, such as teenagers. Older people may also be at higher risk because toenails thicken with age.



Athletes Foot - Athletes foot, known medically as tinea pedis, is a common skin infection of the feet caused by fungus. Signs and symptoms often include itching, scaling, cracking and redness. In rare cases the skin may blister. Athletes foot fungus may infect any part of the foot, but most often grows between the toes.



Verruca - Warts are small lumps on the skin that most people have at some point in their life. They usually go away on their own but may take months or even years. Warts are not considered very contagious, but they can be caught by close skin-to-skin contact. The infection can also be transmitted indirectly from contaminated objects or surfaces, such as the area surrounding a swimming pool.



Nail Fungal - Toenail fungus is an infection that gets in through cracks in your nail or cuts in your skin. It can make your toenail change colour or get thicker. It can also hurt. Because toes are often warm and damp, fungus grows well there. Different kinds of fungi and sometimes yeast affect different parts of the nail. Left untreated, an infection could spread to other toenails, skin, or even your fingernails.



SECTION FIVE

CONTRAINDICATIONS

Common Foot Conditions

Paronychia	Bacterial infection	Inflammation of the skin, throbbing and pus present	Restrict
Eczema of the hands	Irritant of the skin	Dry inflamed skin	Restrict
Bruised Nail	Injury to the nail bed	Discoloured nail	Prevent
Psoriasis of the Nail	Non contagious disorder	Deep pitting of the nail bed	Prevent
Onychorrhexis	Dry and Brittle	Vertical splitting of the nail	Restrict
Onycholysis	Trauma to the free edge	Separation of the nail from the bed	Prevent
Leukonychia	Injury to the nail	Whit spots within the nail plate	Restrict
Furrows	Trauma, age, injury, ill health	Ridges in the nail	Restrict
Tinea Unguium	Ring worm (fungal infection)	Yellow or white patches leading to peeling of the nail plate	Prevent
Beaus Lines	Ill health or poor manicure	Ridges across the nail	Restrict
Onychophagy	Biting of the nail and surrounding skin	Very little free edge sore skin	Restrict

SECTION *Products* SIX

SECTION SIX

PRODUCTS

Nail Files

Nail files are given a grade and this number is based on how coarse the nail file is, for example the lower the number the more coarse the file, the higher the number the smoother the file.

When carrying out filing on any natural nail it is recommended to use a 240-grit file wherever possible due to its softness.

Nail files come in different shapes and colours. They have a range of names from straight and curved, foam and non, ocean boards and zebras. All file length and shapes are purely selected from the nail technicians preference rather than need.

- 180 grit - Use to shorten the natural free edge.
- 240 grit - Use for prepping the natural nail.
- Sanding block / buffer - Shine the nail.



SECTION SIX

PRODUCTS

Gel Lamp LED / UV

Gel can be set via 2 methods. Firstly using a UV lamp. These are usually 4 straight bulbs of 9 watt power each. As far as industry development goes UV lamps are a relatively out of date option, they are not as effective as an LED lamp. They take longer to cure at 120 seconds per layer of the product, and often because of the bulbs being flat and not rounded like most LED, the sides of the nails can be missed. This will result in leaving it part cured and tacky spots to the nail.

LED lamps come in a range of strengths from a single flash cure up to 74 watt. We recommend a 44 watt LED lamp or above for maximum effectiveness and a curved lamp where possible this will ensure the bulbs are positioned perfectly across the entire nail for a perfect cure. LED cures in a range of time frames, always check your product manufacturers guidelines but an average cure is 60 seconds for bases and top coats and hard gels. 30 seconds for colour and 20 seconds when applying glitters, foils or flakes into the colour layer of the nail.



SECTION SIX

PRODUCTS

Flash Cure Lamp

Flash cure lamps are a single or small collection of led lights on a torch hand held device. The light strength ranges from 5w-9w, and is used during the service for the initial connection of the tip to the nail plate.

It is often easier to get the client to hold the lamp during the application process to allow you both hands for application. Remind your client not to turn the light on until you request them to as pre switch on will start the curing process before it is needed and effect the application process.

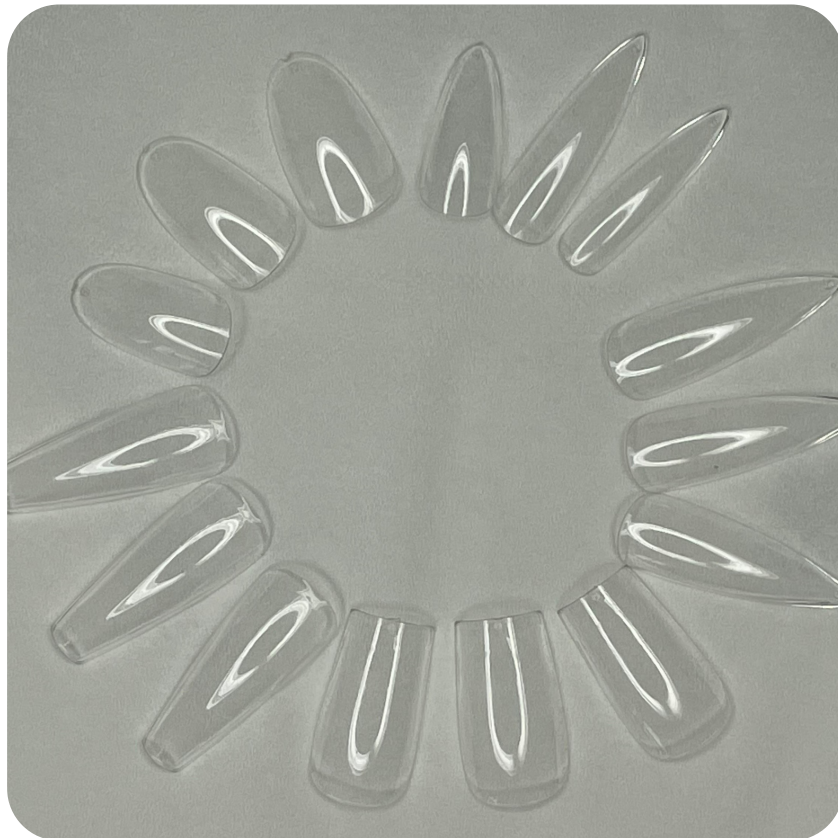


SECTION SIX

PRODUCTS

Tips

UV gel full coverage tips come in a range of lengths and sizes making shaping and finish of the service almost complete before we start. The tips are perfectly balanced and apex ready so the only task we have is choosing the correct tips applicable to the service.



SECTION SIX

PRODUCTS

Nail Prepping Tools

Eradicator - This can be an orange stick, hoof stick or mental cuticle tool. Anything not made of metal is to be one time use and disposed of. Metal tools can be sanitised and reused making them far more cost effective.

Cuticle Nippers - Are made of metal and suitable to be used on the hands and the feet. They need to be sanitised in Barbicide between clients and should only be used to nip away dead cuticle not live tissue this will make the area both bleed and sore.

Cuticles will usually need to be pushed back in any service this helps eradicate dead skin cells from the plate and to create a clean cuticle edge to the back of the nail allowing a more cosmetically pleasing finish to the service.

Nipping of the cuticles should be done with caution and only where necessary. Dead cuticle is often hard, dry white thick layer and lifts away easily from the nail plate when pushed. If you cannot tell the difference between live and dead skin tissues air on the side of caution and do not cut the area.



SECTION SIX

PRODUCTS

Primers & Dehydrators

This course is not brand specific so any product that is generic appropriate and works well with the hard gel that you use will be suitable for this service.

Dehydrator - Also called PH balance and is used as the nail prep. It is a degreasing liquid that is used during nails extension to gently dehydrate the natural nail surface, before proceeding with the application of the nail primer.

A primer can be used at the very start of your gel nail service to prime the nail. Primers will remove any remaining oils and grease on the nail plate, which can otherwise lead to your hard gel not adhering to the nail. It also prevents the creation of any air bubbles for better adherence.

There are two types of primer that you will come across in the nail industry:

Acid free and acid based.

An acid free primer acts like 'double sided sticky tape' and an acid based primer makes tiny microscopic holes in the surface of the nail plate, so the product can 'weave' and stick into the nail.

Apply your dehydrator then primer for best results to your service allow 60 seconds dry time between products.



SECTION SIX

PRODUCTS

Hard Gel

UV hard gel is a soak off product, that usually comes in a bottle with a brush application the same as gel polish. It at times may come in a pot and require a brush to be applied.

The product is a strong yet flexible gel with the ability to be removed quickly with acetone. This is great for extensions as other options such as acrylic is often very difficult to remove requiring long periods of soaking in acetone or E-file removal.

Being non brand biased we would recommend from experience that Bluesky UV Hard Gel is a great option coming in 15ml bottles with a thin consistency. A 60 second cure time and at a cost of under £10 it is a great product to use with UV gel tips.

There are many others similar in nature such as Halo, CJP, Gelish, MOygel, Xtens and Apres also on the market they vary in consistency and price ranging from £7 to over £35 and all have a similar application and hold with UV gel tips.

Always check the cure time for any product you purchase it will range from 30 seconds to 2 minutes and purchase a primer and PH bond that is appropriate to the UV hard gel you choose.



SECTION SIX

PRODUCTS

Gel Polish

The power of Gel Polish in today's world hands down overtakes the nail lacquer time and time again. Having the ability to apply gel polish to a professional standard will be a basic skill requirement for most nail technicians.

Nail lacquer is most commonly preferred to a slightly older client or someone only looking to have a service on for a short period of time for example a bank holiday weekend away. Most clients now wish to maximise on their service and gain the most from the experience and gel polish does this. Generally a gel polish manicure can be worn between 14 and 28 days without the need for maintenance. High shine, chip resistant and water proof creating strength to the natural nail encouraging growth of the natural nail.

Gel polish also creates a world of creative art, nail lacquer simply cannot achieve. This includes things such as designs of ombres, glitter fades, chromes, flakes and water decals the list is endless again making it a far more popular option.

More and more nail technicians are dropping lacquer from their services due to its time consuming drying times and lasting only days before tarnishing. But having the option to use both is always an option to have and potentially entice clients to come to you if others do not offer both.

The only down side clients may feel gel polish has over lacquer is a professional removal is required for safety. When self removal techniques or picking of the service at home is done this often leaves the client with damage and brittle nails, as harsh incorrect removal will increase the risk of damage. Lacquer is very easily removed using polish remover were as gel will require the use of acetone or an E-File.

Costing for both can vary, lacquer can be purchased for as little as a few pounds up to fifteen pounds a bottle. Gel polish also varies greatly between five and twenty five pounds a bottle.

SECTION SIX

PRODUCTS

Gel Polish

Gel polish is widely available in a variety of brands and prices. Its variety also has a range of artistic features such as glow in the dark, magnetic, glitter, heat changing and much more making artist designs simple easy and exciting in a fast-paced artistic industry. This course is non brand specific, but we advice that a professional product is always used and to check that the product meets the insurance providers list of approved products.

We also advice that when completing a service you use the corresponding products with a service, and do not mix brands. So your base, colour and top should all be the same brand to avoid curing issues and potential lifting.

Your course covers the use of UV gel extension application only not a certificate in UV gel polish, if you do not have skills required to use UV gel polish please speak with your tutor about an additional course to cover this.



SECTION SEVEN

Techniques
Application

SECTION SEVEN

APPLICATION TECHNIQUES

Tip Preparation

Shape - Tips come in a range of shapes including round, square, stiletto and coffin. Choosing the shape will largely depend on the clients preference and current styles and trends. If you feel that the nail shape selected may not be aesthetically pleasing to the client always try to encourage the client to pick something that will benefit them most but ultimately it will be their decision.

Length - Many clients love the long and strong nail look, this is not always an appropriate choice because their nail plates are simply not long enough to accommodate the tips. When choosing length we need to ensure a well balanced length is selected so aim to not have the nail extensions more than 75% of the length of the nail plate. Experienced wearers of nail extension will be able to have longer than the average over time as they become more accustomed to the extensions but all new clients air on the side of caution with length to avoid unnecessary breakages or pop offs.

Once the desired length and shape has been selected, sizing the tip is done by placing the entire tip over the nail plate as close to the cuticle line as possible without touching the cuticle directly. The tip needs to fit well, something that is too big will cause attachment to skin and too small when forced will create a pinch to the plate so check your sizing carefully. Once the tip size has been selected lay them out in size order. Check size on both hands as they are not always the same. Once laid out the inside of the tip will need to be etched to eradicate the shine from the tip and create a stronger attachment when the hard gel attaches to the nail plate.

SECTION SEVEN

APPLICATION TECHNIQUES

Natural Nail Prep

Eradicator - This can be an orange stick, hoof stick or metal cuticle tool. Anything not made of metal is to be one time use and disposed of. Metal tools can be sanitised and reused making them far more cost effective.

Cuticle Nippers - Are made of metal and suitable to be used on the hands and the feet. They need to be sanitised in Barbicide between clients and should only be used to nip away dead cuticle not live tissue this will make the area both bleed and sore.

Cuticles will always need to be pushed back in any service this helps eradicate dead skin cells from the plate and to create a clean cuticle edge to the back of the nail allowing a more cosmetically pleasing finish to the service.

Nipping of the cuticles should be done with caution and only where necessary. Dead cuticle is often hard, dry white thick layer and lifts away easily from the nail plate when pushed. If you cannot tell the difference between live and dead skin tissues air on the side of caution and do not cut the area.

SECTION SEVEN

APPLICATION TECHNIQUES

Step By Step

1. Ensure both you and the client have cleaned and sanitized hands.
2. Select nail tips. Break the shine from the inside of the nail tip to encourage a better attraction between tip and nail plate.
3. Complete cuticle and natural nail work. Eradicate the nail plate by pushing the side walls and cuticle area with your cuticle push, Use your 180 grit file to remove excess length and shine to the natural nail.
4. Gently break the remaining shine to the top of the nail using a white buffing block this will remove any excess ridges and oil on the nail.
5. Apply dehydrator to all 10 nails allow to dry.
6. Apply primer to all 10 nails allow to dry.
7. Apply hard gel sparingly but evenly across the entire surface of the nail and cap the free edge and set under your UV or LED lamp for the recommended time.
8. Apply hard gel sparingly but evenly across the nail extension and apply a bulb of product in the centre at the cuticle.
9. Show your client how you wish them to hold the flash cure torch and explain to them when you wish them to switch it on.
10. Place tip cuticle part first at a 45 degree angle to the actual cuticle line avoiding skin contact to get the connection of hard gel from the tip to the nail plate. (it should look like it spreads across the back of the nail).
11. Once connection is made push the remaining product all the way up to the free edge without creating air bubbles.
12. Get your client to hold the torch over the nail approx. 1cm from the nail and cure for 10 seconds until a firm attachment is made.
13. Repeat steps for each nail on one hand the turn the hand over and with a small brush or cotton bud remove any excess gel at the tip of the nail free edge.
14. Cure the entire hand for 60 seconds and repeat steps 7 to 14 to the opposite hand.
15. Once both hands are cured any reduction on length and alteration on shape should be made.
16. Buff the shine off the top of the extension using your 240 grit buffing block this will create good friction and a smooth application of your finishing product either gel polish or nail lacquer.
17. Once complete add cuticle oil and give appropriate aftercare.

Always make sure that your application is to the natural nail plate only. Product that comes into contact with skin or cuticle will cause lifting.

SECTION SEVEN

APPLICATION TECHNIQUES

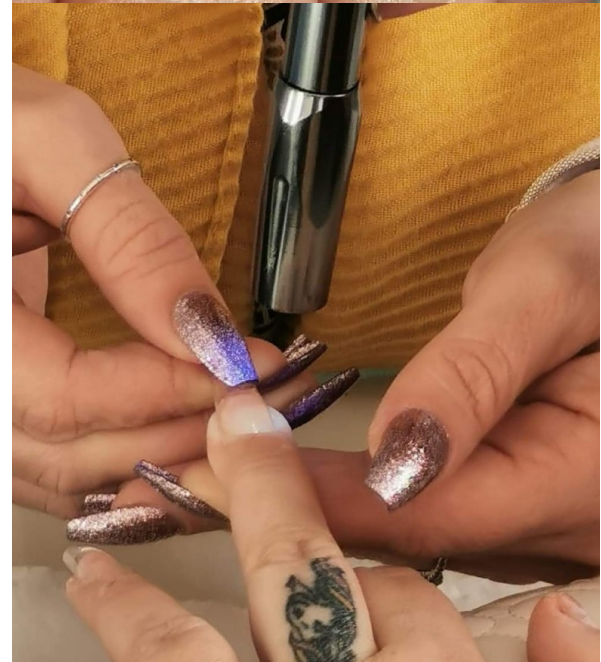
Creating Glitter Tips

Loose glitter is extremely popular choice with many clients and this can be easily created using full coverage extensions. Client preparation is the same right up until section 7 of the application technique.

Before the tips are applied on the under side of the nail apply a very thin coat of hard gel $\frac{3}{4}$ of the way down the tip and flash cure for 20 seconds.

Using a small dusting brush pick up a small amount of glitter and blot the glitter into the tacky coat dust of the residue off and coat the glitter in no wipe top coat to seal it in. Continue the application of the tips as usual. File the tip to shape for that perfect finish and the final step is coating in clear no wipe top coat to reveal that beautiful shine.

Video example can be found in your training materials.



SECTION SEVEN

APPLICATION TECHNIQUES

Removal E-File

UV Gel full coverage is applied using soak off gel which makes the removal process both quick and simple.

Removal is done using the following steps:

E-FILE

- Cut down the tips as short as possible.
- Switch the E-File on, use a medium to course barrel on a medium speed and file the bulk of the product down,
- The remaining residue left, place into a shell bowl with acetone for 5-10 minutes. This will break away enough to be able to buff the excess product away ready for reapplication beginning with cuticle preparation.
 - If a straight forward removal without reapplication, simply apply cuticle oil to the nails and remind client of aftercare and upkeep of natural nail health.



SECTION SEVEN

APPLICATION TECHNIQUES

Hand File Removal

Removal by hand file and soak method is as follows:

- Cut tips down as short as possible.
- Use a 100/180 grit file break into the gel polish and submerge into the acetone for 5 minutes.
- Remove the hand, wipe the jelly residue then file the remaining extension back until its at a hard state again.
- Submerge back in to the acetone to continue to break down for a further 5 minutes.
- Remove and file the remaining product away.
- If making ready for reapplication begin with cuticle preparation again.
- If a straight forward removal without reapplication simply apply cuticle oil to the nails and remind client of aftercare and upkeep of natural nail health.



SECTION SEVEN

APPLICATION TECHNIQUES

Infills V Removal

The simplicity of this system means that removal is both quick and effective. Many clients will come for a nail service every 3/4 weeks on average. Many clients like more frequent colour changes that do not necessarily require an infill but small growth around the cuticle can be seen. In this situation removal off the current colour and gently filing around the cuticle area removing any lift or ledged area from outgrowth will be fairly simple as the tip is gel it will be softer to file compared to other nail enhancements such as acrylics.

Once filed place a layer of hard gel over the entire nail concentrating on the cuticle area and carry on your colour application as usual. Infills for this service are not the advised approach as it is simply creating unnecessary work but we do have to consider the clients needs and requests and accommodate where possible.

If the client wants a quick colour change then an infill in the first weeks may be the perfect answer over a complete removal.



SECTION SEVEN

APPLICATION TECHNIQUES

Aftercare

Giving correct aftercare advice to your client will not only help your client care for their nails properly but also help keep your application in its best condition.

- Regular use of cuticle oil nourishes the natural nail encouraging healthy growth.
- Wear gloves for things like washing up, gardening, use of cleaning products or heavy duty work.
- Do not pick, bite, cut or file your nail extensions.
- Avoid products with lanolin often found within products such as certain hand creams as this can increase lifting issues, also avoid alcohol based gels as this can also produce lifting.
- Nail extensions are to be treated like jewels not used as tools!
- Advise your client to inform you of any allergic reactions straight away. If this does not clear up within 24 hours then consult a GP.
- Do not leave more than 3/4 weeks between maintenance appointments.
- Make follow up appointment before leaving to avoid disappointment,
- Removal of gel nail products should never be performed by the client, products must be removed by a qualified professional.
- Wear rubber gloves when using strong detergents and bleach.
- Use a good hand cream daily.
- Do not pick around the cuticles as this will cause lifting.

SECTION EIGHT

Pricing

SECTION EIGHT

PRICING

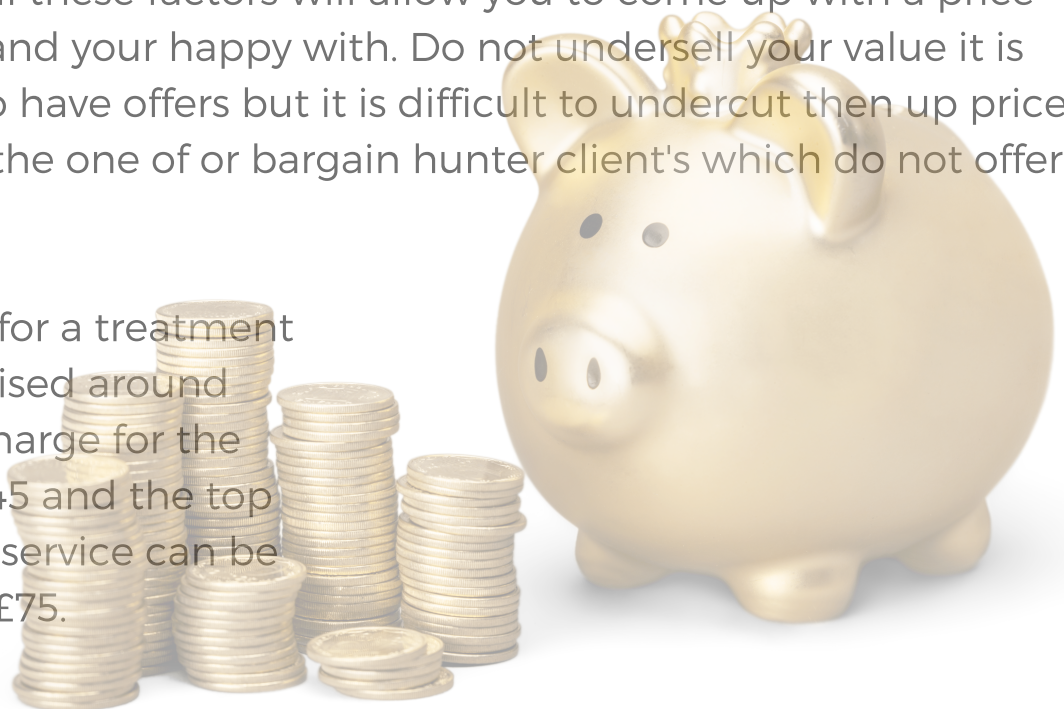
Pricing

Treatment prices for UV Gel Full Coverage Nail Extensions vary place to place due to a range of factors. When working out your prices things to consider will include:

- Product costing.
- Overheads - room rent, rates, booking system, waste disposal, card machine.
- Local area and competition prices.
- Profit margins and self worth based on skill and experience.

Accommodating all these factors will allow you to come up with a price that is reasonable and your happy with. Do not undersell your value it is always an option to have offers but it is difficult to undercut then up prices as it often attracts the one of or bargain hunter client's which do not offer a long term stability.

The lowest pricing for a treatment can be seen advertised around £20. The average charge for the service is around £45 and the top end charge for the service can be seen advertised at £75.



SECTION NINE

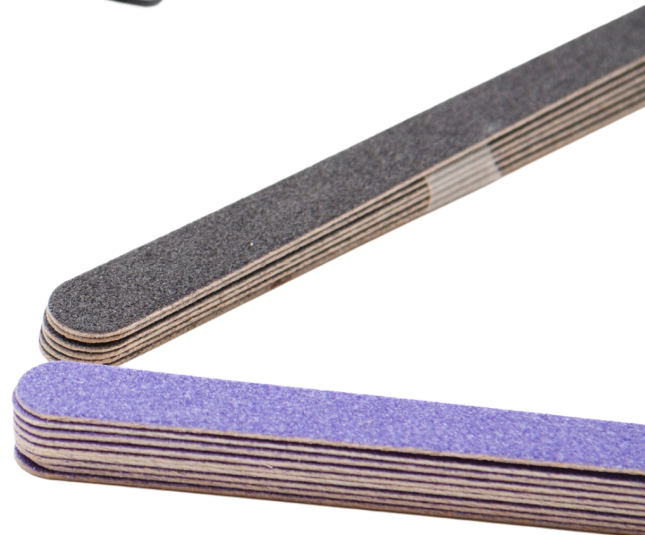
Shopping List

SECTION NINE

SHOPPING LIST

To Begin This Treatment You Will Need

- Manicure materials include a cuticle push and nippers.
- Acetone.
- Barbicide.
- Couch roll.
- Range of files most commonly used 180/80 grit.
- White buffing block.
- Primer.
- Dehydrator.
- UV hard gel.
- UV gel tips.
- Flash cure lamp.
- Led lamp 36 watts and above.
- Dusting brush.
- Finishing product of either nail lacquer or gel polish.



SECTION TEN

Next Steps

SECTION TEN

NEXT STEPS

So now you have looked through the training manual its time to prepare for your in house training. On the day of training you do not need to bring anything with you. Hot and cold drinks along with light snacks are provided. All models are also provided, If you wish to provide your own please let us know in advance so we do not over advertise for places.

