

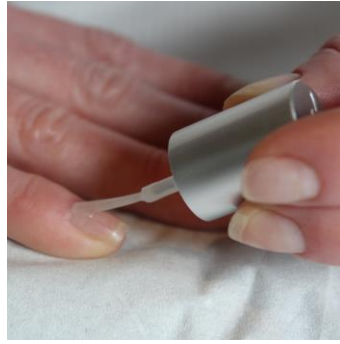


How to apply guide – Naitiques or nail polish

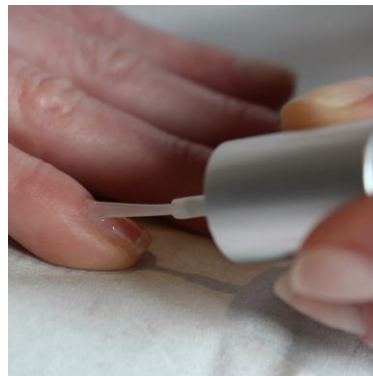
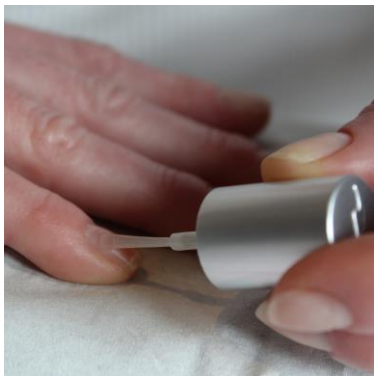


To create a professionally applied polish look, and to get the product to last as long as possible here are a few tips to follow. These tips even help to ensure your weaker hand can perform a good manicure.

1. Ensure your hands and nails are very clean before starting, no trace of soap, oil, moisturiser on the nail or nearby skin.
2. Find a flat surface, where ideally both hands and lower arms can rest for support. Lower arm support will really help your weaker hand perform a good manicure.
3. Gently push the proximal nail fold into shape and remove cuticle flakes from the nail with an orange stick. (it's a good idea to get into this routine when using nail & cuticle oil).
4. Ensure the product you are applying has been kept at room temperature and away from direct heat and sunlight. Shake it from side to side, or roll it between your palms to warm it up and mix it. Putting the bottle between your thighs for a minute or so is perfect!
5. When you unscrew the top and take the brush out of the bottle wipe the underside of the brush in the bottle neck so it is product free. Only have product on 1 side of the brush.
6. Plan to apply product to the middle of the nail first, then to either side.
7. Turn the brush over, so the product side is facing down towards the nail. As in photo 1 below place the tip of the brush 1/3 of the way down the nail. If the brush will splay into a fan shape that is good.
8. As in photo 2 below, gently, and in control, push the tip of the brush back up the nail towards (but not touching) the nail fold / cuticle area.
9. As in photo 3 below, bring the brush tip down the length of the nail smoothly and remove.



10. It is exactly the same process to cover each side of the nail. Tip of brush placed on side of nail 1/3 of the way down, tip splayed and pushed upwards, tip brought back down the nail and removed.



11. Finally, a great professional tip, lightly seal the fine edge of the nail with the tip of the brush as per the photo below. This seals the nail in polish. This is a good routine to get into to offer the tips of your finger nails a bit of protection, it seals the layers and can help minimise peeling. I really recommend this if you are using Nailtiques.



12. Now consider are you wearing gloves enough? Gloves might offer the protection your hands, nails and nail polish need from frequent exposure to weather, water and chemicals. Your nail treatment or polish will last a little longer if your nails have it a bit easier.

