

Enhancement Finishing

10 MIN Use proper finishing techniques for thin, beautiful enhancements and a healthy natural nail plate.



When developing a filing routine, create an imaginary line down the “vertical center” of the nail. Anything on the **right side of the line** is the **Forward section** and anything on the **left** is the **Reverse section**. Another way to remember this is that “forward” is clockwise, or moves toward the right and “reverse” is counter clockwise and moves toward the left.



GRIP METHODS

Reverse

Hold the file in the right hand like a dinner fork. One third of the file should be in the hand, freeing up two thirds to be used while filing.



Forward

Hold the file in the Reverse position and then “flip” to the other side with the index finger on top of the file, the thumb on the side, and the middle finger supporting the bottom. The bottom edge of the file should be pressed into the palm of the hand (resting against the pinkie) for the Forward grip.



STROKE TECHNIQUES

Multi-Directional Stroke

This refers to allowing the file to abrade the surface of the nail both towards and away from you, without lifting the file from the surface. Do this with light, quick strokes. As a rule, never file back and forth more than six times in a row. Stop after the sixth stroke to prevent excess friction and determine if further refinement is needed to achieve the final design. Multi-Directional strokes can be used as a filing stroke in Forward or Reverse positions. Depending on the need during this technique, choose the correct file for optimum results. If substantial reduction of product is required, use a padded file to absorb friction.

One-Directional Stroke

This refers to filing the nail surface in one direction only. It can mean filing towards or away from you, but not filing back and forth. This type of filing will not greatly reduce the thickness of an enhancement surface, but will help smooth the surface and perfect fine details, preparing the enhancement for a high-gloss shine.

Cuticle Seal Stroke

This stroke is used with both the Forward and Reverse grips. Its purpose is to help seal the product to the nail plate and prevent lifting. The Cuticle Seal Stroke is a light, one-directional stroke around the cuticle line. Keep the file parallel to the enhancement surface to prevent filing into the natural nail. It is also important to file only the surface of the enhancement, and not the surrounding soft tissue. There is a slight swing with this technique in order to prevent flat spots on the surface.

It is best to use a thin file in the cuticle area to prevent abrading the soft tissue around the nail plate. The **Kanga™ File** is ideal for Zone 3 refinement.

STEP 1:

Define the Front Form

1. Sidewall Refinement:

- Establish the sidewall line using a **Kanga™ File** and the **Forward Grip** method. Keep your elbow tight at your side to prevent filing off corners and angling too much. The sidewall lines should come straight out on both the reverse and forward sides of the nail. Keep the file parallel to the desired sidewall line using the **Multi-Directional Stroke**, and do not “rock” the file underneath the nail. The key to refinement around soft tissue is a thinner file, protecting the skin surrounding the nail plate.



2. Extension Edge Refinement:

- Using a **Kanga™ File** and the **Forward Grip** in a **Multi-Directional Stroke**, file parallel to the extension edge and slowly rotate underneath the nail to start rounding the corners. To deepen the oval edge, rotate the file further under the nail. Connect the lateral sidewalls together into the prescribed front form.
- In a combination of **One-Directional** and **Multi-Directional Strokes**, use the **Kanga™ File** with the **Reverse Grip**, and long sweeping strokes to shape the extension edge into a perfect and symmetrical form.



STEP 2:

Create the Shape

- This enhancement has been coated with red nail color to demonstrate the precision required for proper enhancement finishing.



To shape the enhancement, both the upper and lower arch should be in balance. Proper placement of the apex (the highest point of an arch) determines durability of the nail enhancement (making the nail strong in the stress area and flexible where it needs to give under impact).

- Use the **Reverse Grip** method and 180-grit side of the **Blizzard™ File** or the **Hot Shot™ File** to bevel the reverse side of the nail evenly from center to sidewall running the length of the nail enhancement.



- Repeat on the forward side of the nail using the **Forward Grip** method. Perfect both sides of the enhancement with the **One-Directional Stroke** technique.



STEP 3:

Establish the Barrel C-curve

- Using the **180-grit file**, **Hot Shot™ File** or **Blizzard™ File**, and the **Reverse** and **Forward Grip** methods, bevel the extension edge to be thin and even. Check that the upper arch of the C-curve is juxtaposed with the under arch of the C-curve from extension edge to cuticle line. (This can be judged by rocking the nail forward and checking the arch). Use the **180-grit file**, **Hot Shot™ File** or **Blizzard™ File**, with a **Multi-Directional Stroke** technique to reduce bulk, followed with the **One-Directional Stroke** to perfect the enhancement and eliminate flat spots.



STEP 4:

Refine the Cuticle Line

1. Using a **180-grit file, Hot Shot™ File or Blizzard™ File**, and the **Reverse and Forward Grip** methods, check that the cuticle line is even and smooth from sidewall to sidewall. This is achieved with the **Cuticle Seal Stroke**. Remember, when filing in Zone 3, it is best to use a light touch to protect the integrity of the skin surrounding the nail plate.



STEP 5:

Shape the Upper and Lower Arch

Lower Arch:

1. Check the nail from a side view perspective (on both the reverse and forward side) to ensure that the upper and lower arches are in balance. This method will properly position the apex and establish the lower arch of the enhancement. For slight lower arch refinement, use the **240-grit side of the Koala Buffer™** to gently smooth the line. Be careful of creating too dramatic a lower arch. For optimum strength, the line should extend straight from the finger before beginning a slight arch.

Upper Arch:

1. To blend and refine the upper arch use a **180-grit Boomerang Padded File**. This technique will ensure that the nail is evenly refined and there are no high or low spots.



STEP 6:

Bring to a High Shine or Add Color

Liquid & Powder Enhancements:

Natural or Forever French

1. Use the **240-grit side of the Koala Buffer™** and the same grip and stroke techniques defined in Steps 2-4 (Shape, Barrel C-curve and Cuticle Line) to prepare the nail for final shine buffing.

2. Apply **SOLAROIL®** Nail and Cuticle Conditioner and buff with the **1200-grit side of the Koala Buffer™** for scratch refinement. Wipe away any excess **SOLAROIL®**.



3. Finish the nail to a high-gloss shine with the **Girlfriend™ Buffer, Glossing Buffer or Glossing Block**.



CND® SHELLAC® Brand 14+ Day Nail Color

For a comprehensive tutorial of CND® SHELLAC® Brand 14+ Day Nail Color application techniques see the CND® SHELLAC® Brand Over Enhancements Step-by-Step.

1. Use the **240-grit side of the Koala Buffer™** and the same grip and stroke techniques defined in Steps 2-4 (Shape, Barrel C-curve and Cuticle Line) to prepare the nail for CND® SHELLAC® Brand 14+ Day Nail Color application.



2. Smooth and refine the enhancement using the **1200-grit side of the Koala Buffer™**. Remove any dust with a disinfectable brush and a plastic-backed pad saturated with **99% Isopropyl Alcohol** to ensure there are no tiny dust particles left.



3. Skip **CND® SHELLAC® Base Coat**, and apply two layers of **CND® SHELLAC® Color Coat** and a layer of **CND® SHELLAC® XPRESS5™ Top Coat** - curing each layer in the **CND® LED Lamp**.

4. Remove the top film with **99% Isopropyl Alcohol** and a plastic-backed pad.

5. Massage **SOLAROIL®** into the nails and skin to condition cuticles.



VINYLUX® Weekly Polish

For a comprehensive tutorial of **VINYLUX® Weekly Polish** application techniques see the **VINYLUX® Weekly Polish System Over Enhancements Step-by-Step**.

1. Use the **240-grit side of the Koala Buffer™** and the same grip and stroke techniques defined in Steps 2-4 (Shape, Barrel C-curve and Cuticle Line) to prepare the nail for **VINYLUX® Weekly Polish** application.



2. Smooth and refine the enhancement using the **1200-grit side of the Koala Buffer™**. Remove any dust with a disinfectable brush and a plastic-backed pad saturated with **99% Isopropyl Alcohol**.



3. Apply two layers of **VINYLUX® Weekly Polish** followed by one layer of **VINYLUX® Weekly Top Coat**. After one minute, lightly mist nails with **SOLARSPEED SPRAY®** Conditioning Polish Dryer to condition nails and skin and decrease dry time.

BRISA® Gel Enhancements:

Natural or Forever French

1. Use the **180-grit side of the Blizzard™ File** and the same grip and stroke techniques defined in Steps 2-4 (Shape, Barrel C-curve and Cuticle Line) to prepare the nail for **BRISA® Gloss**.



2. Smooth and refine the enhancement using the **Boomerang Padded File**. Remove any dust with a disinfectable brush and a plastic-backed pad saturated with **99% Isopropyl Alcohol**.



3. Apply a thin layer of **BRISA® Gloss** to the extension edge and nail surface.

4. Apply to **five nails** and **cure** each hand for one minute (**preset button 3**) in the **CND® LED Lamp***.



5. Remove the top film with **99% Isopropyl Alcohol** and a plastic-backed pad.

6. Massage **SOLAROIL®** into the nails and skin to condition cuticles.



CND® SHELLAC® Brand 14+ Day Nail Color

For a comprehensive tutorial of **CND® SHELLAC® Brand 14+ Day Nail Color** application techniques see the **CND® SHELLAC® Brand Over Enhancements Step-by-Step**.

1. Use the **180-grit side of the Blizzard™ File** and the same grip and stroke techniques defined in Steps 2-4 (Shape, Barrel C-curve and Cuticle Line) to prepare the nail for **CND® SHELLAC® Brand 14+ Day Nail Color** application.



*If using the **CND® UV Lamp**, cure for two minutes.

- Smooth and refine the enhancement using the **Boomerang Padded File**. Remove any dust with a disinfectable brush and a plastic-backed pad saturated with **99% Isopropyl Alcohol**.



- Apply a thin layer of **BRISA® Gloss** to the extension edge and nail surface.

- Apply to **five nails** and **cure** each hand for one minute (**preset button 3**) in the **CND® LED Lamp***. Do not remove the top film after removing the nails from the lamp.



- Skip **CND® SHELLAC® Base Coat**, and apply two layers of **CND® SHELLAC® Color Coat** and a layer of **CND® SHELLAC® XPRESS5™ Top Coat** - curing each layer in the **CND® LED Lamp***.

- Remove the top film with **99% Isopropyl Alcohol** and a plastic-backed pad.

- Massage **SOLAROIL®** into the nails and skin to condition cuticles.



VINYLUX® Weekly Polish

For a comprehensive tutorial of **VINYLUX® Weekly Polish** application techniques see the **VINYLUX® Weekly Polish System Over Enhancements Step-by-Step**.

- Use the **180-grit side of the Blizzard™ File** and the same grip and stroke techniques defined in Steps 2-4 (Shape, Barrel C-curve and Cuticle Line) to prepare the nail for **VINYLUX® Weekly Polish** application.



- Smooth and refine the enhancement using the **Boomerang Padded File**. Remove any dust with a disinfectable brush and a plastic-backed pad saturated with **99% Isopropyl Alcohol**.



- Apply a thin layer of **BRISA® Gloss** to the extension edge and nail surface.

- Apply to **five nails** and **cure** each hand for one minute (**preset button 3**) in the **CND® LED Lamp***.



- Remove the top film with **99% Isopropyl Alcohol** and a plastic-backed pad.

- Apply two layers of **VINYLUX® Weekly Polish** followed by one layer of **VINYLUX® Weekly Top Coat**. After one minute, lightly mist nails with **SOLARSPEED SPRAY®** to condition nails and skin and decrease dry time.



BRISA® Lite Removable Sculpting Gel Enhancements:

Natural or Forever French

- Use the **180-grit side of the Blizzard™ File** and the same grip and stroke techniques defined in Steps 2-4 (Shape, Barrel C-curve and Cuticle Line) to prepare the nail for **BRISA® Lite Removable Top Coat** application.



- Smooth and refine the enhancement using the **Boomerang Padded File**. Remove any dust with a disinfectable brush and a plastic-backed pad saturated with **99% Isopropyl Alcohol**.



- Apply a thin layer of **BRISA® Lite Removable Top Coat** to the extension edge and nail surface.

- Apply to **five nails** and **cure** each hand for one minute (**preset button 2B**) in the **CND® LED Lamp***.



If using the **CND® UV Lamp, cure for two minutes.*

5. Remove the top film with **99% Isopropyl Alcohol** and a plastic-backed pad.

6. Massage **SOLAROIL®** into the nails and skin to condition cuticles.



CND® SHELLAC® Brand 14+ Day Nail Color

For a comprehensive tutorial of CND® SHELLAC® Brand 14+ Day Nail Color application techniques see the CND® SHELLAC® Brand Over Enhancements Step-by-Step.

1. Use the **180-grit side of the Blizzard™ File** and the same grip and stroke techniques defined in Steps 2-4 (Shape, Barrel C-curve and Cuticle Line) to prepare the nail for CND® SHELLAC® Brand 14+ Day Nail Color application.



2. Smooth and refine the enhancement using the **Boomerang Padded File**. Remove any dust with a disinfectable brush and a plastic-backed pad saturated with **99% Isopropyl Alcohol**.



3. Skip CND® SHELLAC® Base Coat, and apply two layers of CND® SHELLAC® Color Coat and a layer of CND® SHELLAC® XPRESS5™ Top Coat - curing each layer in the CND® LED Lamp.*



4. Remove the top film with **99% Isopropyl Alcohol** and a plastic-backed pad.

5. Massage **SOLAROIL®** into the nails and skin to condition cuticles.



VINYLUX® Weekly Polish

For a comprehensive tutorial of VINYLUX® Weekly Polish application techniques see the VINYLUX® Weekly Polish System Over Enhancements Step-by-Step.

1. Use the **180-grit side of the Blizzard™ File** and the same grip and stroke techniques defined in Steps 2-4 (Shape, Barrel C-curve and Cuticle Line) to prepare the nail for VINYLUX® Weekly Polish application.



2. Smooth and refine the enhancement using the **Boomerang Padded File**. Remove any dust with a disinfectable brush and a plastic-backed pad saturated with **99% Isopropyl Alcohol**.



3. Apply a thin layer of **BRISA® Lite Removable Top Coat** to the extension edge and nail surface.

4. Apply to five nails and cure each hand for one minute (**preset button 3**) in the CND® LED Lamp*.



5. Remove the top film with **99% Isopropyl Alcohol** and a plastic-backed pad.

6. Apply two layers of VINYLUX® Weekly Polish followed by VINYLUX® Weekly Top Coat. After one minute, lightly mist nails with **SOLARSPEED SPRAY®** to condition nails and skin and decrease dry time.



*If using the CND® UV Lamp, cure for two minutes.

PRODUCTS REQUIRED

CND® Files and Buffers
SOLAROIL®
SOLARSPEED SPRAY®
BRISA® Gloss*
BRISA® Lite Removable Top Coat
VINYLUX® Weekly Polish
VINYLUX® Weekly Top Coat
CND® SHELLAC® Base Coat
CND® SHELLAC® Color Coat
CND® SHELLAC® *XPRESS5*™ Top Coat

ACCESSORIES/EQUIPMENT REQUIRED

Disinfectable dust brush
99% Isopropyl Alcohol
CND® LED Lamp
Plastic-backed, lint-free pads