

# Liquid & Powder Extreme Enhancements



**90 MIN** Sleek and beautiful...for all your clients who want or need dramatic transformation...this is it!!

## STEP 1:

### P.R.E.P.

#### 1. P - Perform a manicure.

- Have the client wash their hands with soap and water and towel dry.
- Massage **COOLBLUE®** into the client's hands to cleanse skin and help prevent transmission of germs.



- Remove any existing nail color from the natural nail using an acetone-based polish remover (**CND® SHELLAC® Nourishing Remover** or **SCRUBFRESH® Natural-Nail Surface Cleanser**) and a plastic-backed lint-free pad.



- Apply a small amount of **CuticleAway™** Cuticle Remover evenly around the cuticle of each nail.\*



- Gently slide a **cuticle pusher** along the nail plate toward the cuticle area and along the lateral folds to lift and loosen any non-living tissue from the nail plate. Remove any excess **CuticleAway™** from the nail and use a **curette** to remove non-living tissue up to the eponychium and lateral folds.



- Scrub** nails thoroughly with soap and a damp brush, then rinse with warm water to remove the cuticle remover and soap; towel dry.\*

- Use a **manicure nipper** to carefully remove any loosened, non-living tissue, as well as any loose pieces of skin or hangnails. Use a gentle touch during cuticle removal to protect the seals.



- Divide the nail into four equal vertical parts with a pencil. Start by drawing a line down the center of the nail dividing the nail in half, then divide into four quarters.



- If necessary, trim the length from each nail, using nail clippers.

\* Dry P.R.E.P. is an excellent option for clients with great natural nails, who do not build excessive cuticle between services. Eliminating the wet cuticle treatment can shorten the service time and increase adhesion for some clients.

- j. Shape the extension edge of each nail with the **240-grit side of a Kanga™ File** and remove the outside corners of the extension edge filing up, and into the sidewalls at a 90-degree angle, keeping the file underneath the extension edge. Use the pencil lines to help with symmetry.



2. **R - Remove** shine from the natural nail surface with the **240-grit side of the Koala Buffer™** in the direction of nail growth.



3. **E - Eliminate** surface contaminants and **P - Purify** nail plate layers.

- a. Thoroughly cleanse and temporarily dehydrate the nail plate layers with **SCRUBFRESH®**



using a lint-free, plastic-backed pad. Gently pull lateral folds back and scrub thoroughly to be sure all areas of the nail are completely clean.

## STEP 2:

# Apply PERFORMANCE FORMS® with CND Dowels & Tabs\*

*\*Available by attending a CND Extreme Enhancement Class.*

1. To prepare the form, apply a pre-shaped metal tab to the sticky back of a **PERFORMANCE FORM®** to create added support.



2. Select a dowel.

- a. Draw back in the vertical lines, dividing the nail into four quarters. Select a dowel that fits between the top half of the nail. The correct dowel size should line up to the edges of the two outer lines.



3. Cut the **PERFORMANCE FORM®'s** back tab and pre-tailor the edge of the form that fits under the extension edge to deepen the curve if necessary.



4. Wrap the **PERFORMANCE FORM®** around the large end of the dowel to create the C-curve on the form.



5. Apply the form.

- a. Open the back tabs to allow the form to slide over the finger. Place the Performance Form at a 45-degree angle under the natural nail and gently squeeze the lateral folds of the skin while easing the form up into place.



- b. Check for proper fit. The form should be straight and parallel with the finger. The back tab should not connect and have approximately 1/8 inch gap between the rear tabs.

6. To shape the form once it is in place, use the pre-selected dowel and place under the form. Gently squeeze the form around the dowel from the smile line to the end of the form to create an even and symmetrical C-curve.



7. To slim the C-curve at the extension edge, select a dowel one size smaller than the original dowel. Place under the form and squeeze only at the natural nail extension edge, concentrating the squeeze on the pads of the finger. This will create two small darts in the form.

### STEP 3:

## Prime Nails (optional)

*This step is for clients with lift-prone nails.*

1. **Apply** 1 thin layer of **NailPrime** Acid-free Primer to the natural nail plate of 2-3 nails at a time ensuring that the brush has enough primer to thoroughly and evenly cover each nail. Repeat this step until all nails are thoroughly and evenly coated.

Remember: When applying **NailPrime**, do not touch the skin or allow the product to flood the cuticle area.

### STEP 4:

## Zone 2

1. Place a bead of **Perfect Color Neutral Pink Opaque Powder** in the middle of Zone 2 near the natural nail's extension edge. The opacity will camouflage the gap between the natural free edge line and smile line and will begin to establish the dramatic apex of the upper arch.



2. Sculpt the bead to the desired length to define the placement of the smile line. Press the product from side to side, concentrating on making complete contact with the nail plate. Keep the bulk of the product at the apex and then taper it to the sidewalls forming a thin edge. Taper the bead in the back of Zone 2 so it blends into the natural nail.



3. Use the brush to define the shape of what will be your smile line, removing any excess Liquid & Powder from the form in Zone 1.

### STEP 5:

## Zone 1

1. Create the extension edge by placing a bead of **RETENTION+® Bright White Powder** in the middle of Zone 1. Press firmly to equally wet it for easier sculpting control.

2. Press the bead to one side of the nail, going wider than the sidewalls. Then use the side of the brush to push this excess product deep into the corner of the smile line. Repeat on the other side of the nail.



### STEP 6:

## Build the Apex - Zone 1

1. Apply a second bead to Zone 1 for additional support and shape. Use small controlled presses to complete the shape of the smile line and establish upper arch apex. Keep the extension edge tapered and thin.
2. If needed, wipe excess liquid out of the brush and use the flags to clean and refine the smile line.



### STEP 7:

## Zone 3

1. Place a small bead of **RETENTION+® Clear or Intense Pink Powder** in the middle of Zone 3 to complete the upper arch. Ease it toward the cuticle line and press from side to side until the entire area is covered. Be sure to leave a tiny free margin all the way around the sidewalls and cuticle area.



2. Check the enhancement for clean, continuous lines on both the upper and lower arch. Add product where necessary. Use the highlight on the nail to look for high and low spots.



### STEP 8:

## Shape and Define

1. Remove the **PERFORMANCE FORM**® from the nail.

2. Divide the nail into four equal sections using a pencil and the same technique used for P.R.E.P.



3. Shorten and shape the extension edge using a 180-grit **Hot Shot**™ File.



4. Refine the sidewalls (shown in red) using a one-directional stroke, filing in an upward direction with a **Kanga**™ File. Start at the sidewall where Zone 1 meets Zone 2. Refine the cuticle line to blend into the natural nail.



5. Thin and refine the very edge of the extension edge (in red), using the one-directional stroke in a downward motion.



6. Establish the apex using the **Hot Shot**™ File and the one-directional stroke, filing from apex towards the extension edge.



Using a side-to-side multi-directional stroke, file from the apex towards the cuticle line creating a flattened surface.



7. Smooth and refine the lower arch by placing the **Kanga**™ File under the sidewall, filing up, keeping the file parallel to the finger.



8. Turn the finger to the side and file flat on the sidewall straight up from lower arch on both sides of the nail. When you look down the barrel of the nail the surface should look flat like the top of a stop sign or pencil.



9. Smooth and refine the enhancement by filing up from the sidewalls towards the apex while simultaneously moving the file up and down the nail from the extension edge to the cuticle on both sides, being careful not to file on the areas previously filed.



10. Repeat the steps using the 240-grit side of the **Koala Buffer**™ to further smooth and refine.

11. Add a drop of **SOLAROIL**® Nail and Cuticle Conditioner onto each nail and repeat the steps using the 1200 grit side of a **Koala Buffer**™ for scratch refinement.

### STEP 8:

## Bring to High Shine

1. Finish nails to a high-gloss shine with the **Girlfriend**™ Buffer.



Or, as an alternative, skip the **SOLAROIL**<sup>®</sup> application and after buffing with the **Hot Shot™ File**, remove any dust from the nail with a disinfectable brush and apply **BRISA**<sup>®</sup> **Gloss**. Cure for one minute (**preset button 3**) in the **CND**<sup>®</sup> LED Lamp.\* Then remove the top film with **99% Isopropyl Alcohol** and a lint-free pad. Massage **SOLAROIL**<sup>®</sup> into the nails and skin.



## **PRODUCTS REQUIRED**

**COOLBLUE**<sup>®</sup>

**CND**<sup>®</sup> **SHELLAC**<sup>®</sup> Nourishing Remover  
CuticleAway™

**SCRUBFRESH**<sup>®</sup>

**RETENTION+**<sup>®</sup> Sculpting Liquid  
Perfect Color and **RETENTION+**<sup>®</sup>  
Sculpting Powders

NailPrime\*

**CND**<sup>®</sup> Files and Buffers

**CND**<sup>®</sup> Silver **PERFORMANCE FORMS**<sup>®</sup>

**CND**<sup>®</sup> ProSeries Liquid & Powder Brush

**BRISA**<sup>®</sup> Gloss\*

**SOLAROIL**<sup>®</sup>

## **ACCESSORIES/EQUIPMENT REQUIRED**

Hand towels

Hand soap

Plastic-backed, lint-free pads

Disinfectable dust brush\*

99% Isopropyl Alcohol\*

Cuticle pusher

Manicure nippers

Nail clippers

Curette

**CND**<sup>®</sup> Dowels and metal tabs

Dappen dish

**CND**<sup>®</sup> LED Lamp\*

\*Optional

*\*If using the **CND**<sup>®</sup> UV Lamp, cure for two minutes.*