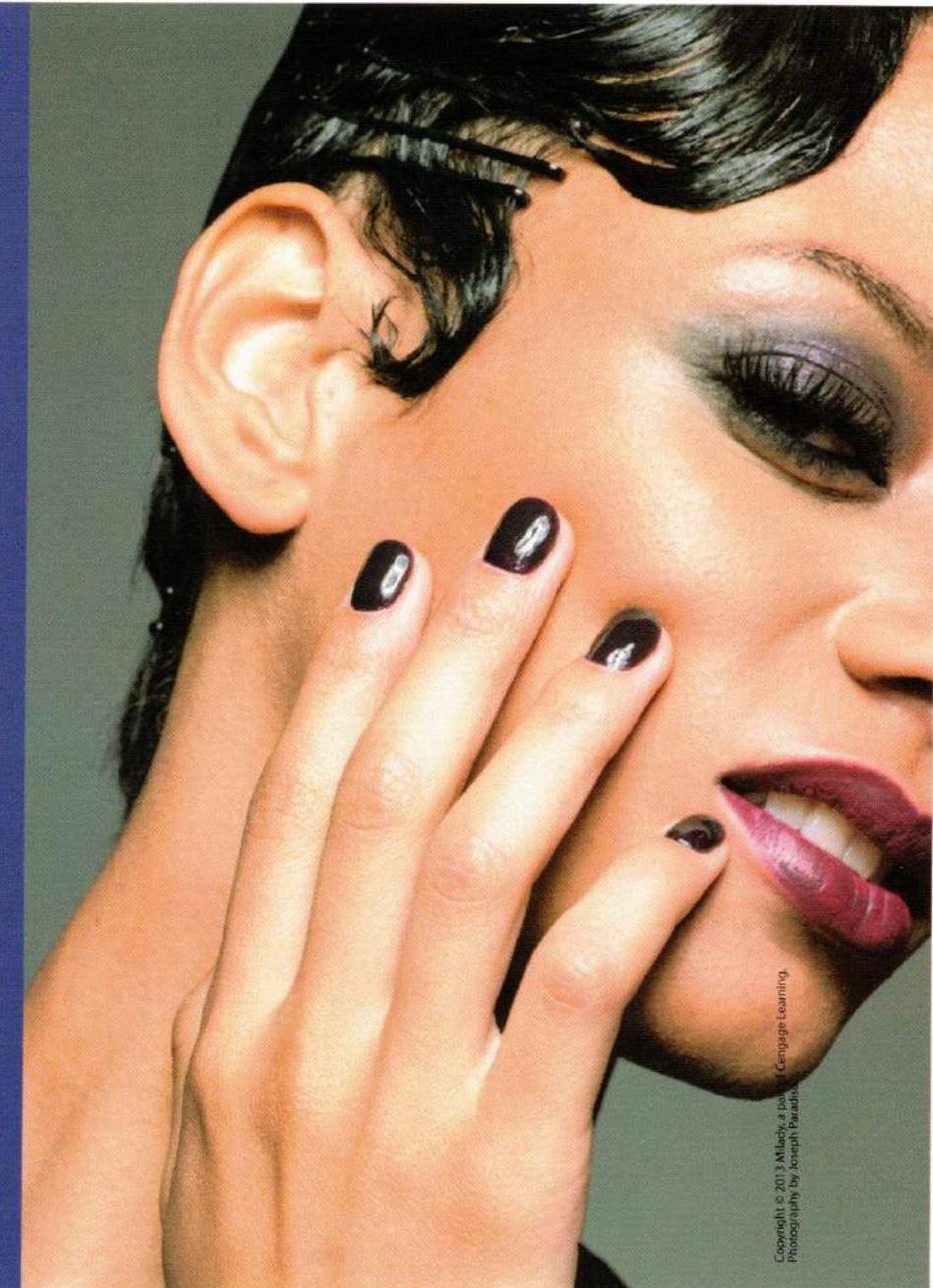


18

UV and LED Gels

Chapter Outline

- Why Study UV and LED Gels?
- UV and LED Gels
- UV and LED Gel Supplies
- When to Use UV or LED Gels
- Choosing the Proper UV or LED Gel
- UV and LED Lamps and Bulbs
- Gel Polishes
- UV and LED Gel Maintenance and Removal
- Procedures



Learning Objectives

After completing this chapter, you will be able to:

- ✓ LO1** Describe the chemistry and main ingredients of UV gels.
- ✓ LO2** Describe when to use the one-color and two-color methods for applying UV gels.
- ✓ LO3** Name and describe the types of UV gels used in current systems.
- ✓ LO4** Identify the supplies needed for UV gel application.
- ✓ LO5** Discuss when to use UV gels.

✓ LO6

Identify which type of UV gel is best suited for a service.

✓ LO7

Discuss the differences between UV lamps and UV bulbs.

✓ LO8

Describe how to apply one-color UV gel on tips and natural nails.

✓ LO9

Describe how to apply UV gels over forms.

✓ LO10

Describe how to maintain UV gel nail enhancements.

✓ LO11

Explain how to correctly remove hard UV gels.

✓ LO12

Explain how to correctly remove soft UV gels.

Key Terms

Page number indicates where in the chapter the term is used.

cure / 357	opacity (plural: opacities) / 360	urethane methacrylate / 357	UV or LED bulb / 362
gel polishes / 359	pigmented gels / 359	UV bonding gels / 358	UV or LED lamp (or UV light unit) / 362
hard UV gels / 365	soft UV gels / 365	UV building gels / 358	UV self-leveling gels / 359
inhibition layer / 360	two-color method / 358	UV gels / 356	viscosity (plural: viscosities) / 357
oligomer / 357	urethane acrylate / 357	UV gloss gels / 360	
one-color method / 358			

This chapter introduces **UV gels**, a type of nail enhancement product that hardens when exposed to a UV light source, as an increasingly popular method for nail enhancement services. The study of UV gels is essential in our changing industry. Gels have become the newest form of enhancements to sweep our industry; there is such an enthusiasm for them that they are now a required service in nearly every salon and spa in our country.

WHY STUDY UV AND LED GELS?

Nail technicians should have a thorough understanding of UV gels because:

- Clients may be interested in receiving UV gel services.
- An understanding of the chemistry of UV gel products will allow you to choose the best system and products to use in your salon or spa.
- An understanding of how UV gel nails are made, applied, and cured will allow you to create a safe and efficient salon or spa service.
- Clients often become loyal and steadfast when they receive excellent UV gel nail services, maintenance, and removal.

CHEMISTRY OF UV AND LED GELS

Nail enhancements based on UV and LED curing are not traditionally thought of as being methacrylates; however, they are very similar. Like wrap resins, adhesives, and monomer and polymer nail enhancements, UV gel enhancements rely on ingredients from the monomer and polymer chemical family. Their ingredients are part of a subcategory of this family called acrylates and methacrylates. Wrap resins are called cyanoacrylates, and monomer liquid/polymer powder nail enhancements are from the same category as UV gels called methacrylates.

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Although most UV and LED gels are made from acrylates, new UV gel technologies have been developed recently that use methacrylates. Like wraps and monomer liquid and polymer powder nail enhancements, UV and LED gels can also contain monomers, but they rely mostly on a related form called an **oligomer**. The term *mono* means one, and *poly* means many. *Oligo* means few. An oligomer is a short chain of monomers that is not long enough to be considered a polymer and is often referred to as a prepolymer. Nail enhancement monomers are liquids, while polymers are solids. Oligomers are in between. Oligomers are often thick, gel-like, and sticky.

Traditionally, UV gels rely on a special type of acrylate called a urethane acrylate, while newer UV gel systems may use urethane methacrylates by themselves or in combination with urethane acrylates. **Urethane acrylate** and **urethane methacrylate** are the main ingredients used to create UV gel nail enhancements. The term *urethane* refers to the type of starting material that is used to create the most common UV gel resins. The chemical family of urethanes is known for high abrasion resistance and durability.

UV gel resins react when exposed to the UV light that is recommended for the gel. A chemical called a photoinitiator causes the polymerization reaction to begin. The key thing to remember here is that it takes the combination of the resin, photoinitiator, and the proper curing lamp to cause the gel to cure. UV gel systems employ a single component resin compound that is cured to a solid material when exposed to a UV light source. UV and LED gels typically do not use a powder that is incorporated into the gel resin. There are a few UV gels on the market that do incorporate a powder that is sprinkled into the gel, but the rest of the chapter will refer to gels as being the more common single component type.

UV and LED gels can be easy to apply, file and maintain. They also have the advantage of having very little or no odor. Although they typically are not as hard as monomer and polymer nail enhancements, UV gels can create beautiful, long-lasting nail enhancements.

The UV or LED gel application process differs from other types of nail enhancements. After the nail plate is properly prepared, each layer of product applied to the natural nail, nail tip, or form requires exposure to UV or LED light to **cure** or harden. The light required for curing comes from a special lamp designed to emit the proper type and intensity of light. **LO1**

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■ UV AND LED GELS

There are many types of UV and LED gels. Choosing the UV gel that is your favorite is as important as choosing the monomer and polymer system that you prefer. Some professionals favor a UV gel that is thick and will not level by itself. Other professionals like to use UV gels that self-level quickly. It is up to you to find the UV gel that you prefer to use and to learn how to use it well.

The different UV gels can be described as thin-viscosity gels, medium-viscosity gels, thick-viscosity gels, and building or sculpting gels. Remember that **viscosity** is the measurement of the thickness or thinness of a liquid and



affects how the fluid flows. Manufacturers have a market name for the UV gels that they make, but most UV gels fall under these general categories:

1. A clear resin used for the **one-color method** for clients who wish to wear colored polish or gel polish over the enhancement.
2. Pink resin and white-pigmented resin used for the **two-color method** for clients who want the French or American manicure finish without using any nail lacquer. There are many processes for performing a two-color method over tips or natural nails. The process varies from one UV gel manufacturer to another, and even within the manufacturer's product lines. Consult with the UV or LED gel manufacturer about the product before you perform a two-color method.

The procedure recommended for applying and curing UV and LED gel varies from one manufacturer to another. Some systems recommend applying UV gel to four nails on one hand and curing, then repeating this procedure on the other hand before applying and curing the gel on the thumbnails. Be sure to follow the instructions recommended by the manufacturer of the system that you are using.

During the procedure, keep the brush and gel away from sunlight, UV and LED gel lamps, and full-spectrum table lamps to prevent the gel from hardening. When the service is completed, store your application brush away from all sources of UV light. Do not leave your container of gel open and near a window or lamp. If the gel is exposed to these sources of light, it will cure and become polymerized in the container. **LO2**

Go to Procedure 18-1 **One-Color Method UV or LED Gel on Tips or Natural Nails with UV or LED Gel Polish** [page 366](#)

Go to Procedure 18-2 **Two-Color Method UV or LED Gel on Tips or Natural Nails** [page 371](#)

Types of UV Gels

UV bonding gels are used to increase adhesion to the natural nail plate, similar to monomer and polymer primers. UV and LED bonding gels will vary in consistency and chemical components. This increased adhesion decreases the tendency for enhancements to separate from the natural nail. Some UV bonding gels contain certain chemicals that smell like monomer and polymer primers, while other UV bonding gels may not have a strong odor. UV and LED gel manufacturers are constantly including new technology in the formulation of bonding gels. These technologies could make the use of odiferous chemicals obsolete. Some gel manufacturers use air-dry bonding systems. Just because the bonding product may not be cured in a UV lamp does not make it any less effective than a bonding system that is cured in a UV lamp.

UV building gels include any thick viscosity resin that allows the nail technician to build an arch and curve to the fingernail. UV building gels can be used with self-leveling UV gels and, if done correctly, this combination can reduce the amount of filing and shaping to contour the enhancement later in the service.

There are UV building gels that have fiberglass strands compounded into the gel during the manufacturing process. These UV gels typically have hardness and durability properties that closely resemble monomer and polymer systems. They are very helpful when repairing a break or crack in a client's enhancement.

UV self-leveling gels are used to enhance the thickness of other gels while providing a smoother surface than some UV building gels. Professionals who are experienced in UV gel application often will choose to apply a UV building gel first during a service, then use a self-leveling UV gel during the second part of the service to reduce filing and contouring later.

Pigmented gels can be building gels or self-leveling gels that include color pigment. It is more common for the building style of pigmented gels to be used earlier during the service because they are used to create a two-color process similar to a two-color monomer and polymer process. Self-leveling pigmented UV and LED gels are used near the final contouring procedure—either before or after the contouring—because they are applied much more thinly than the pigmented building gels and normally require little if any filing. It is best to consult the manufacturer's instructions for their use.

Gel polishes are an alternative to traditional nail lacquers. Gel polishes do not dry as nail lacquers do: they cure in the lamp. When the gel polish is finished curing, a gloss gel can be applied over it to create a high lustrous shine. The end result is an enhancement that looks like it has been lacquered but does not have any solvent odor and will not become smudged the way a traditional nail lacquer might. Gel polishes also may be used on natural nails, if your client prefers.

Gel polishes are available in a wide array of colors. They are available in cream and frosted colors, and some even include glitter! These gels can be mixed together to create a few hundred more colors. Gel polishes provide a nail technician and client with a wide variety of colors and options for expressing personality and creativity.

It is also very common for gel manufacturers to have many colored gels for the two-color method. These pigmented gels can vary in opacity and viscosity. You should follow the manufacturer's recommendations for applying the pigmented gel in a two-color method. Usually, the more opaque gels have thinner viscosities and are applied after the second coat of building gel. The less opaque pigmented gels are often thicker in viscosity and are applied before the first coat of building gel.

Activity

Acquire samples of gels that are on the market by calling a few popular companies. When you receive the gels, place a small amount on a plastic tip that you have adhered to a wooden stick. Study the gel as it moves over the tip. Try applying the gel in a different way (such as brushing a thin layer, then applying a ball of gel in the stress area) and observe the gel again. Repeat this procedure with all of the samples. The more you know about how the gels work, the easier it will be for you to apply the gel on your client.



UV gloss gels also may be called sealing gels, finishing gels, or shine gels. These gels are used to create a high shine. UV gloss gels do not require buffing and can also be used over a monomer and polymer enhancement. There are two types of

UV and LED gloss gels: traditional gloss gels that cure with a sticky inhibition layer that requires cleaning, and tack-free gloss gels that cure to a high shine without the inhibition layer. An **inhibition layer** is a tacky surface left on the nail after a UV gel has cured. Choose the gloss gel that is best for you. Traditional UV gloss gels do not discolor after prolonged exposure to UV light, while tack-free gloss gels may discolor. Many UV gel manufacturers are developing tack-free gloss gels that do not discolor upon exposure to UV light. These advancements may make traditional UV gloss gels obsolete; however, for now, traditional UV gloss gels still hold the market on nonyellowing performance. ✓ LO3

After you have determined how each gel behaves on the fingernail, learn how to use the pink gels and white gels in the same fashion. Similar to clear gels, pink gels and white gels can be formulated in a variety of viscosities (the measurement of the extent of a liquid to flow), colors, and **opacities** (the amount of pigment concentration in a gel, making it difficult to see through). There are many different gels on the market; each can be combined to give any appearance that you and your client desire.

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Activity

We have discussed how gels require a UV or LED light source to cure properly. Gels will not cure if the light cannot penetrate through the gel. If the gel is pigmented, then the pigment can block the transmission of the UV or LED light into the gel and decrease its curing potential.

Place some gel on a disposable form and spread it using a gel brush. Apply the gel so that you are able to see through it onto the surface of the form. Cure the gel in your UV or LED lamp for the recommended period of time. Clean the surface of the gel to remove the sticky residue—the inhibition layer. Peel the gel from the form and examine the side of the gel that was against the form. If there is a layer of uncured gel, then the gel was applied too thickly. Reapply the gel thinner and repeat the curing and examination process.

■ UV AND LED GEL SUPPLIES

Just as every type of nail enhancement service requires specific tools, implements, equipment, and supplies, so do UV and LED gel enhancements. Here is a list of those requirements (**Figure 18-1**). In addition to the supplies in your basic manicuring setup, you will need:

- **UV or LED gel lamp.** Choose a UV or LED gel lamp designed to produce the correct amount of light needed to properly cure UV or LED gel nail enhancement products you use.
- **Brush.** Brushes with small, flat (or oval) nylon bristles are used to hold and spread the gel.

- *UV or LED gel primer or bonding gel.* Primers and bonding gels are designed specifically to improve adhesion of UV gels to the natural nail plate. Use UV gel primers as instructed by the manufacturer of the product that you are using.
- *UV or LED gel.* This should include pigmented gel(s) for a one-color or two-color service. This also will include a gel that creates a gloss, depending upon the gel system that you choose.
- *Nail tips.* Use nail tips recommended for the UV gel nail enhancement systems.

It is important when using tips with UV Gels to size the tip so that the curve of the tip matches the curve of the nail. If the curves do not match and the tip is spread too flat, then the tips could crack lengthwise down the center. So, if you find a tip has cracked lengthwise down the center, you know that the curve of your tip was not matched to the curve of the fingernail.

- *Nail adhesive.* There are many types of nail adhesives for securing pre-formed nail tips to natural nails. Select a type and size best suited for your work.
- *Nail cleanser.* Nail cleansers remove surface moisture and tiny amounts of oil left on the natural nail plate, both of which can block adhesion and help prevent lifting of the nail enhancements.
- *Abrasive files and buffers.* Select a medium abrasive (180 grit) for natural nail preparation. Choose a fine abrasive (240 grit) for smoothing, and a fine buffer (350 grit or higher) for finishing. UV gel manufacturers may have other recommendations for abrasives, so consult the manufacturer's guidelines for more information on their system.
- *Lint-free cleansing wipes.* ■ **LO4**

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▲ **Figure 18–1** Supplies needed for a UV gel service.

■ WHEN TO USE UV OR LED GELS

When to use UV gels may seem like a personal preference question, but it really is a question of logic. The general answer could be, "Anytime!" New UV and LED resin technology allows gel manufacturers to create tough, durable, and hard products that will perform as well as many of the monomer and polymer systems on the market. The answer could easily be, "Never," because there are customers who prefer to wear monomer liquid and polymer powder. It is what they know—they have been wearing them for years and refuse to change. Most clients will do what you recommend. If you wear and recommend monomer and polymer enhancements, that is what most of your clients will wear. If you wear and recommend UV gels, that will be their preference. You are the professional and, as such, you should recommend a system that you have used and feel will perform best for the client. There may be a situation when you use a system on your client and that system is not performing as the two of you would like. It may be best to try something else. Maybe a different gel resin or a change to monomer and polymer might be best. The answer to this question remains in your capable hands. It is also possible to use a monomer and polymer system



for the fill or full-set, but combine that with a UV or LED gloss gel to create the shine over the enhancement. Pigmented gels, such as gel polishes, may also be used over the monomer and polymer system, if that is what you prefer.

There are other factors that will assist you in your choice of gels or acrylics. The salon or spa that you choose to work in or the environment you create in your work area could impact your decision. Gels commonly have fewer odors than acrylics, and if you are trying to create an environment with fewer odors, a gel may be the right choice for you and your clients.

There is one more choice to consider for gels: consider the new, common gel polishes that are now on the market. Gel polishes are applied in a similar manner to a traditional nail polish but contain less or no solvent, cure under LED or UV light, and wear longer than traditional nail polish. The choice of when to use a gel polish versus a traditional polish is yours to make with your client. Questions to consider include:

- How easily would your client like the polish to be removed from the fingernail? If the polish is to be removed outside of the salon, perhaps a traditional polish should be used.
- How long does the client want the polish to last? If the polish is meant to remain on the fingernail for 2 weeks, the best choice would be a gel polish. **LO5**

■ CHOOSING THE PROPER UV OR LED GEL

There are many gels to choose from to perform your service. Here are a few guidelines that will assist you in refining your choices:

- If the client has flat fingernails, more building will need to be done to create an arch and curve. This building will be easiest when done with a thicker UV building gel.
- If the client has fingernails that have an arch and curve, then a self-leveling gel may be the best option. Choose the self-leveling gel that you prefer—either a medium- or thick-viscosity gel.
- If your client returns to the salon or spa often with broken enhancements, then a gel that uses fiberglass may be best for the next service. **LO6**

■ UV AND LED LAMPS AND BULBS

What is the difference between a UV lamp and a UV bulb?

A **UV or LED bulb** is a special bulb that emits light to cure gel nail enhancements. There are a number of bulbs that are used to cure UV gels: 4-, 6-, 7-, 8-, and 9-watt bulbs. These bulbs vary in curing power and will affect the performance of the UV gel once it has been cured.

A **UV or LED lamp**, also referred to in the industry as a light unit, is a specialized electronic device that powers and controls UV and LED bulbs to cure gel nail enhancements. Lamps that are currently being sold may look similar at first but there are differences, including the number of bulbs in the unit, the distance the bulbs are from the bottom of the unit, and the size of the unit. They will affect the curing power of the unit.

Lamps are typically referred to by the number of bulbs inside the lamp multiplied by the wattage. Remember that unit wattage is a measure of how much electricity the lamp consumes, much like miles per gallon tell you how much gasoline it will take to drive your car a certain distance. Miles per gallon will not tell you how fast the car can go, just like wattage does not indicate how much UV light a lamp will produce. For example, if a lamp has four bulbs in it and each bulb is 9 watts, then the light unit is called a 36-watt lamp. Likewise, if the lamp only has three bulbs and each bulb is also 9 watts, then it is called a 27-watt lamp. It is important to remember that wattage does not indicate how much UV light a UV lamp will emit (**Figure 18–2**).

UV gel lamps are designed to produce the correct amount of UV light needed to properly cure UV gel nail enhancement products. UV gels are usually packaged in small opaque pots or squeeze tubes to protect them from UV light. Even though UV light is invisible to the eye, it is found in sunlight and tanning lamps. Both true-color and full-spectrum lamps emit a significant amount of UV light. If the UV gel product is exposed to these types of ceiling or table lamps, the product's shelf life may be shortened, causing the product to harden in its container.

Depending on their circuitry, different lamps produce greatly varying amounts of UV light. This is referred to as the UV light intensity or concentration. The intensity will vary from one lamp to the next and is more important than the rating of a UV lamp based on the wattage of the bulb or the number of bulbs in the unit. For these reasons, it is important to use the UV lamp that was designed for the selected UV gel product. This will give you a much greater chance of success and fewer problems.

UV bulbs will stay violet for years; however, after a few months of use, they may produce too little UV light to properly cure the enhancement. Typically, UV bulbs must be changed two or three times per year, depending on the use of the UV lamp. If the bulbs are not changed regularly, service breakdown, skin irritation, and product sensitivity are more likely to occur as a result of inadequately cured gels.

The most common UV bulb on the market is a 9-watt bulb. While many of the UV gel systems use the 9-watt bulb, most of the gels can be cured in any manufacturer's 36-watt lamp. A gel that has been specifically designed to cure in a 36-watt lamp may not be able to be cured properly in any other lamp. If a gel is cured in a lamp that it is not intended to be cured in, it may become hard, but it may not cure completely. If this is the case, the gel will crack, lift, and separate from the nail. It may not have a high shine, and the client will not be pleased with the service. The result will be similar to a monomer and polymer system that has been applied with an incorrect mix-ratio between the liquid and the powder.

LED lamps are becoming more common in the salon and spa—most are used to cure the new gel polishes that are applied similarly to a traditional nail polish. These LED lamps are not UV and therefore will not cure most of the traditional UV gels to their completed cure strength. There is a wide selection of LED lamps on the market and as such, it is strongly recommended that you use only lamps that the gel polish manufacturer endorses. Using the wrong LED light source could drastically effect the curing of the polish.

Courtesy of Light Elegance Nail Products



▲ Figure 18–2 UV lamp.

Here's a Tip:

UV gels can generate an uncomfortable amount of heat when used on some clients. The heat can be controlled by slowly inserting the hand into the UV lamp. This will help to slow the gel reaction and generate less heat. The heat is a result of the exothermic reaction of the gel that occurs as each bond of the polymer is created; the more bonds that are formed when the gel cures, the more heat that is generated. Likewise, the more bonds that are created when the gel polymerizes, the stronger the gel will be.

Here's a Tip:

When providing enhancement services, ask whether the client would like enhancements that are removed easily. If the client does, use a soak-off UV or LED gel as the base coat (following the manufacturer's recommendations on the gel's application) and then perform the remainder of the service. Before the client leaves the salon or spa, arrange a date for her to return to have the gels removed.

While this chapter was being written in 2012 and 2013, a media release was published that claimed that UV nail curing lamps could cause skin cancer. There have been no studies to date that support this claim. Three UV gel manufacturers conducted a series of independent studies that found little to no evidence to support the claim that UV nail lamps could cause cancer. Rather, these studies determined that the UV nail lamps are remarkably safe for skin exposure. A study led by Dr. Robert Sayer, in which four different nail curing lamps were evaluated to assess the risk for skin cancer, determined that it is highly unlikely that skin cancer could result from exposure to nail curing lamps. The four lamps that were evaluated were Light Elegance Easy Cure lamp, CND Shellac lamp, OPI Axium lamp, and OPI LED GelColor lamp. It is important to note that Dr. Sayer's findings were based on studies that the three manufacturers paid for, regardless of the outcome of his research findings.

The lamp has as much to do with the proper curing of the UV gel as the bulb! Not all lamps are the same. The differences between the structures of the lamps will alter the curing potential of the unit. For example, if two lamps are similar in every respect, but lamp A has been constructed with the UV bulbs closer to the fingernails than lamp B, lamp A will have more curing potential than B. Both lamps will not have the same results. Both lamps are 9 watts and both have the same number of bulbs in them, but lamp A is more powerful than lamp B.

Consult with the gel manufacturers to receive more detailed information on which lamp and bulb will properly cure their UV gels.  **LO7**

GEL POLISHES

Gel polishes have become a popular service to complement gels and all other enhancement services, including natural nails. Gel polishes are a relatively new system that evolved with the emergence of new chemistries that became available to the beauty industry. The more popular gel polishes are highly pigmented, which gives these systems the appearance of a traditional solvent-based nail lacquer. Gel polishes are available in hundreds of shades—much the same as traditional nail polish—to suit every client.

Wearing gel polishes instead of traditional nail lacquers does bring some great advantages; however, they are removed differently than traditional nail polish. One advantage of gel polishes is that they do not dry—they cure. Cured gel polish systems will not imprint or smudge if the client hits her hands while the nail lacquer is still drying. A second advantage is that the gel polish usually does not thicken over time, because in some gel polishes, the solvent does not evaporate. Solvent evaporation is what makes nail lacquers thicken and dry more slowly after the bottle of nail polish has been open for a few months.

To remove a gel polish, professionals typically file the polish off by hand, using an abrasive or an electric file. There are some gel polishes now, however, that are removed by soaking the nails in a solution of acetone for 5 to 10 minutes to soften them and allow the nail tech to easily scrape them off with a wooden stick. If you choose to remove the gel polish by soaking the fingernails in acetone, use caution to not damage the natural nail plate. The nail plate will soften upon exposure to the acetone and the scraping action; if done incorrectly, this could cause damage and alter the color of the fingernail. The damaged nail could lead to other problems, such as infection or cracking due to the decreased strength of the fingernail.

■ UV AND LED GEL MAINTENANCE AND REMOVAL

UV and LED gel enhancements must be maintained regularly, depending on how fast the client's nails grow.

UV and LED Gel Maintenance

Begin the maintenance using a medium-abrasive file (180 grit) to thin and shape the enhancement. Be careful not to damage the natural nail plate. When you are performing the UV gel fill portion of the maintenance, follow the instructions in **Procedure 18-4, UV Gel Maintenance**.

Before filing the nail, be sure to clean the nail with the gel manufacturer's recommended cleanser or isopropanol (99 percent or better). This removes oils from the fingernail and results in better adhesion of the gel to the nail plate. It is important to remember that you must file with a lighter touch because it is usually easier to file UV and LED gel enhancements than monomer and polymer enhancements.

Go to Procedure 18-4 UV and LED Gel Maintenance [page 377](#)

UV and LED Gel Removal

There are two generally accepted methods of removing gels. One method involves **hard UV gels**, which are typically defined as the traditional UV gels; they cannot be removed with acetone. The other method involves **soft UV gels**, which are removed fairly easily with acetone. It is important that you read and follow the manufacturer's directions before proceeding to remove UV gel nails.

When removing the inhibition layer from the UV gel, avoid cleaning the nail in a manner that would put the gel onto the surface of the skin. Using your nail wipe, start at the top of the fingernail nearest the cuticle and wipe away from the cuticle to the free edge of the fingernail.

Go to Procedure 18-6 UV and LED Gel Removal—Hard Gel [page 382](#)

Go to Procedure 18-7 UV and LED Gel Removal—Soft Gel or Gel Polishes [page 383](#)

Procedure 18-1

One-Color Method UV or LED Gel on Tips or Natural Nails with UV or LED Gel Polish

IMPLEMENTS AND MATERIALS

In addition to the basic materials on your manicuring table, you will need the following supplies:

- Nail tips
- UV or LED gel for the application
- UV or LED gel primer or bonding gel
- Brush
- UV or LED gel lamp
- A cleansing solution
- Lint-free cleansing wipes
- Nail cleanser or primer
- UV or LED gel polish

Preparation

Refer to **Procedure 13-1**, Preservice Procedure.

Procedure

1 Clean the nails and remove the existing polish. Begin with your client's little finger on the right hand and work toward the thumb. Repeat on the left hand. Ask the client to place her nails into a fingerbowl with liquid soap. Use a nail brush to clean the nails over the fingerbowl. Thoroughly rinse with clean water to remove soap residues that can cause lifting.

2 Apply cuticle remover to the nail plate, then use a cotton-tipped wooden or metal pusher to gently push back the eponychium. Use as directed by the manufacturer and carefully remove cuticle tissue from the nail plate.



3

Lightly buff the nail plate with a medium (180 grit) abrasive, or the abrasive recommended by the gel manufacturer, to remove the shine on the surface of the nail plate.

4 Remove the dust from the nail surface per the manufacturer's recommendations.

5 Use a solvent-based cleanser per the manufacturer's recommendation. Remove any oils from the fingernail before abrading with a file. This increases the adhesive properties of the gel. Start with the little finger and work toward the thumb.

6 If your client requires nail tips, apply them according to **Procedure 16-1, Nail Tip Application**, in Chapter 16. Be sure to shorten and shape the tip before the application of the UV or LED gel. During the procedure, the UV or LED gel overlaps the tip's edge to prevent lifting. During the filing process, the seal can be broken, allowing the UV or LED gel to peel or lift. Be careful not to break this seal.

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7

Follow the manufacturer's instructions for applying the bonding or priming material. Your success depends on your ability to properly prepare the nail plate for services and apply this bonding material. Using the applicator brush, insert the brush into the nail primer or bonding gel. Wipe off any excess from the brush, and, using a slightly damp brush, ensure that the nail plate is completely covered per the manufacturer's recommendations. Avoid using too much product to prevent running into the skin, which can increase the risks of developing skin irritation or sensitivity to the enhancement system.



8

Cure the bonding gel according to the manufacturer's directions.



9

Gently brush UV or LED gel onto the fingernail surface, including the free edge. Leave a $3/16"$ (4.76 mm) gap around the cuticle and sidewall area of the fingernail. Keep the gel from touching the cuticle, eponychium, or sidewalls. When applying this gel, do not pat the gel as you would monomer and polymer material; instead, gently brush or float the gel material onto the fingernail. When brushing the gel near the cuticle, use a light pressure on the brush while pushing the gel toward the cuticle, and then increase the pressure on the brush to reduce the thickness of the gel near the cuticle. As you pull the brush away from the cuticle region, decrease the pressure on the brush to allow for an increased amount of gel to be applied over the stress area. As the application of the gel approaches the free edge of the fingernail, bring the brush to a parallel angle to the fingernail and keep the pressure on the brush light. Applying too much pressure to the brush as it approaches the free edge of the fingernail will deposit too much UV or LED gel on the tip of the fingernail and create a bulbous lump on the distal edge of the fingernail. If additional gel is needed to create thickness in the stress area of the fingernail, a light touch and a swirling or circular motion to deposit more gel in the stress area is a good technique. Avoid introducing air into the gel, as this will reduce the strength of the cured gel and may lead to bubbles and cracking. Apply to the client's right hand, from pinky to pointer.



10

Properly position the hand in the UV or LED lamp for the required cure time as defined by the manufacturer. Always cure each layer of the UV or LED gel for the time required by the manufacturer's instructions. Curing for too little time can result in service breakdown, skin irritation, and/or sensitivity. Improper positioning of the hands inside the lamp also can cause improper curing.

Procedure 18-1 Continued

One-Color Method UV or LED Gel on Tips or Natural Nails with UV or LED Gel Polish (continued)

- 11** Repeat steps 9 and 10 on the left hand and then repeat the same steps for both thumbs.



- 13** Cure second UV or LED gel (building or self-leveling gel) and properly position the hand in the UV or LED lamp for the manufacturer's required cure time.

- 12** Apply a small amount of gel (a self-leveling gel works best at this stage of the application) over the properly cured first layer. Carefully pull the UV gel across the first layer and smooth it into place using a technique that mimics the application of polish. Avoid patting the brush or pressing too hard, as this will introduce air into the gel and decrease its strength. Brush the gel over and around the free edge to create a seal. Avoid touching the skin under the free edge to prevent skin irritation and sensitivity. Repeat this application process for the other four nails on the client's left hand.

- 14** Repeat steps 12 and 13 on the left hand, and then repeat the same steps for both thumbs.

- 15** Apply another layer of the second gel, if needed. Another layer of the second gel (building or self-leveling gel) will add thickness to the enhancement if additional thickness is desired and cure for the time required by the manufacturer.



- 16** Remove the inhibition layer by cleaning with the manufacturer's cleanser on a recommended wipe or plastic-backed cotton pad to avoid skin contact. If the cleanser is not available, then alcohol, acetone, or another suitable remover could suffice; confirm with the gel manufacturer. Prolonged or repeated skin contact with the inhibition layer may cause skin irritation or sensitivity.

17



17

Using a medium abrasive (180 grit), refine the surface contour. File carefully near the sidewalls and eponychium to avoid injuring the client's skin. Using your thumb or finger, pull the skin around the sidewall of the fingernail away from the area to be filed. Use careful, gentle but deliberate strokes away from the fingernail in a pulling motion toward you with a 180-grit file. These strokes should be at a parallel angle to the fingernail or tapered slightly inward at a

3- to 5-degree angle. Repeat this pattern on the opposite side of the fingernail. It is important to keep in mind that you will be adding more UV gel later, so take a few more strokes of the file to reduce the width to account for the additional gel being added later. Once the edges of the enhancement have been filed, reduce the length of the enhancement by filing with a 100- or 180-grit file perpendicular to the fingernail until the desired length has been achieved. After reducing the length, reduce the overall thickness of the fingernail. Start the filing of the top surface of the fingernail with a 180-grit file, starting at the sidewall. While being careful not to cut the client with the file, reduce the thickness of the gel around the cuticle region of the fingernail. You are only trying to eliminate a buildup of gel from around the eponychium so that there is not a ledge of gel on the fingernail in this area. Continue the filing down the sidewall of the fingernail on the opposite side from where you began. Once you have filed near the cuticle, it is time to reduce the thickness of the free edge of the enhancement. Hold the fingernail so you can view down the front or barrel of the nail. Reduce the thickness

of the free edge so that the enhancement is thin—perhaps the thickness of a penny or nickel. The convex curve of the top of the enhancement should be smooth and even with the concave portion of the underside of the fingernail (this is best done with a glue-on tip for beginners, because the glue-on tips have a nice convex profile). Continue to file away from the free edge of the fingernail toward the stress area of the enhancement. The objective here is to structure the enhancement so that a smooth arch is achieved from the free edge to the cuticle. The last region of the fingernail to be filed should be the stress area, so that it remains the thickest portion of the enhancement. Once the overall fingernail has been shaped, smooth the fingernail using a 220 or finer grit file. During the smoothing process of shaping the nail, slightly round the sidewalls of the free edge of the fingernail to remove sharp edges. Check the free-edge thickness and even out imperfections with gentle strokes. Make certain that you avoid excessive filing of the gel on the sidewalls of the enhancements. Excessive filing may lead to the enhancement being too thin, which can result in cracking that can begin at the sidewalls.

18



18

Remove the dust and filings with a clean and disinfected nylon brush. Remove any oils that may have been deposited on the fingernail during filing. This will decrease potential problems that may cause defects in the final coat of gel.

19



19

Apply a first, thin coat of gel polish over the entire surface of the enhancement in a brushing technique. Use ample pressure to ensure a smooth finished look to the application. Apply a small amount of the gel polish to the free edge of the fingernail to cap the end and create an even and consistent appearance.

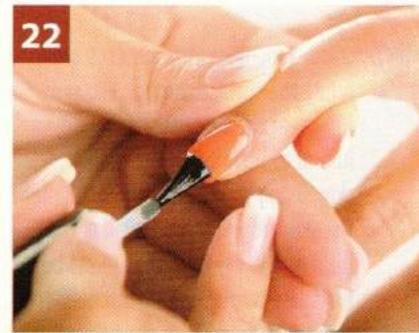
Procedure 18-1 Continued

One-Color Method UV or LED Gel on Tips or Natural Nails with UV or LED Gel Polish (continued)

- 20** Place the hand inside the UV or LED lamp in the proper location and cure the first coat of gel polish for the recommended period of time.



- 21** Apply a second thin coat of gel polish over the entire surface of the enhancement in a brushing technique and apply a small amount of the gel polish to the free edge of the fingernail to cap the end and create an even and consistent appearance.



- 22** Cure a second coat of gel polish. Next, apply gloss gel (sealer, gloss, or finisher gel).



- 23** Cure the gloss gel. Then remove the inhibition layer, if required.

- 24** Apply nail oil and hand lotion and massage the hand and arm.
- 25** Clean the nail enhancements. Evaluate the work you just completed and make any necessary adjustments.



- 26** Present the finished look to your client.

Postservice

Complete Procedure 13-2, Postservice Procedure. **LO8**

Procedure 18-2

Two-Color Method UV or LED Gel on Tips or Natural Nails

IMPLEMENTS AND MATERIALS

In addition to the basic materials on your manicuring table, you will need the following supplies:

- Nail tips
- Brush
- Nail cleanser or primer
- Pink UV or LED gel and white UV or LED gel
- UV or LED gel lamp
- A cleansing solution
- UV or LED gel primer or bonding gel
- Lint-free cleansing wipes

Preparation

Refer to **Procedure 13-1**, Preservice Procedure.

Procedure

- 1 Clean the nails and remove the existing polish. Next, push back the eponychium and remove the cuticle from the nail plate.
- 2 Gently buff the nails with a medium grit buffer.
- 3 Prepare the nails by removing the dust from the nail surface. Clean and then dehydrate the fingernail.
- 4 Apply nail tips, if desired. Then apply primer or bonding gel.
- 5 Cure bonding resin, if required, following the manufacturer's directions.
- 6 Select the desired white gel to create the two-color process. Working from right to left on the hand, apply a coat of the white gel over the tip and along the sidewalls of the fingernail to create the smile line. Be sure to apply this layer of gel thin enough to have the gel cure completely through to the surface of the tip. If the gel does not cure completely through, it will lift from the surface of the tip and fingernail. If there is white gel where you do not want it to be, wipe the unwanted gel from the fingernail tip.

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Procedure 18-2 Continued

Two-Color Method UV or LED Gel on Tips or Natural Nails (continued)



7 Using a lint-free nail wipe, pinch the bristles of the brush in the nail wipe so that the bristles form a squeegee-like surface. Do not use solvents to clean the bristles.



8 Using the tip of your clean application brush, wipe away any unwanted gel from the tip to create a crisp smile line. Repeat this process until you have the desired smile line. Make certain that all smile lines are uniform in appearance before curing the gel.

10 If the white gel does not have the same brightness on all fingers, repeat steps 5, 6, and 7.



11 Gently brush a pink-tinted gel onto the fingernail surface, including the free edge. Leave a $3/16"$ (4.76 mm) gap



12 Cure the first coat of the UV or LED gel (building gel).

9 Flash cure the white gel one or two fingers at a time in the lamp unit for the product manufacturers recommended time.

around the cuticle and the sidewall area of the fingernail. Keep the gel from touching the cuticle, eponychium, or sidewalls. When applying this gel, do not pat it as you would a monomer and polymer material. Gently brush or float the gel material onto the fingernail. Avoid introducing air into the gel, as this will reduce the strength of the cured gel and may lead to cracking. Apply to the client's right hand, from pinky to pointer.

13 Repeat steps 11 and 12 on the left hand and then repeat the same steps for both thumbs.



- 14** Apply a small amount of pink gel (a self-leveling gel works best at this stage of the application) over the

properly cured first layer. Carefully pull the gel across the first layer and smooth it into place. Avoid patting the brush or pressing too hard, as this will introduce air into the gel and decrease its strength. Brush the gel over and around the free edge to create a seal. Avoid touching the skin under the free edge to prevent skin irritation and sensitivity. Repeat this application process for the other four nails on the client's right hand, from pinky to pointer.

- 15** Cure the second UV or LED gel (building or self-leveling gel).

- 16** Repeat steps 14 and 15 on the left hand and then repeat the same steps for both thumbs.



- 17** Another layer of the second gel will add thickness to the enhancement if additional thickness is desired. Cure the nails.

- 18** Remove the inhibition layer. Then check the fingernail contours. Follow up by removing the dust.

- 19** Clean the fingernail and apply the gloss gel (sealer, gloss, or finisher gel). Remove the inhibition layer, if required.

- 20** Apply nail oil and hand lotion. Then massage the hand and arm.

- 21** Clean the nail enhancements. Evaluate the work you just completed and make any necessary adjustments.



- 22** Present the finished look to your client.

Postservice

Complete **Procedure 13–2**, Postservice Procedure.

Procedure 18-3

UV or LED Gel over Forms

IMPLEMENTS AND MATERIALS

In addition to the basic materials on your manicuring table, you will need the following supplies:

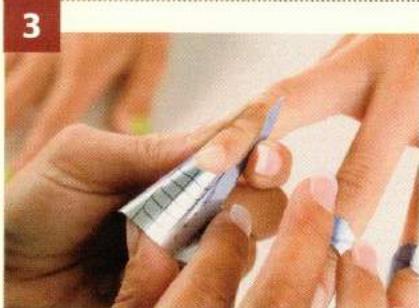
- Nail forms
- UV or LED gel
- UV or LED gel primer or bonding gel
- Brush
- UV or LED gel lamp
- A cleansing solution
- Lint-free cleansing wipes
- Nail cleanser or primer

Preparation

Refer to **Procedure 13-1**, Preservice Procedure.

- 1** Clean the nails and remove the existing polish. Push back the eponychium and remove the cuticle from the nail plate. As needed file the free edge of the nails. Then clean and dehydrate the fingernail.

- 2** Remove the shine and the dust from the natural nail surface using a clean dry nail brush. Then clean and dehydrate the nails.

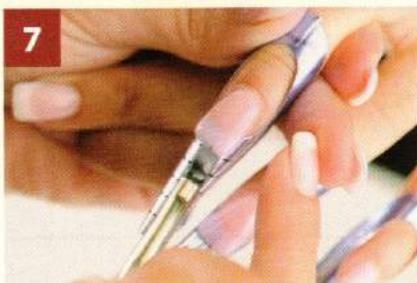


- 3** Fit forms onto all fingers (as described in Chapter 17). Remember to clean and disinfect multiuse forms if disposable forms are not used. Clear plastic forms are sometimes used to allow UV or LED light to penetrate from the underside for more complete curing of the free edge.

- 4** Apply the primer or bonding gel.

- 5** Cure the bonding gel, if required.

6 Repeat steps 5 and 6 on the left hand and then repeat the same steps for both thumbs.



7 Apply the first coat of gel (building or self-leveling gel).



8 Properly position the hand and cure the UV or LED gel for the required time.

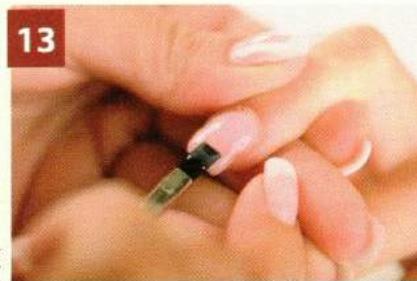


10 Remove the nail forms by pinching the form just before the hyponychium of the finger and then gently pulling the form down and away from the finger.

9 Apply a second layer of the gel (building or self-leveling gel). Properly position the hand and cure the gel for the required time.



12 Use a medium or fine abrasive (180 or 240 grit) to shape the free edge of the enhancement.



13 Apply another layer of gel (building or self-leveling gel), if needed, over the entire enhancement.



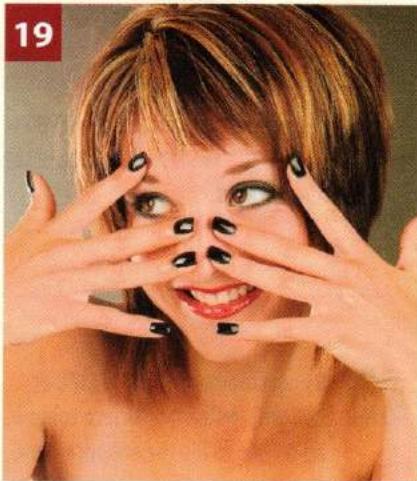
14 Using a medium abrasive (180 or 240 grit), refine the surface contour. Be certain to file the enhancement to create an arch and curve in order to optimize the strength of the overlay and create an elegant beauty to the enhancement.

Procedure 18-3 Continued

UV or LED Gel over Forms

(continued)

- 15 Remove the dust and apply the gloss gel (sealer, gloss, or finisher).
- 16 Cure the nail. Be sure to remove the inhibition layer, if required.
- 17 Apply nail oil and hand lotion. Then massage the hand and arm.
- 18 Clean the nail enhancements. Evaluate the work you just completed and make any necessary adjustments. Apply nail polish, if desired.



19 Present the finished look to your client.

Postservice

Complete Procedure 13-2, Postservice Procedure. **LO9**

Procedure 18-4

UV and LED Gel Maintenance

IMPLEMENTS AND MATERIALS

In addition to the basic materials on your manicuring table, you will need the following supplies:

- UV or LED gel
- UV or LED gel primer or bonding gel
- Brush
- UV or LED gel lamp
- A cleansing solution
- Lint-free cleansing wipes
- Nail cleanser or primer

Preparation

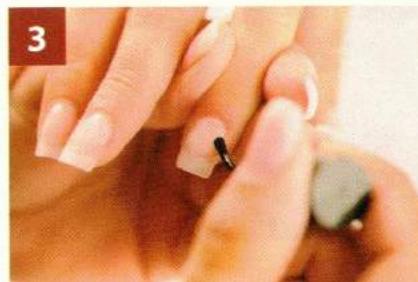
Refer to **Procedure 13-1**, Preservice Procedure.

Procedure

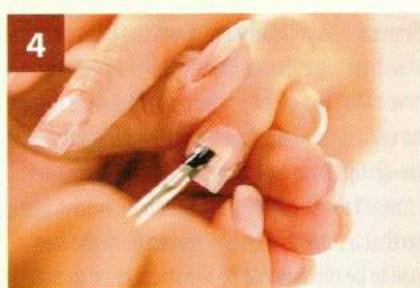
- 1** Clean the nails and remove the existing polish. Next, push back the eponychium and remove the cuticle from the nail plate.



- 2** Lightly buff the natural nail regrowth with a medium (180 grit) abrasive, or the abrasive recommended by the gel manufacturer, to remove the shine on the surface of the natural nail plate.



- 3** Remove the dust from the nail surface. Then clean and dehydrate the nail. Apply primer or bonding gel to the natural nail. Cure the bonding resin.



- 4** Lightly brush the gel onto the nail from the natural nail regrowth to the free edge. Keep the gel from touching the cuticle, eponychium,

or sidewalls. When applying this gel, do not pat it as you would a monomer and polymer material. Gently brush or float the gel material onto the fingernail. Avoid introducing air into the gel, as this will reduce the strength of the cured gel and may lead to cracking. Apply the gel material to the client's right hand, from pinky to pointer.

- 5** Cure the first UV gel.

Procedure 18-4 Continued

UV and LED Gel Maintenance (continued)

6 Repeat steps 4 and 5 on the other hand. Then repeat the same steps for both thumbs.



7 Cure the UV or LED gel and remove the inhibition layer.

UV and LED gel nails can be softer than monomer and polymers, so they can be filed very easily. Using a medium abrasive (180 grit), refine the surface contour. File carefully near the sidewalls and eponychium to avoid injuring the client's skin. Using your thumb or finger, pull the skin around the sidewall of the fingernail away from the area to be filed. Use careful, gentle but deliberate strokes away from the fingernail in a pulling motion toward you with a 180-grit file. These strokes should be at a parallel angle to the fingernail, or tapered slightly inward at a 3- to 5-degree angle. Repeat this pattern on the opposite side of the fingernail. It is important to keep in mind that you will be adding more gel later, so take a few more strokes of the file to reduce the width to account for the additional gel being added later. Once the edges of the enhancement have been filed, reduce the length of the enhancement by filing with a 100- or 180-grit file, perpendicular to the fingernail, until the desired length has been achieved. After reducing the length, reduce the overall thickness of the fingernail. Start the filing of the top surface of the fingernail with a 180-grit file, starting at the sidewall. While being careful not to cut the client with the file, reduce the thickness of the gel around the cuticle region of the fingernail. You are only trying to eliminate a buildup of gel from around the eponychium so there is not a ledge of gel on the fingernail in this area. Continue the filing down the sidewall of the fingernail on the opposite side from where you began. Once you have filed near the cuticle, it is time to reduce the thickness of the free edge of the enhancement. Hold the fingernail so you can view down the front or barrel of the nail. Reduce the thickness of the free edge so that the enhancement is thin—perhaps the thickness of a penny or nickel. The convex curve of the top of the enhancement should be smooth and even with the concave portion of the underside of the fingernail (this is best done with a glue-on tip for beginners because the glue-on tips have a nice convex profile). Continue to file away from the free edge of the fingernail toward the stress area of the enhancement. The objective here is to structure the enhancement so that a smooth arch is achieved from the free edge to the cuticle. The last region of the fingernail to be filed should be the stress area, so that it remains the thickest portion of the enhancement. Once the overall fingernail has been shaped, smooth the fingernail using a 220 or finer grit file. During the smoothing process of shaping the nail, slightly round the sidewalls of the free edge of the fingernail to remove sharp edges. Check the free-edge thickness and even out imperfections with gentle strokes. Make certain that you avoid excessive filing of the gel on the sidewalls of the enhancements. Excessive filing may lead to the enhancement being too thin, which can result in cracking that can begin at the sidewalls.

9 Remove the dust. Clean the fingernail and apply the gloss gel (sealer, gloss, or finisher gel).

10 Cure the gloss gel and remove the inhibition layer, if required.

11 Apply the nail oil and hand lotion. Then massage the hand and arm.

12 Clean the nail enhancements. Evaluate the work you just completed and make any necessary adjustments. Apply nail polish, if desired.



13 Present the finished look to your client.

Postservice

Complete **Procedure 13–2**, Postservice Procedure. **LO10**

Procedure 18-5

UV or LED Gel over Monomer Liquid and Polymer Powder Nail Enhancements with UV or LED Gel Polish

IMPLEMENTS AND MATERIALS

In addition to the basic materials on your manicuring table, you will need the following supplies:

- UV or LED gel
- UV or LED gel primer or bonding gel
- Brush
- UV or LED gel lamp
- Lint-free cleansing wipes
- Nail cleanser or primer
- UV or LED gel polish

Preparation

Refer to **Procedure 13-1**, Preservice Procedure.

- 1 Perform the Monomer Liquid and Polymer Powder Application Procedure described in Chapter 17.



2 After the liquid and polymer enhancement has hardened sufficiently to allow it to be filed, contour, smooth, and shape the enhancement. Do not use any oils during this process. Using a buffing or cuticle oil will cause the gel to have deformities on its surface and look undesirable.



3 Remove the dust and filings with a cleaned and disinfected nylon brush.



4 Remove any oils that may have been deposited on the fingernail during filing.

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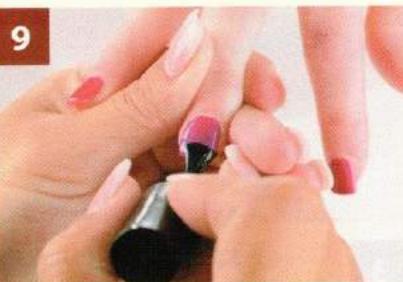


- 5** Apply a thin coat of UV or LED gel polish over the entire surface of the enhancement in a brushing technique. Use ample pressure to ensure a smooth finished look to the application. Apply a small amount of the gel polish to the free edge of the fingernail to cap the end and create an even and consistent appearance.

6 Place the hand inside the UV or LED lamp in the proper location and cure for the recommended period of time.

7 Apply a second thin coat of gel polish over the entire surface of the enhancement in a brushing technique. Use ample pressure to ensure a smooth finished look to the application. Apply a small amount of the gel polish to the free edge of the fingernail to cap the end and create an even and consistent appearance.

8 Place the hand inside the UV or LED lamp in the proper location and cure for the recommended period of time.



9 Apply a small amount of the third layer of gel (sealer or finisher UV gel). Starting from the base of the nail plate, stroke toward the free edge, using polish-style strokes and covering the entire nail surface. Be sure not to contact the skin with the gel and to wrap this final layer under the natural nail's free edge to seal the coating and provide additional protection. Avoid touching the client's skin, as this will cause lifting.

10 Cure the gloss gel and remove the inhibition layer, if required.

11 Apply nail oil and hand lotion. Then massage the hand and arm.

12 Clean the nail enhancements. Evaluate the work you just completed and make any necessary adjustments.



13 Present the finished look to your client.

Postservice

Complete Procedure 18-2, Postservice Procedure.

Procedure 18-6

UV and LED Gel Removal—Hard Gel

IMPLEMENTS AND MATERIALS

In addition to the basic materials on your manicuring table, you will need the following supplies:

- Polish remover
- Nail buffer

Preparation

Refer to **Procedure 13-1**, Preservice Procedure.

Procedure

- 1** Remove the polish.



- 2** Use a medium grit file (180 grit) to reduce the thickness of the enhancement on the fingernail. Take care not to file into the natural nail.



- 3** Use a nail buffer (284 grit) to smooth the enhancement for a more natural shine. Talk with the client about how to allow the rest of the enhancements to grow out and off of the fingernails.

- 4** Suggest that your client have natural nail manicures to ensure that the enhancements grow off correctly. Evaluate the work you just completed and make any necessary adjustments.



- 5** Present the finished look to your client.

Postservice

Complete **Procedure 13-2**, Postservice Procedure.  **LO11**

Procedure 18-7

UV and LED Gel Removal—Soft Gel or Gel Polishes

IMPLEMENTS AND MATERIALS

In addition to the basic materials on your manicuring table, you will need the following supplies:

- Abrasives
- Buffer
- UV or LED gel remover
(as recommended by the gel manufacturer)

Preparation

Refer to **Procedure 13-1**, Preservice Procedure.

Procedure

- 1 Remove the polish and file the nail.



- 2 Deposit the soak-off solution in a fingerbowl or other container so that the level of the remover is sufficient to completely immerse the fingernail enhancements in the solution. It should be noted here that a cotton ball, foil, and gel remover can be used in place of the fingerbowl. This reduces the odor and evaporation of the remover as well as the amount of remover required.

- 3 Soak the client's fingernails in the solution for the manufacturer's recommended period of time.

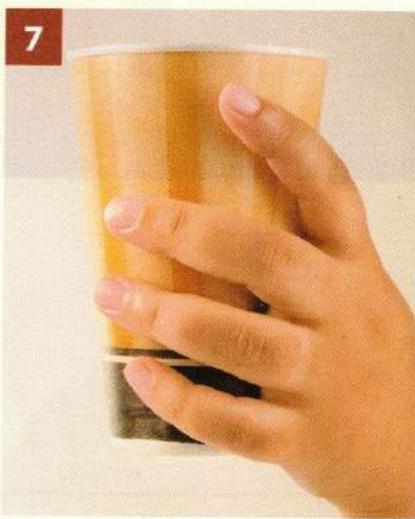


- 4 Use a wooden stick or stainless steel pusher to ease the gel off the fingernail.



- 5** Lightly buff the fingernail with a fine grit buffer (240 or 400 grit) to remove any remaining gel material from the fingernail area.

- 6** Clean the nail enhancements. Evaluate the work you just completed and make any necessary adjustments.



- 7** Present the finished look to your client.

Postservice

Complete **Procedure 13–2**, Postservice Procedure. **LO12**

Review Questions

1. Describe the chemistry and main ingredients of UV gels.
2. When would you use a one-color method of applying UV gels? When would you use a two-color method for applying UV gels?
3. What types of UV gels are used in current systems?
4. What supplies are needed for UV gel application?
5. When should you use UV gels?
6. When should you use a building gel, a self-leveling gel, or a UV gel that uses fiberglass?
7. What are the differences between UV lamps and UV bulbs?
8. List the steps to take when applying one-color UV gel on tips or natural nails.
9. Describe how UV gels are applied over forms.
10. Describe how to maintain UV gel nail enhancements.
11. Explain how to correctly remove hard UV gels.
12. Explain how to correctly remove soft UV gels.