


Hey there, soon-to-be Efficient Efiler!

Below are the highly recommended tools and bits for optimal learning of *The Be Method* taught inside our 5 Phase Efiling Course!

[Yes! You need these items for your course, or you will be cheating yourself out of the experience of this course and its results.]

I recommended a minimal amount of suppliers, and some alternatives so that you can hopefully save on shipping!

You can use what you have, but to **really** experience the value of this course you should do your very best to obtain these items. 

For the recommendations below, go to the Brand's website of which you are interested in, and copy/paste the title of the item in their search bar. I did not want to provide you with direct links, as they can often change.

I'm recommending [Nail Labo](#), [Nashlynails](#), & [Daily Charme](#) as these are the distributors I frequent. (You can try affiliate code PPN10, for 10% Off, on Nashlynails and Daily Charme).

Bits



ONE of these diamond bits:

Nail Labo Diamond Bit Point HP7

Nashlynails STALEKS Cylinder 2.3MM

Daily Charme Diamond Safety Sciver

Implements



ONE of these sharpened pushers:

Nail Labo Cuticle Pusher by Maniera

Nashlynails STALEKS EXPERT 30

Nashlynails STALEKS PRO Expert 90
Pusher Type 4.2

Daily Charme Tsumetakumi Cuticle Pusher

Other:



Mani Tool Kit:

Cuticle Oil

Manicure Brush

Emery Board

Sponge Buffer (200G & 180G)

90% Alcohol

Lint-Free Towelettes

<p><u>ONE</u> of these diamond bits:</p> <p>Nail Labo Baby Barrel Diamond Bit Nashlynails STALEKS "Cone" 2.5MM Daily Charme Diamond Baby Barrel</p>	<p>One of these sharpened nippers: (Preferably 5mm or Half Jaw)</p> <p>Nashlynails STALEKS PRO Cuticle Nippers SMART 10 5MM Nashlynails STALEKS PRO Classic 12 Nipper 5MM Daily Charme Pro Nail Cuticle Nipper 5MM</p>	<p>Cuticle Remover:</p> <p>Leafgel Cuticle Remover (10% Off w/ Code PPN10)</p>
<p><u>One</u> ceramic bit...</p> <p>Barrel-shaped ceramic bits:</p> <p>Nail Labo Medium Ceramic Barrel Shape Nashlynails Ceramic Barrel Medium/Fine Daily Charme Ceramic Rounded Barrel / Medium</p> <p>Cone-shaped ceramic bit:</p> <p>Nail Labo Fine Ceramic Corn Shape</p>	<p>One curved nail clipper:</p> <p>... any brand.</p> <p>Po Tip: When working on toenails, you'll want to avoid curved nippers as they can cause ingrowns.</p>	<p>Table Supplies:</p> <p>Dental Bibs/ Table Napkin Dust Collector Brass/Steel Brush for Bits Foil or Soakers for Gel Removal Acetone Barbicide</p> <p>You may be able to find these supplies, and other recommendations in my Amazon Store.</p>

<p>Nashlynails Ceramic Fine</p> <p>Daily Charme Ceramic Typhoon / Medium</p> <p>*Note when working on the natural nail with a ceramic, use fine or extra fine grit.</p>		
<p><u>One</u> carbide bit:</p> <p>Whatever medium carbide you find yourself comfortable with is ok!</p> <p>Or medium ceramic will do too!</p>	<p>One tool nipper:</p> <p>(To cut anything BUT skin)</p> <p>Nashlynails STALEKS SMART 70 or 71 Nail Nipper</p> <p>Daily Charme Tsumetakumi Professional Nail Cutter</p>	

Some links or codes above are affiliated and may provide us with a small commission on qualifying purchases.