

MGN

Step-by-Step

Checklists

Key Notes Throughout Each Module:

When using LED or Dual Wave (UVLED) Lamp:

- Flash Cure = ~3 secs
- Full Cure = 30 secs
- Full Cure = 60 secs

When applying all of your products:

1. Always work with product on one side of the brush only.
2. Always frame the cuticle area w/ product first. Then pull the product 'side, side, middle'.

For all main services (Gel Manicure, Gel Overlay, Gel Extensions):

Start by Prepping the nail. Use Module 1 for the step-by-step process.

By the end of this course, you should be able to complete ALL “main services” within 90 minutes*.

**A gel manicure should be booked at 90 minutes also to have a buffer for removal, nail art, and any repairs (and hey!... a little break for yourself right!?).*

For gel extensions, you can book an additional buffer of 15-20 mins to make time for nail art and removals, however if neither of these are needed, with much practice of these modules, you should be able to finish a full extension within 90 minutes... Keywords MUCH PRACTICE.

Module 1: Nail Prep (5 Main Steps, ~20 mins)

MAIN STEPS	DETAILED STEPS	
	MANUAL	ELECTRIC
1. TRIM & SHAPE	<input type="checkbox"/> 1.1 Trim	<input type="checkbox"/> 1.1 Trim
	<input type="checkbox"/> 1.2 Shape	<input type="checkbox"/> 1.2 Shape
2. CUTICLE WORK	<input type="checkbox"/> 2.1 Push & Lift Eponychium	<input type="checkbox"/> 2.1 Push & Lift Eponychium
	<input type="checkbox"/> 2.2 Scrape & Loosen Cuticle	<input type="checkbox"/> 2.2 Scrape & Loosen Cuticle
	<input type="checkbox"/> 2.3 File off Cuticle	<input type="checkbox"/> 2.3 Dehydrate
		<input type="checkbox"/> 2.4 eFile Cuticle Area
3. BUFF & DUST	<input type="checkbox"/> 3.1 Buff (220g)	<input type="checkbox"/> 3.1 Buff (Diamond Buffering Bit)
	<input type="checkbox"/> 3.2 Dust	<input type="checkbox"/> 3.2 Dust
4. DEHYDRATE & CLEAN	<input type="checkbox"/> 4.1 Scrub (w/towelette & alcohol) Body of Nail	<input type="checkbox"/> 4.1 Scrub (w/towelette & alcohol) Body of Nail
	<input type="checkbox"/> 4.2 Clean Under Nail	<input type="checkbox"/> 4.2 Clean Under Nail
5. NIP	<input type="checkbox"/> 5.1 Nip Loose Skin	<input type="checkbox"/> 5.1 Nip Loose Skin

Module 2, L1: Gel Base Application (3 Main Steps, ~15-20 mins)

If you are completely new to self-leveling, do 1 finger at a time alternating between the client's hands.

For intermediates, start with thumbs then the other 4 fingers, alternating between hands.

For advanced or confident users, do all 5 fingers at once.

MAIN STEPS	DETAILED STEPS
1. SEAL THE EDGE w/ BASE	<input type="checkbox"/> 1.1 Scrub base gel unto the free-edge → FULL CURE
2. APPLY WET BASE LAYER	<input type="checkbox"/> 2.1 Frame Entire Nail Plate w/ Base ★ DON'T CURE
3. APPLY SELF-LEVELING BASE LAYER	<input type="checkbox"/> 3.1 Scoop Bead (twice as much as "wet layer" bead)
	<input type="checkbox"/> 3.2 Off-load (1 mm away from cuticle area)
	<input type="checkbox"/> 3.3 Pull Down (side-side-middle)
	<input type="checkbox"/> 3.4 Pull Free Edge Up to Apex w/ Tip of Brush (side-side-middle)
	<input type="checkbox"/> 3.5 Flip Hand Upside Down to Self-level
	<input type="checkbox"/> 3.6 Adjust Apex w/ Tip of Brush While Upside Down (optional)
	→ FLASH & FULL CURE
➤ Proceed to Module 2, L2:	Color & Top Coat Application

Module 2, L2: Color & Top Coat Application (4 Main Steps, ~20 mins)

Always work with a thin, but generous, amount of color and on ONE side of the brush only. Apply darker colors a bit thinner.

MAIN STEPS	DETAILED STEPS
1. APPLY 2 COATS OF COLOR	<input type="checkbox"/> 1.1 First Coat ("tuck" bead & frame cuticle area)
	→ FULL CURE
	<input type="checkbox"/> 1.2 Second Coat ("tuck" bead & frame cuticle area)
	→ FULL CURE
2. APPLY TOP COAT	<input type="checkbox"/> 2.1 Frame Cuticle Area & Pull Down
	<input type="checkbox"/> 2.2 Feather w/ Tip of Brush to Self-Level (optional)
	→ FULL CURE (60 seconds)
3. WIPE-OFF TACKY RESIDUE	<input type="checkbox"/> 3.1 Saturate Towelette w/ Alcohol
	<input type="checkbox"/> 3.2 Press & Pull Down to Wipe
	★ don't immediately touch nail
4. CUTICLE OIL	<input type="checkbox"/> 4.1 Apply Around and Underneath Nails
5. FILE FREE EDGE (optional)	<input type="checkbox"/> 5.1 Using a Fine File at an Angle

Module 3: Gel Overlay Base (6 Main Steps, 20 mins)

MAIN STEPS	DETAILED STEPS
1. SEAL EDGE	<ul style="list-style-type: none"> ❑ 1.1 Scrub Gel Base on Free Edge
	→ FULL CURE
2. APPLY THIN BASE COAT LAYER	<ul style="list-style-type: none"> ❑ 2.1 Frame Entire Nail Plate w/ Base
	★ don't self-level
	→ FULL CURE
3. APPLY WET BUILDER LAYER	<ul style="list-style-type: none"> ❑ 3.1 Frame Entire Nail Plate w/ Builder
	★ DON'T CURE
4. APPLY SELF-LEVELING BUILDER LAYER	<ul style="list-style-type: none"> ❑ 4.1 Scoop Bead (twice as much as "wet layer")
	<ul style="list-style-type: none"> ❑ 4.2 Off-load (1 mm away from cuticle area)
	<ul style="list-style-type: none"> ❑ 4.3 Pull Down (side-side-middle)
	<ul style="list-style-type: none"> ❑ 4.4 Pull Free Edge Up to Apex w/ Tip of Brush (side-side-middle)
	<ul style="list-style-type: none"> ❑ 4.5 Flip Hand Upside Down to Self-level
	<ul style="list-style-type: none"> ❑ 4.6 Adjust Apex w/ Tip of Brush While Upside Down (optional)
	→ FLASH & FULL CURE
5. FINISH FILE (OPTIONAL)	(REFERENCE MODULE 5 FOR DETAILED STEPS)
6. DUST & CLEAN (OPTIONAL)	<ul style="list-style-type: none"> ❑ 6.1 Dust (Use Dry & Wet (alcohol) Mani Brush)
	<ul style="list-style-type: none"> ❑ 6.2 Scrub (w/towelette & alcohol) Body of Nail
	<ul style="list-style-type: none"> ❑ 6.3 Clean Under Nails
➤ Proceed to Module 2, L2:	Color & Top Coat Application

Module 4a: Soft Gel Extensions w/ Plastic Tips (6 Main Steps, ~ 50 mins)

PRO TIP #1: When doing your prep, after removing the surface shine with the sponge buffer, file the free edge of the natural nail with a 180g board file to give it texture to adhere to the tip.

PRO TIP #2: If the temperature of your work room is on the colder side, warm up the glue by rolling it between your hands. If too cold or you keep repositioning, the plastic tip may not instantly adhere unto the nail.

MAIN STEPS	DETAILED STEPS
1. APPLY PLASTIC TIP	1.1 Size Width of Nails
	1.2. Glue Tips to Natural Nails
	1.3 Size/Cut to Desired Length
2. BLEND & TRIM	2.1 Use Gel Removal Bit to Blend (or 180g Board File)
	2.2 Buff Shine from Plastic Tip
3. BEGIN 'FINISH FILE'	3.1 Start Filing Free Edge into Final Shape (does not have to be perfect just yet)
	3.2 Dust & Clean Off Dust
4. APPLY GEL OVERLAY	(OVERLAY THE NEW NAIL,
	REFERENCE MODULE 3 CHECKLIST
	FOR DETAILED STEPS)
5. FINISH FILE	(REFERENCE MODULE 5
	FOR DETAILED STEPS)
6. DUST & CLEAN	6.1 Use Dry & Wet (alcohol) Mani Brush
➤ Proceed to Module 2, L2:	Color & Top Coat Application

Module 4b: Soft Gel Extensions using Forms (8 Main Steps, ~ 60 mins)

PRO TIP #1: When doing your prep, shape the natural nails oval (use your nails smile as a guide). Leaving corners behind will inhibit the form to fit snug onto the nail and finger.

PRO TIP #2: Use alcohol to dehydrate the client's fingers where the nail form will adhere to the skin.

MAIN STEPS	DETAILED STEPS
1. FIT FORMS	1.1 Straight Fit = Square Shape (slightly tilting down = oval + others)
	1.2 Adjust (cut) at Hyponychium Area
	1.3 Pinch & Secure Wings Tightly
2. APPLY BASE	2.1 Thin, generous amount on natural nails
	2.2 Tiniest amount on corners
3. BUILD FREE EDGE	3.1 Place a bead of gel on form
	3.2 Form the desired shape out
	3.3 "Attach" bead to natural nail
	→ FLASH CURE
4. PINCH	4.1 Hold pinch at connection for 3-5 seconds
	→ FULL CURE
5. REINFORCEMENT LAYER	5.1 Carefully Remove Form
	5.2 Apply a Thin Coat of Sculpting Gel on Entire New Nail
	→ FULL CURE
6. APPLY OVERLAY	6.1 Structure the body of nail w/ an apex using sculpting gel
7. FINISH FILE	(REFERENCE MODULE 5 FOR DETAILED STEPS)
8. DUST & CLEAN	Use Dry & Wet (alcohol) Mani Brush
➤ Proceed to Module 2, L2:	Color & Top Coat Application

Module 5: Finish Filing (5 Main Steps, ~15 mins)

Divide the nail into Zone 1 (free-edge to center) & Zone 2 (center to cuticle area).

Remember: Index, Middle, & Ring finger can all be the same length, Pinky & Thumb about 2mm shorter.

By now the nails should have a general shape of the **final** shape.

Main Steps	Detailed Steps
1. SHAPE FREE EDGE	1.1 File desire shape
	1.2 Use clients view to retouch shape
2. FILE SIDE WALLS	2.1 Start w/ file flat (180°)
*Align 'corners' of cuticle area w/ corners of free edge.	2.2 Move to straight (90°).
3. CONTOUR W/ FILE (180G)	3.1 File Zone 1
*Do not allow file to go flat over your apex.	3.2 File Zone 2 (if necessary)
4. CONTOUR W/ BUFFER (180G)	4.1 Buff Zone 1
	4.2 Buff Zone 2
5. DUST OFF & CLEAN	5.1 Use Dry & Wet (alcohol) Mani Brush
➤ Proceed to Module 2, L2	Color & Top Coat Application

Module 6: Bi-weekly Rebalancing (4 Main Steps, ~45 mins)

ONLY for clients within 14 days of application. All others, remove & reapply.

1. THIN CUTICLE AREA	1.1 Thin down as much as possible
	1.2 Blend this area to the rest of the gel
2. NAIL PREP	(REFERENCE MODULE 1
	FOR DETAILED STEPS)
3. FILL (BASE GEL ONLY)	(REFERENCE MODULE 2, LESSON 1
	FOR DETAILED STEPS)
4. FINISH FILING (OPTIONAL)	(REFERENCE MODULE 5
	FOR DETAILED STEPS)
➤ Proceed to Module 2, L2:	Color & Top Coat Application

Module 7: Silk Wrap Nail Repairs (~10 mins)

When you incorporate the repair seamlessly into your service, this should add 0-5 minutes to your entire service.

Repaired nail should always be reinforced w/ builder gel.

1. GLUE TEAR DOWN	1.1 Before starting prep glue down the tear
2. THIN (REMOVE) ALL GEL	2.1 Proceed to removal as per usual (Module 8)
3. NAIL PREP	(REFERENCE MODULE 1
	FOR DETAILED STEPS)
4. SIZE & LAY SILK	4.1 Measure Silk from Side Wall to Side Wall
	4.2 Trim into strip
	4.3 Lay on nail, and "stick/glue" down w/ gel brush
5. SEAL W/ BASE & BUILDER	(REFERENCE MODULE 3
	FOR DETAILED STEPS)
6. FINISH FILE	(REFERENCE MODULE 5
	FOR DETAILED STEPS)
7. DUST & CLEAN OFF	7.1 Use Dry & Wet (alcohol) Mani Brush
➤ Proceed to Module 2, L2:	Color & Top Coat Application

Module 8, Lesson 1: Gel Removal WITHOUT Reapplication (~50 mins)

Remember, long, one direction, even strokes.

1. REMOVAL	1.1 Remove Gel w Vertical Long Strokes
	1.2 Remove Gel w/ Horizontal Long Strokes
2. NAIL PREP	2.1 (REFERENCE MODULE 1
* Hot towel service after is a great +	FOR DETAILED STEPS)
	2.2 Oil nails & cuticle at end
3. Polish	3.1 (2) Coats of Nail Strengthener or Color Application

Module 8, Lesson 2: Gel Removal WITH Reapplication

Remember, long, one direction, even strokes.

1. THIN DOWN (or remove fully)	1.1 Long even vertical strokes
	1.2 Long even horizontal strokes
2. NAIL PREP	2.1 (REFERENCE MODULE 1
	FOR DETAILED STEPS)
	2.2 Dust & Clean Off
3. GEL MANI OR OVERLAY	(REFERENCE MODULE 2 OR 3
	FOR DETAILED STEPS)