

Non-Toxic Nail Routine — A4 Printable Checklist

Section 1 — Room & Airflow

- Open a window; place a small fan pulling air outward.
- Work at a table, not on soft surfaces.
- Keep remover closed between uses; wipe bottle rims.
- Time limit: finish within 60 minutes to reduce vapor load.

Section 2 — Tools & Hygiene

- Wash hands; dry fully.
- Wooden/orange stick for cuticles; avoid cutting living tissue.
- Lint-free pads; pump dispenser for remover.
- Separate cleanup brush for sidewalls; nitrile glove on the non-painting hand.

Section 3 — Product Checks

- Confirm label: 5-free or 7-free; verify with SDS.
- Trial size first; record wear for 7 days.
- Prefer fragrance-light options; note drying time.
- Rotate brands if headaches or redness appear.

Section 4 — Prep & Layers

- Swipe plates with 70% alcohol.
- Base: thin coat; wait 2 minutes.
- Color: two sheer coats; keep liquid off skin.
- Top: quick-dry; cap free edges.

Section 5 — Ventilation & Breaks

- Keep airflow steady during curing.
- Take a 5-minute break if eyes or nose feel irritated.
- Avoid small bathrooms; pick the largest room available.

Section 6 — Aftercare

- Wait 20 minutes before tasks; avoid heat/steam.
- Apply simple oil to nails and skin.
- Moisturize after washing hands.
- Log chips and comfort the next day.

Section 7 — Red Flags (Stop & Rethink)

- Persistent headache, itchy eyelids, or strong lingering odor.
- Visible skin flooding with product.
- Vague or missing ingredient list/SDS.