

The Ultimate Checklist for Long Lasting Manicures

Phase 1: Perfect Preparation (The Foundation)

- Completely remove old polish with a non-acetone remover.
- Apply cuticle remover and gently push back cuticles.
- Shape nails with a fine-grit file, moving in one direction only.
- Lightly buff the entire nail surface to remove shine.
- Wipe each nail with rubbing alcohol to dehydrate and clean the surface.

Phase 2: Flawless Application (The Art)

- Apply one thin, even layer of your chosen base coat.
- Apply the first thin coat of color using the three-stroke method.
- Wait 2-3 minutes for the first coat to become tacky.
- Apply the second thin coat of color for full coverage.
- Wait another 2-3 minutes before moving to the final step.

Phase 3: Sealing & Curing (The Protection)

- Apply a generous layer of high-quality topcoat.
- "Cap the free edge" by swiping the topcoat brush along the nail tip.
- Let nails air dry. Avoid ice water, fans, and heat.
- Be gentle with your hands for at least an hour. Full curing can take several hours.

Phase 4: Ongoing Maintenance (The Upkeep)

- Apply nourishing cuticle oil to the base of your nails daily.
- Re-apply a thin layer of topcoat every 2-3 days to restore shine and protection.
- Always wear gloves when washing dishes or cleaning with chemicals.
- Treat your nails like jewels, not tools!