



# E-File Nail Prep

PRO Salon Service



## WHAT YOU'LL NEED

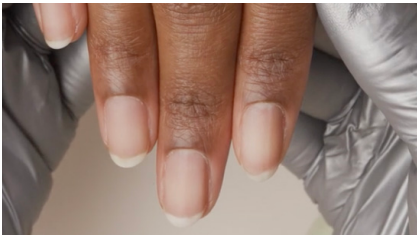
Expert Touch Lacquer Remover  
N.A.S. 99 Cleansing Solution  
BondAid

240-grit nail file  
Nail clippers  
Manicure brush  
Cuticle pusher

Cuticle nipper  
E-file & bits (fine diamond tapered barrel  
or fine cuticle prep carbide, medium diamond  
safety sciver, fine flame)

## THE STEPS

Prep those nails! Every salon quality service should start with professional quality nail prep to ensure nails are clean and free of debris and oils. Clean, well-manicured nails will provide your clients with a high-performing OPI nail service that's Insta-worthy!



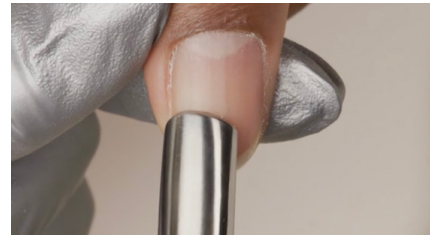
1

Start with clean, dry hands.



2

Trim nails if needed and shape as desired with a 240-grit nail file.



3

Gently glide a cuticle pusher along the nail plate, pushing back the proximal fold and loosening cuticle from the nail plate.



### PRO TIP

E-file prep for a more meticulous service. For natural nail services including lacquer and GelColor, use fine bits to preserve the integrity of the nail while removing cuticles. If applying enhancements including acrylics, sculpting gel, and soft gel tips, remove the shine while removing cuticles by using a medium grit.



4

Fit the e-file with the preferred bit for service type and hold the handpiece like a pencil. Place the machine in forward and set to a low speed.



5

Secure the finger between your thumb and index finger, gently tensing the skin to open up the nail plate.

# O.P.I.

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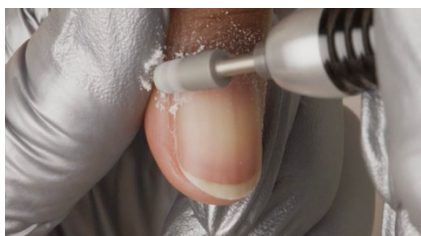


### THE STEPS



6

Keep the bit parallel to the nail plate and guide the bit along the cuticle line from left to right with light pressure removing the cuticle from the nail plate.



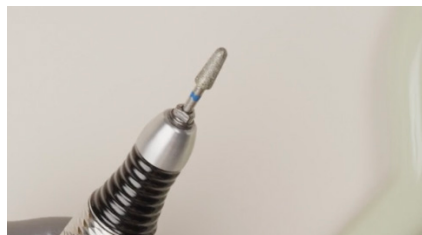
7

Turn the finger, and pulling back the lateral fold, guide the bit down the sidewall of the nail. Repeat 2-3 times, removing dust to check for any remaining cuticle. Repeat across all nails.



8

Switch the machine into reverse and use the same technique working from right to left to remove the cuticle from the opposite side wall.



9

Change the bit to a medium grit diamond and guide the bit from one side of the nail to other covering the entire surface of the nail to remove the shine.



10

Smooth skin around the perimeter of the nail keeping the bit parallel to the skin, gliding the bit in one direction away from the nail plate.



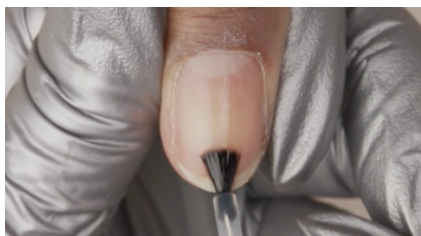
11

If needed, trim away any loose dead skin with a cuticle nipper.



12

Scrub the nail with a nail wipe saturated with N.A.S. 99 Cleansing Solution to remove any dust or debris.



13

Apply a coat of BondAid to each nail. Allow to dry.