



Step-By-Step Guide

# CND P.R.E.P. TECHNIQUE

P.R.E.P. is a systematic method of preparing the natural nail for excellent adhesion with CND™ RETENTION+™ Liquid & Powder, BRISA™ Gel and CND PLEXIGEL™ Enhancements.

## CND™ PRODUCTS REQUIRED

- COOLBLUE™ Hand Cleanser
- OFFLY FAST™ Moisturizing Remover
- CuticleAway™ Professional Cuticle Remover\*
- SCRUBFRESH™ Nail Surface Cleanser
- NailFresh™ Temporary Nail Dehydrator\*
- CND™ Files and Buffers

## ACCESSORIES/EQUIPMENT REQUIRED

- Hand towels
- Hand soap
- Plastic-backed, lint-free pads
- Cuticle pusher
- Manicure nippers
- Nail clippers
- Curette
- E-File\*

\*Optional

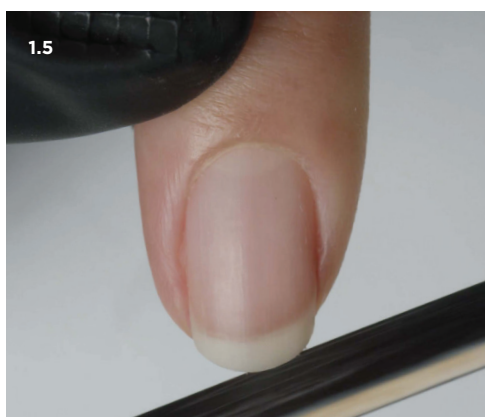
## Step 1 PERFORM A MANICURE.

# P

1. Have the client wash their hands with soap and running water for 20-30 seconds and towel dry.
2. Massage COOLBLUE™ Hand Cleanser into the client's hands.
3. If necessary, remove any existing nail color from the natural nail using an acetone-based polish remover (OFFLY FAST™ Moisturizing Remover) and a plastic-backed lint-free pad.\*
4. If necessary, trim the length from each nail, using nail clippers.
5. Shape the free edge of each nail with a fine 240-grit file (Kanga™ File or Koala Buffer™).
6. Gently slide a **cuticle pusher** along the nail plate toward the proximal nail fold (cuticle area) and along each lateral fold (sides of nail) to lift and loosen any cuticle (non-living tissue) from the nail plate.\*\*
7. Gently guide a **curette** along the nail plate to remove non-living tissue on the nail.
8. If necessary, use a **manicure nipper** to carefully remove any loose pieces of skin or hangnails.



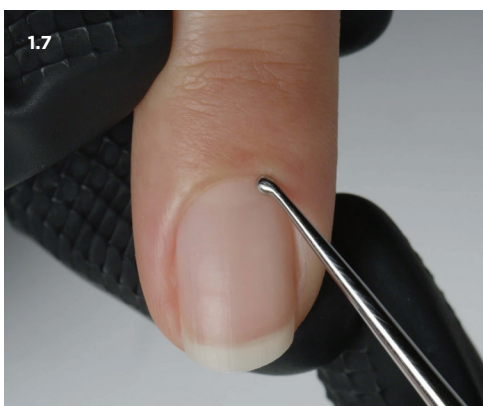
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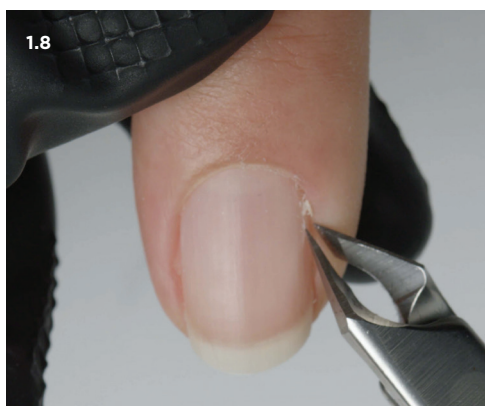
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\* Acetone-based polish removers like CND™ OFFLY FAST™ is the quickest and safest way to remove nail color. Non-acetone-based polish removers will dissolve enamel more slowly and "smear" the color onto the cuticle area risking over-exposure.

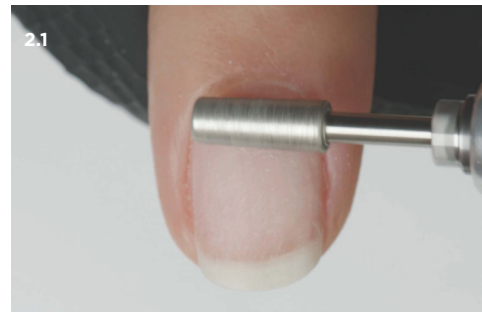
\*\* For clients who build excessive cuticle between services, apply a small amount of CND™ CuticleAway™ Professional Cuticle Remover evenly around the cuticle of each nail and perform cuticle service. Be sure to scrub nails thoroughly with soap and running water for 20-30 seconds to thoroughly remove the cuticle remover and towel dry.

## Step 2

### REMOVE SHINE.

# R

1. Remove shine from the natural nail surface with a fine **240-grit** buffer (**Koala Buffer™**) in the direction of the nail growth, using very gentle pressure. **OPTIONAL:** If using an E-File, use an enhancement prep bit at low speed with very gentle pressure.



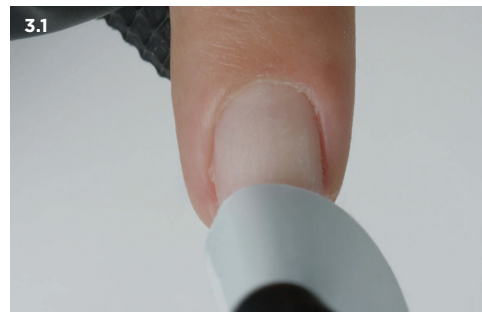
## Step 3

### ELIMINATE SURFACE CONTAMINANTS AND PURIFY NAIL PLATE LAYERS.

# E P

1. Thoroughly cleanse and temporarily dehydrate the nail plate layers with **SCRUBFRESH™** using a lint-free, plastic-backed pad. Pull back the skin and scrub the nail as if removing red nail polish.

*\*When applying tips, it is not necessary to temporarily dehydrate the nail plate at this point of the service. Adhesives have superior bonding properties in the presence of moisture, so dehydrating the nail plate could actually reduce adhesion. Do not apply SCRUBFRESH™ to the tip after application; this can melt the tip and jeopardize the integrity of the enhancement.*



## Step 4

### P.R.E.P. Booster (optional)

1. For lift-prone clients and to further temporarily dehydrate the nail plate layers brush on **NailFresh™** to the natural nail only.
2. Thoroughly scrub the nails with **SCRUBFRESH™** using a lint-free, plastic-backed pad.

