



## Maintenance for your Acrylic Nails

Doing a little at-home nail maintenance is fun, and your nails will always look beautiful!

*Tammy Taylor*

### The Must-Do "Daily" Routine –

- Apply Tammy Taylor Conditioning Cuticle Oil to your nails 1-3 times a day.
- This promotes healthy natural nail growth, even while wearing Nail Enhancements; the Conditioning Cuticle Oil eliminates the dry cracked skin and hangnails around the cuticle, which can lead to picking and/or biting.
- **Note:** picking and/or biting can cause lifting
- By keeping a bottle of Tammy Taylor Conditioning Cuticle Oil in all the areas where you might be sitting idle for a few minutes, will help you remember to apply your Cuticle Oil.
- **Ideas:** in your purse, at your desk, by the television, by the phone etc...

### Keep your "Pink & White" Acrylic Nails beautiful (Maintenance Routine) - (6 Steps):

**Note:** Doing a little Maintenance on your nails once a week, will prevent your nails from getting fill lines, lifting and yellowing.

**Step 1** - Remove your A+ Coat with Tammy Taylor Conditioning Polish Remover.

**Step 2** - Apply your Tammy Taylor Conditioning Cuticle Oil to your nails and cuticles and rub it in.

**Step 3** - Buff your nails with your Tammy Taylor Clean Finish Buffing File.



**Step 4** - Scrub your nails with your Tammy Taylor Plastic Manicure Brush and Peach Anti-Bacterial Soft Soak. (Scrub your nails every day to keep them clean and healthy).

**Step 5** - Dry your nails thoroughly.

**Step 6** - Apply 2 coats of your Tammy Taylor A+ Coat; this prevents yellowing so your nails stay Pink & White.

### **Keep your "Polished" Acrylic Nails Beautiful (Maintenance Routine) - (8 Steps):**

**Step 1** - Remove your polish with Tammy Taylor Conditioning Polish Remover. (Removes polish faster than any polish remover you have ever used).

**Step 2** - Apply your Tammy Taylor Conditioning Cuticle Oil to your nails cuticles and rub it in.

**Step 3** - Buff your nails with your Tammy Taylor Clean Finish Buffing File.

**Step 4** - Scrub your nails with your Tammy Taylor Plastic Manicure Brush and Peach Anti-Bacterial Soft Soak. (Scrub your nails every day to keep them clean and healthy).

**Step 5** - Dry your nails thoroughly.

**Step 6** - Apply one coat of Tammy Taylor Ridgefiller. Ridgefiller will smooth out the acrylic nails, and fill in the space at the cuticle, where the acrylic nails have grown out.

**Step 7** - Apply two coats of your favorite Tammy Taylor Nail Colour (Polish), DBP Free - Toluene Free - Formaldehyde Free Formula.

**Step 8** - Apply your Tammy Taylor Super Dry Top Coat (a super shiny non-yellowing topcoat), DBP Free - Toluene Free - Formaldehyde Free Formula.



## **Keep Your Nails "Clean and Healthy" (Maintenance Routine) - (2 Steps):**

**Step 1-** Scrub your nails with Tammy Taylor Peach Anti-Bacterial Soft Soak and a Tammy Taylor Plastic Manicure Brush to keep your nails clean.

**Step 2-** Apply 1 Drop of Tammy Taylor "Thymolize" underneath the nail free-edge, 1-3 times a day.

- This will keep the natural nail underneath the free-edge, white and the Thymolize will kill germs, which will help prevent fungus and keep the natural nails healthy.

## **Products needed to keep your Pink & White Acrylic Nails beautiful:**

1. Tammy Taylor Conditioning Polish Remover
2. Tammy Taylor 180-Grit Zebra File
3. Tammy Taylor Conditioning Cuticle Oil
4. Tammy Taylor Clean Finish Buffing File
5. Tammy Taylor A+ Coat (liquid plastic U.V. Inhibitor Top Coat)

## **Products needed to keep your Polished Acrylic Nails Beautiful:**

1. Tammy Taylor Conditioning Polish Remover
2. Tammy Taylor 180-Grit Zebra File
3. Tammy Taylor Conditioning Cuticle Oil
4. Tammy Taylor Clean Finish Buffing File
5. Tammy Taylor Ridgefiller Basecoat
6. Tammy Taylor Nail Colour (Polish)
7. Tammy Taylor Super Dry Top Coat

## **Products needed to keep Your Nails Clean and Healthy:**

1. Tammy Taylor Peach Anti-Bacterial Soft Soak
2. Tammy Taylor Plastic Manicure Brush
3. Tammy Taylor Thymolize