



# Lifting! Lifting! Lifting!

**How to Keep Your Nails from Lifting**, in between fills.

**How to Keep Your Nails Beautiful**, in between fills.

There are many different reasons why acrylic nails can lift.

**Like: Stress! Picking! And Biting!**

**Also: 'Products' being used; 'Preparation' of the Nail, and the 'Application' of the Product.**

There are many different reasons why acrylic nails **Lift**, but these are the main causes: **Stress, Picking, Biting; and Products used, Preparation & Application.**

## **NAIL Picking!**

The funny thing about Nail Picking is most clients do not even realize they are doing it; until they have half the nail picked off.

The client's who pick at their nails or bite their nails, are usually '**perfectionists**'. So, if a perfectionist can help keep their nails perfect; in between fills, it usually stops the picking & biting.

There are two very simple '**Routines**'.

- **A 'Must Do DAILY' routine',**
- **and**
- **a 'Whenever it Need's it' routine'.**



## **Routine's: Must Do DAILY & Whenever it Needs it**

### **'Must Do DAILY' routine for all nails:**

- Apply your Tammy Taylor 'Scented Conditioning Cuticle Oil' to your nails several times a day.
- Applying the Tammy Taylor Conditioning Cuticle Oil every time you are idle, will give you something to do with your nails instead of picking & biting. It also eliminates the dry cracked skin and hangnails around the cuticle, which is usually what starts the picking & biting.
- Scrub your nails with your Tammy Taylor 'plastic manicure brush' and either the 'Peach' or the 'AromaSpa' Anti-Bacterial Soft Soak.
- Keep multiple bottles of the 'Conditioning Cuticle Oil': One in your '**purse**'; one at your '**desk**'; one by the '**TV**', and one near the '**phone**'. These are usually the times when picking & biting are done the most.

### **'Whenever it Needs it' routine for 'Pink & White' nails:**

- 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 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 either the 'Peach' or the 'AromaSpa' Anti-Bacterial Soft Soak. (*Scrub your nails every day to keep them clean & healthy.*)
- Step 5: Dry your nails thoroughly.
- Step 6: Apply your Tammy Taylor 'A-Coat' to keep your nails Pink & White.
- Step 7: Apply your Tammy Taylor 'Acrylic Top-Coat' to protect the A-Coat, and to keep your nails shiny. (*This is a 2-Step 'Top-Coat' System.*)

### **'Whenever it Needs it' routine for 'Polished' nails:**

- Steps 1-5 are the same as the Pink & White routine.
- Step 6: Apply one coat of Tammy Taylor 'Ridgefiller' to smooth out the nails and fill in the space at the cuticle where they have grown out.
- Step 7: Apply two coats of your favorite Tammy Taylor 'nail color'.
- Step 8: Apply your Tammy Taylor 'Z-Coat' (A super shiny, non-yellowing, top-coat.)

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

Now, if you still have lifting problems, let's look at '**Nail Preparation**' and '**Nail Application**'.



## Nail Preparation & Nail Application

### What your Manicurist should 'NOT' do:

- **Do Not** use a 'Drill' on the natural nail to Prep it! Because, the drill can cause thinning and damage to the natural nail.
- **Do Not** use a Soft Buffer or Smooth File to Prep the natural nail! Because, the acrylic will not adhere to a smooth or shiny natural nail.
- **Do Not** use a 'Cosmetic' Fluffy brush on the nail! Because, it can spread germs and cause lifting.
- **Do Not** use 'Pre-Primes' or 'antiseptics' on the nail, after etching! These products can cause lifting.
- **Do Not** apply the 'acrylic product too close' to the cuticle, as this can cause lifting within only a couple of days.

### What your Manicurist 'Should DO':

- **DO Use** a Tammy Taylor '100-grit Purple Terminator' file to etch the natural nail.
- **DO Use** a Tammy Taylor 'Pterygium Stone' to push back the cuticle skin, and to remove excess skin on the nail.
- **DO Use** a Tammy Taylor 'plastic manicure brush' to Dust off the nail.
- **DO Use** Tammy Taylor 'nail Primer'.
- **DO apply** the 'acrylic nail' at least 1/32 nd' of an inch, '**AWAY**' from the cuticle; then file it flush with the natural nail. *(When the acrylic product is placed too close to the cuticle skin, it will cause lifting within a few days.)*



## **Products Needed: To Keep Your Nails Beautiful & Cuticles Smooth**

### **Keep your 'Pink & Whites' Beautiful, kit:**

1. Tammy Taylor 'Conditioning Polish Remover' (*4 Fragrances*)
2. Tammy Taylor '180-grit Long-Lasting Zebra' file
3. Tammy Taylor 'Conditioning Cuticle Oil' (*8 Fragrances*)
4. Tammy Taylor 'Clean Finish Buffing File'
5. Tammy Taylor 'A-Coat' (*Liquid-plastic U.V. Inhibitor Top-Coat*)
  - a. (*Part 1 of a 2-part 'Top-Coat System'*)
6. Tammy Taylor 'Acrylic Top-Coat'
  - a. (*Part 2 of a 2-part 'Top-Coat System'*)

### **Keep Your 'Polished Nails' Beautiful, kit:**

1. Tammy Taylor 'Conditioning Polish Remover' (*4 Fragrances*)
2. Tammy Taylor '180-grit Long-Lasting Zebra' file
3. Tammy Taylor 'Conditioning Cuticle Oil' (*8 Fragrances*)
4. Tammy Taylor 'Clean Finish Buffing File'
5. Tammy Taylor 'Ridgefiller' base coat
6. Tammy Taylor 'Nail Colour' polish (*73 colors to choose from*)
7. Tammy Taylor 'Z-Coat' (*non-yellowing, Super Shiny Top-Coat*)

### **Keep Your 'Nails Clean', kit:**

1. Tammy Taylor 'Peach' or the T.T. 'AromaSpa' Anti-Bacterial Soft Soak
2. Tammy Taylor 'plastic manicure brush'
3. Tammy Taylor 'Thymolize'

### **Keep Your 'Cuticles Smooth', kit:**

1. Tammy Taylor 'Conditioning Cuticle Oil' - 3-bottles (*8 Fragrances*)

Always scrub your nails 'Daily', and apply 1-drop of Tammy Taylor 'Thymolize' underneath each nail free-edge. This will keep your nails Healthy & Clean.