



Applying Gel Polish: A Step-by-Step Guide

Guide-Practicum: tools, prep, application, timing, common mistakes, safe removal & aftercare

Tools & Prep

- Nail file (180/240), buffer, cuticle pusher, dehydrator/cleanser, lint-free wipes.
- Base, colour gel, top; UV/LED lamp; cleanup brush.
- Optional: rubber base, primer (sparingly), peel-off guard.
- Prep: wash/dry; push back cuticles; shape; light buff; dust off; dehydrate.

Tools & Prep — Mini Checklist

- ☐ True cuticle removed (no pterygium on plate).
- ☐ Nails fully dry/dehydrated before base.
- ☐ Free edge capped on every coat.
- ☐ Sidewalls cleaned before curing.

Step-by-Step Application

1. Apply dehydrator/cleanser. Primer only if needed (thin).
2. Base: very thin; cap free edge. Cure per brand.
3. Colour 1: thin; 1 mm off cuticle; clean sidewalls. Cure.
4. Colour 2: repeat; avoid bulk. Cure.
5. Top: seal edges; glossy or matte. Final cure.
6. Cleanse if needed; oil cuticles.

Timing (typical)

Base 30–60 s · Colour 60–90 s each · Top 60–90 s (LED). Follow your brand's lamp specs.

Common Mistakes (and fixes)

- Flooded cuticles/sidewalls: Use less product; work 1 mm away; clean before curing.
- Wrinkling/bubbling: Coats too thick or under-cured — apply thinner and follow timing.
- Chipping at free edge: Cap every layer; avoid water/steam for a few hours after.
- Lifting near cuticle: Prep better; remove true cuticle; dehydrate properly.



Safe Removal

File top coat to break seal. Soak-off 10–15 min (per brand). Gently push off softened product; never pry. Finish with buffing and oil.

Aftercare

- Oil cuticles daily; moisturise after water exposure.
- Avoid harsh cleaning agents; wear gloves for chores.
- Between manis: light buff + hydration, no peeling.

Read more tips and troubleshooting in the full article.



Scan the QR to open the step-by-step article (English).