



How to Choose a UV Lamp — Tips for Beginners

Mini-brochure: lamp types (UV/LED/UV-LED), wavelength & compatibility, wattage & curing times, size & ergonomics, useful features, safety, maintenance, common mistakes & fixes, buying checklist.

Lamp Types — What's the Difference?

Type	Pros	Considerations
UV (fluorescent bulbs)	broad spectrum; cures most gels	bulbs heat up; slower; bulbs need replacing
LED	fast curing; cool; long lifespan	works with LED-curable gels (~365-405 nm)
UV-LED hybrid	best compatibility + speed	slightly pricier; check real wattage

Wavelength & Compatibility

- Most LED gels cure at ~365-405 nm. ****Check your gel's instructions**** and match the lamp's spectrum.
- For builder gels/polygel, choose hybrid UV-LED with mixed diodes (365 + 405 nm).

Wattage & Typical Curing Times

Lamp power	Base/colour (thin layer)	Top/builders
24-36 W	30-60 s	60-90 s
48 W	30 s	60 s
54-80 W	10-30 s	30-60 s

Size & Ergonomics

- Full-hand design with reflective base speeds curing; ensure space for ****thumbs flat****.
- Removable bottom plate is handy for pedicures and cleaning.



Useful Features

Feature	Why it helps
Timers (10/30/60/90 s)	repeatable curing; low-heat 90 s prevents heat spikes for builders
Auto sensor	hands-free start/stop
Low-heat mode	reduces exothermic 'burn' with thick gels
Display & memory	tracks layers; reduces under/over-curing

Safety — Protect Eyes & Skin

- Use UV-blocking ****fingerless gloves**** or SPF on hands; avoid direct eye exposure.
- Thin layers cure better; thick layers can heat and under-cure inside.
- Ventilate workspace when using gels/cleaners.

Maintenance

- Wipe interior with alcohol after sessions; keep vents dust-free.
- For bulb UV lamps: replace bulbs every ~6 months with regular use; LEDs last much longer but can still dim over years.

Common Mistakes & Fixes

Mistake	Fix
Under-curing (soft/peeling)	increase time or wattage; use thinner layers; match wavelength
Thumb shadows	cure thumbs separately, flat; use reflective base
Heat spikes	switch to low-heat 90 s mode; apply thinner builder layers

Quick Buying Checklist

- Hybrid UV-LED, 48–80 W, 365–405 nm coverage.
- Room for thumbs/pedicure; removable base.
- Timers incl. ****low-heat 90 s****; auto sensor; clear display.
- Match to your gels (brand's recommended nm & cure time).

Beginner Specs — At a Glance

Use case	Recommended lamp
Gel polish at home	UV-LED 48–54 W, 365+405 nm, 30/60/90 s timers, auto sensor
Builders/polygel	UV-LED 54–80 W, low-heat mode, reflective base, wide opening
Travel/minimal	Compact LED 24–36 W, 60 s timer (gel-specific)



Scan the QR to open the full guide: How to choose a UV lamp.