

Do-It-Yourself

Acrylic Removal Guide

It's important to remember, removing acrylic nails should never be painful, whether you remove them at home or the salon removes them for you. Never pry, pull or bite at your nails in your frustration of just wanting them off. The damage you do can be permanent, and your goal (and mine) is getting your nails back to being healthy. To keep your natural nails in the best possible shape, please try the procedure here to ensure a pain-free acrylic nail removal with minimal damage.

THESE ARE THE SUPPLIES YOU SHOULD HAVE ON HAND:

- > Pure 100% acetone polish remover
- > One glass bowl (that you wouldn't mind throwing away)
- > Petroleum jelly
- > One 80-grit file
- > One 100/180-grit file
- > One buffer file
- > One cuticle pusher
- > A timer



ACRYLIC NAIL REMOVAL PROCEDURE:

1. Ensure that your nails are completely void of nail polish.
2. File your nails as short as you can.
3. Pour the acetone into an old glass bowl*, filling it about one inch deep.
4. Cover the skin around your nails with the petroleum jelly to protect your skin from the drying acetone.
5. Set your timer for 10 minutes.
6. Soak your fingers in the acetone, one hand at a time, covering only the artificial product. Take them out once the timer has run the 10-minute mark. The artificial product will look swollen, but this is only one layer of many.
7. Use the cuticle pusher and scrape off the melted layer.
8. Some products are harder to get off than others. When the product doesn't seem to be responding to the acetone, use your 80-grit file to thin some of that hard-to-remove product.
9. Reset your timer for 10 minutes and soak again. Continue repeating this until the product has completely thinned out. (It might take up to five times.)
10. Once you have gotten to the very last thin layers, I suggest you leave one layer on. This will protect the nail that is growing out, as well as help the polish to stay on. In turn, you will see less damage to your nails.
11. At this point, wash the petroleum jelly off your hands and use your buffer to make your nails smooth.
12. Finally, oil or polish your nails. Now you can let your nails grow with minimal to no damage.

*Note: If the glass bowl has a foggy appearance that you cannot seem to get clean, please throw the bowl away.

Remember, it's always best to leave it to the professionals, but I realize that sometimes, just like with hair color, it's hard to wait until you can get to the salon and the temptation is too great to just do-it-yourself. For more helpful tips and hints, visit www.nailtech-inc.com.