

Quick Quiz:

Soak Off Gels

With their easy-to-remove system and durable, long-lasting, chip-free wear, soak-off gels offer the nail technician an exciting service to promote for increased income. Use this quiz to educate students about this popular nail enhancement.

- 1** What are soak-off gels?
 - a. Liquid and powder products that soak off
 - b. Resin (fiberglass) products
 - c. UV or UV/LED-cured product of “gel-like” consistency that soaks off
 - d. All of the above

- 2** In what manner are UV/LED soak-off gels applied?
 - a. Using a single layer of gel
 - b. Using three to four layers of gel
 - c. Using a dip method
 - d. All of the above

- 3** How are soak-off gels removed?
 - a. They can't be removed; they must grow out
 - b. Only by filing by hand
 - c. By soaking off
 - d. All of the above

- 4** What are soak-off gels used for?
 - a. A natural nail overlay
 - b. Pedicures as a color overlay
 - c. Overlay for hard gels or acrylics
 - d. All of the above

- 5** When applied correctly, what is the standard maintenance for soak-off gels?
 - a. 1 week
 - b. 2 weeks
 - c. 3 weeks or more
 - d. No maintenance is required

- 6** Which of the following promotes better adherence on the natural nail?
 - a. Shiny surface
 - b. Cuticle oil
 - c. Clean, sanitized nails
 - d. All of the above

- 7** What is used for soaking off soak-off gel nails?
 - a. Alcohol
 - b. Soak-off solution
 - c. Gel cleaner
 - d. All of the above

- 8** What are the benefits of soak-off gel on natural nails?
 - a. Colors do not chip
 - b. Long-lasting wear
 - c. High-gloss shine
 - d. All of the above

- 9** How long does it take to cure UV/LED soak-off colors?
 - a. 5 minutes under the UV lamp
 - b. 2 minutes under the UV lamp
 - c. 30 seconds under the LED lamp
 - d. Only B and C

- 10** Do soak-off nails damage the natural nail?
 - a. No, as minimal filing is required
 - b. Yes, all gels damage the nails
 - c. Acid-free bonding agents leave the natural nail undamaged
 - d. Only A and C

Answer Key:

1. **C.** Soak-off gel is a color gel mixture that hardens under ultraviolet light.
2. **B.** UV/LED soak-off gels are applied by using 3-4 layers of gel and curing after each layer/application.
3. **C.** Soak-off gels can be removed by soaking alone.
4. **D.** Soak-off gels are versatile. They can be used as a natural nail overlay (that can also help a client grow out her natural nails), as a color overlay in pedicures, and as overlay for hard gels or acrylics.
5. **D.** A gel manicure will last two or more weeks with no maintenance, which is one of their advantages.
6. **C.** A too shiny nail surface or any oily residue on the nail will prevent the gel from correctly bonding and can cause lifting. Prior to application, the shine on the natural nail is gently removed with a cushion file.
7. **B.** Specially formulated soak-off solutions safely and effectively remove soak-off gel products. Many manufacturers are now releasing their own brands of gel-polish removal liquids that have added hydrating emollients to keep the removal process soft on skin, while still effectively removing all the gel.
8. **D.** In addition to providing long-lasting, chip-free wear and high gloss shine, soak-off gel products are odor-free and require little filing. They also offer a very natural look and feel.
9. **D.** Soak-off gel products cure quickly. LED lamps cure soak-off gels more quickly than UV lamps and have other advantages, such as being more energy efficient and eco-friendly, but they only cure polishes formulated for LED technology. UV lamps effectively cure all types of gel polish.
10. **D.** When removed correctly, soak-off nails will not damage the natural nail. Damage occurs when the soak-off solution is not allowed to remain on the nail for an adequate length of time, and the gel is then forced or scraped too aggressively from the nail.

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