

WHITE GEL POLISH APPLICATION CHECKLIST

The exact order I follow for a clean, even, long-lasting white pedicure — from prep to the final file.
Print it, keep it at your desk, tick as you go.

1 · PREP THE NAIL

- ☐ Remove old gel with a **soft bit** (blue corundum; switch to red if it feels aggressive). Gentle, even passes.
- ☐ Buff the surface **lightly** with the soft side — no pressure. Essential for white & pastel.
- ☐ Shorten the length with nippers now — leave filing for the very end.
- ☐ Dust the skin with a little **baby powder** — absorbs moisture, makes dry skin easy to see.
- ☐ Push the cuticle back gently with a pusher — never pull or tear.
- ☐ Clean the cuticle area with a **soft flame bit** at 15–17k rpm. Remove pterygium from the plate; work on the skin; don't over-file.
- ☐ Trim only what is **clearly extra** — never cut too deep.
- ☐ Remove all dust and cleanse the nail plate. (No bond or primer needed on toenails.)

✓ **Goal** a smooth, even surface + a perfectly clean cuticle area.

2 · BASE COAT

- ☐ Choose a base **suitable for pedicure** — thin and even, right up to the cuticle.
- ☐ **Flush-cure** each nail, then fully cure 1 minute.
- ☐ No bumps — remove excess if you see any. Thin, smooth, glossy.

3 · COLOR — TWO THIN COATS

- ☐ Use a **highly pigmented, rich, creamy** (enamel-like) gel. Wipe the brush almost dry on the bottle neck.
- ☐ **Coat 1:** place product in the centre, spread to the sides and toward the cuticle — don't go under it. Let it settle, cure 2 min.
- ☐ Watch only the **working corner** of the brush (left corner on the left side, right on the right).
- ☐ **Coat 2 (final):** push the cuticle back again and press the pad of the toe down for access. A little more product — never thick. Work closer to the cuticle & sidewalls. Cure 2 min.
- ☐ **Never** apply 3 coats on a pedicure.

4 · TOP COAT & FINISH

- ☐ Medium-consistency top coat in a **thin, even** layer. Cure 2 min.
- ☐ Let the nails **cool** a few minutes before touching — keeps the shine.
- ☐ **Light final file:** refine the shape, soften the corners, hold the file at a slight angle.
- ☐ Wash and clean the toes — especially around and under the cuticle.