

ROCK HARD NAILS PREPARATION

1. Sanitize both you and your client's hands. Push back cuticle towards the eponychium and remove any loosened cuticle from the nail plate.



2. Shape the free edge using the 240 grit **Exact File** and lightly buff nail surface with 180 grit **Effect Buffer** to remove shine. Remove dust with a nylon brush.



3. Scrub nail with **Nail Surface Cleanser**, using a lint free wipe, focusing on the cuticle area and lateral walls.



4. Apply **pH Nail Prep**.



5. Lightly moisten nail with **Opening Act** non-acid based primer. The nail will remain shiny after application.



GET BENT NAIL FORM APPLICATION

1. Remove the **Get Bent** nail form from the paper and place center tab on back for reinforcement.



2. Roll the form between thumbs to create a natural c-curve.



3. Apply form to finger between the hyponychium and the free edge, ensuring that there are no gaps between the form and the natural nail.



4. Secure the form by pressing the tabs together and leaving a rounded opening to ensure a perfectly sculpted c-curve.



ROCK HARD LED GEL APPLICATION TECHNIQUES

One Color Sculpture with Brush-on Base

1. Following **Rock Hard Nails** preparation, choose **Groupie**, or **Pink Rocker** brush-on gel, depending on your client's preference of color, and apply to the entire nail surface and free edge being careful not touch the skin. Cure for 30 seconds in your **Artistic Pro30 LED Light** or 2 minutes in a traditional 36watt UV lamp.



2. Apply **Get Bent** nail form.



3. Use **Hardcore** building nail gel in Clear or Pink according to your client preference. With an **Artistic #9 Oval Gel Brush** place a large bead of product on the apex area. Clean brush on a lint free wipe. With your brush flat lightly guide the product towards the cuticle by floating the brush on top of the bead. Extend the gel out onto the form to the desired length and shape, creating the extension.



4. Flash cure for 10 seconds in your **Artistic Pro30 LED Light** or 30 seconds in a traditional 36watt UV lamp. Gently press in the sidewalls of the nail to form the c-curve. Cure for additional 20 seconds in your **Artistic Pro30 LED Light** or 90 seconds in a traditional 36watt UV lamp.



5. Carefully remove **Get Bent** nail form. Hold C-curve 5 seconds.



6. Apply another large bead of **Hardcore** to the apex area. Clean brush on a lint free wipe. With your brush flat lightly guide the product on top of the bead to fill in low spots to provide strength and structure. Flash cure for 10 seconds in your **Artistic Pro30 LED Light** or 30 seconds in a traditional 36watt UV lamp.



7. Use the appropriate sized **Artistic C-Curve Stick** under the free edge and gently press in the sidewalls of the nail to perfect the C-curve. Cure for additional 20 seconds in your **Artistic Pro30 LED Light** or 90 seconds in a traditional 36watt UV lamp.



8. If the nail extension is still flexible, repeat step 6 and 7.
9. Use a lint free wipe soaked in **Nail Surface Cleanser** to clean the inhibition layer (sticky surface) from the nail. Lay the wipe over the nail and lock in c-curve by gently holding the sidewalls of the nail for 5 seconds.



10. Refine the gel application using the **Rock Hard Nails Filing Method**.



11. Finished Nail.



French Sculpture with Hardcore Building Gels

(Recommended application: Apply to one finger and flash cure. While curing, apply to one finger on the opposite hand and continue alternating).

1. Following **Rock Hard Nails** preparation, choose **Groupie**, or **Pink Rocker** brush-on gel, depending on your client's preference of color, and apply to the entire nail surface and free edge being careful not touch the skin. Cure for 30 seconds in your **Artistic Pro30 LED Light** or 2 minutes in a traditional 36watt UV lamp.



2. With an **Artistic #9 Oval Gel Brush** place a medium bead of **Hardcore Pink** in the apex area. Gently guide the product toward the cuticle keeping cuticle area thin. Leave the bulk of product at the apex in a U or V shape at the smile line. Leave a ledge of pink so that the white can later lie up against it to create the French smile line. Flash cure for 10 seconds in your **Artistic Pro30 LED Light** or 30 seconds in a traditional 36watt UV lamp. Gently press in the sidewalls of the nail to create the C-curve.



3. Pick up a pea size bead of **Hardcore White** and place it on the form not touching the pink. Gently guide the **Hardcore White** up to the pink to create the French smile line and down the form to the desired length. Wipe the brush clean and refine the smile line and free edge shape. Flash cure for 10 seconds in your **Artistic Pro30 LED Light** or 30 seconds in a traditional 36watt UV lamp.



4. Carefully remove **Get Bent** nail form. Hold C-curve 5 seconds.



5. Use the appropriate sized **Artistic C-Curve Stick** under the free edge and gently press in the sidewalls of the nail to create the C-curve. Cure for additional 20 seconds in your **Artistic Pro30 LED Light** or 90 seconds in a traditional 36watt UV lamp.



6. Add **Hardcore White** if needed to level out the surface of the extension edge or to create a consistent white color if needed. Cure for 30 seconds in your **Artistic Pro30 LED Light** or 2 minutes in a traditional 36watt UV lamp.
7. Using **Hardcore Clear** place a medium sized bead at the apex and roll off the brush pulling gel towards the free edge. Leave the bulk of product in the apex location. Gently guide product towards cuticle, sidewalls and free edge, careful not to get gel on skin. . Cure for 30 seconds in your **Artistic Pro30 LED Light** or 2 minutes in a traditional 36watt UV lamp. Gently press in the sidewalls of the nail to create the c-curve.



8. Repeat step 7 until desired structure of nail is achieved and the extension is strong enough to not bend. Use a lint free wipe soaked in **Nail Surface Cleanser** to clean the inhibition layer (sticky surface) from the nail. Lay the wipe over the nail and lock in c-curve by gently holding the sidewalls of the nail for 5 seconds.



9. Refine the gel application using the **Rock Hard Nails Filing Method**.



10. Finished Nail.



One Color Natural Nail Overlay

1. Following **Rock Hard Nails** preparation, choose **Groupie**, or **Pink Rocker** brush-on gel, depending on your client's preference of color, and apply to the entire nail surface and free edge being careful not touch the skin. Cure for 30 seconds in your **Artistic Pro30 LED Light** or 2 minutes in a traditional 36watt UV lamp.



2. Use **Hardcore** in Clear or Pink according to your client preference. With an **Artistic #9 Oval Gel Brush** get a large bead of product and place on the apex area. Lightly guide the product towards the cuticle and float the brush on top of the bead to create strength and structure.



3. Flash cure for 10 seconds in your **Artistic Pro30 LED Light** or 30 seconds in a traditional 36watt UV lamp. Gently press in the sidewalls of the nail to create the c-curve. Cure for additional 20 seconds in your **Artistic Pro30 LED Light** or 90 seconds in a traditional 36watt UV lamp.



4. If the nail is still flexible, repeat step 2 and 3.
5. Use a lint free wipe soaked in **Nail Surface Cleanser** to clean the inhibition layer (sticky surface) from the nail.



6. Refine the gel application using the **Rock Hard Nails Filing Method**.



7. Finished nail with gel brush on French Manicure.

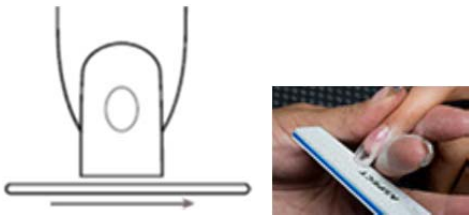


ROCK HARD NAILS FILING METHOD

FILES AND BUFFERS TO USE: Begin filing on freshly applied product with nothing more course than a 180 grit Aspect File. If applying gel to the nail enhancement after filing, do not smooth the nail any further except with a 180 grit Aspect File or a 100 grit Effect Buffer when necessary.

File the Perimeter

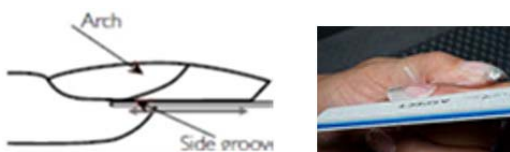
1. **Free edge** –Shape the free edge of all 10 nails. Turn hand over to see the client perspective before finishing.



2. **Left and right side walls** - Hold the file straight from the cuticle to the free-edge keeping your elbow tucked against your body. Stay in contact with the nail as you file the side straight and then repeat on the opposite side of the nail. Then repeat on all 10 nails.



3. **Left and right side groove** – Lay the file into the side groove of the nail and look so that it is straight out from the natural nail line. Stay in contact with the nail as you file this line straight so that it appears the extension has grown off from the finger.

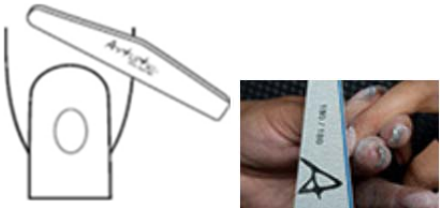


File the Structure

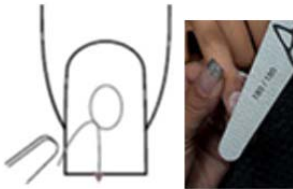
4. **Left cuticle** – Lay the file flat on the nail and slide up to the cuticle line. Stay in contact with the nail as you file around the cuticle area following the cuticle line around the left side until your file is straight with the sidewall.



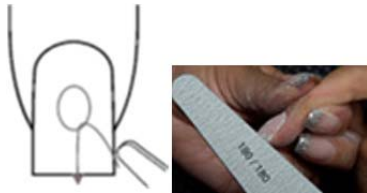
5. **Right cuticle** - Lay the file flat on the nail and slide up to the cuticle line. Stay in contact with the nail as you file around the cuticle area following the cuticle line around the right side until your file is straight with the sidewall.



6. **Left front edge** – Stay in contact with the nail as you file up the left sidewall of the nail, around the front edge and down the center, keeping the file away from the apex area.



7. **Right front edge** – Stay in contact with the nail as you file up the right sidewall of the nail, around the front edge and down the center, keeping the file away from the apex area.



8. **Blend and thin** – Since there was no filing on the apex area thus far, the nail should look thin around the cuticle area, sidewalls and extension edge. Lay your file flat to the nail and gently file the surface staying in contact with the nail to contour the surface.



FINISHING ROCK HARD NAILS

Finish with Clear:

1. After finish filing the nail with a 180 grit **Aspect File**, remove the dust with a nylon brush. Polish the nail with an even coat of **Headliner** brush-on gel and cure for 30 seconds in your **Artistic Pro30 LED Light** or 2 minutes in a traditional 36watt UV lamp.



2. Remove inhibition layer with **Nail Surface Cleanser** using a lint free wipe.



3. Finish the service by applying one drop of **Revive Nail & Cuticle Oil** and massage into cuticle and surrounding skin.



Finish with Colour Gloss:

1. After finish filing the nail with a 180 grit **Aspect File**, remove the dust with a nylon brush. Apply a thin layer of the **Artistic Colour Gloss** of your choice, making sure to seal the edge.



2. Cure for 30 seconds in your **Artistic Pro30 LED Light** or 2 minutes in a traditional 36watt UV lamp. Repeat steps 1 and 2 until desired color is achieved.



3. Apply a coat of **Colour Gloss Soak off Glossing Gel**. Cure for 30 seconds in your **Artistic Pro30 LED Light** or 2 minutes in a traditional 36watt UV lamp.



4. Remove inhibition layer with **Nail Surface Cleanser** using a lint free wipe.



5. Finish service by applying one drop of **Revive Nail & Cuticle Oil** and massage into cuticle and surrounding skin.



Finish with a French Manicure using ROCK HARD Brush-On Gels:

1. After finish filing the nail with a 180 grit **Aspect File**, remove the dust with a nylon brush. Use **Groupie or Pink Rocker** brush-on gel, depending on your client's preference. Apply one coat to entire surface, careful not to get on skin. Cure for 30 seconds in your **Artistic Pro30 LED Light** or 2 minutes in a traditional 36watt UV lamp.



2. Apply a thin application of **Encore** brush-on white gel to the extension edge creating the desired smile line.



3. Use an **Artistic Gel Brush** to clean and sharpen the French line. Cure for 5 seconds in your **Artistic Pro30 LED Light** or 30 seconds in a traditional 36watt UV lamp. Repeat steps 2 and 3 if needed.



4. Finish nail with an even coat of **Headliner** brush on gel and cure for 30 seconds in your **Artistic Pro30 LED Light** or 2 minutes in a traditional 36watt UV lamp.



5. Remove inhibition layer with **Nail Surface Cleanser** using a lint free wipe.



6. Finish nail by applying one drop of **Revive Nail & Cuticle Oil** and massage into cuticle and surrounding skin.



7. Finished Nail.



ONE COLOR MAINTENANCE

1. File the entire gel surface of the nails with the 180 grit **Aspect File**.



2. Lightly buff the exposed natural nail surface with the 100 side of the 100/180 grit **Effect Buffer** to remove shine and blend existing **Rock Hard Nail** product into the natural nail. Remove dust with a nylon brush.



3. Scrub the entire nail surface with **Nail Surface Cleanser**, using a lint free wipe, focusing on the cuticle area and lateral walls.



4. Apply **pH Nail Prep** to the *natural nail* growth area only.



5. Lightly moisten exposed natural nail with **Opening Act** non-acid based primer. The nail will remain shiny after application.



6. Choose **Headliner, Groupie, or Pink Rocker** brush-on gel, depending on your client's preference and apply one coat to the entire nail surface and seal the edge. Cure for 30 seconds in your **Artistic Pro30 LED Light** or 2 minutes in a traditional 36watt UV lamp.



7. Use **Hardcore Building Gel** in Clear or Pink according to your client preference. With an **Artistic #9 Oval Gel Brush** get a small bead of product and place on the apex area. Lightly guide the product towards the cuticle and float the brush on top of the bead to fill and exposed nail and create apex.



8. Cure for 30 seconds in your **Artistic Pro30 LED Light** or 2 minutes in a traditional 36watt UV lamp. If the nail is flexible or un-level, repeat step 7 and 8.



9. Use a lint free wipe soaked in **Nail Surface Cleanser** to clean the inhibition layer (sticky surface) from the nail.



10. Refine the gel application using the **Rock Hard Nails Filing Method**, and finish the service with **Headliner, Colour Gloss** or as desired.



11. Finished Nail.

