

**MAKEOVERS LIFE- APPEARANCE  
HOW TO DO A MANICURE**

**TOOLS:**

- \* Small hand towel
- \* 2-3 cotton balls
- \* Nail polish remover
- \* Nail file
- \* Long wearing base coat like Sally Hansen's Hard As Nails Extreme Wear Invisible
- \* Color of your choice
- \* Soap
- \* Bowl of warm water
- \* Toothbrush

**DIRECTIONS:**

- Sit down in a chair next to a bathroom counter or table.
- Place a small hand towel on the flat surface such as a counter or table.
- Dab a cotton ball with nail polish remover. Use enough to get it pretty wet and saturated.
- It is much easier to handle nails when they are laying flat on a toweled surface than to try to remove nail polish, file, and paint nails in midair.
- Remove old nail polish by scrubbing the nail with the wet cotton ball.
- Wet the cotton ball every second nail to make sure all the nail polish removes easily.
- Wet a fresh cotton ball with nail polish remover and go over the nails once again to remove any nail polish left behind.

**MAKEOVERS LIFE- APPEARANCE  
HOW TO DO A MANICURE**

- Wash your hands in the sink with soap and water
- Soak the fingers of one hand at a time in the warm bowl of water.
- Place hand flat on the towel covered table. Run a toothbrush over a bar of soap and scrub the entire nail including underneath the nail. Repeat for each nail.
- Dry nails with hand towel completely.
- Place hand flat back on the towel covered table.
- Gently file each nail tip and shape the edges of the nail in a square. When nails get too long, file them down to your desired length. When you break a nail, file all the other ones as close as possible to the shortest nail length. **This is the most important rule to achieve a professional appearance to your hands. All nails have to be the same length.**
- Wash your hands in the sink again to remove any dust left behind from filing.
- Dry nails again with the hand towel completely. Wet nails do not hold nail polish as well as dry nails.
- Apply the base coat first. Sally Hansen's Hard as Nails Extreme Wear in Invisible color is a tried and true choice. Let it dry. Then add the color of your choice. Start in the middle of each nail and then do each side. Dip the nail polish brush in the bottle again and coat the nail evenly with one more layer of nail polish. Repeat for each nail.
- Let the nails dry for as long as possible.
- When both hands are painted with color and allowed time to dry, add one more coat of nail color. Allow the second coat to dry as well. (about 20-25 minutes)
- Once the second coat is dry, add a clear coat of polish. Let the polish dry.

(Continued...)

**MAKEOVERS LIFE-APPEARANCE  
HOW TO DO A MANICURE**

**FIXING CHIPPED OR OLD NAIL POLISH:**

- A manicure usually lasts 3-6 days. To maximize the life of your manicure, add a second round of clear and colored nail polish every third and fifth day.

Here's how:

- Apply clear base coat to top of nails including the parts that have chipped. Let them dry.
- Apply one coat colored nail polish to all the nails. Let them dry.
- Apply clear coat to all the nails. Let them dry.

TIP- maintaining a manicure takes maintenance every couple of days. When you follow these steps, growing strong healthy nails is easier.

**NO NAIL POLISH MANICURE:**

- When your job requires a lot of wet hands at work, and/or you are not permitted and/or are discouraged from wearing nail polish, you can still present a beautiful hand.
- File each nail to the same length once a week gently.
- Scrub the nails with a toothbrush.
- Long nails and no polish do not mix. Keep the nails short with just a little bit of a tip.

**FINAL TIPS:**

- Maintaining a manicure takes maintenance every couple of days. When you follow these steps, growing strong healthy nails is easier.
- Always work with your nails on a towel covered flat surface. Maneuvering the fine motor skills it takes to paint the nails becomes much easier.

**MAKEOVERS LIFE-APPEARANCE  
HOW TO DO A MANICURE**



- Always file the nails the same length. When you break a nail, file all the other nails as close as possible to the shortest nail length. This is the most important rule about achieving a professional manicure at home. To achieve a professional appearance to your hands, all nails have to be the same length.
- When you are rushed and do not have enough time to let the nails dry completely, only paint one hand at a time with the colored nail polish. Let the other hand dry completely as you are going about your day around the house. Use your hand with the unpainted nails to get things done and your other hand with the painted nails to do nothing. When the painted nails are completely dry, sit down and do the other hand.
- When you are in a hurry, the easiest way to do nails is in a light color like barely there pink or white. Mistakes are less visible and more forgiving.
- The above instructions for a manicure are easy with practice-lots of practice. In the long run, it's a feeling of self empowerment to know you can always have beautiful hands no matter what your budget is doing. For the price of two bottles of nail polish (one color and one clear) you can have all the manicures you want.



*Voila . . .*