

THE GELBOTTLE INC

PROFORM™

APPLICATION GUIDE



PROFORMTM

APPLICATION GUIDE
USING FORMS

STEP 1: NAIL PREP

1. Sanitise your own and your client's hands.
2. Use a cuticle pusher to push back the cuticles.
3. File nails into shape using TGB 220/240 grit file.
4. Buff nails using a 100/180 grit buffer to etch the surface and prepare the nail for the product.
5. Pay extra attention to removing dead skin/excess cuticle from the nail plate.
6. Remove dead cuticle using TGB Cuticle Nippers.
7. Dehydrate and cleanse the nail plate using 100% pure acetone. No "prep-and-wipe" or "scrub-fresh" solutions.

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APPLICATION GUIDE – USING FORMS

STEP 2: FORM APPLICATION

1. Apply TGB Nail Forms to each nail to suit the nail curve.
2. Make sure there are no gaps between the forms and nails.

STEP 3: BASE COAT

1. Apply a thin layer of either the Rubber Base, All In One BIAB™ or HEMA-Free Bond Base to the natural nail only, working it into the nail plate.
2. Cure for 99 seconds in TGB Light The Way Lamp. The lamp has been specifically designed to cure TGB products. We do not recommend the use of other lamps.

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APPLICATION GUIDE – USING FORMS

STEP 4: PROFORM™ APPLICATION

1. Squeeze a bead of product onto the spatula. Bead size depends on length. (Small for short/medium for long).
2. Apply bead to stress point where free edge meets form.
3. Saturate ProForm™ Brush in Slip & Sculpt Solution and remove excess liquid on paper towel.
4. If at any point the product becomes too tacky, use the Slip & Sculpt Solution to add moisture back to the brush.
5. Using a dabbing motion, keep the brush flat and begin moving the product across the free edge, from sidewall to sidewall, creating the length required.
6. Use the Slip & Sculpt Solution to add moisture back to the brush if the product becomes too tacky.
7. Cure for recommended time (99 seconds low heat mode).
8. Once cured, squeeze a small/medium bead of product onto the spatula.
9. Apply bead to the natural nail bed.
10. Using a dabbing motion, keep the brush flat and begin moving the product across the nail, from sidewall to sidewall.
11. Maintain the dabbing motion to thin product at cuticle and sidewalls. Ideally a 1mm gap.
12. Use the brush to assist in creating an apex over the stress area.
13. Once you are happy with the structure, use light strokes to smooth the surface prior to curing.
14. Cure for recommended (99 seconds low heat mode).
15. Repeat steps where necessary to add structure.

PLEASE NOTE: Our synthetic brush will not behave like a Kolinsky brush, therefore thoroughly cleanse your ProForm™ brush using pure IPA to return the brush back to normal shape and do not use acetone or brush cleaner.

STEP 5: REFINING

1. Remove the form by gently peeling away and pinching the form underneath the product.
2. Remove the tacky layer with acetone or isopropyl alcohol.
3. Refine the surface of the nail using a TGB 120/180 grit File.
4. Gently file around the cuticle area to thin out the product.
5. Shape to the desired nail shape using a TGB 120/180 grit File.
6. Gently buff using a TGB 100/180 grit buffer.

STEP 6: COLOUR & TOPCOAT

1. Cleanse the nail with acetone or isopropyl alcohol.
2. Apply a thin layer of your chosen base coat and cure.
3. Apply any TGB gel colour following the gel application steps or finish with chosen top coat.
4. Cure for 60 seconds in TGB Light the Way Nail Lamp.

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APPLICATION GUIDE

USING TIPS

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APPLICATION GUIDE – USING TIPS

STEP 1: NAIL PREP

1. Sanitise your own and your client's hands.
2. Use a cuticle pusher to push back the cuticles.
3. File nails into shape using TGB 220/240 grit file.
4. Buff nails using a 100/180 grit buffer to etch the surface and prepare the nail for the product.
5. Pay extra attention to removing dead skin/excess cuticle from the nail plate.
6. Remove dead cuticle using TGB Cuticle nippers.
7. Dehydrate and cleanse the nail plate using 100% pure acetone. No "prep-and-wipe" or "scrub-fresh" solutions.

STEP 2: TIP APPLICATION

1. Stick on TGB clear tips using nail glue.
2. Press down firmly to ensure there are no air bubbles as this will cause lifting.
3. Cut, file and buff tips into shape using a TGB 120/180 Grit File and TGB 100/180 grit buffer.

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APPLICATION GUIDE – USING TIPS

STEP 3: BASE COAT

1. Apply a thin layer of either the Rubber Base, All In One BIAB™ or HEMA-Free Bond Base to the natural nail only, working it into the nail plate.
2. Cure for 99 seconds in Light The Way Nail Lamp. The lamp has been specifically designed to cure TGB products. We do not recommend the use of other lamps.

STEP 4: PROFORM™ APPLICATION

1. Squeeze a bead of product onto the spatula. Bead size depends on length. (Small for short/medium for long).
 2. Apply bead to stress point where free edge meets form.
 3. Saturate ProForm™ Brush in Slip & Sculpt Solution and remove excess liquid on paper towel.
 4. If at any point the product becomes too tacky, use the Slip & Sculpt Solution to add moisture back to the brush.
 5. Using a dabbing motion, keep the brush flat and begin moving the product across the free edge, from sidewall to sidewall, creating the length required.
 6. Cure for recommended time (99 seconds low heat mode).
 7. Once cured, squeeze a small/medium bead of product onto the spatula.
 8. Apply bead to the natural nail bed.
 9. Using a dabbing motion, keep the brush flat and begin moving the product across the nail, from sidewall to sidewall.
 10. Maintain the dabbing motion to thin product at cuticle and sidewalls. Ideally a 1mm gap.
 11. Use the brush to assist in creating an apex over the stress area.
 12. Once you are happy with the structure, use light stroke to smooth the surface prior to curing.
 13. Cure for recommended time (99 seconds low heat mode).
 14. Repeat steps where necessary to add structure.
- PLEASE NOTE:** Our synthetic brush will not behave like a Kolinsky brush, therefore thoroughly cleanse your ProForm™ brush using pure IPA to return the brush back to normal shape and do not use acetone or brush cleaner.

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APPLICATION GUIDE – USING TIPS

STEP 5: REFINING

1. Remove the tacky layer with acetone or isopropyl alcohol.
2. Refine the surface of the nail using a TGB 120/180 grit file.
3. Gently file around the cuticle area to thin out the product.
4. Shape to the desired nail shape using a TGB 120/180 grit file.
5. Gently buff using a TGB 100/180 grit buffer.

STEP 6: COLOUR & TOP COAT

1. Cleanse the nail with acetone or isopropyl alcohol.
2. Apply a thin layer of your chosen base coat and cure.
3. Apply any TGB gel colour following the gel application steps or finish with chosen top coat.
4. Cure for 60 seconds in TGB Light the Way Nail Lamp.

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APPLICATION GUIDE

REBALANCE/INFILLS

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APPLICATION GUIDE – REBALANCE/INFILLS

STEP 1: COLOUR REMOVAL AND DEBULKING

1. Sanitise your own and your client's hands.
2. Either using the TGB E-file (if you are E-File trained) or a TGB 120/180 grit file, file off the TGB Top Coat and then the TGB Gel Polish Colour to expose TGB PROFORM™ and level out the growth area.
3. Remove any dust and wipe with acetone.

STEP 2: PREP

1. Use a cuticle pusher to push back the cuticles.
2. File nails into shape using a TGB 220/240 grit file.
3. Buff nails using a 100/180 grit buffer to etch the surface and prepare the nail for the product.
4. Pay extra attention to removing dead skin/excess cuticle from the nail plate.
5. Remove dead cuticle using TGB Cuticle Nippers.
6. Dehydrate and cleanse the nail plate using 100% pure acetone. No “prep-and-wipe” or “scrub-fresh” solutions.

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APPLICATION GUIDE – REBALANCE/INFILLS

STEP 3: BASE COAT

1. Apply a thin layer of either the Rubber Base, All In One BIAB™ or HEMA-Free Bond Base to the natural nail only, working it into the nail plate.
2. Cure for 99 seconds in TGB Light The Way Nail Lamp. The lamp has been specifically designed to cure TGB products. We do not recommend the use of other lamps.

STEP 4: PRODUCT APPLICATION

1. Squeeze a small bead of product onto the spatula.
2. Apply bead to the regrowth area of the natural nail.
3. Saturate ProForm™ Brush in Slip & Sculpt Solution and remove excess liquid on paper towel.
4. If at any point the product becomes too tacky, use the Slip & Sculpt Solution to add moisture back to the brush.
5. Using a dabbing motion, keep the brush flat and begin moving the product from sidewall to sidewall, creating the structure required.
6. Maintain the dabbing motion to thin product at cuticle and sidewalls. Ideally a 1mm gap.
7. Use the brush to assist in re-creating an apex over the stress area.
8. Cure for recommended time (99 seconds low heat mode)

PLEASE NOTE: Our synthetic brush will not behave like a Kolinsky brush, therefore thoroughly cleanse your ProForm™ brush using pure IPA to return the brush back to normal shape and do not use acetone or brush cleaner.

STEP 5: REFINING

1. Remove the tacky layer with acetone or isopropyl alcohol.
2. Refine the surface of the nail using a TGB 120/180 grit file.
3. Gently file around the cuticle area to thin out the product.
4. Shape to the desired nail shape using a TGB 120/180 grit file.
5. Gently buff using a TGB 100/180 grit buffer.

STEP 6: COLOUR & TOP COAT

1. Cleanse the nail with acetone or isopropyl alcohol.
2. Apply a thin layer of your chosen base coat and cure.
3. Apply any TGB gel colour following the gel application steps or finish with chosen top coat.
4. Cure for 60 seconds in TGB Light the Way Nail lamp.

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APPLICATION GUIDE

REMOVAL^{*}

^{*}Due to the amount of dust produced from ProFormTM removal, we highly recommend wearing a mask.

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APPLICATION GUIDE – REMOVAL

STEP 1: PREP

1. Sanitise your own and your customer's hands.

STEP 2: LENGTH

1. Using a TGB E-File (if you are E-File trained) or with a TGB 120/180 grit file reduce the length of the extension.

STEP 3: DEBULK

1. Once length has been removed, begin debulking down the PROFORM™ to the thin layer of Rubber Base.

STEP 4: SOAK

1. Saturate a lint free wipe with acetone. Wrap each finger in saturated lint free wipe & removal foil and wait for 5-10 minutes.

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APPLICATION GUIDE – REMOVAL

STEP 5: REMOVAL

1. Start removing one nail at a time.
2. Don't force the gel off, if it is still hard, allow the gel to soak for longer.
3. Use a sharp TGB Cuticle Pusher to remove the base.
4. Make sure you support the customer's natural nail tip with your finger while removing the gel to avoid bending or snapping the nail.
5. Repeat this process until all product has been soaked off.

STEP 6: BUFF AND SHAPE

1. Lightly buff using a TGB 100/180 grit buffer and file nails into shape using a TGB 220/240 grit file.
2. Apply TGB cuticle oil to replenish the moisture in the nail.



PROFORM™

Book onto the ProForm™ course today at TGB Academy.

ABT and Guild-accredited, this course covers everything you need to know to master the art of ProForm™.

