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Bella Forma Gel Application Instructions

Prepare the nails for enhancements, making sure you buff the nails with a 240grit sponge board or a 220 grit Yellow Teflon file to remove the shine – not the nail, and then sanitizing the nail plate with a saturated nail wipe soaked in Bella Forma's Nail Wipe Solution to remove the dust and any excess oils. Your basic manicure is the most important part of the service. If you do not take the time to prepare the nails properly, you will have lifting.

Carefully scoop a small amount of Bella Forma clear gel onto one side of your brush. Holding your brush perpendicular to the jar, and just barely entering the gel, scoop quickly to one side and pull the brush out. You should end up with a small lump on one side of the brush.

Offload the gel in the middle of the nail plate and brush toward the free edge, then working the gel toward the cuticle. The first coat of Bella Forma applied to the nail is called 'wetting the nail'. This is done with the brush held at a 45-degree angle, offloading in the middle, working your way to the free edge and then to the cuticle. Very little gel is used for the first half of this first coat. **DO NOT CURE YET.** Now reload your brush with Bella Forma and apply the second half of the first coat. Now cure. The reason for 'wetting' the nail is that the next layer of gel that goes on will stay right where the wet coat is and helps to reduce shrinkage. This also helps to give a thin layer of Bella Forma at the cuticle. Bella Forma Nails must be thin at the cuticle and the free edge.

Stroke the gel in much the same manner as a polish application, pulling the brush to the free edge. A brush held at a 45-degree angle removes Bella Forma. A flat angled brush (horizontal to the nail) allows the Bella Forma to remain on the nail.

Check the nail from each side and the center. If there are any dips in the natural nail you can build it up with clear Bella Forma, giving a C-Curve and a natural arch to the imperfect nail. Utilize your overhead lamp, looking at the reflection on the nail. If you do not see a straight light reflection on the gel then you have a dip in the gel. Remember Bella Forma does self level, but if you still have a crooked reflection, then put a little more gel on your brush, touch the gel on your brush to the gel on the nail plate and lift up ever so slightly. This will allow you to move the gel where you want to.

NOTE: You can only build with clear Bella Forma and NOT color Bella Forma.

When you feel you have the perfect nail, hold your brush at a 45-degree angle and remove the small lump of gel that forms at the free edge. Seal the free edge by lightly touching with the flat side of your brush. Cure in a 4 – 9 watt bulb UV curing lamp.

During application, be sure the brush hairs do not "fan" out. If they do fan out, you are applying too much pressure and not enough gel will be left on the nail plate to allow for shrinkage during cure, and the result will be tiny "craters" where the gel has pulled away during the curing process. Should this occur, re-apply a thin coating of gel, making sure to apply less pressure. Do not over-work the gel as this will result in air bubbles and/or an uneven cure. If you do not notice the "craters" until you have removed the sticky residue, buff away the shine off the gel, wipe with Bella Forma's Nail Wipe Solution and re-apply.



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Repeat this process on all five fingers of the hand. Before curing, check your work again to be sure the entire nail plate is evenly covered with a thin layer of gel. Check the cuticle and sidewall lines to be certain that no gel is touching the skin, and if so, remove it with an orangewood stick or a toothpick. If you have built up a nail (i.e. a ski jump nail and gave a c-curve) make sure you cure it once you are done so it keeps the shape you want. The gel is self-leveling. Also, if you are working in hot humid conditions, or the nails are very moist and oily, use the wipe and apply method. This is when you wipe with Bella Forma's Nail Wipe Solution; apply Bella Forma on one nail and then cure.

Place the nails under the UV Light for 60 seconds to completely cure the gel. Apply a second coating of gel and cure for 60 seconds.

NOTE: Clear Bella Forma curing time is 60 seconds and color Bella Forma is 3 minutes. For color Bella Forma this is total curing time for each coat. This means you can do one or two fingers at a time put them into the UV Light, and do one or two fingers on the other hand. The whole hand goes back into the light and continues to cure, giving a total curing time of three minutes.

Remove the hand from the light and clean the nails with a lint-free nail wipe saturated with Bella Forma's Nail Wipe Solution. This will remove the sticky "uncured" layer on the top of the enhancement, even though the nails will still feel slightly tacky which is normal. Inspect nails for an even surface, and if "craters" are evident, apply one thin layer of gel and cure.

Apply Bella Forma to the other hand following the previous procedures. Should you find that some gel has touched the sides or the cuticle area, remove with a 220-grit yellow Teflon file and then buff until smooth. Finish by applying a sealer, Bella Shine Top Coat for a French manicure, a clear overlay or color Bella Forma.

If the client prefers a permanent French Manicure use a white color gel (Garey's Smile or White Linen) to the free edge. Apply the color Bella Forma, Garey's Smile or White Linen, cure. Re-apply 2nd coat of white, cure and then apply clear Bella Forma over. Wipe with Bella Forma's Nail Wipe Solution and then apply Bella Shine Top Coat.

Pink & Whites – Apply pink Bella Forma gel to the nail, offloading in the middle, brushing to the free edge, and then working back to the cuticle. Prior to curing, take your clean flat brush and remove the gel where you want the smile line to go. Now 'freeze' the pink in place by putting it into the curing lamp for 30 seconds. Apply the white Bella Forma gel of your choice (one even coat) and cure for 3 minutes. Apply second coat of white and cure. Now apply a layer of clear Bella Forma over the nail and cure. Wipe with Bella Forma's Nail Wipe Solution to remove the sticky residue, do final shape if needed and apply Bella Shine Top Coat.

REMEMBER: Three minutes curing time for color Bella Forma and 60 seconds curing time for clear.

Bella Forma Extensions

Only clear Bella Forma can be used for extensions.



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Bella Forma can be used to extend the length of the natural nail, without the application of a tip. Bella Forma is far more flexible than an artificial tip, yet tough enough to withstand everyday usage. The strength of Bella Forma is in the flexibility of the gel.

Prepare the nails – basic dry manicure. Remove the shine – not the nail plate – using a 220 Yellow Teflon file or a 240 grit sponge file.

Fit a re-useable nail form or disposable form to fit snugly under the nail. Check the form fit from a side view, as well as the front view, to be sure it is on straight and is shaped to the desired form.

Apply a thin coat of clear Bella Forma onto the nail form, butting right up to the natural nail. Now add more gel and let it “drip” into position and gently guide it into shape. Do this until you get desired length, giving a little extra gel on the sides for strength. Remember you do not want a thick free edge, so it does not have to be much thicker than the natural nail. Cure for 60 seconds. If you were to remove the form after curing it would take the gel with it as the gel is just butted up to the natural nail.

Now offload in the center of the nail plate, pulling towards the free edge and then work your way back to the cuticle. This would be the wet layer. DO NOT CURE yet. Offload in the center of the nail pull to the free edge and work your way back to the cuticle with long brush strokes. Check your work using the reflection from your overhead lamp. If you do not have the straight light reflection, then get a lump of gel on your brush, and touch the gel on your brush to the gel on the nail and slightly pull up. Move the gel to where you want it. Remember that Bella Forma gel is self-leveling so you do not have to over work it. Make sure that the gel does not run into the cuticle or sidewalls. If this happens, use the pointed end of an orange wood stick to clean up the area. Cure for 60 seconds.

Take off the nail form; sometimes it is necessary to break the seal between the gel and the form. Remove sticky residue with a nail wipe saturated with Bella Forma’s Nail Wipe Solution. Using straight toe nail clippers, small scissors or tip cutters, cut to desired length and shape. Using the Steriflie 100/180 grit file, shape the extended nail. When desired shape is reached, buff away the shine with a 180-grit mini orange buffer. Wipe nail with Bella Forma’s Nail Wipe Solution saturated on a nail wipe. Apply a thin coat of clear Bella Forma gel over entire nail. Cure for 60 seconds. Now, apply color Bella Forma or French Manicure.

Cleanse the nail with Nail Wipe Solution to remove the sticky surface residue. Apply Bella Shine Top Coat to complete the service. Never leave the Bella Forma gel unprotected. It is always a wise decision to use an enhancement “top coat” to prevent the enhancements from becoming stained by the pigments in nail polish, household cleaning solutions, makeup, tanning solutions and other “staining” materials and chemicals. Be careful with dark washed jeans or unlined leather gloves, they will leave a black dye on the nail plate. With having the Bella Shine top coat as the top layer, you just remove the top coat with a non-acetone polish remover and re-apply Bella Shine. If you did not have the top coat on, the only way to remove these stains would be to file off the gel or soak it off.



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Colored Bella Forma Application

Prepare the nails for enhancements by following the same procedures for the regular gel application as listed above.

The thickness of the Color Bella Forma on the nail is very important. Apply too little and not enough photo-initiator will be available to cure the layer of Bella Forma. Apply Color Bella Forma too thick and the pigment will prevent the UV light from reaching all the way through the layer of gel to reach the photo-initiator and fully cure Color Bella Forma. Under this condition, only the top of the layer will be cured and a 'shell' of cured Color Bella Forma will be sitting on top of uncured or partially cured gel, thus resulting in poor or no adhesion to the natural nail underneath. Do not overwork the gel as this will result in air bubbles and an incomplete or uneven cure.

Place hand under UV light and apply colored Bella Forma to the other hand.

Color Bella Forma is semi-transparent which makes application thickness less critical; therefore there will be less chance of adhesion problems due to partial curing. Full color is achieved by applying two of these translucent layers resulting in a complete cure of each layer.

Place hand in the curing lamp for a full 3 minutes; apply a second coating of Color Bella Forma and cure. Apply Color Bella Forma on the other hand. Wipe the nail with a lint-free wipe saturated in Nail Wipe Solution. Complete the application and finishing as in the previous applications, and apply Bella Shine Top Coat to seal the gel.

Color Bella Forma Fill

Remove the nail polish or topcoat with a non-acetone polish remover and inspect the nail, checking for any loose or lifted material. If lifting is present, buff with a 220-grit file in the direction of the lift to remove and to blend with the natural nail plate. Do not over file the natural nail plate as these results in the loss of too many vital nail plate layers, and can leave a trench, or a reddened 'circle of fire' in the nail plate.

Use a 100/180-grit file to reshape the nail, keeping the sides straight and the form even. Taper and reduce the dimension (thickness) of the free edge. Buff the entire remaining surface with a 220-grit buffer to ensure all shine has been removed and there are no remaining areas of lift.

Clean all nail dust from the surface, then cleanse with a nail wipe saturated in Bella Forma's Nail Wipe Solution to cleanse and sanitize the nail.

Scoop a little of the correct Color Bella Forma onto the tip of a clean, # 4 Bella Forma Filbert application brush and apply to the new nail growth. Make sure the color used for this step is the same as the existing color, even if you are going to change to a darker color. Carefully push the brush toward the cuticle to spread the gel, but do not allow it



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to touch the skin. Leave a tiny free margin all around the cuticle free of gel to prevent lifting and to allow for proper shrinkage. If gel does touch the skin, use an orangewood stick or toothpick to remove unwanted gel and to prevent product overexposure. Be sure this application of color is thin as in the previous application procedures. Smooth and blend onto the existing color.

Cure for 3 minutes under the UV light.

Apply one layer of Color Bella Forma over the entire nail and cure for a full 3 minutes under the UV light. If necessary, to achieve a darker color, apply another layer and cure for an additional 3 minutes.

After both layers have been applied and cured, wipe the nail with a lint-free wipe saturated in Bella Forma's Nail Wipe Solution, then seal with Bella Shine Topcoat.

If the client wants to change to a *darker* color, the undercoat must always be done with the existing color. Then after curing, apply one coat of the darker gel over the entire surface.

If the client wants to change to a lighter color, the existing gel must be first removed by soaking off with Bella Forma's Soak Away, using the foil method. (Placing a piece of Wonderwipe or cotton ball saturated in Soak Away on the nail and then wrapping it in foil, like a 'piggy in a blanket'). This procedure takes 10 minutes and the gel will start to flake off. Remove each foil wrapped finger separately, using an orangestick to remove the gel. NEVER force the gel off. If the gel remains stuck to the nail plate, re-wrap the finger with the same foil and saturated wonderwipe or cotton ball soaked in Soak Away, and go on to the next finger. When you have finished all ten fingers, go back to the ones you have re-wrapped and the gel should come right off. Have your client wash and scrub their nails with a hygienic liquid wash, due to the fact that Soak Away has moisturizing oils in it to protect your cuticles. You are now ready to prepare the nails for their new enhancement choice.