

Gelish® Foundation and Foundation Flex Uses



Prep Procedure:

Manicure – Buffer 180 grit* – Cleanse – pH Bond

*When using Structure Brush-on Builder Gel, prep the nail surface with the 100 grit buffer.

TREATMENT	PRODUCT	PROCEDURE	TREATMENT TIME	WEAR TIME	BENEFITS
NATURAL NAIL SOFT & FLEXIBLE ENHANCEMENT	FOUNDATION FLEX Clear, Light Pink, Light Nude or Cover Beige	Apply 2 coats of your chosen Foundation Flex color to the natural nail. Cure each coat 30 seconds and proceed with finishing options 1 or 2.	20 min	14+ DAYS	RIDGE FILLER NUDE COLORS ENHANCED NAIL ADDED FLEXIBILITY
	FOUNDATION + FOUNDATION FLEX	Apply Foundation, cure 5 seconds. Apply 2 coats of your chosen Foundation Flex color to the nail. Cure each coat 30 seconds and proceed with finishing options 1 or 2.	25 min	21+ DAYS	SAME AS ABOVE + EXTENDED WEAR TIME
	FOUNDATION FLEX + GELISH GEL POLISH	Apply 1 coat of Foundation Flex. Cure 30 seconds and proceed with finishing options 3 or 4.	30-40 min	14+ DAYS	RIDGE FILLER ENHANCED NAILS STRENGTH
NATURAL NAILS REGULAR GELISH GEL POLISH ENHANCEMENT	FOUNDATION + GELISH GEL POLISH	Apply Foundation, cure 5 seconds. Apply 2 coats of your chosen Gelish color. Cure each coat 30 seconds. Seal the application using one of Gelish Top Coats: Top It Off (cure 30 seconds), Matte Top It Off (cure 30 seconds) or No Cleanse Top Coat (cure 60 seconds).	30-40 min	21+ DAYS	LASTING COLOR ENHANCED NAIL STRENGTH
NATURAL NAIL ENHANCEMENT EXTRA STRENGTH	FOUNDATION + STRUCTURE GEL	Apply Foundation, cure 5 seconds. Apply 1 or 2 coats of Structure Gel, cure each coat 30 seconds.** Proceed with your chosen finishing options: 1, 2, 3 or 4	30-40 min	21+ DAYS	ADDED STRENGTH AND STRUCTURE
WITH OR WITHOUT SHORT NAIL EXTENSION	FOUNDATION + STRUCTURE GEL, EXTENSION	Apply tip, shorten & shape with file. Apply Foundation, cure 5 seconds. Apply 2-4 coats of Structure Gel, cure each coat 30 seconds. Proceed with your chosen finishing options: 1, 2, 3 or 4	40-50 min	21+ DAYS	SHORT EXTENSION ADDED STRENGTH AND STRUCTURE
NATURAL NAIL ENHANCEMENT EXTRA STRENGTH	FOUNDATION + STRUCTURE BRUSH ON BUILDER GEL	Apply Foundation, cure 5 seconds. Apply 1-2 coats of Structure Gel, cure each coat 60 seconds. Cleanse & refine shape with file or buffer. Proceed with your chosen finishing options: 1, 2, 3 or 4.	40-50 min	21+ DAYS	MAXIMAL STRENGTH PERFECT STRUCTURE
WITH OR WITHOUT A TIP OR FORM EXTENSION	FOUNDATION + STRUCTURE BRUSH ON BUILDER GEL, EXTENSION	Apply tip or form. Apply Foundation, cure 5 seconds. Apply 1-2 coats of Structure Gel and cure each coat 60 seconds. Cleanse & refine shape with file or buffer. Proceed with your chosen finishing options: 1, 2, 3 or 4.	50-60 min	21+ DAYS	ANY EXTENSIONS MAXIMAL STRENGTH PERFECT STRUCTURE

** STRUCTURE GEL in a Gelish manicure can be applied on top of or under the Gelish color.

Finishing Options

1. Seal with Top It Off, Cure 30 seconds, Cleanse, leave as-is or apply Morgan Taylor Nail Lacquer and apply Nourish Cuticle Oil.
2. Seal with No Cleanse Gel Top Coat, Cure 60 seconds, leave as-is or apply Morgan Taylor Nail Lacquer and apply Nourish Cuticle Oil.
3. Apply your chosen Gelish Soak-Off Gel Polish color, cure each layer 30 seconds and seal with Top It Off, Cure 30 seconds, cleanse and apply Nourish Cuticle Oil.
4. Apply your chosen Gelish Soak-Off Gel Polish color, cure each layer 30 seconds and seal with No Cleanse Gel Top Coat, Cure 60 seconds and apply Nourish Cuticle Oil.