

BIO SCULPTURE

HEALTHY | ETHICAL | PROFESSIONAL

WHISPER E-FILE
TRAINING MANUAL

WHAT'S INSIDE...

E-FILE MANUAL V25.09.08.11

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WELCOME TO BIO SCULPTURE



HEALTHY | ETHICAL | PROFESSIONAL

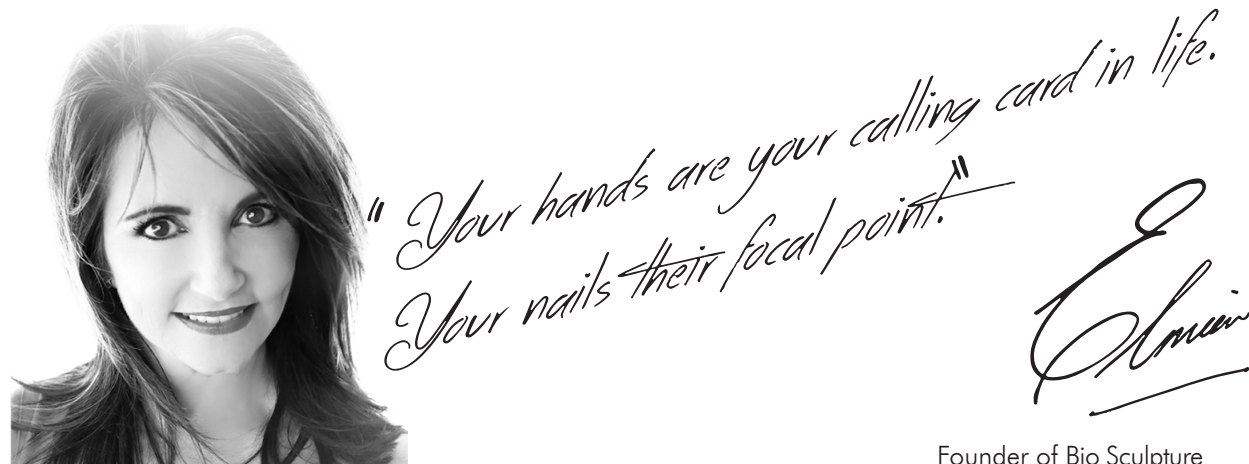
Our purpose is to provide quality products and professional training, empowering nail technicians to offer healthy and fashionable nail care systems, guided by an ethical business approach.

Since childhood, Elmien was fascinated by beautiful nails. This fascination became her passion. After completing her studies at the CIDESCO Beauty Academy, Elmien opened her first salon. Unable to find any premium quality nail care products, she continued her studies in the USA attending training in artificial nail systems. Elmien concluded that if she wanted a product to meet all the requirements it would have to be developed from the ground up.

Her goal was not only set on beautiful nails, but also on nail health. By consulting with the best scientists in their respective fields and applying the latest technologies available, Bio Sculpture Gel was born from a humble beginning with passion, hard work and the faith of a true pioneer.

Today the Bio Sculpture head office is situated in the heart of South Africa in the small town of Clocolan, playing an important role in the socio-economic environment, surrounded by the breathtaking African landscape. The 3000sqm ultra-modern factory is an environmentally friendly building with regulated ventilation systems, boasts self-supportive water storage, solar panels and optimises natural lighting. The factory is ISO 22716 certified for Good Manufacturing Practices and is managed under ISO 9001 Quality Management Systems.

The warm-heartedness of Bio Sculpture is not only tangible in the factory, but is extended to the global Bio Sculpture family.



Founder of Bio Sculpture



E-FILE SYSTEM



The Bio Sculpture Whisper E-File (Electric File) is an electric powered rotary tool with multi-functional purposes, designed to improve the quality and efficiency of nail treatments in the salon. The E-File can be used during various treatments including overlays, manicures and pedicures.

There is a variety of E-File bits available, each designed for a specific purpose — from preparation and debulking for product removal, to dry gel shaping, rebalancing, and detailed cuticle work. These bits are available in different grits, materials, shapes and sizes depending on the required use. Using an E-File during your treatment will leave you wondering how you managed without one before.

The Bio Sculpture Dust Collector is an electric powered system designed to collect and capture dust, allowing for easy disposal, protecting the nail technician and client from breathing in dust which can affect respiratory health. It can be used during gel removal, fills and dry gel shaping. This is an absolute must have when using an E-File in the salon.

ADVANTAGES OF THE BIO SCULPTURE E-FILE SYSTEM

WHISPER E-FILE:

- Whisper-quiet technology for a professional work environment
- Ergonomic design that fits comfortably in your hand for maximum control with low vibration from the coreless motor design
- Long lasting battery life, a 2000 mAh Lithium battery allows for extended use without interruptions
- 30000 RPM with a powerful torque of 3.1 NM
- A light weight and portable device, perfect for professional use in salons and for mobile technicians
- A variation of bits available for different purposes and for precise detailing while performing nail treatments
- Quick and easy bit change with a secure locking chuck
- Right and left handed functionality



THE DUST COLLECTOR:

- The Dust Collector creates a hygienic environment by removing dust from the air and capturing it for easy disposal
- Light weight, compact and easy to operate
- Improves health and safety for the technician and client



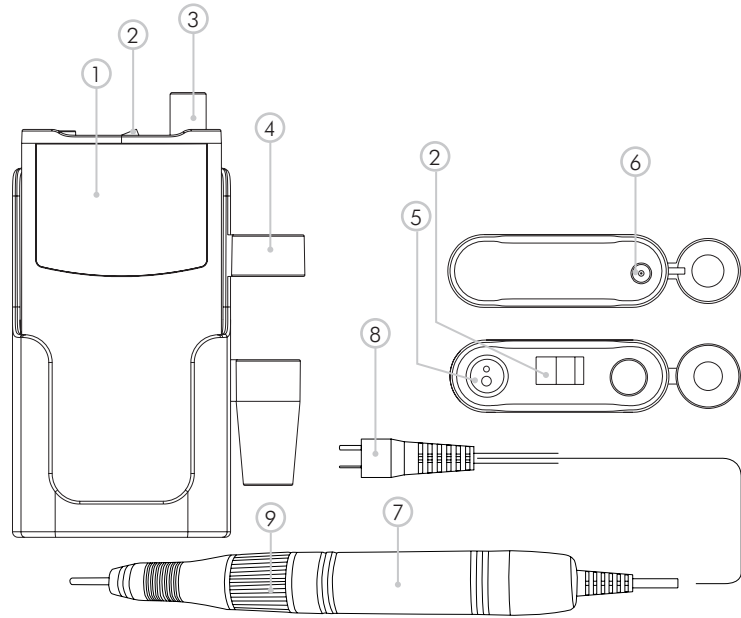
E-FILE PRODUCT KNOWLEDGE

Product Overview

- 1. 1.3" TFT Display
- 2. Forward and Reverse Switch
- 3. Switch and Speed Controller
- 4. Handpiece Holder
- 5. Two-Core Socket
- 6. DC Socket
- 7. Handpiece
- 8. Two-Core Connector
- 9. Quick Locking Chuck for easy bit change

Specifications

- Input Voltage Range: AC100-240V/50-60Hz
- Output Voltage: DC12.6V 0.8A
- Charging Time: 2 hours
- Battery Capacity: 2000 MA (11.1V)
- Battery Life at full speed: 10 hours
- Speed: Max 30,000 RPM



A BRUSHLESS MOTOR:

- 1. A brush motor is a mechanical device with variants made of carbon that come into contact with each other to work
- 2. A brushless motor is an electronic device using magnets to generate power and therefore offers less friction and wear. This is a better, more modern technology offering more advanced features
- 3. A brushless motor is better, adding the following advantages:
 - Faster operation
 - Reduced heat
 - Reduced noise
 - Low vibration

CHARGING YOUR E-FILE:

- 1. Charging time- 2 hours
- 2. Battery life- 10 hours at full speed
- 3. Avoid charging whilst in use

GETTING STARTED:

ASSEMBLE THE WHISPER E-FILE

- 1. To charge the Whisper E-File, connect the power adaptor supplied to an appropriate outlet
- 2. Connect the handpiece by inserting the two-core plug into the control unit
- 3. Open the chuck by twisting it to the  icon before inserting a bit
- 4. Clean, disinfect and completely dry all bits before inserting into the handpiece
- 5. Place a selected bit into the collet and then twist to the locked  icon to close, securing the bit in place
- 6. Turn the E-File on by turning the speed controller clockwise and select the desired speed (RPM) as recommended
- 7. The RPM and rotation will be displayed on the screen
- 8. To change the rotation direction, turn the speed to 0 RPM and then press the forward / reverse switch to select the required direction. Adjust the speed controller to select the desired RPM
- 9. To stop the handpiece, rotate the speed dial down to 0 RPM and switch off the control unit

USING THE HANDPIECE:



 : OPEN

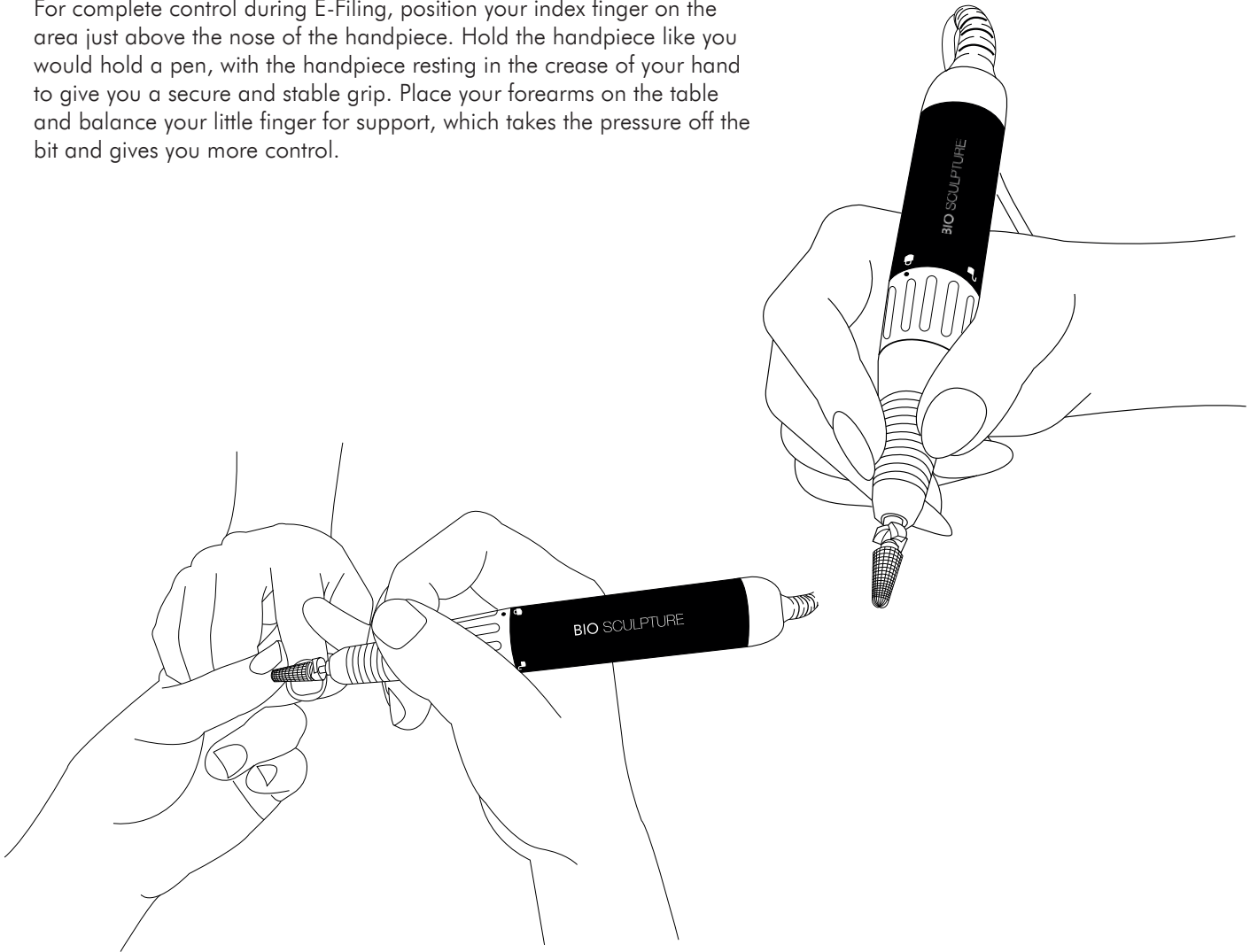
 : CLOSE

WHY SHOULD I REPLACE THE BLANK PIN IN MY HANDPIECE WHEN IT'S NOT IN USE?

The blank pin in the handpiece keeps the collet straight and protected from bending or getting damaged. If the collet is bent or damaged, the inserted bit will not spin straight and may cause vibration or injury.

THE CORRECT WAY TO HOLD THE HANDPIECE:

For complete control during E-Filing, position your index finger on the area just above the nose of the handpiece. Hold the handpiece like you would hold a pen, with the handpiece resting in the crease of your hand to give you a secure and stable grip. Place your forearms on the table and balance your little finger for support, which takes the pressure off the bit and gives you more control.



DIRECTION OF WORK:

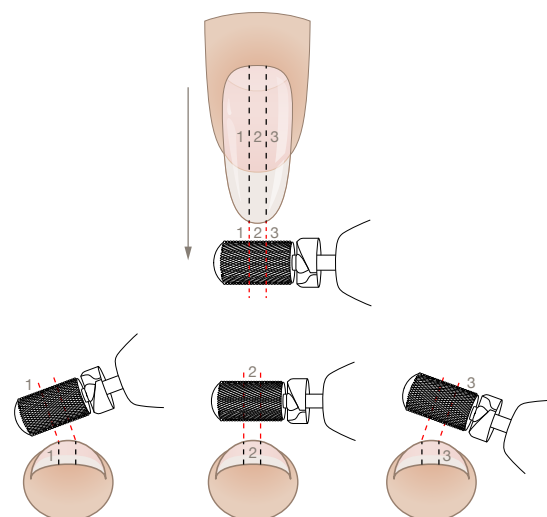
Suitable for left and right handed technicians

RIGHT HANDED TECHNICIANS

Should have the rotation on forward (clockwise)

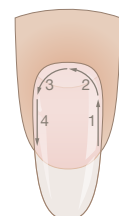
GEL REMOVAL

- When working in downward strokes across the nail plate move from left to right
- Start from the left side of the nail using the tip of the bit
- Work towards the centre of the nail using the centre of the bit
- End on the right side of the nail using the base of the bit



CUTICLE WORK AND EXFOLIATION

- Use the forward rotation setting
- Move around the cuticle outline from the right to the left side

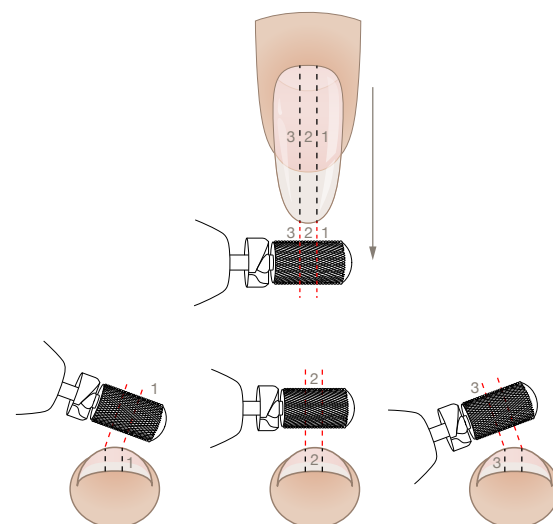


LEFT HANDED TECHNICIANS

Should have the rotation on reverse (counter clockwise)

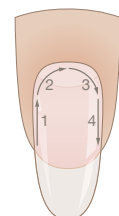
GEL REMOVAL

- When working in downward strokes across the nail plate move from right to left
- Start from the right side of the nail using the tip of the bit
- Work towards the centre of the nail using the centre of the bit
- End on the left side of the nail using the base of the bit



CUTICLE WORK AND EXFOLIATION

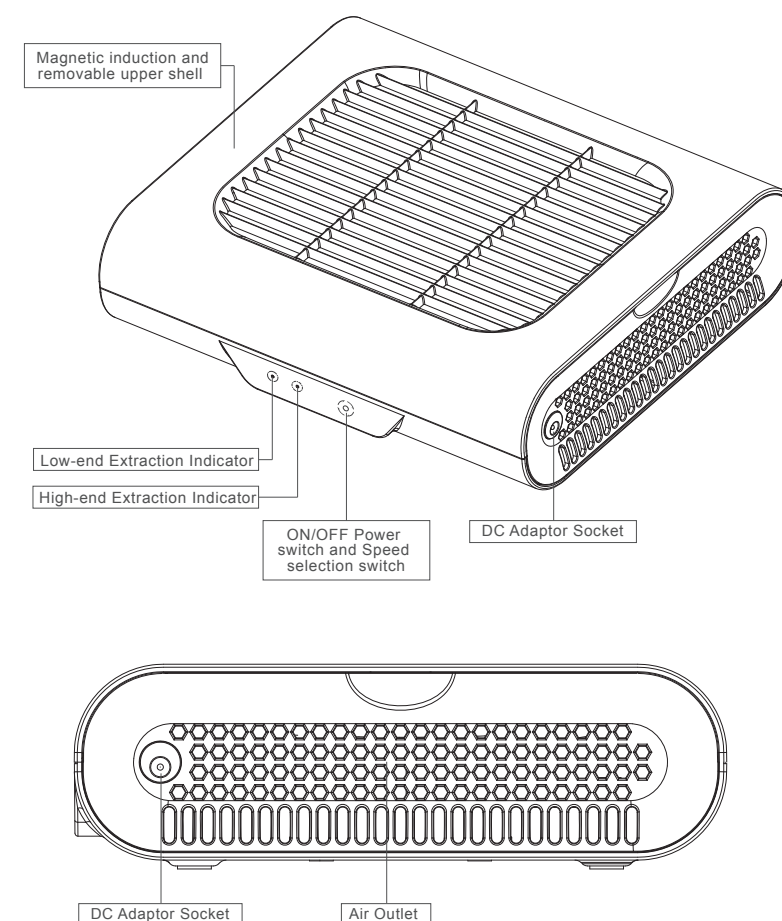
- Use the reverse rotation setting
- Move around the cuticle outline from the left to the right side



NOTE:

- Technicians working on themselves will change the rotation depending on which hand is being worked on
- Work downward toward the free edge, using a light pressure in long controlled strokes to avoid heat spikes. Continuous back and forth, and side to side uncontrolled movement can create a heat spike and a loss of control over the E-File bit which may result in injury or an unevenly shaped surface

DUST COLLECTOR



HOW TO USE THE DUST COLLECTOR:

1. Connect the Dust Collector with the supplied power cord, to an appropriate outlet
2. Tap the on / off button (⊙) to turn on the Dust Collector, a beep sound will sound every time the (⊙) is activated. The Dust Collector will run at a high extraction speed when pressed once, press (⊙) again to switch to a low extraction speed and tap again to shut down

NOTE:

The Dust Collector is mainly used for heavier product shaping such as dry gel shaping, fills and preparation for gel removal. Although it is optional to use the Dust Collector during nail plate preparation it is not essential as there will be minimal dust during this step

E-FILE TERMINOLOGY:

WHAT IS RPM?

- RPM (Rotations per minute) refers to the speed at which the E-File rotates. The higher the RPM the faster the rotation of the E-File bit
- The Bio Sculpture Whisper E-File offers a 30000 RPM
- Each E-File bit has a recommended RPM which should be adhered to for safety and efficiency
- A **higher RPM** is recommended for product removal and shaping
- A **lower RPM** is advised for cuticle work and exfoliation

WHAT IS TORQUE?

- Torque refers to the rotational power of the RPM or the machines response to resistance
- The Bio Sculpture Whisper E-File has a torque of 3.1 NM
- The absence of good torque results in the machine slowing down dramatically when meeting resistance
- The torque is affected by the surface being worked on

WHAT IS GRIT?

Grit is measured by the number and size of grains of the abrasive material per one square inch of the flutes

- A coarser grit will have larger flutes used for heavy product shaping and removal
- Finer grit bits have smaller flutes and are used to refine, shape and smooth



BIO SCULPTURE E-FILE BITS

F Fine **M** Medium **C** Coarse

- All E-File bits have a colour identification band, used for easy and correct grit selection depending on the treatment
- The Carbide and Ceramic bits have an additional rubber colour band to prevent dust from getting into the collet of the handpiece
- When inserting bits into the collet of the handpiece, always ensure that a small gap remains between the bit / colour band and the collet. If the bit comes into direct contact with the collet during use, it will affect the efficiency of your machine and could damage your handpiece

IMPORTANT TO KNOW

Always remove the dust from the E-File bit before storing using the Bit Cleaner Tool. Keep the opening of the collet free of dust at all times

E-FILE BIT WIDTH AND LENGTH

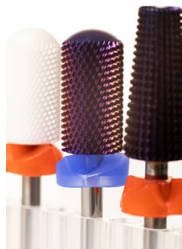
- E-File bits use a universal standard for shaft width which is 3/32" across all systems
- The length of bits may vary from system to system

BIO SCULPTURE E-FILE BITS

DEFINITION OF BITS:

FLUTES

- The 'teeth' that can be seen on Carbide and Ceramic bits
- The direction of the flutes will determine which direction the bit is used in
- E-File bits come in 3 directions
 1. Left and right use
 2. Right use only
 3. Left use only



CERAMIC BITS

- Bits manufactured using uncoated ceramic
- Available in various shapes and grit
- Softer than carbide, and feel smooth when in use
- Used when working over product and never on the natural nail

BIO SCULPTURE CERAMIC BITS

Ceramic Barrel Bit **F**

DIAMOND BITS

- Metal bits created to mimic files
- Available in various shapes and grit
- Used for detailed cuticle work, exfoliation and polishing

BIO SCULPTURE DIAMOND BITS

Diamond Barrel Bit **F**

Diamond Flame Bit **F**

Large Diamond Ball Bit **M**

Small Diamond Ball Bit **M**



Bit Holder

SAFETY BITS

- Have a smooth and rounded tip at the top of the bit which prevents injury to client's skin / cuticle outline
- A popular bit style for beginners

BIO SCULPTURE SAFETY BITS

Carbide Barrel Bit **M**

Ceramic Barrel Bit **F**

CARBIDE BITS

- Metal bits available with various coating types
- Available in various shapes and grit
- Used when working over product and never on the natural nail

BIO SCULPTURE CARBIDE BITS

Multi-Bit **F**

Carbide Barrel Bit **M**

Under Nail Bit **M**

Tornado Bit **C**



Individual Bit Case

BIO SCULPTURE E-FILE BITS

CUTICLE BITS / SKIN EXFOLIATOR BITS / MANICURE BITS:

- These bits are not used on product
- These bits have a colour band which correlates to the coarseness of the bit

Diamond Flame

F

- Fine grade bit
- Flame shape
- Allows for right and left handed use
- Used for cuticle preparation in place of the Metal Tool or in addition to manicure tools, to open the cuticle outline and lift and remove overgrown cuticle on the nail plate, and to lightly exfoliate dead skin cells around the finger or toe



Diamond Barrel

F

- Fine grade bit
- Barrel shape
- Allows for right and left handed use
- Used to lightly exfoliate dead skin cells around the finger or toe. Do not use this bit on the nail



Small Diamond Ball

M

- Medium grade bit
- Small ball shape
- Allows for right and left handed use
- Used to lightly exfoliate dead skin cells around the finger or toe. Smaller size allows for easier control around the cuticle and side walls



Large Diamond Ball

M

- Medium grade bit
- Large ball shape
- Allows for right and left handed use
- Used to lightly exfoliate dead skin cells around the finger or toe. Do not use this bit on the nail



SOAK OFF AND DRY GEL / BARREL SHAPING BITS:

- These bits should **not** be used on the skin or the natural nail
- These bits have a rubber stopper to assist in preventing dust from going into the collet of the handpiece
- The colour of the rubber stopper correlates to the coarseness of the bit

Ceramic Barrel

F

- Ceramic material
- Fine grade bit
- A barrel shaped bit with a smooth dome shaped top, for added safety during treatments
- A good quality bit with a sharper cut, that generates less heat on the nail
- Allows for right and left handed use
- Used for product removal, gel fills, dry gel shaping and shortening of extensions



Carbide Barrel

M

- Carbide material
- Medium grade bit
- A barrel shaped bit with a smooth dome shaped top, for added safety during treatments
- Allows for right and left handed use
- A good quality bit that will last 2-3 times longer due to the coating
- Used for product removal, gel fills, dry gel shaping and shortening of extensions



Multi-Bit

F

- Speciality carbide material
- Consisting of 3 grades- XXF on the very tip, XF at the centre of the bit and F at the base. The different grades are used for different treatments and when working on different sections of the nail, for example gel application at the cuticle outline which is thinner, and the upper arch application which is thicker and may require more shaping
- A cone shaped bit with a flat shaped serrated top that assists in working close to the cuticle when shaping product
- Allows for right and left handed use
- A good quality bit that will last 2-3 times longer due to the coating
- Used for product removal, gel fills, dry gel shaping and shortening of extensions



Under Nail

M

- Carbide material
- Medium grade bit
- Small cone shape with a pointed top
- Allows for right handed use
- A good quality bit that will last 2-3 times longer due to the coating
- Used for refining product around the cuticle outline and for inner c-curve extension smoothing and refining



Tornado

C

- Speciality carbide material
- Coarse grade bit
- Cone shaped bit with a serrated dome shaped top
- Allows for right handed use
- A good quality bit that will last 2-3 times longer due to coating
- Used for gel removal, gel fills, dry gel shaping and shortening of extensions



E-FILE BIT CLEANING

Bit Cleaner Tool

- Effectively cleans E-File bits
- Never use this tool on a client's nail or skin
- The copper wire material allows for durability
- The adjustable belt allows flexibility of the brush head length



Bit Name	Bit Type	Grit Level	Removal	Dry Gel Shaping/Barrel Shaping/Fills	Cuticle Preparation / Polishing	Length Reduction	Direction	Speed Setting
Diamond Flame 	Diamond Material	F	-	-	Yes To open the cuticle outline and remove dead skin on the nail plate	-	L & R	8-15 RPM *Depending on the condition of the cuticle and skin
Diamond Barrel 	Diamond Material	F	-	-	Yes To exfoliate dry and hard skin on the finger / toe. Used for a Polishing Treatment	-	L & R	8-15 RPM *Depending on the condition of the skin
Small Diamond Ball 	Diamond Material	M	-	-	Yes To exfoliate dry and hard skin on the cuticle and side wall. Used for fine and detailed cuticle work	-	L & R	8-15 RPM *Depending on the condition of the skin
Large Diamond Ball 	Diamond Material	M	-	-	Yes To exfoliate dry and hard skin on the finger / toe. Used for a Polishing Treatment	-	L & R	8-15 RPM *Depending on the condition of the skin

Bit Name	Bit Type	Grit Level	Removal	Dry Gel Shaping/ Barrel Shaping/ Fills	Cuticle Preparation / Polishing	Length Reduction	Direction	Speed Setting
Carbide Barrel 	Carbide	M	Yes	Yes	-	Yes	L & R	20-25 RPM *Depending on use
Ceramic Barrel 	Ceramic	F	Yes	Yes	-	Yes	L & R	20-25 RPM *Depending on use
Multi-Bit 	Speciality Carbide	F	Yes	Yes	-	Yes	L & R	20-25 RPM *Depending on use
Under Nail 	Carbide	M	-	Refine product around the cuticle outline. Refine a smooth finish on the inner c-curve	-	-	Right	10-20 RPM *Depending on use
Tornado 	Speciality Carbide	C	Yes Also suitable for Bi-Olygel removal	Yes	-	Yes	Right	20-25 RPM *Depending on use

PREPARATION OF THE WORK AREA

1. Tidy the work station. Follow the correct cleaning, disinfection and sanitation protocol
2. Position the E-File so that it is easily accessible
3. Place the Dust Collector on your workstation under your client's hands when using Carbide and Ceramic bits to capture falling dust. Store away when not in use
4. Ensure that the E-File bits are sanitised, disinfected and dry
5. Store the E-File bits in the Bit Holder or the Individual Bit Case to protect against damage
6. Wear a mask to avoid inhalation of any residue
7. Eye goggles can be worn as an additional precaution
8. Set up your station correctly according to your dominant hand. For example, if you are right handed place the E-File on your side



GEL REMOVAL

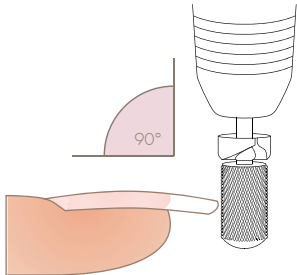
1 PREPARATION

- Cleanse the nails
- Place the Dust Collector in the middle of the work area and switch on. Support your client's hand above the Dust Collector

2 SHORTEN EXTENSIONS AND TIPS

Select your preferred bit based on the type of extension

Ceramic Barrel Bit	F	(L & R)
Multi-Bit	F	(L & R)
Carbide Barrel Bit	M	(L & R)
Tornado Bit	C	(Right)

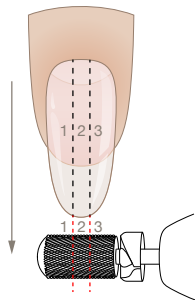


- Set the machine to 20-25 RPM
- Support the finger and position the E-File bit at a 75 - 90 degree angle at the tip of the free edge
- Move the bit through the tip of extended free edge, ensuring no contact between the fingertip and the E-File bit, moving from left to the right (right handed technicians), or from the right to the left (left handed technicians)

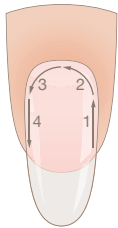
3 REMOVE THE TOP LAYERS OF GEL

Select your preferred bit based on the application, or continue working with the same bit as in step no. 2

Ceramic Barrel Bit	F	(L & R)
Multi-Bit	F	(L & R)
Carbide Barrel Bit	M	(L & R)
Tornado Bit	C	(Right)



- Set the speed to around 20-25 RPM and work downward toward the free edge, using light pressure in long controlled strokes to debulk the application and remove the top layers
- Turn and position the bit to remove product from the right side of the nail, extending up and around the cuticle outline and end by drawing the bit down the left side of the nail
- Ensure not to touch the natural nail where the gel has grown out
- The E-File will easily debulk the application and remove the top layers of gel, allowing for a quicker soak off
- Remove dust from the nail using the Nail Brush



4

Switch off the E-File and remove the dust from the bit before storing, using the Bit Cleaner Tool

5

Switch off, clean and store away the Dust Collector

6

Apply Almond Oil, covering the buffed gel surface and the skin of the surrounding cuticle area

7

Cut Cotton Squares to fit the nail. Place the cotton square on the nail and use the Gel Remover with a spout to saturate

8

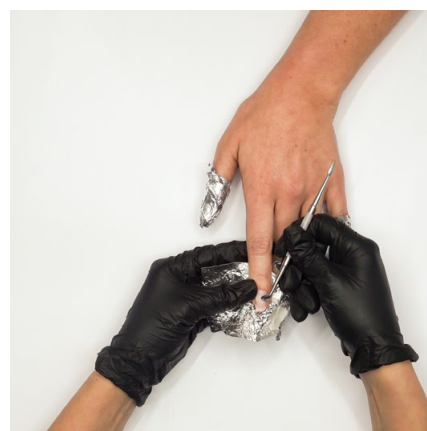
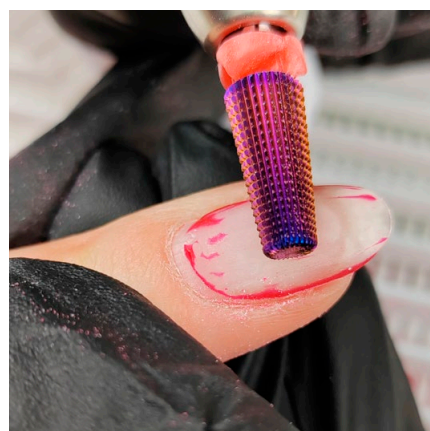
Wrap the nail with a pre-cut foil square and / or with Bio Sculpture Soakies to soak for 10 to 15 minutes

9

Unwrap the foil from the first finger. Apply a drop of Vitamin Dose to the nail. The Vitamin Dose will assist in lifting stubborn gel. Use a Metal Tool to carefully remove the gel, working from the free edge towards the cuticle. If all the gel has not released from the nail, apply more Gel Remover to a cotton square and re-wrap. Wait a few more minutes

10

Once all the gel has been safely removed proceed with cuticle preparation



ETHOS TREATMENTS

NAIL HEALTH IS VERY IMPORTANT TO BIO SCULPTURE.

Therefore the system offers a range of in-salon pre-gel treatments as well as ongoing home care treatments.

Ethos is the nail care range for natural nails by Bio Sculpture, pledged to nail health. The unique property of the key natural ingredient in each individual treatment is discreetly displayed on its bottle for an easy recognition and application selection. The Ethos nail care range may be used at home, with or without colour as a nourishing treatment.

***The Ethos range can be used pre and post gel treatments**



Vitamin Dose

Nail Type

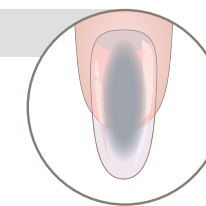
- All nail types

Advantages & Benefits

- A combination of vitamins to rejuvenate, moisturise and nourish nails
- Infused with ginseng root extract to sustain the keratin structure and cell metabolism of the nail

Method Of Use

- Can be used as a pre-gel or post-gel treatment
- Use sparingly by applying a drop to a nail wipe and dab onto the nail before application. Allow to dry
- Apply a drop of Vitamin Dose to the nail plate to lift stubborn product after gel removal, once the foil is unwrapped
- Apply a drop to the cuticle outline and underneath the nail daily at home



Cuticle Remover

Nail Type

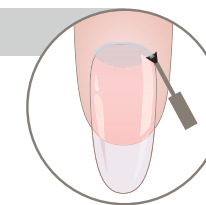
- All nail types

Advantages & Benefits

- Specially designed to soften hard, dry and stubborn cuticles during nail preparation
- Enhances the finish and longevity of a polish / gel manicure application

Method Of Use

- Apply to the cuticle area, leave on for 1 - 2 minutes and then proceed with cuticle preparation
- Wash hands thoroughly after use before applying polish or gel





Passion Berry Exfoliant

Nail Type

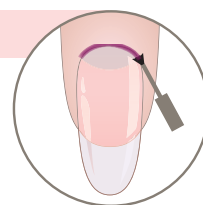
- All nail types

Advantages & Benefits

- A nail and cuticle scrub
- Contains kukui nut oil that is filled with antioxidants and softening properties
- The Vitamin E in the exfoliant is anti-ageing and the ginseng oil will moisturise nails and cuticles

Method Of Use

- Apply to the cuticle and surrounding skin and massage in circular motions
- Wash hands thoroughly after use and proceed with nail plate preparation
- Can be used at the end of a gel manicure treatment on dry skin as a leave on treatment. Use in place of a cuticle oil



Kiwi Scrub

Nail Type

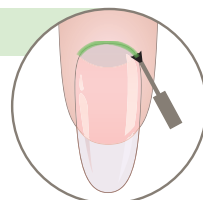
- All nail types

Advantages & Benefits

- A nail and cuticle scrub
- Contains passion fruit seed powder that will exfoliate and rehydrate dry nails and cuticles
- Added Vitamin C and E, ginseng root extract, sunflower oil and sweet almond oil to moisturise and hydrate

Method Of Use

- Apply to nails and cuticles to revitalise after polish or gel removal, massage lightly
- Wash hands thoroughly after use and proceed with nail plate preparation
- Can be used at the end of a gel manicure treatment on very dry or dehydrated skin as a leave on treatment. Use in place of a cuticle oil



SPS - Special Prep Solution

Nail Type

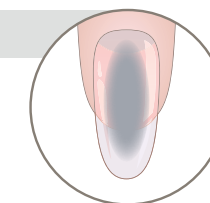
- All nail types

Advantages & Benefits

- Unique acid and acetone free pre-gel treatment that breaks down excess oil from the nail plate
- Enhances preparation, resulting in prolonged adhesion and longevity
- Gentle on the nail plate, providing a healthier preparation and minimising the risk of dehydration or dryness
- Allergy tested and Hema free

Method Of Use

- Apply a layer to the entire nail, ensuring even coverage around the cuticle outline and side walls of the nail. Allow to dry
- Avoid flooding the skin with excess product
- Effective for 30 minutes after application
- For professional use only



Grip

Nail Type

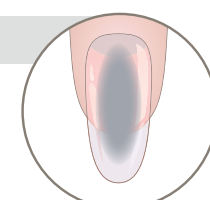
- All nail types

Advantages & Benefits

- An adhesion enhancer formulated to deliver an unparalleled hold
- Enhancing the gel's grip on the natural nail, supporting superior durability and retention with every application
- Minimal additional application time for efficient results
- Seamlessly integrates with all Bio Sculpture Gels, ensuring versatility and consistency
- Hema and acid-free formulation
- Allergy tested

Method Of Use

- A sticky, adhesion enhancer applied to prepared nails before gel
- Apply a thin layer to cover the entire nail surface without touching the cuticles, ideally after the application of SPS
- Do not wipe and proceed with your gel overlay
- For professional use only





Executive Base

Nail Type

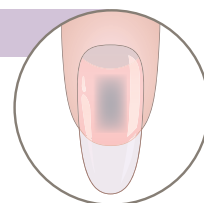
- Thin and soft nails

Advantages & Benefits

- A colourless strengthening base coat to reinforce and support natural nails
- Promotes flexibility, hydration and overall health, leading to visibly smoother, healthier-looking nails

Method Of Use

- Can be used as a pre-gel treatment to assist with easy gel removal
- Apply a thin brush width to the centre (zone 2) of the nail before gel application or a layer to the entire nail before Gemini polish application. Allow to dry



Volcanic Base

Nail Type

- Soft nails

Advantages & Benefits

- Enriched by volcanic stone extract to give strength to soft nails
- Rich in pistachio oil to help increase nail hardness as well as flexibility

Method Of Use

- Apply a layer to the entire nail before Gemini polish application. Allow to dry



Seaweed Calcium Base

Nail Type

- Hard, dry, brittle and ridged nails

Advantages & Benefits

- Algae seaweed extract that increases flexibility and suppleness to brittle nails
- Ridge filler to cover imperfections

Method Of Use

- Apply a layer to the entire nail before Gemini polish application. Allow to dry



Lavender Base

Nail Type

- Healthy nails but especially beneficial for sore, weak and damaged nails

Advantages & Benefits

- Treats and enriches weak and damaged nails
- Soft, sheer lavender shade
- Contains lavender oil which is moisturising, anti-inflammatory and an antioxidant
- Revitalises and protects the nail

Method Of Use

- Apply a layer to the entire nail before Gemini polish application. Allow to dry



Mirror Top Coat

Nail Type

- All nail types

Advantages & Benefits

- Smooth and silky nail polish top coat finish. Finishes Gemini applications
- Plumping effect that increases the brilliancy of a Gemini polish colour and increases longevity, providing a high gloss mirror like shine
- Resists scratching

Method Of Use

- Once Gemini colour is complete apply a layer of Mirror Top Coat and allow to dry
- Complete with a spritz of Quick Dry



Almond Oil

Nail Type

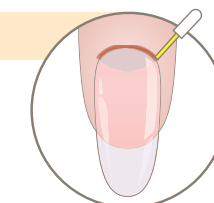
- All nail types

Advantages & Benefits

- Infused with almond oil and extracts to combat dry nails and cuticles
- Contains almond, jojoba, avocado and Vitamin E oils, to nourish nails and keep cuticles and surrounding skin supple

Method Of Use

- Apply daily to cuticles and massage well
- Apply a drop to the buffed gel surface prior to gel removal, before wrapping with foil





Golden Nail Serum

Nail Type

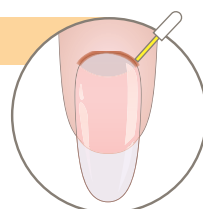
- All nail types

Advantages & Benefits

- A glistening hydrating nail serum, infused with a unique combination of various moisturisers and skin softeners
- Contains biotin which boosts nail health and urea for locked in and enriched hydration
- Concentrated and fast absorbing with a delicate green tea scent
- Nut free formulation

Method Of Use

- Apply daily to cuticles and massage well



Blackcurrant Cuticle Oil

Nail Type

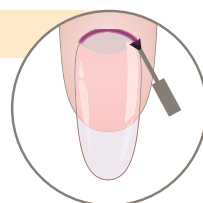
- All nail types

Advantages & Benefits

- Non-greasy cuticle oil that is an antioxidant and anti-ageing, promoting cell regeneration and provides long lasting nourishment
- Ideal for mature skin

Method Of Use

- Apply daily to cuticles and massage well



Jasmine Cuticle Oil

Nail Type

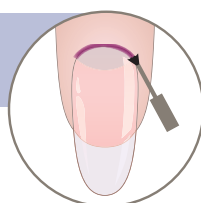
- All nail types

Advantages & Benefits

- Non-greasy cuticle oil that has anti-inflammatory properties that will calm inflammation, promoting cuticle protection
- Ideal for sore and sensitive skin and nails

Method Of Use

- Apply daily to cuticles and massage well



Rosehip Cuticle Oil

Nail Type

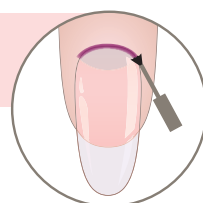
- All nail types

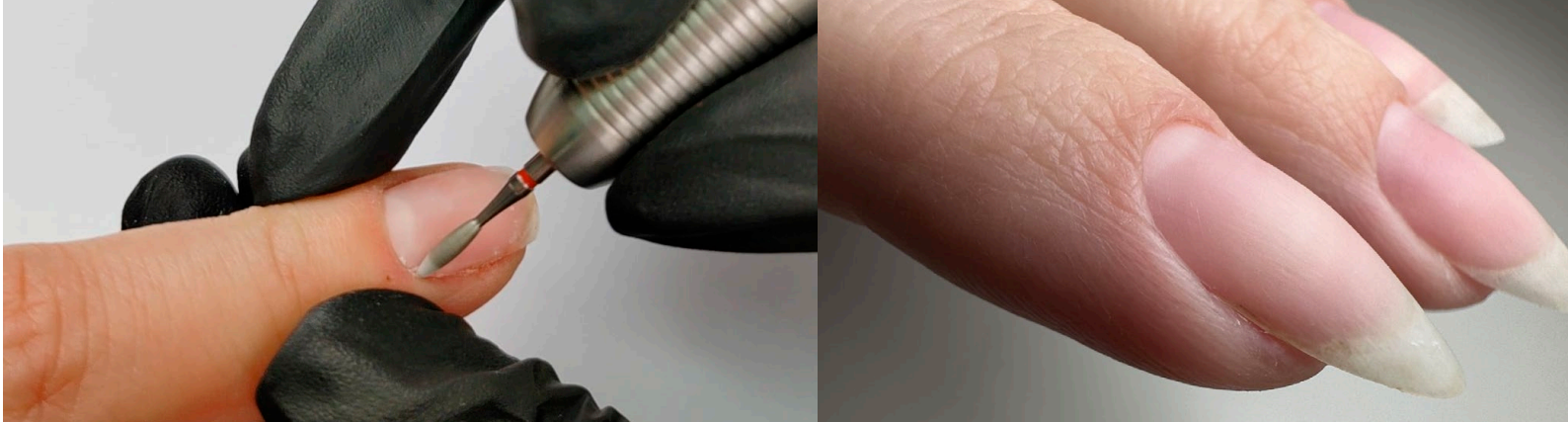
Advantages & Benefits

- Non-greasy cuticle oil that is moisturising and hydrating, providing long lasting nourishment and will smooth rough and dry patches
- Ideal for very dry and dehydrated skin

Method Of Use

- Apply daily to cuticles and massage well





NAIL PLATE PREPARATION

1 CLEAN HANDS

- Wash hands with Hand Wash and a Nail Brush. Dry well
- Spritz the hands with Hygiene Prep
- Cleanse the nails using Cleanser and a nail wipe

2 ANALYSIS

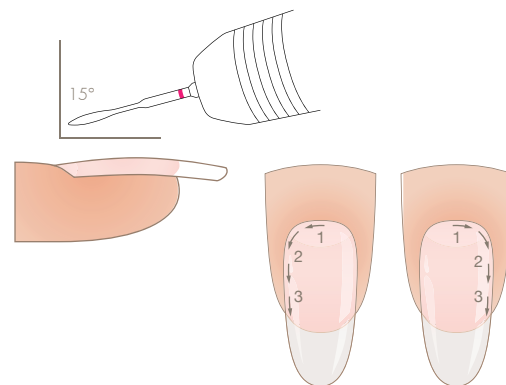
- Analyse your client's nail type and condition
- Determine your client's lifestyle, activities and end result preferences, such as nail length and shape. Fill in the client card
- Any changes to the nail condition and home care recommendations should be noted on your client card

3 CUTICLE PREPARATION

- Select the Diamond Flame Bit **F** to open the cuticle outline
- Switch the E-File on and set the speed to around 8-15 RPM, on a forward rotation
- Lift the cuticle

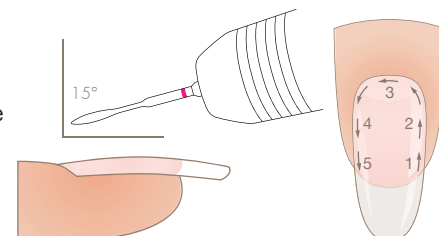
OPTION 1

- Place the bit on the nail at a 15 degree angle to the cuticle area
- Open the cuticle outline starting from the centre of the cuticle moving around to the left side wall, working in short strokes
- Turn the E-File to 0 RPM. Change the rotation to reverse
- Starting at the centre of the cuticle move around to the right side wall
- Lift dry cuticle and excess skin from the nail plate as you work
- Ensure that the placement of the Diamond Flame Bit is correct to avoid damage to the nail, and avoid over working the area, or placing too much pressure on the bit when in use
- Switch off the E-File



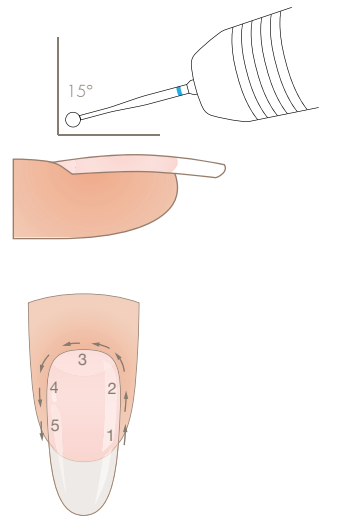
OPTION 2

- Place the bit on the nail at a 15 degree angle to the cuticle area
- Start at the bottom of the right side wall, work upward toward the cuticle and around towards the bottom of the left side wall, working in short strokes
- Lift dry cuticle and excess skin from the nail plate as you work
- Ensure that the placement of the Diamond Flame Bit is correct to avoid damage to the nail
- Switch off the E-File



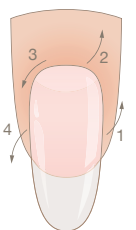
4 CUTICLE FINISH

- Exfoliate and refine the cuticle and surrounding skin to a smooth finish
- Select the Small Diamond Ball Bit **M**
- Set the E-File to 8-15 RPM, on a forward rotation
- To start, place the bit at a 15 degree angle to the cuticle. When doing detailed work around the cuticle outline the bit angle may vary
- Start at the bottom of the right side wall, working upward toward the cuticle and around towards the bottom of the left side wall, working in short strokes
- Exfoliate and refine the cuticle outline to remove any excess dry skin. This bit should only touch the skin and never the natural nail
- Switch off the E-File



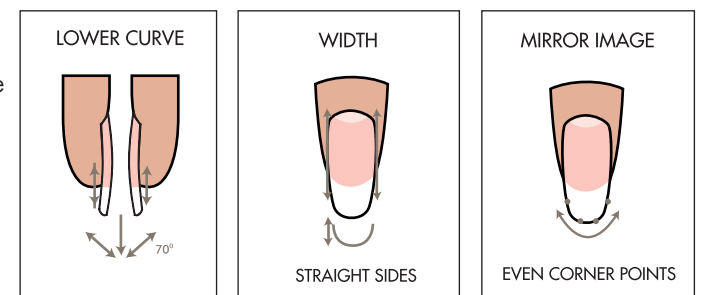
FOR VERY DRY AND CRACKED SKIN

- Replace with a Large Diamond Ball Bit **M** / Diamond Barrel Bit **F**
- Set the speed to 8-15 RPM, depending on the condition of the skin
- Exfoliate and refine the skin surrounding the cuticle, working in short strokes
- Remove dry or cracked skin around the side and on the fingertip. Ensure not to over work this area
- Switch off the E-File



5 FREE EDGE SHAPING

- Use the Thin Black File (150/220 grit) to file the free edge to the required length and shape. Support the nail body while shortening
- Evaluate the mirror image, width and lower curves using a Thin Black File (150/220 grit)
- Bevel and refine using a Grey Patch (220 grit)



6 CLEANSE AND TREATMENTS

- Cleanse over the nail, pulling the nail wipe downward past the free edge
- SPS - As the final step of preparation, apply SPS over the entire nail plate and allow to dry
- Grip - To aid product adhesion and longevity, apply a thin layer to cover the entire nail surface without touching the cuticles, ideally after the application of SPS and allow to dry



7 CONTINUE WITH A GEL APPLICATION

DRY GEL SHAPING

Dry Gel Shaping is done on any Bio Sculpture Gel application including extensions and upper arch shaping. Dry Gel Shaping will debulk areas of thickly applied gel and will create an overall smooth and even finish

1 DUST COLLECTOR

- Place the Dust Collector in the middle of the work area and switch on. Support your client's hand above the Dust Collector

2 NEATEN THE INNER C-CURVE

Use the Under Nail Bit **M** to neaten the inner c-curve of extensions

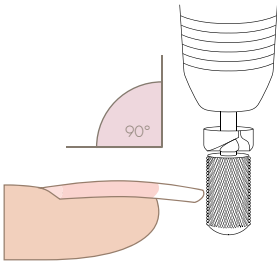
Under Nail Bit **M** Right

- Set the E-File to 10-20 RPM
- Turn your client's hand around, supporting the finger smooth and neaten any uneven edges, moving from right side to the left, placing the bit at a flat angle. Ensure not to allow the bit to touch the skin
- Remove trapped dust using a Nail Brush

3 SHORTEN EXTENSIONS AND TIPS

Select your preferred bit based on the type of extension

Ceramic Barrel Bit	F	L & R
Multi-Bit	F	L & R
Carbide Barrel Bit	M	L & R
Tornado Bit	C	Right



- Set the machine to 20-25 RPM
- Support the finger and position the E-File bit at a 90 degree angle at the tip of the free edge
- Move the bit through the tip of the extended free edge, ensuring no contact between the fingertip and the E-File bit, move from left to right (right handed technicians), or from right to left (left handed technicians)
- Finish shaping the free edge using a Gold File (100 grit) and / or Thin Black File (150/220 grit)

4 SHAPE THE UPPER ARCH, CUTICLE OUTLINE AND SIDE WALLS

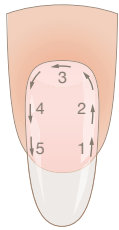
Select your preferred bit based on the type of application, or continue to use the same bit as selected in step 3

Ceramic Barrel Bit	F	L & R
Multi-Bit	F	L & R
Carbide Barrel Bit	M	L & R
Tornado Bit	C	Right

- Set the machine to 20-25 RPM

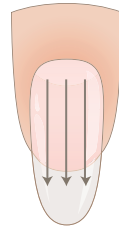
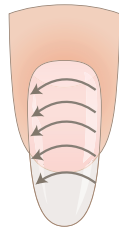
CUTICLE OUTLINE

- Start from the right side wall moving up and around the cuticle outline ending at the left side wall. Use short and circular movements, lifting the bit from the nail at regular intervals
- The Under Nail Bit **M** can be used to neaten and refine the product application at the cuticle outline and side walls
- Remove dust from the nail, around the side walls and cuticle outline using a Nail Brush



UPPER ARCH, BARREL SIDES AND SIDE WALLS TO CREATE A PERFECTLY SMOOTH AND EVEN FINISH

- Use sideward strokes following the barrel of the nail to correct and neaten the shape of the upper arch and barrel sides. Use slightly harder pressure where more product shaping is needed, and minimal pressure over smoother areas or areas where the gel is neatly and thinly applied
- Follow the arch of the nail with downward strokes from the cuticle to the free edge to shape, debulking areas of thickly applied or uneven product. Use long controlled stokes
- The degree of bit placement will vary depending on the area of the nail being worked on
- Remove dust from the nail using a Nail Brush



5 Switch off and store the E-File and Dust Collector

6 Refine the surface using a Grey Patch (100 grit)

7 Proceed with the treatment

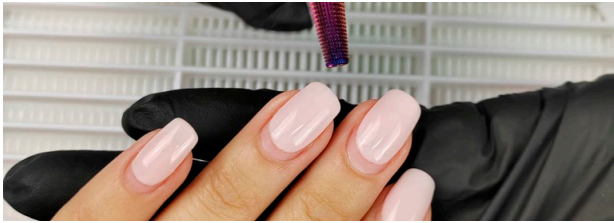


FILL

A fill is an alternative to a complete gel removal, where the existing product is refined and rebalanced

1 FILL PREPARATION

Position the Dust Collector on your workstation and switch it on. Support your client's hand over the Dust Collector whilst working

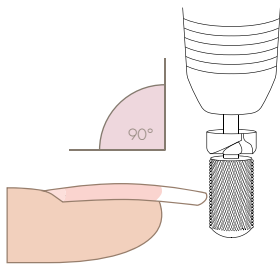


2 FREE EDGE SHORTENING AND SHAPING

Shorten the free edge of sculptures and tips
Select your preferred bit based on the extension type

Ceramic Barrel Bit	F	L & R
Multi-Bit	F	L & R
Carbide Barrel Bit	M	L & R
Tornado Bit	C	Right

- Set the machine to 20-25 RPM
- Support the finger and position the E-File bit at a 90 degree angle at the tip of the free edge
- Move the bit through the tip of the extended free edge, ensuring no contact between the fingertip and the E-File bit
- Work from the left to the right
- Finish shaping the free edge using the Thin Black File (150/220 grit)



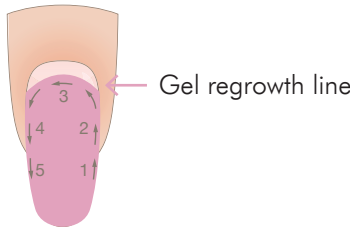
3 NEATEN THE REGROWTH LINE AND BALANCE THE UPPER ARCH

Select your preferred bit based on the type and condition of application, or continue to use the same bit as selected in step 2

Ceramic Barrel Bit	F	L & R
Multi-Bit	F	L & R
Carbide Barrel Bit	M	L & R
Tornado Bit	C	Right

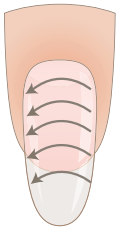
REBALANCE AND SMOOTH THE APPLICATION

- Switch the E-File on and set the machine to 20-25 RPM
- Start at the bottom of the right side wall, working upward toward the cuticle outline, extending down toward the left side wall
- Place the bit at a 15 degree angle to the grown out gel application
- Position the bit behind the gel application – never work on the nail plate
- Use short circular movements lifting the bit at regular intervals
- The Under Nail Bit **M** can be used to neaten and refine the product application at the cuticle outline and side walls
- Remove dust using a Nail Brush

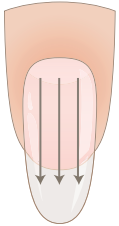


UPPER ARCH AND BARREL SIDES

- Set the machine to 20-25 RPM, depending on the amount of shaping that is needed
- Use sideward strokes following the barrel of the nail to correct and neaten the shape of the upper arch, removing the top layers of grown out product



- Follow the arch of the nail with downward strokes from the cuticle to the free edge using light pressure in long controlled strokes to debulk and rebalance the application



- The degree of bit placement will vary depending on the area of the nail being worked on
- Refine using a Grey Patch (220 grit)
- Remove dust from the nail using a Nail Brush



4 CUTICLE PREPARATION

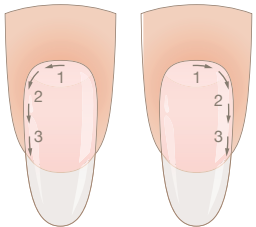
Open the cuticle outline

Select the Diamond Flame Bit **F** L & R

- Set the machine to 8-15 RPM

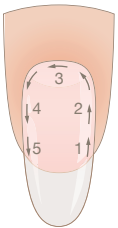
OPTION 1

- Place the bit on the nail at a 15 degree angle to the cuticle area
- Open the cuticle outline starting from the centre of the cuticle moving around to the left side wall, working in short strokes
- Turn the E-File to 0 RPM. Change the rotation to reverse
- Starting at the centre of the cuticle move around to the right side wall
- Lift dry cuticle and excess skin from the nail plate as you work
- Switch off the E-File



OPTION 2

- Place the bit on the nail at a 15 degree angle to the cuticle area
- Start at the bottom of the right side wall, work upward toward the cuticle and around towards the bottom of the left side wall, working in short strokes
- Lift dry cuticle and excess skin from the nail plate as you work
- Switch off the E-File



5 Switch off and store the E-File and Dust Collector

6 Continue with a gel application

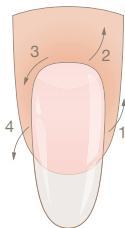
POLISHING AND FINISHING TREATMENT

Once the gel application is completed, proceed with the finishing touches, adding that something extra to the treatment experience and to provide a longer lasting, smooth and nourished result

- 1
- EXFOLIATE
- Using the Apricot Kernel Scrub or Potpourri Salt Scrub exfoliate the skin
 - Ensure not to over work the area
 - Rinse well
 - Dry hands

- 2
- APPLY CUTICLE OIL
- Apply a drop of Almond Oil to the cuticle
 - Gently spread around the cuticle outline and the surrounding skin

- 3
- POLISH THE CUTICLE AND SKIN TO PERFECTION
- Select Diamond Barrel Bit **F** or the Large Ball Bit **M** to achieve a nourished, smooth and polished finish
 - Set the machine to 8-15 RPM, on a forward rotation
 - Starting at the bottom of the right side wall, work with short movements up along the side wall. Extend down the left side wall, onto the finger tip
 - Do not over work the bit directly on the cuticle outline
 - Smooth the skin to a polished finish
 - Switch off the E-File



- 4
- APPLY HAND CREAM
- Apply a layer of Hand Cream / Hand & Body Lotion

- NOTES
- Ensure to clean the bits well to remove any built up layers of oil
 - It is advisable to have an extra set of the Diamond Barrel Bit **F** and the Large Ball Bit **M** which will exclusively be used for the Polishing Treatment. This will avoid these same bits being used during the nail plate preparation procedure



HYGIENE AND MAINTENANCE

It is essential to take good care of your E-File, Dust Collector and Bits.
E-File bits must be cleaned and disinfected after use.

- E-FILE CONTROL UNIT:
- Clean the E-File control unit using a paper towel spritzed with a non-abrasive disinfectant e.g. Surface Cleaner
 - Ensure that the E-File unit does not get wet and do not spritz any solution directly onto the unit

- CLEANING AND DISINFECTING OF THE E-FILE BITS:
- E-File bits must be cleaned and disinfected after use and between clients
 - It is advisable to have more than one set of E-File bits
 - Remove dust and product debris from E-File bits using the Bit Cleaner Tool
 - Use warm soapy water to cleanse the E-File bits using a Nail Brush
 - For disinfection submerge E-File bits in a suitable disinfectant such as Surface Cleaner, used according to manufacturer's guidelines
 - Remove the E-File bits from the solution, rinse well in water, and allow to dry thoroughly, laying them on paper towel. Any excess residue / moisture may cause rusting of the E-File bits
 - Store the E-File Bits in a Bit Holder
 - Do not leave wet or submerge in disinfectant longer than the recommended time as the bits could rust

- TAKING CARE OF YOUR E-FILE BITS:
- Avoid dropping E-File bits. If dropped, they may bend / break and as a result not be usable
 - Store bits in the respective bit container after use
 - Avoid keeping bits stored in the E-File handpiece
 - Don't leave the bits in cleaning solution for longer than suggested contact time

- WHEN DO YOU NEED TO REPLACE AN E-FILE BIT?
- When working through the gel layers requires more pressure or time, adding to the overall time and effort of the treatment

- HANDPIECE:
- Remove any dust from the handpiece before removing the E-File bit, using a Nail Brush / Dusting Brush
 - Clean the handpiece using a paper towel spritzed with a non-abrasive disinfectant e.g. Surface Cleaner
 - Inserting the blank pin in the handpiece when the E-File is not in use keeps the collet straight and protected from bending or getting damaged
 - If the collet is bent or damaged, inserted E-File bits will not spin straight and may cause injury

- DUST COLLECTOR:
- Clean the Dust Collector after use using a paper towel spritzed with a non-abrasive disinfectant e.g. Surface Cleaner

- REPLACING THE DUST COLLECTOR FILTER:
- Ensure that the Dust Collector is switched off
 - Lift the top safety grid to access the filter
 - The magnetic safety switch will automatically turn the Dust Collector off when the grid is removed while the machine is on
 - Once the grid is removed, remove the filter and clean by holding it upside down and lightly tap to release the excess dust into a bin, and place the filter back. Clean the filter daily
 - Replace the used filter with a new filter when needed, when the extraction is not as strong as it should be or when there is excess free floating dust
 - Do not wash the filter in water
 - Place the safety grid back securely, this will allow the magnetic safety switch to reactivate

BIO SCULPTURE

HEALTHY | ETHICAL | PROFESSIONAL