



Gel Caps Application Instructions

1. Prep & sanitize nails as normal.
 2. Size Gel Caps to one hand at a time. Make sure the side walls will be completely covered by the cap by pressing it down to see the actual fit.
 3. Apply Linkage to all 10 nails.
 4. Apply a thin layer of any TEN gel to all 10 nails and cure.
 5. Working on one hand first. Apply a thin layer of gel over the entire nail plate using Sculpting or Builder Gel, your preference, then apply a small gel bead in the centre of the nail.
 6. Place Gel Cap at the cuticle, drag forward slightly and then gently press down in place watching the gel move and cover the entire Gel Cap.
- **If entire cap is not covered in gel, pull off and reapply more gel and repress.**
7. Hold cap in place with thumb & cure visible cap. Slowly roll thumb to expose more cap while still curing. Once Caps are applied to all 5 nails cure in UV Lamp 2-3 minutes. Once all 10 nails are capped & cured, blend cuticle area & buff all nails then proceed with colour application.