

# THE DAMAGE-FREE REMOVAL PROTOCOL

*Step-by-Step Guide to Safe Polish Removal*

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## SECTION 1: YOUR REMOVAL TOOLKIT

- **Acetone or Non-Acetone Remover:** Choose based on your polish type.
  - **Cotton Balls/Pads:** To hold the remover against the nail.
  - **Aluminum Foil Strips:** To seal in the moisture and heat.
  - **Orange Wood Stick:** For gentle pushing (never metal!).
  - **Cuticle Oil:** To rehydrate immediately after.
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## SECTION 2: THE 5-MINUTE RULE

Polish Type	Soak Time	Method
Standard Polish	1-2 Minutes	Wipe firmly
Glitter Polish	5 Minutes	Foil Wrap
Gel Polish	10-15 Minutes	Foil Wrap + Heat

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## SECTION 3: THE STEP-BY-STEP PROCESS

1. **PROTECT:** Apply a thin layer of petroleum jelly to the skin around the nail.
  2. **SOAK:** Saturate cotton in remover and place directly on the nail plate.
  3. **SEAL:** Wrap tightly with foil to prevent evaporation.
  4. **WAIT:** Set a timer based on the 5-Minute Rule chart above.
  5. **SLIDE:** Gently slide the foil off. The polish should be lifted.
  6. **NUDGE:** Use the wood stick to gently nudge remaining bits. **Never scrape!**
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## CRITICAL SAFETY CHECK

If the polish does not slide off easily, **STOP**. Re-wrap for another 5 minutes. Forcing polish off rips the top layers of your natural keratin, leading to thin, peeling nails.