



PRODUCTS  
EXCLUSIVELY FROM  
BACKSCRATCHERS SALON SYSTEMS, INC.

## YOU® SWITZERLAND VIP ONE-PHASE GEL SYSTEM INSTRUCTIONS

**SINCE 1983,** Backscratchers has offered professional, innovative, easy-to-use products. We've done it again with the **YOU® SWITZERLAND VIP One-Phase Gel System.**

**This system makes transparent, resilient and beautiful gel nails possible.**

**Please read and follow the instructions and we will take you step by step to a perfect set of nails.**

**Education and training in basic and advanced classes are ongoing.**

**Call or visit our website at [www.backscratchers.com](http://www.backscratchers.com) for information on scheduled classes.**

### PROFESSIONAL SALON SANITATION

Practicing proper sanitation is one of the most important steps in professional applications of nail systems. Prior to beginning the service, dispense a marble-sized amount of **Foamaseptic™ Skin Cleanser** into your client's hands and then into yours.

Completely massage in, then wipe with a clean towel. Another salon sanitation practice is the use of the **SeptiFile® Sanitizable File System**, featuring replaceable abrasives and handles that can be disinfected. Use new abrasives and a clean handle for each client.

### PREPARATION

**1) REMOVE POLISH** with **Stripr®**, a mild non-acetone nail polish remover, using a **Nail Neat** or **Neat & Tidy** pad.

**2) CLEANSE** hands and nails with **Hygienic Elegance® Cleansing Wash**.

**3) RINSE** hands and nails with warm water and dry thoroughly.

**NOTE: DO NOT use**  
▶ **primers or dehydrators.**

**4) PUSH BACK CUTICLES** gently with rubber-tipped cuticle pusher.

**5) TRIM** natural nails. Leave approximately 1/16 in. (1.5 mm) free edge.

**6) SHAPE** free edge of natural nails using 240-grit file (we recommend the use of the **SeptiFile® Sanitizable File System**).

**7) REMOVE SHINE** from natural nails with 600-grit file; wipe dust from nail using **dry Neat & Tidy**.

**FOR TECHNICAL ASSISTANCE OR TO ORDER, CALL 1-800-832-5577 OR 1-916-686-2400**

## APPLICATION: Natural Tips

### 1) APPLY YOUR CHOICE OF

**BACKSCRATCHERS RESINS** as a base (Stikr® is recommended) staying 1/16 in. (1.5 mm) away from the cuticle.

► **NOTE: Always use a thin coat of resin.**

2) **ACTIVATE** by holding your choice of Backscratchers Activators 3-10 in. (8-25 cm) from nail (follow directions for the specific Activator you choose).

3) **REMOVE SHINE** from where artificial tip will be applied using 240-grit file or White Block Buffer.

► **NOTE: Be sure to remove shine only on the free edge and remove dust with a dry Neat & Tidy or Nail Neat.**

4) **APPLY RESIN** to free edge, where the tip is going to be applied.

► **NOTE: Extreme® Finish Glaze can be used to apply tips if you want a faster bond between the natural nail and tip.**

5) **APPLY TIP** Hold at a 45-degree angle and slide the tip up until the ledge meets natural nail. Then rock tip forward into place. Hold with firm pressure for 5-10 seconds.

6) **CUT TIP** to desired length and shape tip using 240-grit file.

### 7) BLEND WELL AREA

using 180-grit file, being careful not to file on the natural nail bed.

► **NOTE: A blended tip looks more natural, but is not necessary if polish will be applied.**

8) **REMOVE SHINE** from rest of the tip by gently filing with 240-grit file or White Block Buffer.

9) **REMOVE DUST** with a dry Neat & Tidy or Nail Neat.

### 10) APPLY YOU® VIP GEL AQUA

over entire nail (including tip) using a frosting/gliding motion. Be sure to bring the product down under to cap the free edge (See Illustrations 1 and 2).

11) **CURE** under a 36-watt UV light for 90 seconds.

12) **REMOVE COHESION (STICKY) LAYER** using a Neat & Tidy moistened with Stripr®.

► **NOTE: If more YOU® VIP Gel Aqua is needed after first application there is no need to remove the cohesion layer between gel applications.**

Simply apply more gel right over the sticky layer and cure under a 36-watt UV light for 90 seconds again. After final curing, be sure to remove cohesion (sticky) layer using a Neat & Tidy moistened with Stripr®.

### 13) REMOVE SURFACE SHINE

using 240-grit file or White Block Buffer.

### 14) REMOVE DUST

by using a dry Neat & Tidy or Nail Neat.

### 15) APPLY THIN LAYER OF

**YOU® VIP GEL ICE** using a polish-like application over entire nail. Be sure to bring the product down under to cap the free edge (see Illustrations 1 and 2).

16) **CURE** under a 36-watt UV light for 90 seconds.

► **NOTE: No wiping is needed after curing with YOU® VIP Gel Ice, because it does not leave a cohesion (sticky) layer.**

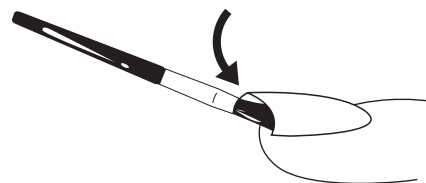
### 17) APPLY NAIL RADIANCE®

**CUTICLE OIL** to back side of free edge and allow to flow into cuticles.



**Illustration 1: Capping**

Sweep the gel under the free edge as you apply it to the nail.



**Illustration 2: Capping**

Sweep the gel under the free edge as you apply it to the nail.

## APPLICATION: French White or Pearl Tips

1) **APPLY RESIN** to free edge, where the tip will be applied.

► **NOTE: Extreme® Finish Glaze can be used to apply tips if you want a faster bond between natural nail and tip.**

2) **APPLY TIP** Hold at a 45-degree angle and slide the tip up until the ledge meets natural nail. Then rock tip forward into place. Hold with firm pressure for 5-10 seconds.

3) **CUT TIP** to desired length and shape tip using 240-grit file.

4) **REMOVE SHINE** from the tip by gently filing with 240-grit file or **White Block Buffer**.

5) **REMOVE DUST** with dry Neat & Tidy or Nail Neat.

6) **APPLY YOU® VIP GEL AQUA** over entire nail (including tip) using frosting/gliding motion. Stay 1/16 in. (1.5mm) away from cuticle. **Be sure** to bring the product down under to cap the free edge. (See Illustrations 1 and 2).

7) **CURE** under a 36-watt UV light for 90 seconds.

► **NOTE: If more YOU® VIP Gel Aqua is needed after first application, there is no need to remove the cohesion layer between gel applications. Simply apply more gel and cure under a 36-watt UV light for 90 seconds again.**

8) **REMOVE COHESION (STICKY) LAYER** using a Neat & Tidy moistened with Stripr®.

9) **REMOVE SHINE** with 240-grit file or **White Block Buffer**.

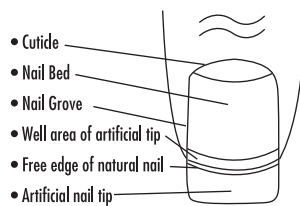
10) **REMOVE DUST** using a dry Neat & Tidy or Nail Neat pad.

11) **APPLY THIN LAYER OF YOU® VIP GEL ICE** using a polish-like application over entire nail. Be sure to bring the product down under to cap the free edge (see Illustrations 1 and 2).

12) **CURE** under a 36-watt UV light for 90 seconds.

► **NOTE: There is no wiping needed after curing YOU® VIP Gel Ice, because it does not produce a cohesion (sticky) layer.**

13) **APPLY NAIL RADIANCE® CUTICLE OIL** to back side of free edge and allow to flow into cuticles.



### Illustration 3: Nail Anatomy

Be sure to keep product 1/16 inch away from cuticle and side walls.

## NATURAL OVERLAY

1) **APPLY THIN LAYER OF YOU® VIP GEL AQUA** over entire nail – staying 1/16 in. (1.5mm) away from cuticle.

2) **CURE** in light unit for 90 seconds.

► **NOTE: DO NOT WIPE off cohesion (sticky) layer.**

3) **APPLY ANOTHER THIN LAYER OF YOU® VIP AQUA** to entire nail. Pay attention to stress areas: “C” curve and arch.

4) **CURE** in light unit for 90 seconds.

5) **EXAMINE NAIL SHAPE.**

Upon client’s requirements, a third layer of **YOU® VIP Gel Aqua** may be needed. (If not, proceed to step 12.)

6) **IF APPLICABLE – CURE** third layer in light unit for 90 seconds.

7) **REMOVE COHESION (STICKY) LAYER** using a Neat & Tidy moistened with Stripr®.

8) **BUFF** the cured product using a **SeptiFile®** with a 240-grit abrasive. Be sure that the surface is completely shine-free.

9) **DUST** using dry Nail Neat or a Neat & Tidy pad.

10) **APPLY A LAYER OF YOU® VIP GEL ICE** to the nail – staying 1/16 in. (1.5mm) away from the cuticle. Be certain to bring product down and under to cap the free edge (See Illustrations 1 and 2).

11) **CURE** in light unit for 90 seconds.

► **NOTE: There is no wiping needed after curing YOU® VIP Gel Ice, because it does not produce a cohesion (sticky) layer.**

12) **APPLY NAIL RADIANCE® CUTICLE OIL** to back side of free edge and allow to flow into cuticles.

## SCULPTING WITH FORMS

- 1) **APPLY NAIL FORM.** Be sure the form fits snugly under the natural nail with no gaps or open areas.
- 2) **APPLY THIN LAYER OF YOU® VIP GEL AQUA** over entire nail – leaving a 1/16 in. (1.5mm) space away from cuticle.
- 3) **SCULPT** product out onto nail form to the desired length.  
**▶ NOTE: this should be an even, thin layer of product.**
- 4) **CURE** in light unit for 90 seconds.  
**▶ NOTE: DO NOT WIPE off cohesion (sticky) layer.**
- 5) **APPLY THIN LAYER OF YOU® VIP GEL WHITE** over free edge.
- 6) **CREATE SMILE LINE.**  
**▶ NOTE: Do two fingers then “flash” cure in the light unit for 10 seconds. This will set the white gel enough to prevent it from moving while working on other fingers.**
- 7) **REPEAT STEPS 5 AND 6** on the other nails, then do thumbs separately.
- 8) **CURE** in light unit for 90 seconds.  
**▶ NOTE: Examine nail – if there is shadowing or streaking, another very thin layer of YOU® VIP Gel White may be applied. Repeat steps 5 – 6. CAUTION: DO NOT wipe off sticky cohesion layer at this time.**
- 9) **APPLY ANOTHER THIN LAYER OF YOU® VIP AQUA** to entire nail. Pay attention to stress areas: “C” curve and arch.
- 10) **CURE** in light unit for 90 seconds.
- 11) **EXAMINE NAIL SHAPE.**  
Upon client’s requirements, a third layer of YOU® VIP Gel Aqua may be needed. (If not, proceed to step 13.)

- 12) **IF APPLICABLE – CURE** third layer in light unit for 90 seconds.
- 13) **REMOVE COHESION (STICKY) LAYER** using a Neat & Tidy moistened with Stripr®.
- 14) **GENTLY REMOVE** nail form.
- 15) **BUFF AND SHAPE** the cured product using SeptiFile® with 240-grit file – be sure that the surface is completely shine-free.
- 16) **DUST** using dry Nail Neat or Neat & Tidy pad.
- 17) **APPLY A LAYER OF YOU® VIP GEL ICE** to the nail – staying 1/16 in. (1.5mm) away from the cuticle. Be certain to bring product down and under to cap the free edge (see Illustrations 1 and 2).
- 18) **CURE** in light unit for 90 seconds.
- 19) **APPLY NAIL RADIANCE® CUTICLE OIL** to back side of free edge and allow to flow into cuticles.

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## FIBERGLASS OR SILK REINFORCEMENT

Shееer Magic® Silk or Glazed Glass®  
Fiberglass Mesh may be used to reinforce the nail and tip.

- 1) **FOLLOW PREPARATION STEPS #1-7.**
- 2) **FOLLOW APPLICATION STEPS #1-5** on French White and French Pearl application; **FOLLOW APPLICATION STEPS #1-9** on Natural Tips application.
- 3) **APPLY A FULL PIECE OF FIBERGLASS OR SILK** over entire nail, or stress strip on stress area, staying 1/16 in. (1.5 mm) away from cuticle and side walls.
- 4) **APPLY YOUR CHOICE OF BACKSCRATCHERS RESIN** over (Extreme® Finish Glaze or Stikr® are recommended) fiberglass or silk and activate.
- 5) **CONTINUE APPLICATION STEPS #10-17.**

## REMOVAL

- 1) **TRIM** excess nail tips.
- 2) **FILE OFF** gel product using 180-grit file.
- 3) **SWITCH** to 240-grit file to remove from nail bed when most of product is removed.
- 4) **CLEANSE** hands thoroughly with Hygienic Elegance® Cleansing Wash after the product is removed.
- 5) **CONDITION** natural nail with Nail Radiance® Cuticle Oil.
- 6) **USE 3-STAGE BUFFING METHOD** on natural nails: 600-grit file, White and Gray buffers.



**BACKSCRATCHERS®**  
SALON SYSTEMS, INC.

**UNITED STATES SWITZERLAND**

To order, call **1-800-832-5577**  
or **1-916-686-2400**  
For information or to locate a distributor, visit  
**www.backscratchers.com**

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