



10-STEP FILING
Technique



GUIDE
by Ela Loszczyk



Consistent nails don't happen by accident.
They happen when you follow the
techniques that work.

Every. Single. Time.

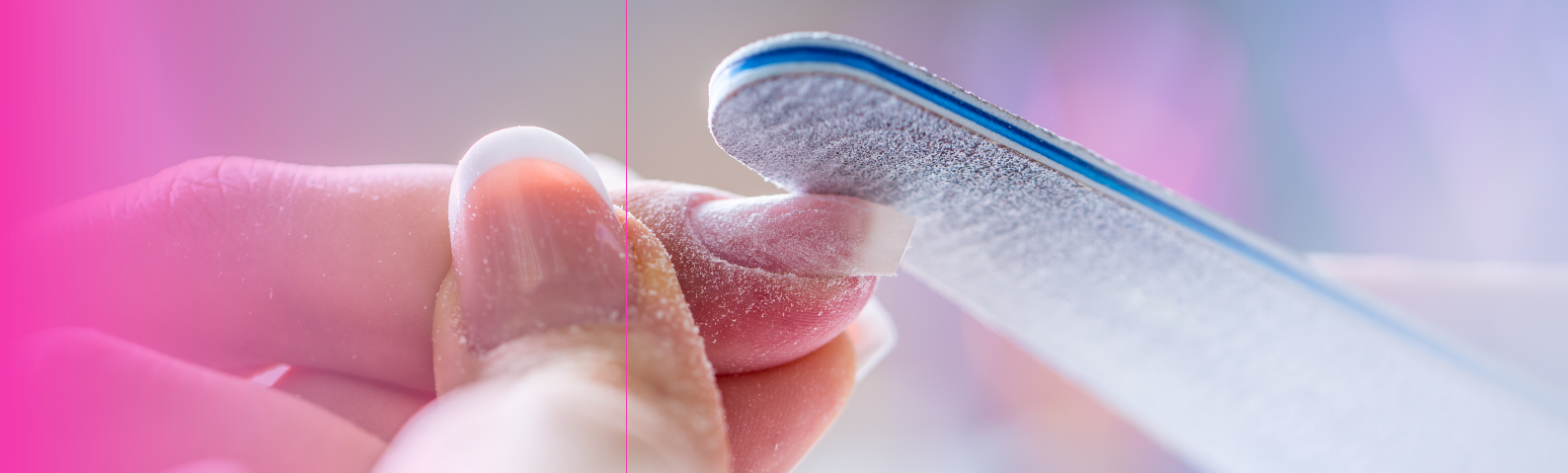
What you're about to learn is the filing technique that I use myself and teach stylists around the globe via my book and the Nail Shapes & Structure Masterclass online program.

This will not only give you a routine to follow (yes, a routine can be a good thing ;)), but it will also provide you with instant, visible results that YOU and your CLIENTS will love!

Beautiful, consistent nails are easy to create when you know and follow the rules of the 6 Pillars of Perfectly Structured Nails, and filing is one of them.

Have fun with creating gorgeous nails.

Ela Łoszczyk



There are many filing techniques out there.

The point is to pick one and stick with it when shaping one particular set of nails.

Remember

If you fancy a change, go ahead and be creative with another set. Don't mix techniques in one set of nails.

The last thing that you and your clients want is to have ten-odd shapes.

A QUICK GUIDE

10-step Quick Guide

Step 1	FREE EDGE
Step 2	1ST SIDE WALL
Step 3	2ND SIDE WALL
Step 4	1ST LOWER ARCH
Step 5	2ND LOWER ARCH
Step 6	CONTOUR 1ST SIDE
Step 7	CUTICLE AREA
Step 8	CONTOUR 2ND SIDE
Step 9	SURFACE OF THE NAIL
Step 10	APEX

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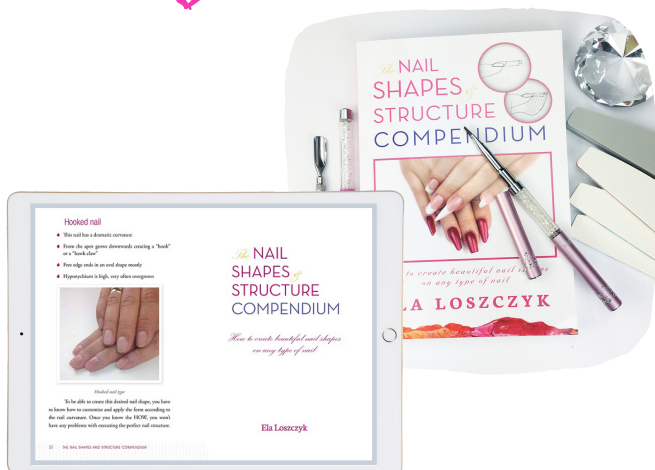
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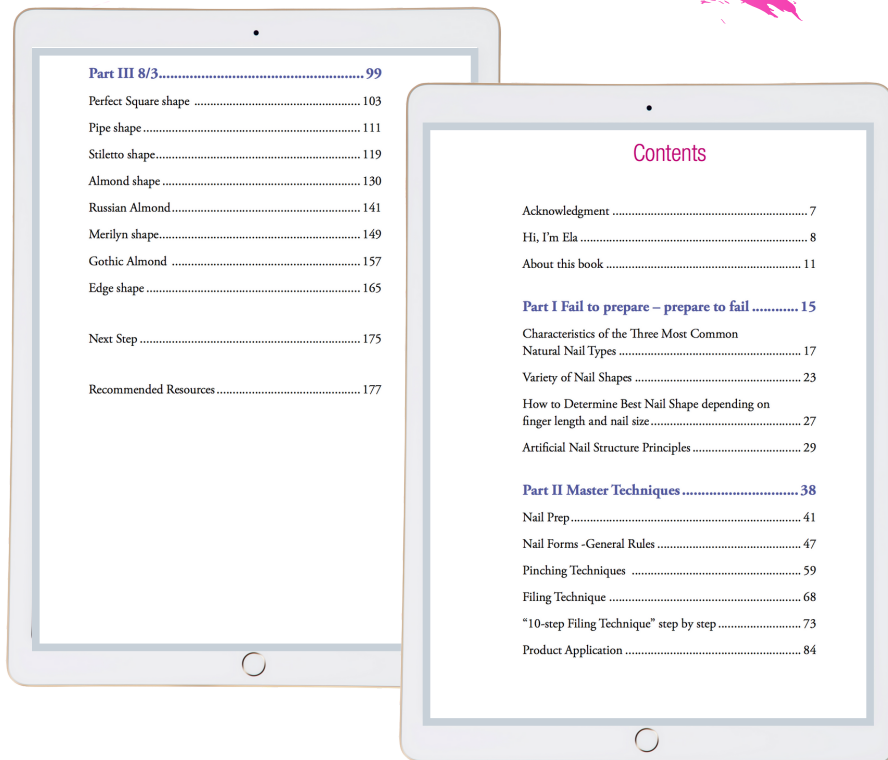
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**BEAUTIFUL NAILS DON'T HAPPEN BY ACCIDENT.
THEY HAPPEN WHEN YOU FOLLOW THE TECHNIQUES THAT WORK.
EVERY. SINGLE. TIME.**

What You'll learn



How to create the correct nail structure.

How to customize and apply forms depending on the natural nail type and the shape of the extension.

The most popular nail shapes (Square, Pipe, Stiletto, Almond, Russian Almond, Marilyn, Gothic Almond, and Edge) taught on standard, hooked, and bitten type of nail.

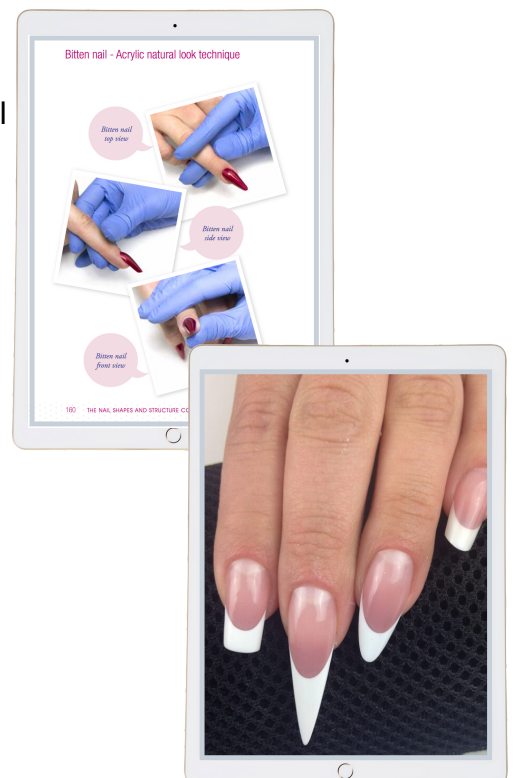
How to determine the perfect shape for the client's types of fingers and nails.

Proper nail preparation.

The variety of pinching methods.

10-step Filing Technique.

Tip-Top hints and tips of product application and much more!



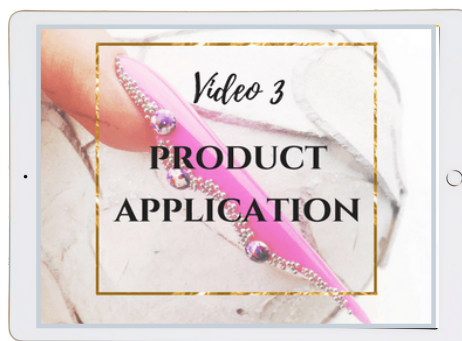
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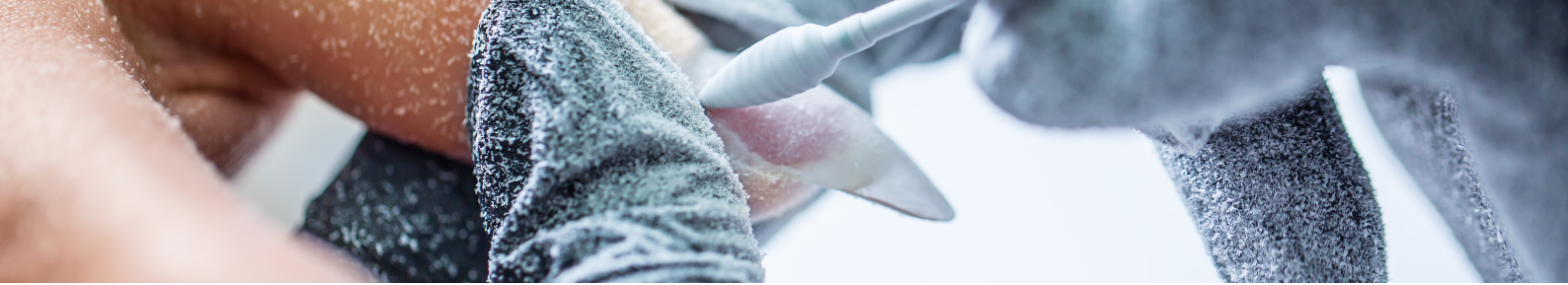
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WHAT'S INCLUDED IN THE TRAINING?





10-step Filing technique

Step 1 Free edge

Hold the file upright to the free edge. File from the left to the right until you're happy with the length and when the free edge is straight. If the client doesn't like sharp corners and wants a softer finish, then angle the file under the free edge at about 20-30° and file.

Step 2 1st Side wall

File the side walls. Place the file into the nail and hold it parallel to the sidewall. Imagine you're holding a saw and can only move up and down. Bracing your hand will help with holding the file upright and eliminate unnecessary moves to the side. Holding the file the same way, angle it towards the center of the nail at about 20° and file up and down again. That will file off any bulkiness from the sidewalls and begin contouring the nail.

Step 3 2nd Side wall

Repeat step 2 on the opposite side.



Step 4 1st Lower arch

The lower arch. Hold the file upright to the sidewall and now change the angle, moving it 45° to the side. Place it flat under the free edge making sure it's parallel to the finger's axis and upper arch and file in a updown motion from the deepest point of the sidewall to the end of the free edge.

Make sure not to over file the contact area (the deepest point of the hyponychium and also the beginning of the extension)

Step 5 2nd Lower arch

File the lower arch on the second side

Step 6 Contour the side

Focus on contouring the sidewall. Start with the left side and file the product upwards to ¼ of the center of the nail in a curvy move. Work from the tip towards the cuticle area.



Step 7 *Cuticle area*

File the cuticle area holding the file flat, a maximum angle at 20°, as that helps to establish the apex and protects the natural nail from any damage at the same time. File along the cuticle line starting from the left side (if you're right-handed), working towards the center, and then downwards to the right. Next, go back to the center of the cuticle and file from there—downwards to the left, then downwards to the right.

Step 8 *Contour the 2nd side*

Contour the right sidewall.

Turn the hand to the side and file the nail upwards from the bottom of the sidewall. Focus on filing $\frac{1}{4}$ of the right sidewall. File from the extension's tip towards the cuticle line.



Step 9 Surface of the nail

File the surface of the nail. Hold the file flat/ parallel to the nail. You must never change that angle. Your hand is from the client's side, so you file towards yourself and the free edge. Start at the center then keep moving to the left side first (if you're right-handed) using the up-down motion. When you move to the left, your elbow goes up, so the file is in constant contact with the nail surface, ensuring the correct shape of the extension. Once you've reached the left side wall, start filing back towards the center, and from there to the right side - your elbow goes down.

Step 10 The Apex

The apex has been established, not only by the product application but also by filing pretty flat around the cuticle area and completely flat on the top of the nail. Now, all you have to do is to go back there and smooth any imperfections so it has a nice arch and no bulkiness.



Hi Gorgeous! I'm Ela

For over 13 years, I've been teaching students at any level, running private classes in the UK and abroad, and teaching hundreds of nail stylists through my online courses.

I've competed myself and judged many prestigious competitions, and I've seen it all.

DO YOU WANT TO KNOW ONE, MOST COMMON CHALLENGE THAT EVERY TECHNICIAN I'VE TRAINED WAS STRUGGLING WITH?

Consistency. Or rather lack of it.

The solution?

It's pretty simple - learn techniques that work and follow them every single time.

Get that routine in your life.

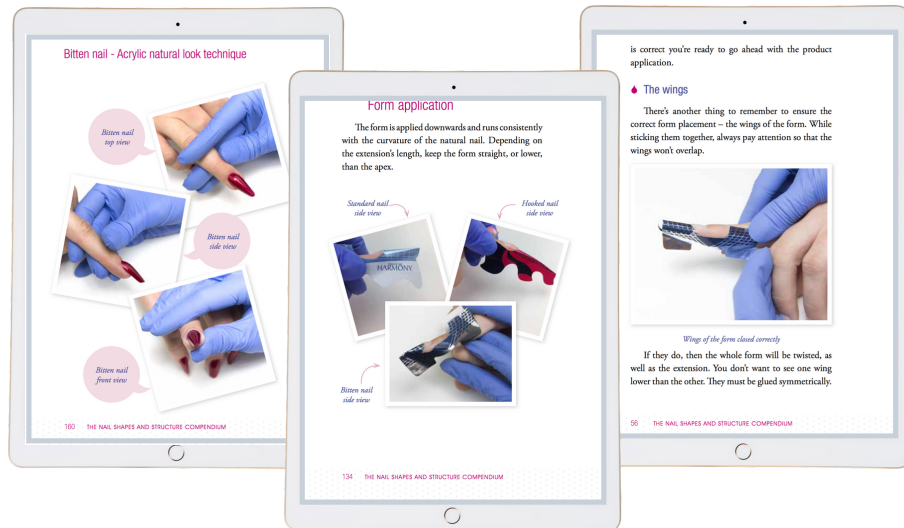
Understand how to apply the form (know when to lift it; keep it straight or place lower than the apex).

Learn to apply the product most efficient way so that minimum filing is required.

Follow that filing procedure, give it a go, and see what will happen.

You'll love the results and how easy it is to be consistent!

LEARN HOW TO CREATE ANY SHAPE ON ANY TYPE OF NAIL



Ela your book is totally amazing! Changed my whole perspective on nails and since the results are amazing! Thank you so very much! I can't thank you enough truly!!

-Anna Thomas

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