



NAIL TRAINER
 The Amazingly Life-like Nail Training Practice Hand
 Produces highly skilled nail techs world wide...
ORDER NOW!
 World-Wide Shipping

"Best career decision I ever made!" - Janice Millstone, Just Nails Studio

Gina Wallace Enterprises, Inc., (Essential Nails USA) carries ALL replacement supplies for the Nail Trainer nail training hand kit. Please contact us at (001) 816-229-0611 or [order online](#) 24/7. World-wide shipping.

Our [Frequently Asked Questions](#) web page also provides a wealth of information.



Online Nail Trainer Owners Manual



Introduction

Congratulations! By choosing to place the Nail Trainer at the center of your training program, you have chosen the fastest route to becoming a highly skilled nail technician. By practicing on the Nail Trainer you have eliminated the biggest obstacle to becoming a professional nail technician - the requirement to find a group of willing hand models to practice on!

The Nail Trainer hand is like having an unlimited supply of hand models! With it, you can practice when you want, for as long as you want. You can practice on the same size of nail over and over again until you have mastered a particular skill, you can practice any of the nail systems, even nail art, airbrush and nail adornment. The continuity of practice, the variation and realism of the Nail Trainers finger tips, fingers and nails, will speed you to a lucrative career in the fast growing world of nail beauty.

When to use the Nail Trainer

We recommend you attend one of the existing courses for nail techs. This will teach you the basic techniques. You can use the Nail Trainer before your nail course, during your nail course, and after the course or at any time to suit you. Even after you have mastered a particular technique (creating nail extensions for example), and are working in a salon. For example: You can continue to use the Nail Trainer to expand your skills into other areas. You could try airbrushing, nail art, or acrylics. Whatever the future holds for nail processes, the Nail Trainer will provide the practical solution for your training requirements.

Unpacking the Nail Trainer [kit](#)

The Nail Trainer nail training "kit" includes **NINE** items:

- 1) Nail Trainer hand
- 2) 12 minute promotional demo* DVD
Demo DVD in **English, Spanish, German, and French.**
- 3) Owner's manual
- 4) Two cleverly designed self-assessment cards
- 5) 100 Nail Trainer nails
(assortment of 20x5 shapes/sizes)
- 6) 5 Nail Trainer fingertips
- 7) Nail Trainer gel prep
- 8) Nail Trainer glue
- 9) Nail Trainer acrylic primer

Parts of the Nail Trainer

It is important for you to identify the different parts of the Nail Trainer referred to throughout this manual. The following diagram lists the main parts:

- 1 Flexible arm
- 2 Palm
- 3 Finger 1 (index)
- 4 Finger
- 5 Finger 3
- 6 Finger 4 (little)
- 7 Thumb
- 8 Base joint
- 9 Middle joint
- 10 Finger tip
- 11 Nail retaining frame
- 12 Tip sheath
- 13 Natural nail

Setting up to practice

The practice area

You should find a comfortable chair and small table. Ideally the size of the table should be similar to the nail tech tables used in salons. Position your chair on one side of the table.

The desk clamp

On the end of the Nail Trainer flexible arm is the desk clamp. This will clamp to any desk edge with a maximum thickness of 50mm (2 inches). Open the jaws of the desk clamp by rotating the thumb screw anti-clockwise.

Positioning the Nail Trainer

Clamp the Nail Trainer to the opposite side of the table, slightly to your right (the Nail Trainer is a model of a left hand, so it should be presented to you slightly from the right). Tighten the clamp by rotating the thumb screw clockwise until it grips the desk securely. Make a curve in the flexible arm so that the Nail Trainer hand is located in front of you. Making a curve in the arm allows you to move the Nail Trainer hand towards you or away from you, as needed.

The natural nails

The natural nails mimic the different shapes and sizes of nails found on hands in real life. You choose the shape you want to work on and fit it to the finger of your choice. The Nail Trainer (when unpacked from the box) is fitted with a selection of natural nail sizes, fitted in various positions and depths on the finger tips. It is recommended that you start practicing on the easiest of the natural nail shapes fitted on the easiest finger. This is the number 6 natural nail, which is large, symmetrical and has a good shape and C curve. It is fitted to the index finger 1, which is the easiest to work on. You should work on this finger, re-fitting the same size nail to the finger until you are happy with your work, *before* moving onto the other nail shapes.

The FIVE different nail shapes

There are five natural nail shapes included with the Nail Trainer. In the picture below, also notice that these nails have cuticles! The shape and size of the nails have been chosen to present a variety of problems and difficulties to you during your practice sessions.

Shape :



Difficulty (1 = easy, 10 = hard): 3/10 6/10 4/10 7/10 8/10

- The number 6 nail is the easiest as it has the most pronounced C curve and longest free edge for easy location of the nail form (for acrylics). Start on this nail, fitted to the index finger, clicked down three clicks.
- The no 13 is slightly harder because it is smaller. It has a nice symmetrical cuticle area which is easy to work on.
- The number 9 has a very square shape, sharp corners and is fairly flat. It is fitted to the thumb and is quite difficult because of its flatness.
- The no 18 nail is a *maintenance* nail that simulates re-growth in the cuticle area. It also has an intentional flaw – a broken chip off the corner. You should only work on this nail when you have practiced on the easier shapes.
- The small number 8 nail can be embedded in a deep nail bed to mimic a chronic nail biters finger. When you have mastered this nail, you will be ready for anything in the real world.

Fitting the natural nails

Any of the natural nails can be fitted to any of the fingers or the thumb. Obviously the larger nails look more realistic when fitted to the thumb and the smallest to the little finger, but there is nothing to stop you fitting the smallest nail on the thumb to imitate a chronic nail biter with fat fingers.

Positioning the natural nails

Position the natural nail over the aperture in the top of the tip sheath. Slide to the front or to the rear of the finger tip.

Adjusting the nail bed depth

Press the nail down until it clicks into place.

Continue to press and click down to form a deeper nail bed. We suggest you practice on some nails at 3 clicks deep and some at 4 clicks, some at the front and some at the rear of the finger tip. This mimics the variation in nail bed depths you will find in the real world.

Starting to practice

This section covers some unique aspects of using the Nail Trainer as an integral part of your nail tech course.

1. Start on the index finger and work on natural nail number 6. This is the easiest nail to work on as it has the most pronounced C curve and longest free edge for easy location of the nail form when you are building an acrylic nail.
2. Position the natural nail centrally in the nail retaining frame and click down three clicks.
3. Important - Use a fine nail file board (or white buffer block) to buff up the natural nail surface to form a key for the nail extension product to bond to. Do **not** wipe over the surface of the natural nail with your finger after buffing as this will leave greasy deposits which will prevent the products from setting. You will find that the products used to bond nail the nail extensions take longer to set when used on the Nail Trainer. This is due to the moisture and warmth of real nails speeding up the setting time of the product. (Sometimes, a puff of accelerator on the underside of the extension will speed setting times.)
4. The flexible knuckle joint allows the fingers to rotate in a natural way, so you can work on the sides of the nail.
5. When practicing, you will find the other fingers get in the way, just like in real life. You will have to develop a way of holding them clear of the finger you are working on. Single finger training aids cannot teach you this essential skill.
6. If you get excess nail products on the finger tip sheath, be careful when removing the completed nail. If you rip the nail off the tip quickly you may tear the rubber surface. If you gently pull the nail, the product will slowly separate from the rubber surface with very little damage. Blobs of product can be gently picked off with your fingers.
7. Work on one finger at a time, concentrating on making a superb job. Once you have learned the techniques, fit new nails to the entire hand and concentrate on speeding up. Target time: Try to complete all four fingers and the thumb in under 30 minutes.

Removing completed nail work

When you have finished your work on any particular finger, you remove the natural nail, the work done on it and the tip sheath together.

Pinch the tip sheath between your thumb and index finger, with your thumb pressing on the surface of the nail. Hold the nail retaining frame with your other hand, (pinch the two white joint wheels with your thumb and forefinger) and pull the nail and tip sheath off the front of the nail retaining frame together.

The tip sheath is quite a tight fit on the nail retaining frame and initially you might find it quite hard to pull them off. Continue to pull hard and it will eventually slide off.

Separating nail from tip

Remove the completed nail from the tip sheath by gently pulling the nail off the top of the finger tip.

If you find there is excess product adhering to the edge of the nail and the surrounding tip sheath, pull apart gently rocking the nail as you pull to break the resin seal, so as not to rip the surface of the tip sheath. Throw away the nail, you only re-use the finger tip sheaths.

Keeping a record of your progress

One of the advantages of the Nail Trainer is that you can, if you want, keep the nails that you have worked on as a record of your progress. You can even take them to your nail course or instructor for examination and advice on how to improve your nails.

Refitting the tip sheath

Re-fit the tip sheath on the nail retaining frame by sliding it back on the way it came off.

Working on the fingers

The fingers move in a similar way to the joints of a real hand. While you are working on a nail, hold the underside of the finger with your left hand (assuming you are right handed) and work on the nail with your right hand. Rotate the finger and hand as required to access different parts of the nails surface with your tools.

Working on the thumb

Rotate the Nail Trainer about the wrist so the thumb nail is uppermost. Note - you cannot rotate the hand at the wrist by twisting the thumb as you would with a live model, normally the model would rotate her hand herself to follow the twisting. Obviously the Nail Trainer cannot do this! If you do twist the thumb too much it may pop out of its socket. Do not worry - simply insert the thumb back in its joint.

Care of your Nail Trainer

With appropriate care the Nail Trainer will give years of service. **All parts are easily replaceable** should they become damaged or scruffy. [CLICK HERE to order them from our online store.](#)

Cleaning

We recommend that the Nail Trainer is washed in warm soapy water at the end of each practice day. Acetone can be used to remove excess nail products from the Nail Trainers surface. The plastic parts of the Nail Trainer will withstand continuous immersion in acetone. The rubber tip sheaths can be wiped over with acetone but you should avoid total and continuous immersion as this will damage the surface.

Replacement parts

All the joints, upper and lower finger halves, Nail retaining frames and thumb parts pull apart for easy cleaning and / or replacement. [Order spare parts here.](#)

Accessories

As you use the Nail Trainer, you will need extra nails and rubber finger and thumb tips.

The rate at which you use them is obviously dependent upon your own work rate and in the case of the finger tip sheaths, how accurate you are with your filing and application of nail products. We have the following packs of parts available:

[Nail Trainer Replace Nails](#) (Packs consists of 100 nails -- 20 of each of the 5 sizes):

20 no. 6 size nails
20 no. 8 size nails
20 no. 9 size nails
20 no. 13 size nails
20 no. 18 size nails

[Standard Finger Tip Pack](#) (5 fingertips) 1 thumb tip and 4 finger tips.

Tips and ideas:

2 nail shapes!

You can fit the Nail Trainer Nails into the finger tips either way round. This effectively doubles the variation of nail shape available to you to practice on.

Simulate broken nails

There is nothing to stop you filing or cutting the natural nails into odd shapes. You can imitate cracked, broken and brittle nails by re-shaping the larger natural nails with clippers.

Power tools (electric files a/k/a e-files and drills)

The Nail Trainer is the ideal aid to try out nail power tools. Understandably use of power tools are discouraged initially until you have acquired a high degree of manual dexterity. It is very easy to damage the nail or nail bed with these tools but you can use power tools at an earlier stage in your training when practicing on the Nail Trainer as there is no possibility of hurting anyone.

Simulate fat fingers

You can fit thumb tips on the fingers (see above--standard thumb pack of 5) and replicate a set of extremely fat fingers to practice on.

Things to come

The Nail Trainer is constantly under development. [Visit our online store for updates.](#)

We will be producing more nail shapes, covering various ethnic groups, and broken and chewed nails.

Our [Frequently Asked Questions](#) web page also provides a wealth of information.

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<http://www.nailtrainerhand.com>