

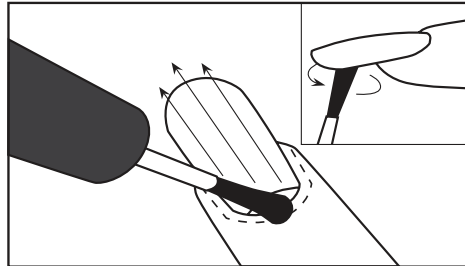


## Instructions & Helpful Hints

### FOR BEST RESULTS

Apply first thing in the morning **BEFORE** your hands touch any water.

**Shake your bottle of TIPS Nail Conditioner before each use** to ensure the ingredients are well mixed.



Apply TIPS Nail Conditioner to nails **once\* a day**:

1. To the top surface of the nail
2. To your cuticle and skin around the nail
3. To the underside of the nail
4. Rub any excess into your hands, but do not massage your cuticles.

\* Use TIPS 2 - 3 times a day if your hands are frequently in water

### Tips on TIPS.....

You **MUST** apply TIPS Nail Conditioner in the morning **BEFORE** your nails come in contact with water or moisture. TIPS will most effectively be able to penetrate the nails at that time, saturating the nails with lipids which protects them from damage caused by water during the day.

There is no "drying time" with TIPS. TIPS will not dry on your nails as anything that dries on your nails, will dry out your nails. Instead, any left over TIPS into your hands like hand lotion. As soon as you have finished applying TIPS it is ok to wash your hands, if you desire, and go about your normal routine because TIPS does not wash off.

Remember applying TIPS in the first 60 seconds of your day will protect your nails all day long.



Questions or Comments?

Call toll free  
Customer Care Line  
**1-877-275-5566**  
Monday to Friday (except Holidays)  
9:30am to 4:30 pm Eastern time  
or email us

ask@askcosmetics.com  
www.askcosmetics.com

*For Natural Beauty, all you have to do is*

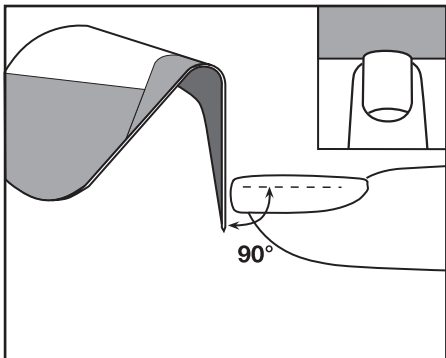


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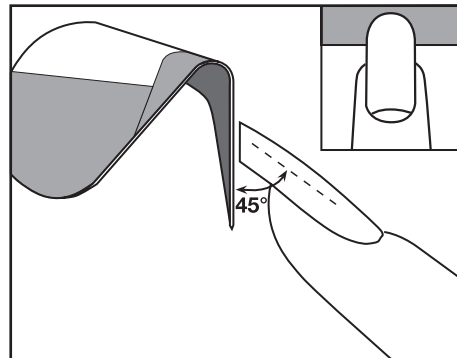
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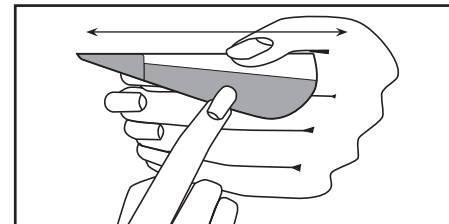
# HOW TO ACHIEVE THE PERFECT SHAPE



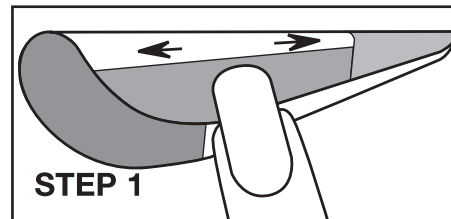
FOR SHORT NAILS, OR TO ACHIEVE A BLUNT OR SQUARE TIP SHAPE, FILE AT A 90° ANGLE



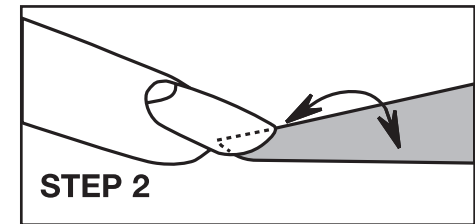
FOR LONG NAILS, TO ACHIEVE A CURVED TIP SHAPE, FILE AT A 45° ANGLE



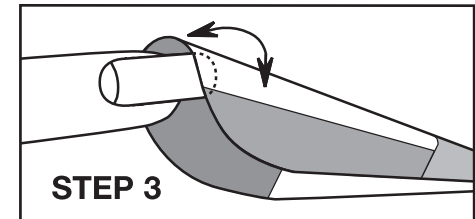
THIS IS THE PREFERRED POSITION TO HOLD THE NAIL FILE WHEN FILLING YOUR NAILS



FILE NAIL TIP USING SURFACE #1 TO ACHIEVE DESIRED SHAPE



USE SURFACE #2 TO REMOVE ROUGHNESS ON THE UNDERSIDE OF YOUR NAIL TIP



USE SURFACE #3 TO REMOVE THE ROUGHNESS ON THE TOP SIDE OF YOUR NAIL TIP