



SOUL EDITIONS · No. 02

Soul

The At-Home Gel Edit

Salon hands at your own kitchen table.

Hosted by Noor ✨

GUIDE · MANICURE JOURNAL · SESSION TIMER · PRINTABLES

Welcome to No. 02.

Before Noor takes over, a quick hello.



A NOTE FROM CAMILLE, SOUL

Hi, it's Camille. You might know me from No. 01, where we plan outfits from the clothes you already own. Nails are not my lane, so for this edition I handed the mic to Noor. She is patient, a little cheeky, and she makes the fiddly parts feel easy. Every SOUL Edition is a small, honest kit: one problem, solved properly, with the tools to make it stick. If anything here doesn't work for you, write to us within 14 days and we'll refund you. Enjoy your first set.

— Camille ✦

WHAT'S INSIDE

01 The kit

Four things to start, and the lamp explained

02 Prep and apply

Ten minutes of prep, then gap, cap, thin

03 Color

Beginner-friendly shades and three easy looks

04 When it goes wrong

Ten problems, their causes and fixes

05 Removal day

The soak-off that keeps your nails yours

06 Between sets

Reading bare nails, and bringing them back

Hi, I'm Noor.

Welcome to my favorite corner: glossy nails, a warm drink and one hour that is completely yours.

At-home gel has a reputation for lifting on day three and peeling off in sad little sheets. It doesn't have to. Nearly every early failure comes from the same three habits, and all three are easy to fix.

By the end of this edit you'll know how to do a set that lasts, how to take it off without hurting your nails, and what your bare nails are trying to tell you.



your host, Noor

✦ HOW THIS EDIT WORKS

This routine is built on dermatology guidance and the SOUL team's research, cited at the back. Always follow your own gel system's instructions. The photos show the mood; they are not results.

— Noor ✦

Why sets fail in the first fortnight.

When an at-home set gives up early, it's almost never talent and never the color. It's one of three habits.

1

Gel touched skin

Skin moves and gel doesn't, so a set that touches the cuticle lifts from there within days.

2

The edge wasn't capped

Without a thin seal along the front edge, the tip starts to peel back.

3

A coat was too thick

Thick gel cures on top and stays soft underneath, then dents or wrinkles.

4

things you need to start

10–14

days of wear before
regrowth shows

10–15

minutes for a gentle
soak-off

Wear time depends on your nails, your hands' daily jobs and how fast you grow. These are typical ranges, not promises.

Gap. Cap. Thin.

If you remember nothing else, remember these.

Gap.

A paper-thin gap between gel and skin, all the way around. Skin moves; gel doesn't. ✨

Cap.

Seal the front edge on every coat, base included. It's what stops the tip peeling back. ✨

Thin.

Two thin coats, never one thick one. Thin coats cure all the way through. ✨

A copy of the whole routine is on the next page and in your printables, sized to sit next to the lamp.

The routine, for next to the lamp.

Gap at the cuticle · cap the edge · thin coats

PREP

- ☐ Wash, dry, old polish off
- ☐ Cuticles back; lift dead film only
- ☐ File one direction
- ☐ Buff the shine off, nothing more
- ☐ Alcohol wipe, then hands off

APPLY

- ☐ Base: thin, gap, cap, cure
- ☐ Color 1: thin, cap, cure
- ☐ Color 2: thin, cap, cure
- ☐ Top: gap, cap, cure, wipe if tacky
- ☐ Cuticle oil

BEFORE EVERY CURE, CHECK

- | | |
|--|---|
| ☐ No gel touching skin | ☐ Free edge capped |
| ☐ No pooling at the sides | ☐ Thumbs done separately |
| ☐ Coat thinner than you think | ☐ Spills cleaned before curing |

When something goes wrong.

Find what you see, then check the cause.

WHAT YOU SEE	USUAL CAUSE	NEXT TIME
Lifting at the cuticle, days 2–5	Gel touched the cuticle or side wall, or oil was left on the nail	Keep a paper-thin gap; alcohol wipe last; clean spills before curing
Peeling back from the tip	The free edge was not capped	Run the brush along the front edge on every coat, base included
Wrinkles or ripples after curing	A coat too thick: the top cured before the inside	Thinner coats; wipe the brush on both sides first
Perfect, then dents an hour later	Under-cured underneath: thick coats, a weak lamp or short cure times	Thin coats; the lamp and times your gel asks for
A burning feeling in the lamp	A heat spike as a thicker layer cures fast	Slide the hand out for ten seconds, then back; thinner coats