

Removing Nail Polish

Removing Acrylic Nail Polish

- Put nail polish remover on a cotton ball. Then wipe the cotton ball across the nail several times.
- Nail polish remover contains acetone, so use it in a well-ventilated area.
- Wipe the edges of the nail.
- To make sure you've removed all the polish, touch your nail with a finger of your other hand. The nail will feel smooth to the touch if all the polish is gone.
- If you don't have nail polish remover, use rubbing alcohol. Or soak fingernails in white vinegar for 10 to 15 minutes, and then scrub with a paper towel.

Removing Gel Nail Polish

- Do not peel off gel polish—this could damage your nails.
- Buff the surface of your nails with a file.
- Soak cotton balls in acetone. Then put a cotton ball directly on each nail, wrapping with a piece of aluminum foil. Wait 10 to 15 minutes, then remove the foil and cotton ball. Polish should slide off easily.
- Remove any leftover residue with a cuticle orange stick.
- You can use rubbing alcohol instead of acetone, but you would need to soak your fingers or toes longer.
- Commercial steamers and other products for removing gel polish are also available. See the Resources for more information.