

ІНШЕ

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## **PROS AND CONS OF FILE-FREE NAIL EXTENSIONS**

**Summary.** *File-free nail extension is an innovative approach in the nail industry that eliminates aggressive mechanical impact on the natural nail plate. This method is gaining popularity due to gentle care and natural results. The article discusses the key advantages and disadvantages of the technology, its impact on nail health, durability of the coating and aesthetic characteristics. A comparative analysis with traditional extension methods is carried out, including aspects of adhesion, procedure time and cost of service. Particular attention is paid to recommendations for choosing the optimal extension method depending on the condition of the nails and individual preferences. The material is based on modern research and practical experience of manicurists.*

**Key words:** *pros, cons, nail extensions.*

**Introduction.** The modern beauty industry offers many methods of nail correction and extension, among which the saw-free technology occupies a special place. This method involves the use of gel and acrylic compounds without preliminary filing of the natural nail plate, which reduces the risk of its damage. The

main goal of saw-free extension is to maintain the health of nails, minimizing traumatic impact. However, this technique also has limitations, such as shorter durability of the coating and requirements for the quality of materials. The article examines in detail all aspects of the technology to help masters and clients make an informed choice.

The relevance of the topic is due to the growing demand for gentle procedures in nail care. Many clients prefer naturalness and safety, which makes saw-free extension a popular service. At the same time, it is important to understand whether this method is suitable in each specific case. Research shows that, if performed correctly, saw-free extension can be an excellent alternative to classical techniques. However, the success of the procedure largely depends on the professionalism of the master and the quality of the materials used. This paper presents a comprehensive analysis of the technology, including its advantages, disadvantages and practical recommendations. The material will be useful both for nail design specialists and for those interested in nail care.

### **File-free nail extension technology**

File-free nail extension is a technique that eliminates the stage of mechanical processing of the natural nail plate with a file. Instead, the specialist uses special compounds that provide adhesion without grinding. The procedure begins with thoroughly cleaning the nail from dirt and degreasing its surface.

Next, a primer is applied, which improves the adhesion of the material to the natural nail. After this, a base coat is applied, which may contain strengthening components. The next step is modeling the shape using gel or acrylic. The material is applied in thin layers to avoid excessive stress on the nail plate.

The final step is polymerization in a UV or LED lamp. Depending on the type of gel used, the hardening time can vary from 30 seconds to 2 minutes. After

polymerization, the nail is covered with a finishing layer, which adds shine and protects from external influences.

The key difference from traditional extension is the absence of the filing stage of the natural nail. This reduces the risk of damage, but requires high precision in applying materials. The master must carefully select the compositions to ensure sufficient adhesion without mechanical preparation. File-free extension is suitable for clients with thin or weakened nails who want to avoid additional injury. However, it is important to consider that not all types of gels and acrylics are compatible with this technology.

### **Advantages of file-free extensions**

One of the main advantages of file-free extensions is the gentle effect on the natural nail plate. Since there is no mechanical grinding, the risk of thinning and splitting of the nails is minimized. This is especially important for people with sensitive or damaged nails.

Another advantage is the reduced risk of infection. With traditional extensions, microtraumas that occur during filing can become an entry point for bacteria and fungi. File-free technology minimizes this risk, making the procedure safer.

The procedure takes less time compared to classic extensions. Eliminating the filing stage speeds up the process, which is convenient for clients who value the speed of manicure. This also reduces the workload on the master, allowing him to accept more clients per shift.

File-free extensions give a more natural result. The coating repeats the texture of the natural nail, which makes it less noticeable. This is a great option for those who prefer naturalness and do not want to draw unnecessary attention to the artificial coating.

The technique is also suitable for people prone to allergic reactions. Many modern gels for sawdust-free extensions contain hypoallergenic components, which reduces the risk of irritation.

Finally, sawdust-free extensions can be cost-effective in the long run. Since the nails remain healthy, the client does not need additional restoration procedures, which reduces the overall cost of care.

### **Disadvantages of file-free extensions**

Despite many advantages, file-free extensions also have a number of disadvantages. One of the main ones is lower coating adhesion. Since the natural nail is not polished, the material may adhere worse to its surface, which reduces the wear period.

Another limitation is the scope of application. The method is not suitable for clients with severely damaged, curved or too soft nails. In such cases, additional strengthening is required, which is impossible without mechanical processing.

File-free extensions place high demands on the master. It is necessary to carefully select materials and follow the application technology to avoid peeling and other defects. Errors in work can lead to premature chipping of the coating.

The durability of such extensions is usually lower than that of traditional ones. On average, the coating lasts 2-3 weeks, after which correction is required. This can be inconvenient for clients accustomed to longer wear. Another disadvantage is the limited design options. Some nail art techniques that require a tight grip on the nail may not be possible with file-free extensions. Finally, the cost of the procedure may be higher due to the use of specialized materials. However, this disadvantage is compensated by less damage to the nails and reduced costs for their restoration.

### **Comparison with traditional extensions**

File-free and traditional extensions have fundamental differences that are important to consider when choosing a method. Traditional technology requires

mandatory filing of the natural nail to improve adhesion. This increases the durability of the coating, but can weaken the nail plate.

File-free extensions, on the contrary, exclude mechanical impact, which makes it safer. However, the wearing period of such a coating is usually shorter - 2-3 weeks versus 3-4 weeks for the traditional method. This is due to the less strong adhesion of the material to the nail.

The speed of the procedure is also different. File-free extensions take less time, since they do not require a grinding stage. This is convenient for clients who value fast service.

The aesthetic results of the two methods are also different. Traditional extensions allow you to create more complex designs and voluminous shapes. File-free technology gives a natural effect, but is limited in decorative possibilities.

The cost of services may vary depending on the salon and the materials used. On average, file-free extensions are more expensive, but this is compensated by less damage to nails. The choice between the two methods depends on individual preferences and the condition of the nails. File-free extensions are better for weakened nails, and traditional ones are better for long-lasting coverage.

### **Impact on nail health**

File-free nail extensions have minimal impact on natural nails, making them a preferred choice for people with thin or damaged nail plates. The absence of grinding preserves the natural thickness of the nail, preventing it from thinning.

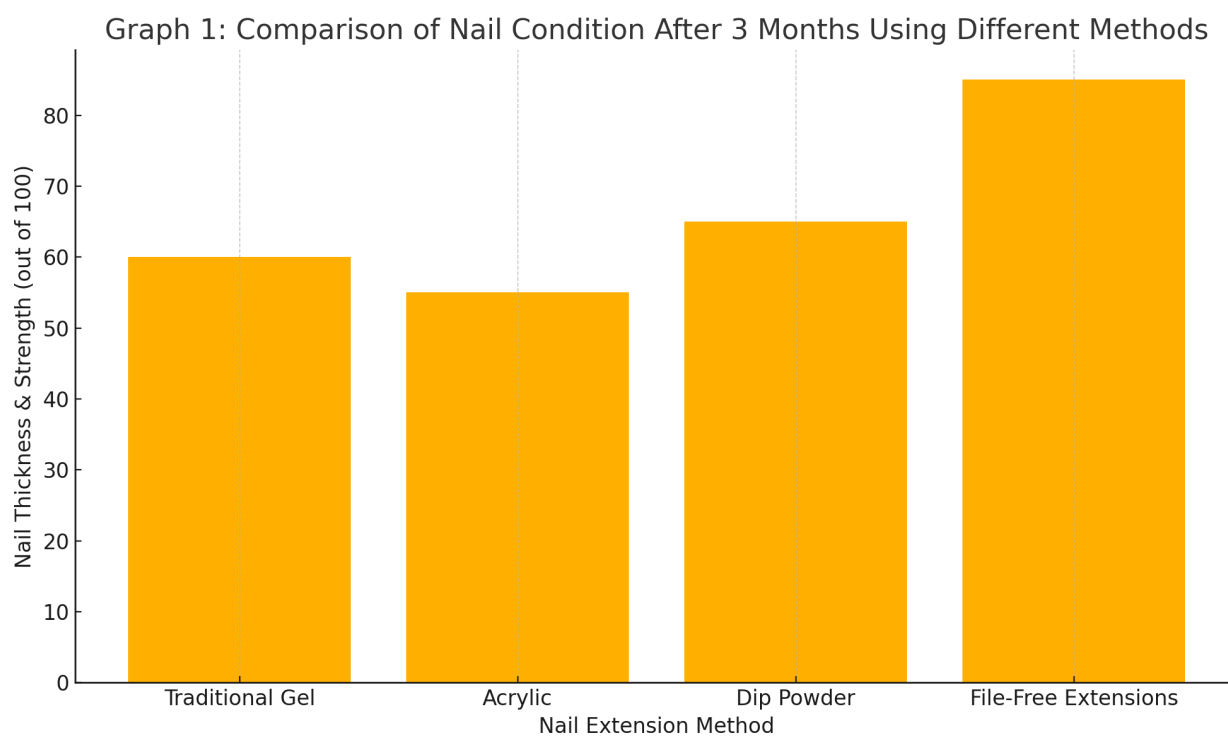
Research shows that with regular use of traditional nail extensions, nails can become brittle and flaky. File-free technology reduces this risk, as it does not damage the structure of the natural plate.

Another aspect is the reduced likelihood of developing onychomycosis (fungal nail infection). Since file-free nail extensions do not cause microtrauma, the risk of infection is minimal.

However, it is important to consider that improper removal of the coating can negate all the advantages of the method. The use of aggressive products or mechanical tearing off of the gel damages the nail plate.

To maintain the health of your nails, it is recommended to take breaks between extensions and use strengthening products. This is especially important for clients with weak nails.

In general, file-free nail extension is one of the safest methods that allows you to maintain the health of your nails with proper care.



**Fig. 1.**

### **Aesthetic aspects**

File-free nail extensions give a natural result that is difficult to distinguish from natural nails. The coating replicates the texture and shine of a healthy nail plate, making it ideal for everyday wear. However, the technique is limited in design

possibilities. Volumetric decorations, complex gradients and some types of painting may not hold well on an unprepared surface.

This method is ideal for lovers of minimalism. It allows you to create a neat and well-groomed look without unnecessary artificiality.

Another plus is the absence of the "effect of extended nails". The coating looks thin and light, which is especially important for clients who do not like massive structures. However, if desired, you can add a small design, for example, a moon manicure or delicate patterns. The main thing is to use materials with good adhesion. In general, file-free extensions are an excellent choice for those who value naturalness and simplicity.

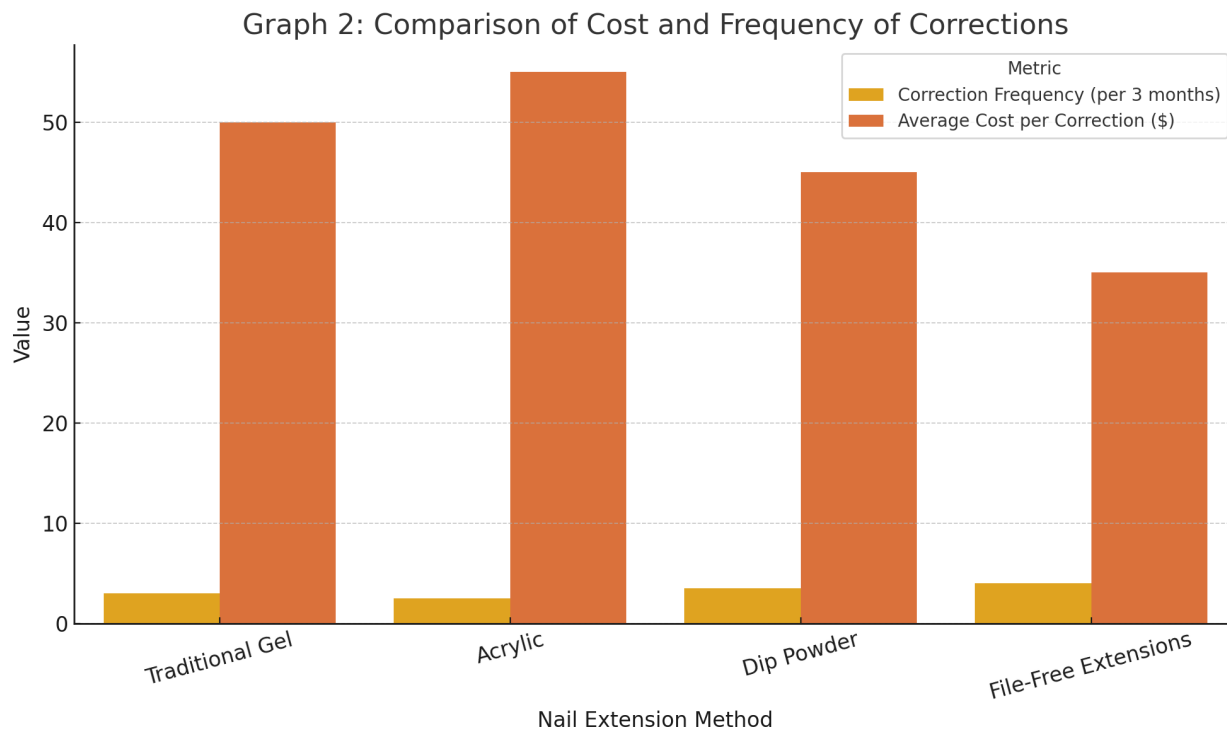
### **Economic feasibility**

The cost of file-free extensions can be higher than traditional ones due to the use of specialized materials. However, in the long run, the method may be more profitable.

Since the nails remain healthy, the client does not need to spend money on restoration procedures. This reduces the overall cost of care.

Correction is required more often - every 2-3 weeks. But the cost of each procedure is usually lower than with traditional extensions.

For professionals, file-free extensions can become an additional source of income. The service is in demand among clients who care about the health of their nails. In general, the method is economically justified for those who are ready to invest in long-term preservation of nail health.



**Fig. 2.**

### **Recommendations for choosing a method**

When choosing between file-free and traditional nail extensions, it is important to consider the condition of the nails. For thin and weakened plates, a gentle technology is better.

For clients who want a long-lasting coating, it is worth considering the traditional method. However, it is important to remember the risk of damaging the nails.

If you are prone to allergies, it is recommended to use hypoallergenic gels. In this case, file-free nail extensions are preferable.

For complex designs, it is better to choose traditional nail extensions. They will provide better adhesion of materials.

Finally, it is important to contact trusted professionals who use high-quality materials. This guarantees a good result regardless of the chosen method.



**Conclusion.** File-free nail extensions are a modern and safe technology that combines a gentle effect and a natural result. The method has both advantages and limitations that are important to consider when choosing.

The main advantages are maintaining healthy nails, reducing the risk of infection and speed of the procedure. Disadvantages include less durability and limited design options.

The choice of method should be based on individual needs and the condition of the nails. In any case, it is important to trust the procedure to professionals and follow the care recommendations.

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