

THE COMPLETE

# *PRESS-ON* *Nail Sizing* *Guide*

Measure · Match · Order with Confidence

## **What's inside:**

- ◆ How to measure your nails correctly
- ◆ Full sizing chart — all 10 fingers
- ◆ Nail shape guide (7 shapes explained)
- ◆ Size comparison chart by brand standard
- ◆ Prep & application tips for longest wear
- ◆ Aftercare & removal guide
- ◆ Reorder & re-sizing tracker

**Perfect Fit, Every Time.**

## PRESS-ON NAIL SIZING GUIDE

### How to Measure Your Nails

Getting an accurate measurement is the most important step for a perfect press-on fit. A poor fitting nail will lift, pop off, or feel uncomfortable, all of which are avoidable.

Follow these steps carefully before filling in your sizing chart.

#### What You Need

- ◆ A flexible tape measure OR a thin strip of paper and a ruler
- ◆ A pen to mark your measurement
- ◆ Good lighting so you can see your nail clearly
- ◆ Both hands measured — your dominant and non-dominant hand may differ

#### Step-by-Step Measuring Guide

STEP	ACTION	WHAT TO NOTE
1	Place the tape measure or paper strip across the widest point of your nail, side to side, not tip to cuticle.	Width in mm
2	Note the number in millimetres. Round up if between sizes, a slightly larger nail is always better than one that's too tight.	Write it down
3	Repeat for all 10 fingers. Do not assume your nails are symmetrical, most hands vary by at least one size between fingers.	All 10 fingers
4	Measure on your natural nail with no polish. Polish thickness can affect the fit slightly.	Bare nail only
5	If in doubt between two sizes, always go larger. You can file a larger nail smaller. You cannot make a small nail bigger.	Size up

#### ◆ PRO TIP

Always measure both hands separately. Most people have one hand slightly wider than the other, especially on the thumb and index finger. Find nails that have half sizing if possible.

## PRESS-ON NAIL SIZING GUIDE

### My Nail Sizing Chart

Measure each nail at its widest point (side to side) and record your size below. Refer to the Size Guide on the next page to match your measurement to a press-on size number.

FINGER	LEFT HAND Width (mm)	LEFT HAND Size #	RIGHT HAND Width (mm)	RIGHT HAND Size #
Thumb				
Index				
Middle				
Ring				
Pinky				

♦ **PRO TIP**

Print this page and keep it in your nail kit. Once measured, you'll know your exact size every time you order! No guessing!

**My Notes:**

## PRESS-ON NAIL SIZING GUIDE

## Press-On Size Reference Guide

Most press-on nail brands use a numbered sizing system from 0 (largest) to 9 (smallest). Use the chart below to convert your millimetre measurement to the correct size number.

SIZE #	WIDTH (mm)	TYPICAL FINGER	NOTES
1 <sup>0</sup>	17–19mm	Thumb (wide)	Largest size suits wider thumbs and broader nail beds
2	15–17mm	Thumb	Most common thumb size for medium hands
3	14–16mm	Index / Thumb	Versatile size — works across multiple fingers for some
4	13–15mm	Index / Middle	Common index finger size for average hands
5	12–14mm	Middle / Index	Slightly narrower — suits smaller index and middle fingers
6	11–13mm	Middle / Ring	Average ring finger size for most hands
7	10–12mm	Ring	Common ring finger size — also suits narrower middle fingers
8	9–11mm	Ring / Pinky	Narrower sizing — suits petite hands and smaller ring fingers
9	8–10mm	Pinky	Most common pinky size for average to large hands
10	7–9mm	Pinky (narrow)	Smallest size — suits very petite hands and narrow pinkies

◆ **PRO TIP**

Sizes vary slightly between brands. If switching to a new brand, re-measure or order two adjacent sizes your first time to find your best fit.

## PRESS-ON NAIL SIZING GUIDE

## Après Gel-X® Size Reference

Après Gel-X is the industry-leading soft gel tip system and the most widely used by nail techs worldwide. Their current range includes 14 sizes total – with half sizes (4.5, 5.5, 6.5) and the extra large thumb 000 for the most accurate, inclusive fit. Use this chart to match your millimetre measurement to an Après size.

APRÉS SIZE	APPROX. WIDTH	TYPICAL FINGER	NOTES
<b>000</b>	18–19mm	Wide thumb	Largest size - broadest thumbs and wide nail beds
<b>00</b>	17mm	Thumb (X-Large)	Second Largest size - broad thumbs and wide nail beds
<b>0</b>	16mm	Thumb (Large)	Common large thumb size
<b>1</b>	15–15.5mm	Thumb (Medium)	Most common thumb size for medium hands
<b>2</b>	14.5mm	Thumb / Middle	Small thumb or a wider middle finger
<b>3</b>	13–14mm	Middle / Thumb	Common middle finger; smallest thumb size
<b>4</b>	12.5–13mm	Middle / Index	Average middle finger size
<b>4.5</b>	12mm	Index	HALF SIZE — bridges 4 and 5 for a better index fit
<b>5</b>	11.5mm	Index / Ring	Common index and ring finger size
<b>5.5</b>	11mm	Index / Ring	HALF SIZE — bridges 5 and 6
<b>6</b>	10.5mm	Ring	Average ring finger size
<b>6.5</b>	10mm	Ring / Pinky	HALF SIZE — bridges 6 and 7
<b>7</b>	9.5mm	Pinky / Ring	Larger pinky or petite ring finger
<b>8</b>	8.5mm	Pinky	Most common pinky size
<b>9</b>	7.5–8mm	Pinky (narrow)	Smallest size — petite hands and narrow pinkies

## ♦ PRO TIP

Half sizes (4.5, 5.5, 6.5) come in every new Gel-X box, use them when your measurement falls between two whole sizes. Size 000 is available upon request in select shapes.

## PRESS-ON NAIL SIZING GUIDE

## Nail Shape Guide

Press-on nails come in a wide range of shapes. The shape you choose affects how the nail looks on your hand, how practical it is for daily life, and how long it will last. Use this guide to find your perfect shape.

SHAPE	DESCRIPTION & BEST FOR
<b>SQUARE</b>	Straight sides with a flat tip. Classic, clean, and practical. Great for shorter lengths. Suits wide nail beds.
<b>ROUND</b>	Straight sides with a rounded tip. Natural-looking and low-maintenance. The most forgiving shape — suits all hand types.
<b>OVAL</b>	Tapered sides with a rounded tip. Elongating and elegant. One of the most popular shapes for press-ons.
<b>ALMOND</b>	Slim sides that taper to a rounded point. Very flattering. Best suited to medium to long lengths.
<b>STILETTO</b>	Dramatic taper to a sharp point. Bold and glamorous. Less practical for daily tasks but stunning for events.
<b>COFFIN / BALLERINA</b>	Tapered sides with a flat square tip — like a coffin or ballet slipper. Trendy and versatile. Suits longer lengths best.
<b>SQUOVAL</b>	The best of square and oval — straight sides with softly rounded corners. Universally flattering and practical.

## PRESS-ON NAIL SIZING GUIDE

## Prep & Application for Longest Wear

The secret to long-lasting press-on nails isn't the glue — it's the prep. A properly prepped nail bed gives adhesive or nail tabs something clean and dry to bond to. Skip this step and your nails will pop off within days.

### Step-by-Step Application

STEP	ACTION
1	Remove any old polish and wash hands thoroughly with soap. Dry completely.
2	Push back cuticles gently with a cuticle pusher. Do not cut them.
3	Lightly buff the surface of your natural nail to remove shine. This is critical for adhesion.
4	Wipe each nail with a lint-free pad soaked in isopropyl alcohol (70%+). Remove all dust and oil.
5	Select your press-on sizes by matching your sizing chart. Lay them out in order before you begin.
6	Apply a thin layer of nail glue to the press-on (not your natural nail). Wait 3 seconds until tacky.
7	Press firmly from cuticle to tip for 30–60 seconds. Apply firm, even pressure across the whole nail.
8	Allow to fully set for 1–2 hours before washing hands or exposing to water.

#### ◆ PRO TIP

Avoid water for at least 2 hours after application, the longer the better. Water is the number one enemy of adhesion in the first few hours.

### Tips for Extra Staying Power

- ◆ Apply a thin bead of glue under the edges of the press-on after applying — this seals out water and moisture
- ◆ Avoid oil-based hand creams near the nail base — use them on your hands but keep them away from the nail edges
- ◆ File the free edge at a 45° angle after applying to seal the tip
- ◆ Avoid using your nails as tools — opening cans, peeling stickers, or scratching surfaces will cause lifting

## PRESS-ON NAIL SIZING GUIDE

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### Aftercare & Safe Removal Guide

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Proper removal is just as important as proper application. Ripping or forcing a press-on off can damage your natural nail plate. Always follow these steps for a safe, pain-free removal.

#### Safe Removal — Step by Step

- ◆ Soak your nails in warm, soapy water for 10–15 minutes to soften the adhesive
- ◆ Gently wiggle the press-on from side to side — do not pull straight up
- ◆ If resistance is felt, soak for a further 5 minutes. Never force removal
- ◆ For glue-on press-ons, if you want to re-use your set never soak in acetone
- ◆ Once removed, buff away any remaining adhesive from the nail plate gently
- ◆ Apply cuticle oil and hand cream generously after removal

#### ◆ PRO TIP

If you used nail tabs (not glue) removal is even easier — tabs are designed to release cleanly with warm water and a wooden cuticle pusher.

#### Aftercare Between Sets

- ◆ Keep cuticles hydrated with cuticle oil daily — even while wearing press-ons
- ◆ Avoid prolonged water submersion — wear gloves when washing up or cleaning
- ◆ If a nail lifts at the edge, press it back down and apply a small drop of glue to re-seal
- ◆ Do not pick or bite at press-ons — this will take the top layer of your natural nail with it
- ◆ Natural nails need moisture — apply hand cream regularly to the skin around your nails

PRESS-ON NAIL SIZING GUIDE

**My Reorder & Sizing Tracker**

Use this page to record your favourite sets, what worked, what to change, and your sizing notes for future orders. The more you fill in, the easier reordering becomes.

DATE	BRAND / SET NAME	SIZES ORDERED	FIT NOTES	REORDER ?

**My Favourite Sets**


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## A Note from Rose & Renee

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**Press-on nails have come a long way. When fitted correctly and applied with care, a good set can last up to two to three weeks, rivalling a salon appointment at a fraction of the cost. The key is always in the measurement and the prep.**

We created this kit because we know how frustrating it is to order a beautiful set and have it not fit. With your measurements recorded and this guide in hand, that frustration is a thing of the past. Share your sets and tag us — we love seeing the Rose & Renee community rocking gorgeous nails. ■

### QUICK REFERENCE — MY SIZES

Thumb (L): \_\_\_\_ Index (L): \_\_\_\_ Middle (L): \_\_\_\_ Ring (L): \_\_\_\_ Pinky (L): \_\_\_\_

Thumb (R): \_\_\_\_ Index (R): \_\_\_\_ Middle (R): \_\_\_\_ Ring (R): \_\_\_\_ Pinky (R): \_\_\_\_

My go-to shape: \_\_\_\_\_ My preferred length: \_\_\_\_\_

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**Now go find your perfect set.♦**

*—Rose & Renee Collective —*