

**Guide**

**How to choose  
an electric nail file**



# Hi there!

I'm Anastasia Milton, tutor and CEO of Nails Pro Academy. I am doing nails since 2004 and started teaching in 2007.

I started working with electric nail file after finishing beauty school right away as my first (and only) nail technician used it too. I had no idea how to use forward and reverse mode, what's the difference between diamond and carbide bits. There were no electric nail fileclasses back then, so I had to figure it out on my own.

**Choosing the right electric nail file is the first step.** It's the most important tool when doing manicure, nail prep, extensions and infills.

**It won't be a challenge for you anymore** as I gathered the most important aspects of choosing an electric nail file in this guide.



# How to choose an electric nail file?

Let's delve into the technical specifications of electric nail files.

The performance and effectiveness of an electric nail file predominantly hinge on its handpiece. In fact, approximately 70% of the overall cost of an electric nail file is attributed to the handpiece.

**When selecting an e-file, it's crucial to consider the following aspects:**

- #1** Torque
- #2** Rotations per Minute (RPMs)
- #3** Forward and reverse mode
- #4** Power
- #5** Comfortable hand piece
- #6** Standard 3/32 bits

# Torque

How can you determine if an e-file is capable of sustaining manicures, product removals, and pedicures throughout the day?

**Torque, akin to the force that propels a car forward, is pivotal.** In electric nail files, torque denotes the power driving the drill to work on nails. The average torque in the market typically falls below 2 N\*cm. Drills with insufficient torque may cease rotation during nail work.

However, the adage "more is better" doesn't necessarily apply here. Handpieces with excessively high torque often translate to unwieldy size and weight, resulting in discomfort during extended use.

Striking a balance is key, with **an optimal torque range between 2.5 to 3 N\*cm.**

For pedicures, slightly higher torque, at least 3 N\*cm or more, may be required.



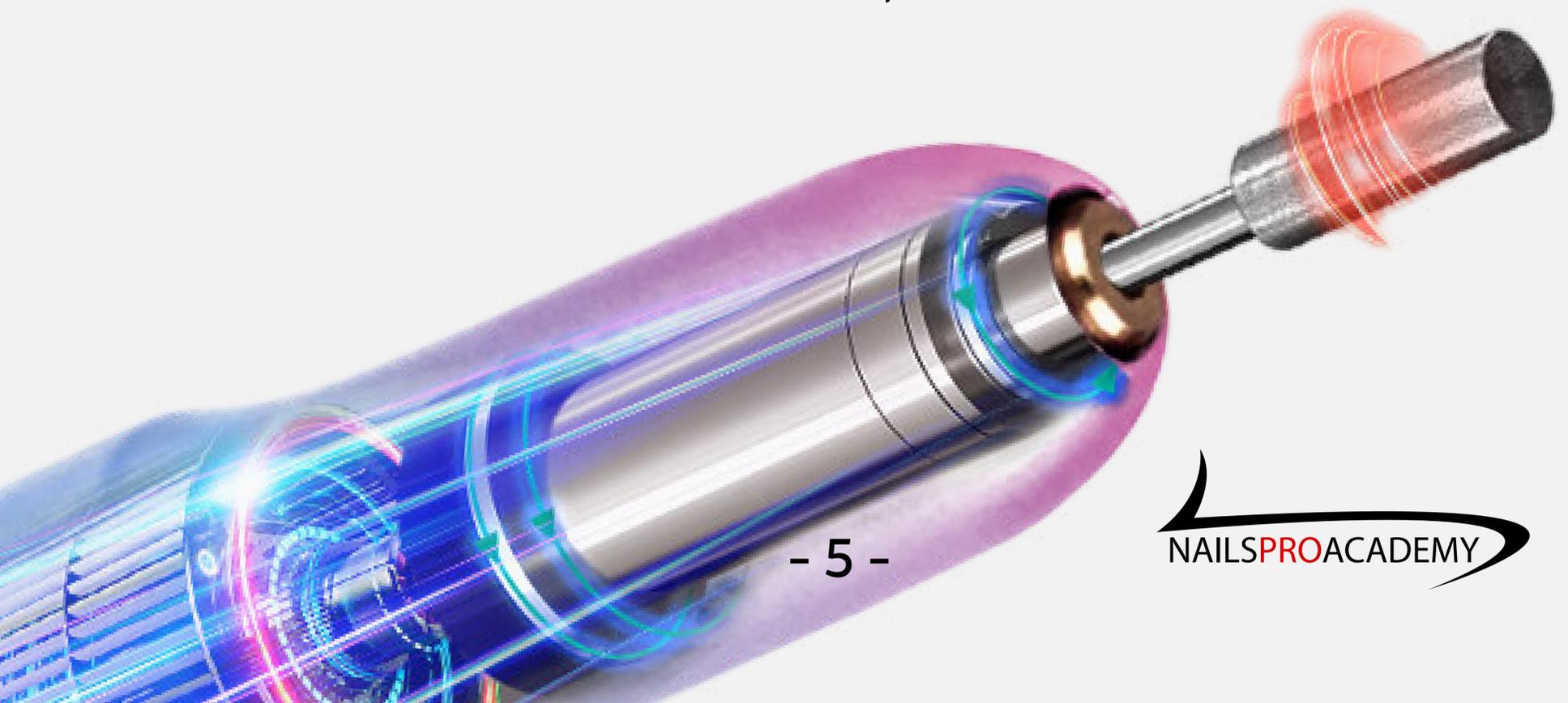
# Rotations per Minute (RPMs)

Next, consider Rotations per Minute (RPMs). Different services, products, and clients may necessitate varying speeds. For instance, using diamond bits on the skin may warrant speeds ranging from 12-18K RPMs, while **for optimal performance**, seek e-files with a maximum speed of **at least 35K RPMs**.

Electric nail file with lower speeds, such as 20K RPMs or 15K RPMs are designed for home use.

## Forward and reverse mode

For manicures and refills you will need to work forward **and** reverse. It allows you to work in different directions without holding your or client's hand in a twisted position.



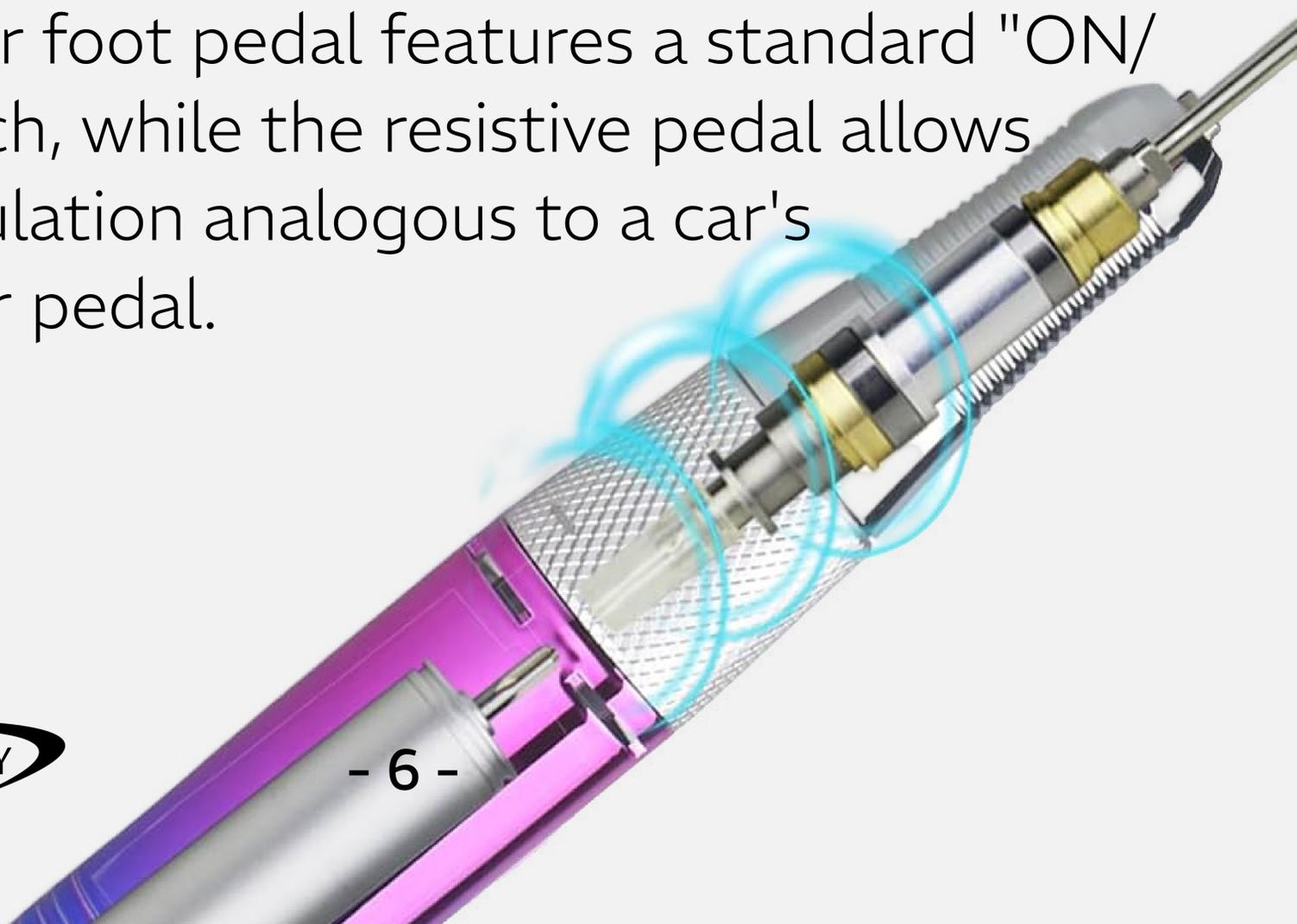
# Power

Power is another crucial factor, determining the e-file's ability to operate continuously without overheating. **Most professional electric nail files start at 45 Watts**, underscoring the importance of assessing power before purchasing a professional electric nail file.

When it comes to the control unit, features such as overload protection and feedback function are desirable. Feedback, regulated by a microprocessor, adjusts current and torque when resistance is encountered, enhancing precision and performance.

Additionally, **some e-file kits include a foot pedal**, available in regular and resistive types.

The regular foot pedal features a standard "ON/OFF" switch, while the resistive pedal allows speed regulation analogous to a car's accelerator pedal.





## Comfortable hand piece

If it's too heavy you won't be able to work fast and it won't feel comfortable. Hands and wrists will hurt after a long working day with such hand piece.

## Standard 3/32 bits

**Very important part.** You will need plenty of different bits to work with. It's extremely hard to find a good one of a «non-standard» size.

By considering these technical specifications, you can make informed decisions when selecting an electric nail file suited to your professional needs.

