

The Ultimate Nail File Grit Selection Matrix

A definitive reference cheat sheet to protect natural nail health and prevent accidental plate thinning.

VISUAL GUIDE: DECODING THE GRIT RULE

LOW GRIT NUMBER (80–150)	HIGH GRIT NUMBER (240–4000+)
Aggressive & Rough Particles • Cuts Heavy Product Bulk Fast	Ultra-Fine & Micro Particles • Smooths & Polishes Nails Safely

THE MASTER SELECTION MATRIX

Grit Range	Classification	Approved Tasks / Core Uses	Safety Limit Label
80 – 100	Extra Coarse / Coarse	- Shortening extreme length - Shaping thick acrylic or polygel extensions - Removing sidewall product bulk	CRITICAL WARNING: Keep completely off natural nail plates.
150 – 180	Medium	- Contouring extension surface apex layers - Blending tips - Prepping resilient extensions before topcoat	ENHANCEMENTS ONLY: Too aggressive for bare natural free edges.
240	Fine	- Shortening natural free edges - Precision almond/oval shaping - Removing natural shine before gel prep	NATURAL SAFE: Perfect baseline for bare nail plates.
400 – 600	Medium-Fine Buffer	- Removing minor surface ridges - Smoothing surface scratches - Evening out extension boundaries	BUFFING ONLY: Safe for light natural surface refinement.
1000 – 4000+	Ultra-Fine Shiner	- Final stage mirror-polishing - Compressing keratin layers for glass-like shine without clear coat	HIGH SHINE: Zero friction risk if used in brief, light bursts.

■■ CRITICAL EDUCATION NOTE: THE PERPENDICULAR FILING RULE

Always maintain a strict 90-degree perpendicular file position against the natural nail edge. Tilting your manual tool inward underneath the tip thins the vital lower wall support zones, causing the nail plate to split, flake, and lift horizontally within days. Never execute back-and-forth sawing motions; file fluidly in a single corner-to-center sweep to lock keratin cells flat.