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# July 2018



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#### **COVER CREDITS**

Nails: Shelena Robinson & Heather Reynosa, CND; Photography: Cory Sorensen, corysorensen. com; Makeup: Johny Saade; Hair: Christophe Saluzzo; Model: Alyona Korinchuk, Hollywood Model Management; Digital Imaging: Art Vasquez, RP Digital.

Check out the behind-the-scenes video of our cover shoot at nailpro.com/videos/behind-the-cover.

# IN EVERY ISSUE

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## **DEAR ME**

nailpro.com/nail-techsreveal-best-advice-foryounger-selves Thirteen nail pros look back on the advice they wish they knew when they were starting out.





#### TIPS AND SIPS

nailpro.com/ advanced-wearmanicure Check out 10 of the best manicure and cocktail combos, courtesy of ibd Advanced Pro Lacquer.

#### STORY TIME nailpro.com/how-to-

instagram-stories Learn how to build your brand and connect with clients using the industry's top social media platform.





#### UNDER THE SEA

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## EDITOR'S NOTE

i\_heart\_nailart



EYE ON ... Gena del Portillo (@i\_heart\_nailart) has taken Miami's nail world by storm-and has me doing some serious hearting on IG with her amazingly realistic 3-D and hand-painted designs.





Los Angeles, so I popped on by to see the unveiling of *brand new* CND Shellac Luxe and talk all things nails with senior VP of marketing Carina Breda.

Suppression of the second seco

# ON MY RADAR

#### LONG WEAR AND LASTING TRENDS INSPIRE NP'S EXECUTIVE EDITOR STEPHANIE YAGGY LAVERY.

Summer days are punctuated by hot nights and bold brights—and whether traipsing through the sand or sporting haute hues, those pops of color require some serious staying power. That means long-lasting, chipfree wear *and* a palette that stands the test of time. Offer clients a more permanent approach to color this season with hybrid lacquer, dip services or gel polish. Need more inspiration? Check out "20 Tips for Flawless Gel

slavery@creativeage.com Stephanie Yaggy Lavery @ @steph\_lavery Manis" (p. 68) for some tech-tested advice and the hottest summer gel polish hues.



BACK STAGE CND education ambassadors Shelena Robinson and Heather Reynosa lend their creative spirit to this month's cover-complete with behind-the-scenes tip treasures and entertaining antics! «Creating the Cover, p. 16»



back in time to Rydell High (in the actual Scorpions car from the "Thunder Road" scene!) courtesy of the limited-edition OPIxGrease collection.



#### **MY MANICURE**

Sometimes a great nail shape with a swipe of bold color is all you need to feel super chic. My summer tips are the work of Tiffany Frazier (@frazinails) at Sugar & Co. Nail Parlor in Sherman Oaks, California.

**PEACH** You had me at Bellini: Sweet and frothy orange hues get me giddy, and these gel polishes are ideal for summertime tips and toes! «ibd Just Gel Polish Pinkies & Cream (glitter peach) and Glow Up (coral), ibdbeauty.com»



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Black

Leaves nails with

This professional

file is exceptional for

shaping wraps, gels

a smooth finish

or natural nails

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# $CREATING THE \ COVER \ | \ {\rm by \ stephanie \ yaggy \ lavery}$











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# Sand & Stone

If you've ever drooled over some of the awe-inspiring nail work that's come out of New York Fashion Week, then you're no doubt familiar with dynamic duo Shelena Robinson and Heather Reynosa. The pair of CND education ambassadors take an almost scientific approach to nail design artistry: They weigh the length of the nail bed; measure the influence of the design across all 10 nails; and think about color, composition and style before diving in. To create our cover look, the pros started by extending the model's already glorious nail plates with acrylic just for some added length. Then, they utilized the brand-new addition to the CND product family: Shellac Luxe. The newest iteration is a two-step system (no base coat needed!) that provides not only luminous shine and 60-second removal (what?!), but it can also be used to create nail art-as seen in the 3-D pebble design running the length of a few tips. From the hot pink hue to the various art techniques (loving the sugared white accents), Reynosa and Robinson proved to be true creative masters. But if you think that means behind-the-scenes was all business, think again. These artists were all smiles and big laughs, from their music selection ('90s rap, anyone?) to their interview (which had the entire crew in hysterics)-a winning combination for this summer cover for sure.

MULTIPURPOSE POWDER Sculpting Powder played dual purpose in this set: for lengthening the nails and as an art element for a flocking/sugaring technique.



BUSINESS | TRENDS | NEWS | PRODUCTS | BY LOTUS

Olivia Munn's nail look on page 96!

GETTYI MAGES/MATT WINKELMEYER/MG18

# **DIVINE INSPIRATION**

Easily living up to its reputation as "fashion's biggest night out," the 2018 Met Gala did not disappoint. Celebrities, fashion designers and other A-listers who were lucky enough to snag an invite to the annual fundraising bash for the Metropolitan Museum of Art's Costume Institute in New York dressed in their "Sunday best," decked out head to toe in custom creations invoking this year's theme, "Heavenly Bodies: Fashion and the Catholic Imagination." Nail techs got into the holy spirit as well–from cross-encrusted to hand-painted, there was no shortage of nail art to be seen. Check out some of our favorite nail looks from the star-studded evening. >>>>

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### TIP OFF



**Cardi B** The rapper hit the red carpet in a creamy hand-beaded Moschino confection (reportedly weighing 30 pounds) that was fit for a renaissance queen–*and* her royal baby bump. Meanwhile, under those gem-covered gloves she wore a pearl- and Swarovski crystal-encrusted manicure by Jenny Bui–no nail surface area left untouched! Blake Lively After seeing how well she nailed this year's Met Gala theme, we've got a serious girl crush on Blake Lively. Her custom red wine Versace gown with jeweled bodice and goldembroidered train reportedly took 600 hours to make and required a party bus to transport, and her diamond-studded halo and \$2 million worth of Lorraine Schwartz jewelry provided plenty of sparkle. But what really sealed the deal for us was her custom red chrome Kiss mani embellished with Swarovski crystals created by Elle (@enamelle). The design, which even incorporated the underside of the nails, was inspired by stained glass windows.



Priyanka Chopra We're more than a little obsessed with actress and singer Priyanka Chopra's oxblood velvet Ralph Lauren gown, which was topped off with a gold beaded hood that the designer said took more than 250 hours to create. Perfectly complementing the look was Chopra's glittering manicure, courtesy of Pattie Yankee (@pattieyankee). "I used [Zoya Nahla polish] to create Priyanka's 'naked glitter' look that became an extension of her chunky gold glitter body makeup," Yankee



Ri Britoni Britoni Migisan Sa ann ch



**Rihanna** "Pope" Rihanna brought devout fashion fans to their knees with her glittery Maison Margiela papal dress and mitre headgear, but who could ignore her manicure? Maria Salandra (@redhotnails) created an aged effect on the nails using chrome pigment topped with Tammy Taylor Into the Matte, and then embellished them with Swarovski crystals secured with Aprés Diamond Gel.

 $2\theta \mid$  NAILPRO JULY 2018



Selena Gomez The angelic Selena Gomez accessorized her sheer custom Coach gown with a dazzling metallic mani by Tom Bachik (@tombachik), who achieved the look using a custom blend of OPI A Mirror Escape and Top the Package With a Beau. Nicki Minaj Rapper Nicki Minaj was ready to raise a little hell on the red carpet in her devil-inspired Oscar de la Renta gown and red-and-black ombré manicure embellished with crystal crosses by Naomi Yasuda (@naominailsnyc).



Ariana Grande Singer Ariana Grande channeled the Sistine Chapel on the red carpet with a Vera Wang ball gown inspired by Michelangelo's "Last Judgment" and nails by Natalie Minerva (@nail\_swag). "I thought we should go with a classic Italian vibe, so gold was a must," Minerva says. "I had custom Sistine Chapel decals printed by Cha Cha Covers, and created a golden frame like a classic painting in a museum using 24-karat gold chrome powder and gold Japanese lace and border stickers."

GETTY IMAGES/GEORGE PIMENTEL; DIA DIPASUPAL/WIREIMAGE; (NICKI IMINAJ) GETTY IMAGES/DIA DIPASUPAL/WIREIMAGE; 3ES/NEILSON BARNARD; GETTY IMAGES/SEAN ZANNI/PATRICK MOMULLEN; (ARIANA GRANDE) KARWAI TANG; NATALIE MINEF





**Cynthia Erivo** British actress and singer Cynthia Erivo's intricately embellished nail look–painstakingly created by Gina Oh (@ohriginails)–was one of the most talked-about of the evening. An illustration inspired by Michelangelo's Sistine Chapel painting "The Creation of Adam," reinterpreted with two black women, covered three nails, while the others featured tiny multicolor crystals and gold baubles, miniature religious portraits and even a dangling rosary chain.

## TIP OFF

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# PEACE OF MIND

Candle •

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ORLY

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SPA

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Collagen

The hustle and bustle of a busy nail salon can sometimes feel overwhelming, but you can create a calming atmosphere reminiscent of a luxurious spa by simply incorporating a few thoughtfully selected products designed to relax the body and soothe the senses. Offer clients a small escape with a scented candle, banish stress with a cooling eye mask or pamper skin with ultramoisturizing collagen gloves. Here are a few of our top picks for transporting your guests to a state of bliss.

3

ONE PAIR GLOVES I NET OSH LOZ (1844)

8

1. BCL Ultrasonic Mist Diffuser, bclspa.com 2. Jaded Candle Coconut Lime Vervena, jadedcandle.com 3. Farmhouse Fresh The Herbal Farmpress, farmhousefreshgoods.com
 4. Voesh Collagen Gloves, voesh.com 5. CND Spa Cucumber Heel Therapy.cnd.com 6. Rosy Rings Yuzu & Wild Palm Petite Oval Botanical Candle, rosyrings.com
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### TIP OFF

### SERVICE KIDS ZONE

Grownups aren't the only ones who enjoy indulging in spa manicures and pedicures; even pint-size princesses need a little pampering now and then. Whether its at a child-centric business, like Milk & Cookies Kids Spa and Salon in New York, or a salon geared toward adults, servicing kids can help boost revenue, as well as build lasting relationships with your community, according to Cindy Feldman, founder and owner of Progressions Salon Spa in North Bethesda, Maryland, which has been open for nearly 34 years. "We're primarily an adult salon, but we also offer children's services because we know that they're going to grow up one day and embrace Progressions as a brand that they'll be familiar with throughout their lives," she says. Not sure if adding kids services to your nail menu is the right move? "Talk to your clients to find out what would be useful in your market and what will make you money," says Milk & Cookies co-owner Teychenne Whitley. If you're ready to dive in, here are a few tips for catering to kids. >>>>





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### TIP OFF

#### KIDS ZONE

Keep services short. At Milk & Cookies, kids' nail services typically take 10 to 20 minutes and include cutting and filing nails, pushing back cuticles-techs don't use nippers-and polishing. "Kids' nails are small and fragile, so we're very careful with them," says Whitley. "They also don't need as much maintenance as an adult."

**Price accordingly.** Nail services for kids tend to run around 35 percent the price of adult services. Progressions offers tiered pricing, with kids ages 11 to 14 paying slightly more than those under 10.

Offer perks. Milk & Cookies treats kiddie clients to a cookie and chocolate or strawberry milk with every service, along with complimentary nail art, while Miracle Nails in Phoenix provides kids with portable devices so they can watch their favorite movies.

**Be picky about products.** Use products geared for kids or opt for gentle, nontoxic products that work for both adults and children–or, mix up customized scrubs and lotions, as Milk & Cookies does, in sweet scents like vanilla and grape.



Give them what they want most ... Glitter. And lots of it, along with bright polish colors and fun, simple nail art designs, like flowers or polka dots. "Whether silver, gold or multicolor, kids usually leave the salon with sparkles," says Whitley.

Play with your decor. Create a welcoming corner for kids in your salon with junior-size pedicure thrones and whimsical throw pillows, or take a cue from Progressions by providing a small play area with books and crayons for them to enjoy post-service. "The more kid-friendly you can make your salon, the better. Remember, they're your future adult guests," Feldman says.

#### RECIPE

## Lavender Oatmeal Bath

Looking to step up your pedicure services? It's easy to whip up a customized foot soak with natural, inexpensive ingredients that can be found at your local market, according to Janice Cox, bestselling author of Natural Beauty for All Seasons. Powerful mineral Epsom salt, for example, relaxes muscles and improves circulation, making it a perfect addition to any pedicure soak. Here, Cox shares her comforting Lavender Oatmeal Bath recipe. "Lavender has a relaxing scent, and oatmeal calms the skin," says Cox. "Combined with Epsom salt, the bath is naturally refreshing, cleansing and soothing for both body and mind." -Dina Ciccarelli

Ingredients

1 cup Epsom salt 1⁄4 cup dried lavender flowers 1⁄2 cup oatmeal (whole oats)

1. Place the lavender and oatmeal in a food processor or blender and process on high until it is a fine mixture that resembles whole grain flour.

**2.** In a bowl, stir the lavender-oatmeal mixture with Epsom salt, and pour it into a clean, dry container.

Find more Epsom

salt recipes on

nailpro.com.

**3.** Add a ½ cup Lavender Oatmeal Bath to a basin as you fill it up. Soak clients' feet for 15 to 20 minutes.



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### TIP OFF

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## TIP OFF

# Tom Bachik OPI Brand Ambassador

Known as the celebrity "mani-curist," Tom Bachik works with some of the biggest names in Hollywood, including Jennifer Lopez, Selena Gomez, Kendall Jenner, Heidi Klum, Victoria Beckham and Kerry Washington. The 20-year industry vet's work has appeared in such notable publications as *Vogue*, *Vanity Fair*, *Elle*, *Allure* and *InStyle*, to name a few, as well as campaigns for Chanel, Gucci, Versace and Armani. Once a graphic artist and skateboarder, Bachik sold custom-painted helmets before deciding to attend beauty school and pursue a new career path in nails. See what's inspiring him now:





1. Café Racers "I'm totally into motorcycles right now. My son and I both have café racers that I love to work on. There's a big trend in beauty that what is old is new again. The café racer follows the same principle: Take an old style and reinvent it in a new or modern way. That's pretty much how I approach designing nail styles."

2. OPI Lisbon Collection "I love color, especially fun, high-energy shades. The fact that the inspiration for this OPI collection comes straight from the streets of Lisbon makes it all the cooler."

3. Music "I spend an average of four to five hours a day in my car driving to and from clients. I listen to a lot of music from bands like Switchfoot, Hillsong United and MercyMe. Pandora helps keep me inspired-and sane."

4. Ready Player One "I love tech and sci-fi, especially when combined. The book and movie are totally different, but both entertaining (I prefer the book). I'm always inspired by stories where you can become anything you want to be, because I believe you can."

**5. Minimalism** "I'm really into the use of color, art and effects in a clean, chic and simplistic way–a unique pop of color on a nude nail, a deliberate but random metallic accent, or the use of a sheer chrome to change the depth and feel of your color to achieve an effect that isn't possible with color alone."



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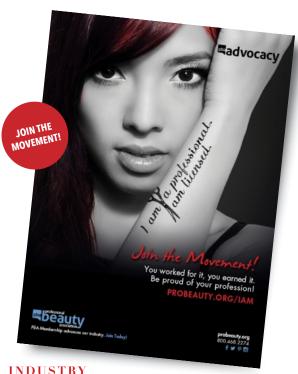
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### TIP OFF

### FASHION STEP UP

Perfect for showing off a new pedicure, Oka B's flip flops (oka-b.com) are durable, anti-slip and machine washable, making them ideal for use in nail salons and day spas or for retail. The flip flops come in a wide range of colors and styles, like the Faith, shown here in Sea Foam, all featuring gentle massage beads and arch support. They can also be customized with the salon's name on the heel label through the company's private label service. Feel good bonus: Oka B shoes are vegan and recyclable through the company's postconsumer recycling program.





# Take Action

In order to receive a license, beauty professionals must complete hundreds of hours of schooling, graduate from a cosmetology program and successfully pass a state board exam-no small feat. Having a license promotes consumer protection and safety, but many state lawmakers across the country are in the process of introducing legislation that would deregulate the cosmetology industry (or have passed it already). That's why the Professional Beauty Association (PBA) is encouraging all beauty pros to join the I Am Licensed. I Am Professional. Movement to learn the facts to help educate clients about the importance of seeking services from licensed professionals. Learn more at probeauty.org/iam.

### NEWS MOVING UP

OPI has announced that Rebecca Brown, formerly OPI senior manager influencer marketing, has been promoted to director, influencer marketing of OPI North America and global professional beauty.

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### TIP OFF

# All That Glitters

At the Beautycon Festival New York, held at Manhattan's Javits Center in April, Swarovski partnered with A&E Networks to add a glamorous touch to Lifetime's Shade of Swagger space by offering attendees complimentary crystal-bedazzled gel manicures. Celebrity manicurist Mar y Soul Inzerillo (@nailsbymarysoul) created four sparkling designs







for guests to choose from in red, white, blue and yellow, inspired by Lifetime's documentary series "Her America." But the crowd favorite was a white gel polish and sparkling Swarovski crystal eyelash mani that Inzerillo created for British model and Beautycon panelist Iskra Lawrence—which took her a whopping 10 hours to complete!



### NEWS CATWALK CREATIVITY

With CND education ambassador Torie Bastian (@thepolishedpinky) serving as a mentor, CND team members Gina Cella (@ginacellala), John Nguyen (@jcnguyen88) and Trisha Lee created artistic nail looks for the 6th annual Beauty Changes Lives (BCL) Experience, held at the Modern Wing of the Art Institute of Chicago during America's Beauty Show in April. Benefitting the BCL Foundation, which provides scholarships to help emerging and established beauty

professionals advance their careers, the event showcased the work of next-gen beauty pros and their mentors from eight prominent professional beauty brands, who each put their own spin on the evening's theme: "Exposed." CND's "Limitless" presentation featured extraordinary tips with hints of metallic and purple as well as graphic touches, plus one brilliant set that literally lit up the runway.

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collection by



223 Aqua Clouds

224 Wild Orchid

225 Hazy Forest

Silhouettes

226

Subtle

227 Snowflake Frosting

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### TIP OFF





### BUSINESS Toast of the Town

It's not uncommon for upscale salons to offer their clients a complimentary glass of wine with services, especially in California, where the recent passage of the "Drybar bill" made the practice legal. ZaZa Nail and Wine Lounge in San Francisco, however, has taken the concept to a whole new level, offering guests the opportunity to *purchase* a glass, or even a bottle, from a sommelier-selected menu of white, red, rosé and bubbly wines. "We offered complimentary wine after the bill passed, but we couldn't really offer quality selections," says ZaZa owner Rachel Cheng, who opened her salon in 2005.

Recognizing that many of her clients were interested in drinking wine during services and when they booked parties at the salon, Cheng decided to apply for a liquor license in 2016. Around the same time, she met sommelier Allegra Angelo, who created a curated wine list especially for ZaZa. After completing a renovation that included the addition of a chic wine lounge at the front of the salon, Cheng officially launched the new concept and branding in January of 2017, aptly summed up by the salon's hashtag, #GetPolishedDrinkWine.

"Our motto is low-sugar, natural, no headache wines," says Cheng, adding that the focus complements the salon's emphasis on nontoxic beauty and nail services featuring natural and eco-friendly products, many of them made in-house. "Most of them are from France or Italy, though we do have some local wines as well." Wine menus are displayed at every station, and selections are updated every few months. ZaZa holds tasting events every other month, where guests can purchase packages that include a manicure or pedicure. The salon also introduced happy hour pricing (\$5 for a



glass of wine) from 2 p.m. to 4 p.m., Monday through Thursday, when business is typically slower. Parties have been popular as well. "We stay busy during the week with many back-to-back company functions," she says. "They blow away bridal showers and bachelorette parties for us."

Cheng's hybrid business model has helped her establish a new revenue stream-essential in the salon's high-rent neighborhood that's home to tech titans like Dropbox and Strava-as well as attract new clients. "Nail salons are a dime a dozen; you come in here and it's a little more of an experience," she says. "I think this concept would also do great somewhere else where rent is less expensive."

(From top) Clients enjoying wine and pedis at ZaZa Nail and Wine Lounge in San Francisco; owner Rachel Cheng.

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### PORTFOLIO

# Set in *Stone*

NAILPRO readers have honed their marble mani skills-a luxe look that celebrates imperfections. Take a look at some of their best designs.







❶ Alyssa Fronce @akf\_nails ❷ Nancy Bergeron @nailz.by.nancy ❸ Amanda Leong @\_allured ❹ Misty Staiert @nailsbymistyk Hilda Custodio @paytonmanisDayna Boissoneault @daynie

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### PORTFOLIO













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If you'd like to submit your own nail art for NAILPRO's Portfolio, look for the next theme by following @nailpromagazine on Instagram. Then, send an email to nailpro@creativeage. com that includes your name and Instagram handle along with your high-resolution photos. By emailing your photos, you grant Creative Age Publications the right to use any of your submitted images in NAILPRO magazine, corresponding electronic media and/or marketing materials without any compensation. In addition, you grant Creative Age Publications the right to these images for future use without any compensation due.

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### POLISHED LOOK | BY KARIE L. FROST

**Dolce & Gabbana** 

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Philosophy di Lorenzo Serafini

# Chasing Rainbows

Somewhere over the runway, designers bundled not one, not two, but all of the colors of the rainbow into cheery pieces that might not come with a pot of gold, but certainly will have you looking like a million bucks. These pigment-piped wares are not your typical odes to the elusive ROYGBIV arch. Think: a corset interwoven with rainbow bright ribbons at Dolce & Gabbana or a strategically placed cascade of gargantuan rhinestones arranged into a spectrum-approved ombré at Jeremy Scott. Materializing as groovy waves at House of Holland, bands of literal wording at MSGM or vivid stripes couched by black at Philosophy di Lorenzo Serafini, these new multihued takes on the trend certainly present you, the nail artist, with a variety of ways to chase the rainbow with your nail art. Guest artist Jessica Tong-Ahn spun the color wheel in two different directions, minimalist and over the top: as a 3-D bloom of hues, creating a rainbow effect with various rhinestones, and as simple hand-painted striping designs. Tong-Ahn proves that this trend offers a rainbow of options.

House of Holland



Guest Artist: Jessica Tong-Ahn is an editorial nail artist, brand consultant and Smith & Cult brand ambassador.

Jeremy Scott

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### $\operatorname{WORKSHOP}|$ by dina ciccarelli

# Art Attack

#### THE ROAD TO FLAWLESS NAIL ART CAN BE RIDDLED WITH BARRICADES. AVOID ROADBLOCKS WITH THESE EXPERT TROUBLESHOOTING TIPS.

Being able to execute nail art designs takes time and skill, which is why you can charge more for these services. But what happens if something goes wrong? No one wants to take time away from new clients to deal with someone who comes back to the salon with botched nail art needing a fix. To help combat some of the more common service breakdowns, we've enlisted a few seasoned nail artists to provide their best application advice. With these techniques, your nail art looks will last long after your clients leave the salon.



#### THE PROBLEM IMPRECISE LINE ART

**THE SOLUTION** Hand-painted nail art is definitely the most time-consuming nail art service–particularly when it involves painting fine lines–but it can also be the most rewarding. For one, you get to show off your creative chops. For another, you can charge accordingly depending on what your client is asking for. Like most skills, practice makes perfect, and when it comes to painting fine lines, practicing hand-painting techniques allows you to streamline your services because you've worked out all of the kinks before the client sits in your chair.

• Place gel paint on a tile or work surface. Drag a striping brush through the paint, leaving a small bead at the end of the brush.

<sup>2</sup>Continue dragging the brush through the gel paint until the tip of the brush comes to a point.

• Practice painting lines on the tile, applying different amounts of pressure to each stroke. Test opacity, line size and fading techniques.

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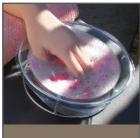
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PEDICURE



MANICURE















**ROTATING TABLE** 



### WORKSHOP







#### THE PROBLEM LIFTING STRIPING TAPE

THE SOLUTION Striping tape can be used to create a multitude of geometric shapes and designs, but your hard work will be all for naught if it lifts off of the nail. Giving your striping tape an extra bit of security is a good way to ensure that it doesn't lose its adhesive. "When working with striping tape, make sure you leave a small gap around the edge of the nail," advises nail tech Bel Townsend (@sohotrightnail). "That way you can fully encapsulate the tape."

• Before removing the striping tape from the roll, measure the tape alongside the nail so you know how much to cut.

<sup>2</sup> Place the tape on the nail and use a silicone brush to press it down securely.

• To encapsulate the striping tape, apply one coat of builder gel and cure. Finish with gel top coat.







#### THE PROBLEM CHIPPING CHROME

THE SOLUTION The technique for applying chrome can look easy enough, but when chrome chips, the process to fix it is anything but simple. Laying down a good foundation makes all the difference for long-term wear. "Chrome is very sensitive," explains Los Angelesbased nail artist Sabella Snyder (@sweetbcreations). "Make sure your top coat application is even and smooth. If you apply chrome on top of a lumpy surface, it's more likely to chip than when applied to a smooth nail plate."

• Apply a thin application of nowipe top coat and cure.

<sup>2</sup> Apply chrome pigment to the nail using an eye shadow applicator or silicone brush that holds very little chrome pigment. This will help you avoid lumpy application, which can result in chipping. Apply another coat of no-wipe gel top coat and cure to seal the chrome.

Is Finish with a layer of traditional gel top coat and cure.



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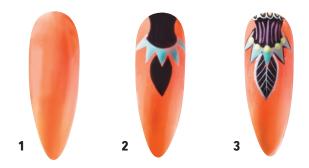
Spice Market India's grand spice bazaars open the senses and spark creativity.



"I was inspired by the intricate, bright designs of the tapestries and fabrics."-Sabella Snyder



SABELLA SNYDER (@sweetbcreations) is a Los Angeles-based nail artist.



Step 1 Apply two coats of orange gel polish.

Step 2 Use a detail brush to create an hourglass shape at the base of the nail with black gel paint. Then, paint a crown at the bottom of the hourglass shape with teal gel paint. From the center of the crown, paint a black leaf.

Step 3 Use a liner brush to paint pink lines on the hourglass shape. Outline the leaf and create veins at the center with white gel paint. Use a dotting tool to apply yellow gel paint to the top and bottom of the hourglass shape. Then outline the top of the hourglass with white. Seal with top coat.





Step 1 Apply two thin coats of black gel polish. Then, use a detail brush to paint a thin, curved line up the nail with green gel paint. Use pink, orange and yellow gel paint to create an imperfect circle at the tip of the green stem.

Step 2 Paint yellow hearts coming out from the center of the flower, blending them together at the base to create petals. Then, use a dotting tool to create tiny dots to the right side of the flower.

**Step 3** Outline the flower petals with pink gel paint. Then create a floral pattern with pink gel paint to the left of the flower. Use a detail brush to create teardrop



shapes inside the petals with black gel paint. Apply teal gel paint to the right side of the tip.

Step 4 Use a tiny detail brush to create two thin black lines coming from the top of the teardrop shape to the inside of the petals. Accent the pink floral pattern with green gel paint. Use a liner brush to paint small lines with pink gel paint over the teal color at the free edge.

Step 5 Add subtle details to the design with teal, yellow and pink gel paint. Seal with gel top coat.



**Step 1** Apply one coat of teal gel polish.

Step 2 Create an ombré effect by applying a thin layer of mint green gel paint to the free edge and blending the color up the nail. Go back in with the green gel paint, placing an emphasis on the free edge to create more saturation and achieve the desired gradient effect.

Step 3 Use a detail brush to create scale shapes with black gel paint from the base of the nail to the middle, ending with a point.



Step 4 Use a thin brush to create leaf shapes inside of the black scales with green gel paint. Continue with the same brush to create small black teardrop shapes at the free edge.

**Step 5** Fill in the teardrop shapes with orange gel paint. On a palette, mix together white and pink gel paint. Use a dotting tool to apply the mixture to the inside of the scales. Finish with gel top coat.

### TECH SUPPORT

# Why Are Nail Competitions Important?

YOU SEE THEM AT SHOWS, IN MAGAZINES AND ONLINE, BUT WHAT'S THE DRAW? HERE, FOUR COMPETITION SPONSORS EXPLAIN WHY THEY MATTER.







GINA SILVESTRO Lead Educator Crystal Beauty Academy

"Swarovski Crystal Beauty Academy is delighted to sponsor the NAILPRO Nail Competitions for many reasons. For one, we're focused on education and helping nail techs achieve their ultimate goals, whatever they may be. Competitions are a great way for nail professionals to showcase their talents and network with top nail pros, major companies and trade magazines that otherwise may be difficult to reach. Helping nail techs step outside of their comfort zones and compete can lead them to new careers, help them earn extra income and start their own businesses and, of course, it introduces them to new products. Another reason Swarovski Crystal Beauty Academy supports competitions is because nail artists who compete are so artistic; it's always exciting to see the incredible designs they create using Swarovski crystals. Supporting artists in their quest to create and compete to be the best they can be is always a goal for us." LeChat "The NAILPRO Nail Competitions are important to me, personally, because with them, I can challenge myself, see at what level I'm working and figure out where I need to improve. Plus, I learn so much from the other

HENRY PHAM

Brand Ambassador

competitors and meet so many pros from all over the world. LeChat supports the NAILPRO Competitions as a sponsor because they're very important for the nail industry–it's a place where so much creativity comes to life and where the industry will continue to grow. By taking part in NAILPRO Competitions, you have everything to gain and nothing to lose–even if you don't place, it's still a personal win."



NATALIE ZOLOTNIK Co-owner Belava

"A competition like that of NAILPRO's level creates, adds to and maintains a pool of avid nail professionals who are keen to improve their trade skills. Those who compete in nail competitions are driven to possess the highest standards of this profession, and we're very supportive of this. We also very much respect what Creative Age does for nail competitions, so we feel as though we're joining a good cause by supporting it financially. Nail competitors are, overall, made up of highly motivated individuals who are prepared to challenge themselves, and by doing this, it raises the bar for this profession. It has never been our goal to make money on our sponsorship of the competitions; rather, this is the way that we can help boost the industry."



LEZLIE MCCONNELL Co-owner Light Elegance

"Techs who compete in nail competitions are great role modelsand all industries need role models, not only for the newcomers entering the profession in the future, but also for the techs who have been in the business for years. Nail competitions are a great way for techs to push themselves to the next level. We should all be trying to achieve higher standards within our careers by taking place in activities that educate us and invigorate the industry. Competitions can also provide the opportunity for techs to get worldwide recognition, and taking part in competitions almost always guarantees new opportunities with manufactures and distributors-to become an educator, a brand advocate and an industry leader. Not to mention, competitions are a lot of fun, and they add excitement to the industry!"

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### SAVVY SALON

# Southern Swings Nail Bar & Spa

OWNER BRANDI HOLSTEAD INVITES NAILPRO TO EXPERIENCE HER CHARMING NEW ORLEANS SALON.

Southern Swings

is the home to

pedicures on the

porch!

THE LOOK At Southern Swings Nail Bar & Spa, we really wanted to showcase our Southern roots and make our salon stand out. Everyone in the South loves to be outside, so three of our eight pedicure stations are on the front porch-clients can receive pedicures on porch swings! Since we're located on Magazine Street, a touristy area of New Orleans, people come from all over just to swing with us. Southern Swings Nail Bar was designed with a combination of farmhouse decor and modern eclectic inspiration. Our Whiskey Room, which is dedicated to men's haircuts complete with a complimentary glass of whiskey, is decorated in dark burgundy and features a cowhide rug and leather furniture.

**SIGNATURE SERVICES** Clients spend an average of \$36 on services. I wanted to make sure that we were affordable to everyone in the city. Our most popular





service is a tie between the Sugar Scrub Pedicure and the Chocolate Mud Pedicure. The Sugar Scrub Pedicure includes nail and cuticle care, an exfoliating scrub and a warm towel wrap and is priced at \$40. Our Chocolate Mud Pedicure includes nail and cuticle care with a chocolate sugar scrub, chocolate mud mask and warm towel wrap; this service is \$50. Our clients love the Chocolate Mud Pedicure because it smells delicious and the cocoa leaves the skin feeling deeply hydrated.

**THE GOODS** We use Keyano products for pedicure services, and we offer CND, OPI and DND for polish options. Farmhouse Fresh products do really well in our retail space because they fit so well with the salon's rustic feel. We have a really unique retail boutique, as 90 percent of our retail items are from Etsy. I love supporting small businesses and empowering other women, so buying



small and local is the best way I can show my support. Every time I check someone out I smile because I know I'm supporting a family.

**SOCIAL LIFE** I use social media every day, all day! Eighty percent of my marketing budget goes toward our social media channels. Initially, I thought that Facebook would be where the majority of my business would come from, but after speaking with clients I realized that Instagram is our best social media channel, accounting for about 60 percent of our business so far.

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OWNER Brandi Holstead LOCATION New Orleans, LA EST. 2018

STAFF 10 professionals that are a mix of booth renters and commission-based employees. We also have two independent businesses within the salon: Nola Tan offers airbrush-tanning services and B Style provides eyebrow, hair and makeup services.



### **Up Close**

What was your first job in the nail industry?

In 2016, I took a chance and opened my first nail salon. I then sold that salon and moved back to the South where I opened another. Since I've started owning nail salons I have learned so much about the industry, and I haven't looked back. I love everything about the nail industry and hope to start a franchise in the near future.

#### What inspires you?

Seeing people truly enjoying themselves during their time at the salon. Every time I see people taking pictures and posting them on social media, it inspires me to keep following my passion. Their happiness at the salon pushes and motivates me to make my nail salon the best it can be.

### What was the biggest mistake you made when opening Southern Swings Nail Bar?

I've made so many! My biggest mistake was not having enough staff when first opening the salon. I believe it's better to lose money on services than to take on a lot of clients and be understaffed.

### What did you most recently splurge on for your salon?

I've spent thousands of dollars on farmhouse decor at Hobby Lobby. That store gets me every time!

#### What's your best advice for new salon owners?

Make sure you have a very detailed business plan, and talk to other nail salon owners-it can help build a successful business.

### I can't discuss Southern Swings Nail Bar & Spa without ...

Talking about the porch swings; they're just so unique!



By Tracy Morin

AS A KIND OF GEL-ACRYLIC HYBRID, "TUBE" GELS CAN OFFER TECHS THE BEST OF BOTH WORLDS. BUT WHAT ARE THESE NEW FORMULATIONS ALL ABOUT? HERE, EXPERTS ANSWER YOUR MOST PRESSING QUESTIONS. ube gels–also called high-viscosity gels–have stormed onto the scene in the last year or so, with an increasing number of manufacturers (and techs) singing their praises. "Dipping a bit of gel into acrylic has been done for decades in Asia, especially in 3-D competitions," says Hillary Fry, salon and session manicurist at Scenario Hair Design in Shorewood, Wisconsin, providing a similar application. However, most experts wouldn't recommend

that practice for everyday use, as it can lead to product breakdown. Tube gels are far more sophisticated than that, explains Vu Nguyen, educator for Gelish. "Today's product has an incredible shelf life, very stable pigments that hold their color through many different conditions and amazing control that a veteran or newbie can adjust to very easily." Still unsure about how this technology works and who it's best for? Read on.

# What Are Tube Gels?

Tube gels, true to their name, are squeezed directly out of a tube instead of dipped from a pot, and require curing with a UV or LED light. MaeLing Parrish, U.S. dean of education for Gelish, notes that while each brand is specially formulated, tube gels are "a blend of technology from oligomers and polymers called a tripolymer," resulting in an application that is simple and controlled. "There's less filing than with traditional acrylics, and they provide a much quicker sculpted or overlay nail," says Nancy Hinojosa, brand manager of ibd. "They're less intimidating than other nail enhancements."

Merrick Fisher, celebrity manicurist at Merricures in Beverly Hills, California, agrees that ease of use is a key differentiator– especially for beginners or students. "If you haven't gotten the hang of creating liquid-powder ratios, or if you don't like the sticky, runny mess of gels, these are a perfect alternative," he explains. "Unlike acrylic, there are no strong odors, and unlike gel, there are no heat spikes."

# Application, Curing and Removal

Thanks to their stay-put high viscosity, tube gels can be applied straight from the tube onto all five nails before sculpting, according to Lily Jacobs, nail lead at Rizzieri Salon & Spa in Moorestown and Voorhees, New Jersey. "Dip a gel brush into [the system's] liquid to maneuver the gel into place; you can take as much time as you need without the product running into the cuticles or sidewalls," she says. "However, the product may lift if too much fluid is used; you only need enough to wet the brush so that the gel doesn't stick to the brush."

Fry, who prefers isopropyl alcohol for better glide (although using the manufacturer recommended liquid is best, and avoid acetone at all costs, as it causes product breakdown), agrees that tube gels, despite their advantages, are far from "idiotproof"; using these formulations for durable results requires some practice. For example, without self-leveling, they need to be sculpted, and you may need to touch up certain areas as a final step. "Tube gels are best applied with the patting motion of acrylic," Fry says. "Extra care needs to be taken to level around the cuticle area, and there may be more of a need to file it flush."



# **How-To: Basic Tube Gel Application**



1 Prep and prime the nail. 2 Squeeze the tube to release the product and slice off the desired amount.

3 Roll the product onto the nail.

4 Dip a brush into the solution, then shape the nail by lightly patting the product. Keeping the brush close to the surface, continue until the entire nail is covered. Cure.

5 To smooth the surface, lightly file the nail with a 180-grit file. Finish shaping with a 180-grit buffer.

6 Cleanse the nail. Apply gel top coat coat to seal the nail or continue with a color service.

**Product Talk** Considering adding tube gels to your menu? Browse through this selection of the newest hybrids on the market, and make sure to sign up for brand-specific education to ensure proper application and lasting results.



Artisan FlexGel artisannails.com

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**Artistic Nail Design** Putty artisticnaildesign.com



Christrio Sculpture Gel christrio.com



Entity Studio One Contouring Gel entitybeauty.com



Gel II 4D Gel geltwo.com

You can apply these high-viscosity gels over a tip or sculpt using a form. Fisher recommends starting with the cuticle area first, then moving from side to side, sculpting the apex, working your way toward the free edge. "Once you're happy with the shape, flash cure for about 10 to 15 seconds and pinch the C-curve, and then do a full cure," he advises.

As with most traditional enhancements, nails built with tube gels can be refilled after two to three weeks of wear. "The technique is very similar to filling liquid and powder or hard gel," says Parrish. Once the nail has been prepped, "squeeze, slice and roll PolyGel to fill the cuticle area and rebuild the apex, if necessary." If and when you do need to remove them, "product should be gently filed off first," says Hinojosa, "and any remaining gel can be soaked off." Using acetone and the cotton/foil method, the remaining product will soak off in 15 to 20 minutes. However, when removing, take note that not all brands use the same process. For example, Gelish PolyGel is not meant to be soaked off, explains Parrish. "The idea is to leave a very thin layer remaining on the nail that will then grow out." Removing the entire product with a file can lead to damage of the natural nail.

# Who Are Tube Gels Best For?

Fisher suggests tube gels to clients seeking an alternative to traditional gels–for example, if they've experienced lifting issues with traditional gels–but clients who are tough on their hands and nails might have to stick with conventional acrylics. Fry likes tube gels for overlays and has experienced success with longer nails,

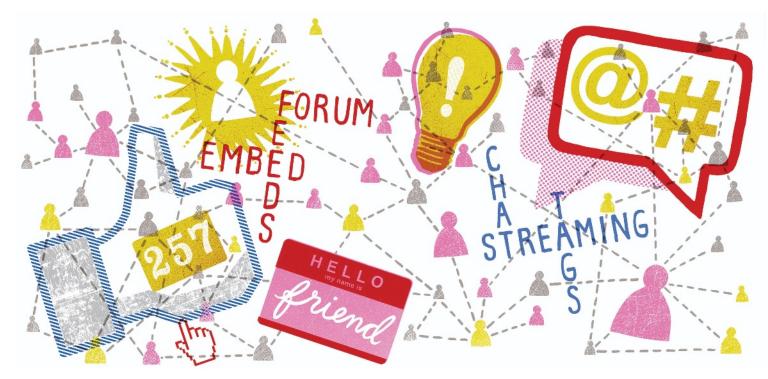
### "The fast and easy application, workability and long-lasting results are perfect for all clients, and beginner techs and seasoned professionals alike."

but not for stiletto shapes, as undercuring and strength issues may occur. Jacobs, meanwhile, believes the product is great for nail techs who have experience with acrylics but haven't yet mastered gels.

Hinojosa points out that tube gels are ideal for clients on the go, due to a shorter application time (about 30 minutes saved for sculpted nails versus hard gel). "The fast and easy application, workability and long-lasting results are perfect for all clients, and beginner techs and seasoned professionals alike," concludes Erin Eng, education director for Trinity Beauty in Los Angeles. "Don't forget to take advantage of online training or advanced workshops to hone your skills."



Tracy Morin is a freelance writer and editor based in Oxford, MS.



# THE RULES OF ENGAGEMENT

PRACTICE THESE NINE GUIDELINES FOR SOCIAL MEDIA ETIQUETTE TO HELP YOU NET REAL OFFLINE SUCCESS.

#### By Karie L. Frost

Social media has become a huge part of our lives in the last 10 years, but it comes with pros and cons. On the one hand, it allows you to promote your services and skills to your target audience with little to no money invested—a boon for the small business owner or freelancer. On the other, one wrong move and you can potentially do irrevocable damage to the career that you've worked so hard to build. "Once you put something out [on social media], it's reposted, commented on, saved and—most importantly—it becomes public record," says Marina Torosian, co-owner of Laqué Nail Bar and Beauty Lounge, with two locations in Los Angeles and an Instagram following of 1.8 million. For this last reason alone, knowing how to conduct yourself online should be a top priority for nail artists. After all, the beauty industry thrives on social media: On Instagram, a search for #nails nets more than 81 million posts, while #nailsalon returns more than 3.7 million posts and #nailartist a not-too-shabby 2.8 million. The takeaway: Your potential clients are a post away from discovering you—but only if you play by the rules. "Social media is a two-way conversation and, like any other dialogue, there's etiquette involved," says Kelly Ehlers, founder and president of Evoke Brand Strategies and Hello Salon Pro. Here, nine social media etiquette rules you should abide by to keep followers devoted.

## **1** DON'T GET TOO PERSONAL

Your personality is part of your brand, right? But sharing your personal life on your professional social media channels does a disservice to your business. "It's much harder to grow a following when you don't have a clear, straight content focus," stresses Celina Rydén, international educator and brand ambassador for Light Elegance and social media influencer with close to 200,000 followers on Instagram. Agrees Jen Mathews, president of Top Tier Media and creator of the My Beauty Bunny juggernaut (its combined social media following is nearing 1 million): "Personal photos have no business on your professional page. It looks amateurish and unprofessional." Does that mean you should never make an appearance? Not necessarily. According to Michelle Brisbois, vice president of Frenchies Modern Nail Care franchise operations, exceptions to this rule include content that connects your customers to owners and nail techs rather than a corporate entity, such as images of you or your team working in the salon on clients or attending or working events where your business is on display. "[These scenarios would make] sense to customers, whereas a photo of you drinking a glass of wine while on a weekend girls' trip does not," Mathews agrees.

Just as your off-duty escapades should be kept clear of your business feeds, so, too, should your personal beliefs. "Always keep in mind that your customers come from many different backgrounds, so in general, it's best to keep the political content on your personal pages only," Mathews advises. However, if you simply can't separate your salon or brand from a certain cause, post with conviction, but realize that you could lose current and potential clients. "I don't recommend this, but if you go this route, you have to own it completely and be prepared for any negative press or fallout," Mathews says.



Read the comments on social media and you're likely to come across a few–or many–bad actors and online trolls. The comments section has become a place to air grievances, and no matter if the gripe is warranted or not, it deserves your attention. "The best way to address a negative comment is to respond sooner rather than later. Your followers will remember how you handle these situations, which makes it important to handle each negative comment with professionalism," says Ehlers. "Try to keep the initial public-facing response short and sweet, then ask them to

"The best way to address a negative comment is to respond sooner rather than later. Your followers will remember how you handle these situations, which makes it important to handle each negative comment with professionalism." privately send a direct message to further discuss the matter."

If a competitor or peer talks negatively about your business online, take the high road. "Ignore it," Mathews advises. "If someone (like a follower) brings it to your attention, thank her, but never show anger. Remember: Nothing is private on social media-including direct messages. Screenshots of heated exchanges have been known to take large brands down!" Also, it should go without saying: Never encourage bad behavior in your followers. "I absolutely hate when I see peers 'calling out' other peers online. It looks extremely unprofessional and [any peer-related problems] are best dealt with privately rather than asking your followers to comment on another peer's page," laments editorial nail artist Chelsea King, who has an Instagram following of more than 100,000.

With both followers and competitors, rude or aggressive behavior may deserve a block, but remember to use that power judiciously, says Ehlers. "If someone is harassing you or you feel unsafe in any way, you can report their account and/or block them from contacting you further," she says. Check the social media channels' guidelines, and be sure to keep a professional tone throughout the process. But before you block, advises celebrity manicurist Mar y Soul Inzerillo, whose 40,000-plus followers on Instagram watch her bedazzle A-listers' nails, think about whether it will negatively impact your image–especially among your peers. Will you cross paths with someone you blocked in real life? Online actions, after all, have real-life consequences. "Set aside the time to go the extra mile with custom comments that let each follower know you appreciate them."



Though we tend to respond more quickly to negative comments, *all* comments deserve your attention. "Responding to comments and likes is a great way to show appreciation to your followers," says Ehlers. "Actively engaging with thoughtful responses can organically grow your following, too." Steer clear of canned responses. Instead, "set aside the time to go the extra mile with custom comments that let each follower know you appreciate them," she suggests.

## MIND INTELLECTUAL PROPERTY

Reposting images from other artists traditionally has a negative connotation among the online nail community, but experts agree if you tag and give credit to the original artist, you're good to go. "Giving credit to the original account and artist will let that person know you admire his or her work and will help prevent conflict," Ehlers says. Stay on the safe side by reaching out to the original artist via direct message to ask permission to share before posting. Also, when reposting other's work, "never crop out or delete a watermark!" Rydén stresses.

If you don't know the source of the image (think: memes or inspiration quotes created by others), Brisbois advises erring on the side of caution and not posting it. "The rule of thumb should be, if you feel like you're inappropriately sharing something or can't find a way to give credit, you probably shouldn't post it," she asserts. Finally, if someone claims ownership of an image you posted, Mathews says you have two choices: "Either take it down immediately or give attribution if that's the solution you both agree on," she says.



Airbrushing your images beyond recognition is not only unethical, but it also truly does a disservice to you, your potential clients and the industry as a whole. "I believe it's false advertising to completely change a photo," says Inzerillo. "A potential client will come into your salon or book a nail stylist for a photo shoot, and if the work isn't as good as what you showed on social media ... it can make the client hesitant in the future or question other manicurists in a negative way."

### **6** DON'T CROWD YOUR FOLLOWERS' FEEDS

Though "optimal" post frequency differs from platform to platform, everyone agrees that flooding your followers' feeds with posts can turn them off–and tune them out to the point of unfollowing you. The reason: It looks like you're spamming them even if that's not your intention. When mapping out the posting schedule for Frenchies studios, Brisbois says the goal is to "keep followers engaged, but not overwhelmed with too many posts." Mathews follows this formula: Post one to two times a day on your chosen platform(s)–three times if you have a large following–and leave at least an hour between posts.

Everyone agrees that flooding your followers' feeds with posts can turn them off—and tune them out to the point of unfollowing you.



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DETOX MASQUE

URIFYING SOAK

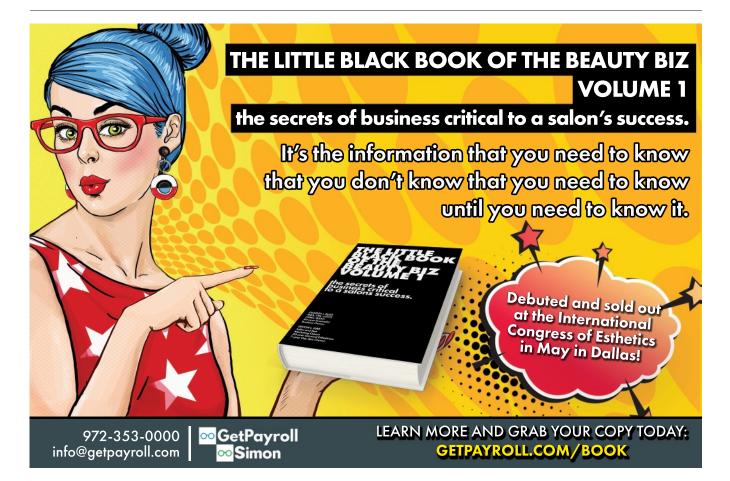
"You never know if a client wants her likeness (even her hands) shared in public. Some people are private. You never know the story until you ask."



Before posting a snap of your client's gorgeous nail art, be sure to ask permission. Think of it this way: "Would you walk up to a stranger on the street and take a picture of her without asking?" Rydén asks. (Answer: Not likely.) In the world of editorial or celebrity nails, you can practice due diligence by checking the call sheet, says Inzerillo. "If it says no social media, then don't even bother asking to post a picture and definitely don't take a sneaky photo," she says. "It's ethically irresponsible not to follow what they specifically ask you not to do." If you disrespect the rule, you likely won't be rehired.

Remember, too, if the project won't go live until a later date, you shouldn't post the imagery prior to publishing. So how does the immediacy of Facebook Live, Snapchat and Instagram Stories fit into this? Again, be mindful of the clients' rules, and don't show finished looks. If you do want to post anything, King suggests keeping it simple-think: a video of your kit or the polishes that will be used.

As for tagging clients, you should always ask permission, because an unsolicited tag could have actual ramifications, Torosian warns. "We had a client who didn't want [to be tagged or have a photo posted] because she has an exhusband who she has a restraining order against," she says. Adds Mathews: "You never know if a client wants her likeness (even her hands) shared in public. Some people are private. You never know the story until you ask."





Nothing spells unprofessional like misspelled words. Even if your brand has a casual tone, spelling and grammar mistakes come across as lazy. "This is a topic that is so much more important than people realize," Rydén asserts. "It's like going to a job interview: Don't dress for the job you already have, dress for the job you want!" To avoid errors, Ehlers recommends reviewing your captions and comments before posting—"not just once, but twice," she says, pointing out that, on a purely functional level, spelling makes a difference in hashtags and tagging. "One letter can be the difference between tagging a client or tagging a stranger, and misspelling a hashtag won't get your profile the exposure you're trying to achieve." Luckily, most platforms include an edit function, so use it as soon as you spot the error.



While this final etiquette rule seems like a no-brainer, it really is the one that should be at the forefront of every post you construct. Why? Positivity has a proven beneficial impact on social media engagement. "Not only does a positive tone keep your page professional, it also encourages followers. According to Facebook, the more positive the posts, the more positive the engagement," Ehlers explains. "Your followers want to make real-time connections, and inspiring, upbeat posts are great conversation-starters. Remember, social media can lead to referrals. It pays to be nice, especially in the salon pro industry!"

Karie L. Frost is a New York-based freelance writer with a proclivity for all things beauty and fitness.



### DEBORAH LIPPMANN @deborahlippmann

New York-based manicurist to the stars and founder of the Deborah Lippmann nail color and care line.



**BIG BREAK** "I was friends with makeup artists Bobbi Brown and Laura Mercier back in the early days of their careers, so from the start I had my finger on the pulse of what was hot in beauty. The world of nails was very different when I moved to New York in 1993. Hardly any base or top coats existed, and nobody put treatment [ingredients] in their products. I launched my own brand to create the kinds of polishes I wanted to use."



"Being honored as a Nail Visionary at Cosmoprof Worldwide Bologna in 2010, along with industry icons, like Aveda founder Horst Rechelbacher."

**MOST MEMORABLE NAIL MOMENT** "I worked on the first-ever 'VH1 Divas Live,' and swapped Mariah Carey's nail color to match each costume change. It was thrilling, exhilarating and super stressful!"

### JENNY BUI @nailson7th

Indisputable "Queen of Bling," owner of Bronx, New York-based Jenny's Spa and Cardi B's go-to manicurist.



BIG BREAK "I was born in Cambodia and escaped the Khmer Rouge genocide with some of my family before moving to New York and going to cosmetology school. Life was hard, but I always loved doing nails, especially tribal designs and floral bling. No one knew me before VH1 reality star Yandy Smith came to the Harlem salon where I used to work. She loved my nails and told me to put photos of them on Instagram. At the time, I didn't even have an account!"

#### MOST MEMORABLE NAIL MOMENT "The

first time Cardi B came to my salon in 2013. She was only 20, still on her way to becoming a star. Fame doesn't matter to me; as long as you like my work, that's what I care about. Cardi B now says I'm like her second mom, and that was the first day we became friends."



"This one. It's a long way from where I started." COURTESY OF NAIL TECHS

NOTABLE NAIL TECHS TAKE US BEHIND THE SCENES, SHARING EVERYTHING FROM HOW THEY BROKE INTO THE INDUSTRY TO THEIR CELEBRITY CRUSHES.

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**By Francesca Moisin** 



#### **FAVORITE NAIL TECHNIQUE** DU

**JOUR** "Unexpected nail duets: hot pink and hot coral, black and white, buttery yellow with a tip of light pistachio green for spring."

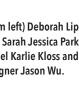
#### **CELEBRITY CRUSH**

"Lupita Nyong'o. We play with looks and make statements. I haven't yet found a color in which she doesn't look amazing."

MASTER TECH TIP "From base to top coat, let each individual layer dry for two minutes before applying the next one. Few take the time, but it's how you achieve the truest, longest-lasting color."



ALL-TIME FAVE NAIL LOOK "A reverse French manicure in red and whitebefore that was a trend!-for Sophie Dahl's Vogue Italia cover shot by Steven Meisel."



#### **WORST ROOKIE** MISTAKE "While

working at my first fancy salon, I gave a manicure to a client who kept putting her purse in front of my product cart. Every time I tried to shift it away, she moved it back. Toward the end of the service I grabbed my polish remover and it sprayed all over her custom-made crocodile Hermès bag. We both sat in silent horror, watching the color drain out of her one-of-akind clutch."



(From left) Deborah Lippmann with Sarah Jessica Parker, model Karlie Kloss and designer Jason Wu.

#### FAVORITE NAIL TECHNIQUE DU JOUR "Acrylic stiletto nails studded with Swarovski crystals."

GO-TO PRODUCT "Jenny Secret Top Coat."





#### **ALL-TIME FAVE NAIL LOOK** "Cardi B's nails for this year's Grammy Awards. They took two hours to create. I love how the ivory stilettos and multicolored jewels complemented her white Ashi Studio dress."

**CELEBRITY CRUSH** "Who else? Cardi B!"

**MASTER TECH TIP** "Take time to apply acrylic: too thick, it lumps; too thin, it lifts."

#### **WORST ROOKIE MISTAKE** "Making my acrylics too thin. To get better, I practiced nonstop

on my own handssometimes to the point of bleeding!"



### **PATTIE VANKEE** @pattieyankee Industry consultant, founder of Patricia Nail Lacquer and owner of

Industry consultant, founder of Patricia Nail Lacquer and owner o Manhattan's Pattie Yankee Manibar.



BIG BREAK "I used to follow my mentor like a puppy dog, almost always doing work for no pay. One year she got stuck in a snowstorm and couldn't make it to her Dashing Diva consulting gig, so she asked me to fill in. The company hired me the following week to work on training manuals for their international franchise salons. My career with Dashing Diva took me around the world, and I may never have had that opportunity if I weren't so hungry to learn."



GO-TO PRODUCT "CND Scrub Fresh, for prepping nail surfaces pre-service."

### PROUDEST MOMENT

"Appearing on the Court TV show 'Bloom and Politan' to lend my expert opinion regarding the meaning behind a broken acrylic nail, and how that might have influenced the outcome of the Phil Spector case. It was fun and exciting to be part of an ongoing national trial, and I felt it lent credibility to our industry at a time when nail techs weren't as respected as they are today."

#### MASTER TECH TIP "Always carry backups of the crucial tools and products you need to perform services when on set or with a private client."

## JIN SOON CHOI@jinsoonchoi

Editorial manicurist based in New York, owner of the JINsoon spas and founder of the JINsoon nail line.



**BIG BREAK** "The New York Times ran a seven-page spread of my nail art in 2001, before nail art was the phenomenon it is today. After that, I started getting hired to do lots of beauty campaigns, and I began working with photographers like Steven Meisel, with whom I still collaborate on a regular basis."

### PROUDEST MOMENT

"Launching my eponymous nail polish line. It's the culmination of all my professional efforts to date."

GO-TO

PRODUCT

"JINSoon Top Gloss,

for giving fresh life

to old polish."



**MOST MEMORABLE NAIL MOMENT:** "I worked with Beyoncé for the Austin Powers in Goldmember music video, but no one informed me that I had to prepare nail art on tips before the shoot–I found out on set. Beyoncé didn't want any glue, so I quickly used Swarovski rhinestones to create designs on tips that were pre-polished and pre-glued with water-soluble adhesive. She loved them!" **WORST ROOKIE MISTAKE** "I tend to be a nervous blabber, so I used to fill silent manicure moments by divulging too much personal information [about myself] to clients. That backfired more than once–and even put a strain on my marriage. Customers can become friends over time, but now I tell new techs to always start by treating them like clients."



ALL-TIME FAVE NAIL LOOK "Katy Perry's mani for the 2013 Met Gala. She wore Dolce & Gabbana, and her look was inspired by Joan of Arc. I used iridescent foil as the base on top of gold polish from my line, and then created a medieval cross with square studs and real rubies in the center.

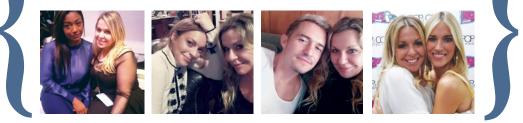
**FAVORITE NAIL** 

**CELEBRITY CRUSH** "Katy Perry. She'll go for anything and everything when it comes to nails, and then surprise you the next minute by being understated."

**TECHNIQUE** 

**DU JOUR** Gel polish manicures.

(From left) Pattie Yankee with Patina Miller backstage at Georgine during New York Fashion Week; with Lindsay Lohan; with Orlando Bloom; posing with "The Real Housewives of New York City" star Kristen Taekman after collaborating on the reality star's nail polish line, Pop of Color.



**MOST MEMORABLE NAIL MOMENT** "When Katy Perry invited me to Philadelphia for the Democratic National Convention and I got to meet Hillary Clinton. I felt so blessed to be part of such an important moment in history. Any tech could have been chosen for the event, but because I had established a relationship and built trust with Katy and her team, I was the one selected. It's a time I'll treasure forever."

**FAVORITE NAIL TECHNIQUE DU** 

**JOUR** "Simple, modern art that requires only basic tools, like a dotter or thin brush, to create color blocks, moon shapes or abstract paintings." ALL-TIME FAVE NAIL LOOK "A Kandinsky painting and an American flag I created for *The New York Times Magazine*. It was very meaningful to interpret and replicate those two iconic images on nails."



### CELEBRITY

**CRUSH** "Selena Gomez. I really love her as a person; she's very sweet and kind. She also has beautiful nails and simple yet diverse taste when it comes to painting them."

WORST ROOKIE MISTAKE "Overcutting cuticles, which can lead to infection."

**MASTER TECH TIP** "Trim nails by following the shape of the overall nail plate, rather than the exact line of the free edge. Often free edge nail lines are uneven, so if you file conforming to that line, your shape won't be balanced and consistent."

(From left) Jin Soon Choi's American flag nails created for *The New York Times Magazine*; backstage at Derek Lam's fall/winter 2016 show; backstage at Brock Collection's fall/winter 2016 show; with Michael Kors.









# FOR I F.S 1) 0 SEASONED PROS AND TOP EDUCATORS SHARE

SEASONED PROS AND TOP EDUCATORS SHARE THEIR FAVORITE TRICKS FOR CREATING UNFORGETTABLE GEL SERVICES.

With all of the new innovations in the nail world, we don't seem to talk about gel polish as much as we used to-but that doesn't mean the service doesn't deserve some love! After all, gel polish brought women back to the salon and remains one of the most-requested services out there. So we've tapped a slew of gel polishing pros for their best, most used and, in some cases, secret tips to ensure long-lasting results and damage-free removal. Plus, check out the hottest colors of the season that your clients are going to want now!

#### **STICK TO A SYSTEM**

Make sure that you use the same manufacturer's primer, base, color and top coat. If you mix and match products, you can face a number of issues, including product breakdown, premature lifting and difficult removal, which can cause damage to the nail. –*Genesis Ward, educator, EzFlow* 

**KNOW YOUR CLIENT** 

The ideal client for gel polish is one who has nice natural nails and wants the color to stay on for two weeks. However, gel polish isn't suited for everyone; some clients are too hard on their nails and others will pick it off. For those clients, I recommend a soft or hard gel service. –*Vicki Ornellas, global educator, ibd* 

#### **DON'T RUSH**

Take your time with each step, from cuticle care to nail prep to application. This will save time overall because you won't have to fix mistakes later. –*Mary O'Brien, nail enhancement specialist, Studio Twenty Nail Stylists, Broomfield, CO* 

#### **FIRST HAND FIRST**

Perform your prep and primer on one hand at a time. Instead of dehydrating and priming both hands at once, dehydrate, prime and gel base on one hand, then repeat on the other hand while the first is curing. This ensures maximum adhesion, as you don't run the risk of oils resurfacing in the nail or your clients touching something. *—Ashley Thornton, instructor/educator, Cuccio Pro* 





#### **GO WATERLESS**

Dry manicures (i.e., avoiding water, oils or lotion prior to the gel application) are the best way to prep the nails for a longlasting gel manicure. –*Elaine Jones, educator, Orly* 

OPI GelColor Pink Ladies Rule the School opi.com



Ugly Duckling 024 uglyducklingnails.com

Joya Mia Gel Color

JMG-24

joyamia.com

**Bio Sculpture Gel Evo2** 

Pippa biosculpturegel.com

ibd Just Gel Polish

Concealed with a Kiss

ibdbeauty.com



Bio Sculpture Gel Evo2 Carol biosculpturegel.com



Orly GelFX Valley of Fire orlybeauty.com



Young Nails Go Time Love Is Love youngnails.com



CND Shellac Offbeat cnd.com



CND Shellad Gypsy cnd.com

#### **PRO PRIMER**

I always use a bonder on my gel manicures before applying base coat in order to make sure that the gel will last on my toughest clients. –*Reina Santos, owner, Luxe Nailscape, Fairfield, CA* 

#### TURN, ROLL, TWIRL!

I start my gel manicure by prepping the color: First, I turn the bottle upside down and roll it between my hands for about 30 seconds. Then, I turn it back over, open the cap and twirl the brush in the bottle for more pigment mixing. –*Kelly Bannon, educator, Orly* 

#### THIN IS IN

It shouldn't look like the client is wearing a coating on her nails! Don't attempt full coverage application on the first layer; this can lead to thick-looking polish that may not fully cure, only to peel off in sheets a few days later. –Roxanne Valinoti, education manager, CND

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#### LOAD, WIGGLE AND PULL

I like to load up my brush, then wiggle it up to the cuticle area. I let it rest there for a couple of seconds to let the gel flow down. Once I'm happy with the cuticle area shape, I wipe off the excess gel from my brush and pull any remaining gel down toward the free edge. –Leah Palhegyi, founder, Luxapolish

#### MORE IS MORE

When using light or sheer colors, I find that applying three thin coats of gel is better than fixing two thick coats that can run into the sidewalls. –Terry Nguyen, global educator, Kiara Sky

#### **SHORTENED RETURN**

If you find your gel polish shrinking, try applying color to two fingers at a time, and then flash-cure it to set the gel polish in place. –Michelle Dao, educator, Gel II and La Palm

#### **BRUSH UP**

When layering colors, use a gel brush to apply the second color. You'll get more even coverage, a thinner application and a perfect finish. –*Heather Reynosa,* education ambassador, CND **Gelish** You've Got Tan-Gerine Lines gelish.com



Entity Color Couture Suns Out, Shades Out entitybeauty.com



Artistic Colour Gloss Electric Daisy Girl artisticnaildesign.com



**Luxapolish Gel Color** Flash Iuxapolish.com



**Gelish** Limónade in the Shade gelish.com



Cuccio Colour Veneer Be Fearless cuccio.com



China Glaze Geláze Casual Friday chinaglaze.com



Triple Vitamin Vitamin GelColor Spotlight triplevitamin.com



**EzFlow TruGel** My Beeper's a Keeper ezflow.com



Artistic Colour Gloss Let's Get Electric artisticnaildesign.com

#### **ARTIST AT WORK**

Using gel polish as an art element is very forgiving. When adding details to a design, remember that any mistakes can be wiped away and given a second chance until the nail is cured. This is very helpful, as things don't always go as planned! –Kesha Scales, owner, Spoil Me ... Nail Bar, Memphis, TN

#### **ACRYLIC ADD-ON**

When applying gel polish to acrylic nails, skip the base coat and only cap the free edge once with the color and top coat. This will keep you from losing your shape and making the nail appear too bu<mark>lky. –Jan</mark>elle Akers, owner, Nailed by Nell Salon and Gift Shop, Lake Silkworth, PA

#### **BRIGHT IDEA**

Good workspace lighting is key. Rotate the nail between your fingers under a bright light, side to side and up and down, to see any bubbles, lint or spots you may have missed. This will help you see any imperfections so you can fix them before curing. –*Emily* <mark>Oakle</mark>y, Fort Lauderdale, FL

#### LONG WEAR FOR **TOUGH TIPS**

Try sealing the free edge with only base coat and top coat, no color. I find that on some clients, this technique makes gel polish manicures last longer. –Yuliya Normand, lead educator, Entity Beauty



Triple Vitamin Vitamin GelColor Leap'n Lizards triplevitamin.com



**Akzéntz Luxio** Brazen akzentz.com



**Cuccio Colour Veneer** Make a Difference cuccio.com



**OPI GelColor** opi.com



SuperNail ProGel Half-Shell Surprise supernailprofessional.com



Gel II Sea Splash geltwo.com



**OPI GelColor** Chills Are Multiplying! opi.com



China Glaze Geláze Chalk Me Up chinaglaze.com



SuperNail ProGel Commander in Reef supernailprofessional.com



**Bio Sculpture Gel Evo2** Candice biosculpturegel.com

#### **PRECISE CLEAN-UP**

If I get gel polish on the cuticle, I use a walnut picker to clean it out. It's a metal tool with a perfectly shaped tip for the job! *–Danielle Candido, master educator, Gelish* 

#### CHOOSE YOUR POTION

I prefer using gel polish remover over acetone. It breaks down the gel faster and doesn't evaporate like acetone. –*Vicki Ornellas,* global educator, ibd

#### THE HEAT IS ON

Removal goes faster when heat is applied. After wrapping nails in removal solution foils, wrap each hand in a warm, wet washcloth and then cover both hands with a dry towel. The gel polish will start flaking off in no time! -Alisha Rimando, executive vice president and creative director, Artistic Nail Design

#### **DOUBLE DOWN**

Instead of having my clients soak off their gel polish in acetone, I apply two coats of base gel with every service. By doing this, I can file off the gel polish without damaging the natural nail. I leave a thin coat of the base gel on the nail and do all of the prep work and filing, then go in with a new coat of base and gel color. I've found that my clients' nails stay healthy and strong without the constant use of acetone. *—Lisa Silveous, Lisa's Nail Nook, Centerburg, OH* 



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# NAIL CLINIC $\mid$ by virginia pelley

# Uncomfortably Numb

#### NAIL TECHS ARE PARTICULARLY PRONE TO DEVELOPING CARPAL TUNNEL SYNDROME. HERE'S HOW TO STOP IT IN ITS TRACKS.

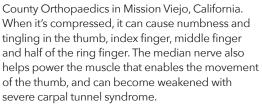
A cover shoot with Heidi Klum for *Cosmopolitan Germany* should've been an exciting experience for celebrity nail artist Destinee Handly, but instead she found herself crying in her car at the day's end, overcome by pain in her hand. "It hurt so bad," she recalls. "My thumb wouldn't move. It was just burning and felt numb."

The cause of Handly's pain that day was carpal tunnel syndrome (CTS), a condition where the median nerve in the hand becomes compressed. It caused her so much pain that it took a half-hour of hand massage to relieve the discomfort enough to allow her to drive home. Doing nails had triggered pain in Handly's hands before, but never to such a severe degree. Only 23 at the time, Handly took a nearly twoyear break from doing nails after that shoot to recharge.

Although CTS only affects around 5 percent of the population, women are three times more likely than men to develop the condition, and the physical demands of certain occupations, including nail technician, can exacerbate it. Here's why doing nails might be putting you at risk for developing CTS, and what you can do to prevent and treat it.

#### UNDERSTANDING CARPAL TUNNEL SYNDROME

At the root of CTS is the median nerve, one of the three major nerves that supplies sensation and motor activity to the hand, explains Mark Elzik, MD, a hand and upper-extremity surgeon at South Orange



Many people are aware of CTS, particularly people who work on computers all day, but nevertheless, the condition is often misunderstood, Dr. Elzik says. "Frequently in my office, I have patients come in thinking they have carpal tunnel syndrome simply because they have wrist pain," he says. "But that's not a typical symptom of carpal tunnel syndrome. It's a nerve condition." What causes the compression of the nerve is a ligament that lies on top of the nerve in the wrist and can thicken with time and age, Dr. Elzik explains.

"We think what's really happening is that the nerve is losing its blood supply," says Rachel S. Rohde, MD, associate professor of orthopaedic surgery at the Oakland University William Beaumont School of Medicine and spokesperson for the American Academy of Orthopaedic Surgeons. A ligament and several bones form a "tunnel" through which the median nerve and all of the tendons that flex our fingers travel, Dr. Rohde explains. Any swelling of the tendon, thickening of the ligament or position that reduces the space in the tunnel can press on the blood supply to that nerve and cause numbness, tingling and pain.



Approximately 5 million workers in the United States suffer from carpal tunnel syndrome.

Although many people associate CTS with computer workers, the condition is three times more common among assemblers, for example, than among data-entry personnel.

CTS is most frequently diagnosed in people who are between the ages of 30 and 60.

CTS can be evaluated and treated by general practitioners, along with orthopedists, rheumatologists, neurologists and physiatrists.

Sources: American Journal of Industrial Medicine, healthline.com, MedicineNet.com, ninds. nih.gov

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#### WHO IS AT RISK?

People who are obese or pregnant or have diabetes, arthritis or thyroid disease are at higher risk for developing CTS, and some people seem to be genetically prone to it. It's also more commonly experienced by individuals with certain jobs. Quarry and rock drillers, forestry workers using saws, jackhammer operators, dentists and jewelry makers using vibrating tools, factory and assembly workers, and nail techs all have a higher incidence of CTS, Dr. Elzik says. The thing they all have in common? People in these professions perform specific physical tasks over and over again. Anyone who spends a lot of time forcefully gripping, pinching or pounding with their hands, for example, is at greater risk of experiencing CTS.

"It's the repetitive and prolonged time spent with the wrist in [certain] positions that can really serve as a risk factor," Dr. Elzik says. "Some studies have shown that you need to have your wrist in extreme positions for at least 20 hours a week in order to have a significant increase in the risk of carpal tunnel syndrome."

"Poor wrist position and extremes of motion certainly can contribute," Dr. Rohde agrees. "I've seen nail techs grip the instruments and polish bottles pretty forcefully, so it's very much like working on jewelry or other objects with instruments."

Handly has found this to be true in her own situation. "It's not the hand that I paint with [causing the pain], but the one I hold people's hands with-holding each finger individually and pinching the polish bottle for two hours," she says. Sitting in one position for a long time, which restricts circulation, doesn't help either.

Gripping a polish bottle, using an e-file and pushing back cuticles require using the thumbs and many of the same muscles repeatedly. Ruth Kallens, owner of Van Court Studio in New York City, says her CTS pain is so bad that she can't do nails nearly as often as she used to, adding that writing and typing on a computer hurt as well.

#### SIGNS AND SYMPTOMS

At first, CTS symptoms might be mild and come and go. Usually, the first symptoms of carpal tunnel are numbness, tingling or a "pins-and-needles" sensation in those fingers, Dr. Rohde says. "Often, people experience this at night because we tend to sleep with our wrists bent, which presses on the nerve more," she says. A telltale sign that CTS is progressing occurs when people start feeling pain or numbness during the day as well.

CTS sufferers might also experience a burning sensation or pain particularly in the thumb and index, middle and ring fingers, and Wearing a wrist brace can help those with early-stage CTS. those sensations sometimes travel up the forearms to the shoulders. "If that continues, over time permanent nerve damage can occur," Dr. Rohde says. "That might be numbness, weakness and loss of dexterity, which nail techs need. And it can lead to dropping objects, having trouble with buttons and zippers, and having difficulty with other minor tasks we take for granted." Dr. Elzik concurs, "If left untreated, carpal tunnel syndrome can cause permanent loss of sensation in the thumb and index, middle and ring fingers, and can also cause permanent atrophy of one of the thumb muscles."

#### **PREVENTION AND TREATMENT**

Because CTS is often hereditary, there isn't a lot you can do to completely prevent it, other than address controllable risk factors such as diabetes and obesity. But being proactive can help you reduce its impact, should you start to see signs of it developing.

If you experience symptoms of numbness and tingling in the hands on a regular basis, it's important to see a doctor as soon as possible, Dr. Elzik says. Doctors can evaluate how well your median nerve is working, as well as the strength of the muscles around your thumb. "The earlier we catch carpal tunnel syndrome, the easier it is to treat and the better the outcome," he says.

A common treatment for earlystage carpal tunnel syndrome is a wrist brace that keeps the median nerve in a "comfortable" position. A brace can keep the wrist straight, maximizing the space for the nerve inside the wrist, Dr. Elzik explains. To temporarily reduce the inflammation that exacerbates CTS, doctors may prescribe ibuprofen or cortisone shots as well, or refer patients to a therapist who can demonstrate "nerve gliding" exercises that might help.

If none of that helps, surgery is an option, Dr. Elzik says. "In general, people recover very well," he says. "I've had patients who are nail techs undergo carpal tunnel surgery and return to work within a week or two, but it very much depends on the patient."

Although Drs. Elzik and Rohde say they haven't yet seen scientific evidence that alternative therapies are effective at alleviating CTS pain, Handly and Kallens have found some relief using natural remedies. Handly also credits her recovery in large part to the "yoga for surfers" classes she discovered. She stays off her wrists, doing some poses on her forearms or standing instead. The National Institutes of Health notes on its website, in fact, that yoga has been shown to help relieve pain and increase grip strength in people with CTS.

Likewise, Kallens has found stretching,

acupuncture and massage helpful. "All the muscles in the forearm that techs use are all connected to the elbow and then the shoulder blade, and a really good masseuse can help alleviate that pressure and pain," she says.

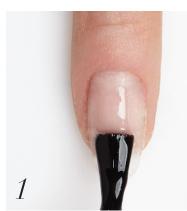
Virginia Pelley is a freelance journalist and editor based in Tampa, FL.



### $\operatorname{PROTALK}|$ by dina ciccarelli

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• Use a scooping motion to dip the finger into a tray containing the dipping powder; tap off any excess powder from the finger. Apply a second coat of Pro Base to the entire nail and dip the finger into the powder a second time.

• Apply a generous amount of Activator to the nail, making sure to cap the free edge. Allow the nail to dry for 1 minute.

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• Apply a second coat of Activator to the nail. Wait 15 seconds, and then gently wipe the nail dry with a paper towel.

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#### Nail Tech Event of the Smokies

July 7-9 Gatlinburg Convention Center, Gatlinburg, TN. Contact Nail Tech Event of the Smokies; info@nailtechevent.com.

#### City of Hope Spirit of Life Award Gala

July 28

Mandalay Bay Ballroom, La Vegas, NV. Contact City of Hope, 1500 E. Duarte Rd., Durate, CA 91010; 626.218.6560; cityofhope.org.

#### **Cosmoprof North America**

July 29-31

Mandalay Bay Convention Center, Las Vegas, NV. Contact Professional Beauty Association, 15825 North 71st St., #100, Scottsdale, AZ 85254; 800.468.2274; cosmoprofnorthamerica.com; info@cosmoprofnorthamerica.com.

#### August

#### Face & Body Northern California

August 26-27

McEnery Convention Center, San Jose, CA. Contact Allured Business Media, 336 Gundersen Dr., Suite A, Carol Stream, IL 60188; 630.653.2155; faceandbody.com; fbnc@allured.com.

#### September

#### The Makeup Show Orlando

September 15-16 Hyatt Regency Orlando, Orlando, FL. Contact The Makeup Show, 123 W. 18th St., 8th Fl., New York, NY 10011; 212.242.1213; themakeupshow.com.

#### NAILPRO Sacramento

September 23

Sacramento Convention Center, Sacramento, CA. Contact NAILPRO, 7628 Densmore Ave., Van Nuys, CA 91406; 818.782.7328; nailproevents.com.

#### NAILPRO Sacramento Hands-On Workshops September 24

Sacramento Convention Center, Sacramento, CA. Contact NAILPRO, 7628 Densmore Ave., Van Nuys, CA 91406; 818.782.7328; nailproevents.com.

#### CLASSES

#### July LeChat

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#### OPI

800.422.2336, wellaed.com/classes
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16 Demo Day: Omaha, NE.
16 Design Scape: Grand Island, NE.
23 Discover OPI Gel Color: Springfield, IL.
30 Discover OPI Gel Color: Colorado Springs, CO.

#### **Young Nails**

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13 Discover OPI Gel Color: Overland Park, KS.
27 Design Scape: Cedar Rapids, IA.

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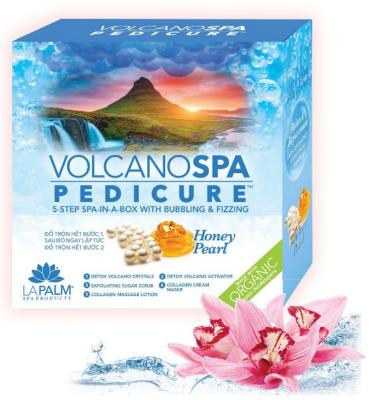
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### TESTYOURSELF

# Uncomfortably Numb

Earn Certificates of Achievement as you test your skills with NAILPRO's Professional Participation Program. In each issue, you'll find a multiplechoice test that will allow you to demonstrate what you've learned from Nail Clinic. For answers to this month's test, see "Uncomfortably Numb" on page 74. Simply circle the correct answers and mail the page to the address below. You can also access the article and submit the test via our website at nailpro. com/test-yourself. If you earn a score of 80% or higher, you'll be awarded a framable Certificate of Achievement. A perfect score earns a Certificate of Achievement With Honors.

NAME

#### 1. Carpal tunnel syndrome (CTS) is

A. A muscle disorder B. A softening of the bones in the wrist **C.** A nerve condition **D**. All of the above

#### 2. Severe CTS can weaken the muscles around the thumb.

A. True

B. False

#### 3. Early symptoms of CTS pain

typically occur

A. First thing in the morning B. At midday

C. At night

**D.** Early in the evening

4. A common early sign of CTS is wrist pain. A. True B. False

5. CTS affects \_\_\_\_\_ percent of workers in the United States. **A.** 25 **B.** 5 **C.** 8 **D.** 42

6. Wearing a brace can relieves CTS pain because it keeps the wrist at 90 degrees.

A. True

B. False

7. The primary nerve responsible for sensation and motor control in the hand is called the

- A. Median nerve
- **B.** Middle nerve
- C. Medius nerve
- **D.** None of the above

#### 8. CTS often runs in families.

- A. True
- B. False

9. Which of the following is not a direct risk factor for CTS? A. High blood pressure B. Obesity

- C. Arthritis
- **D.** Pregnancy

10. If left untreated, CTS can cause permanent loss of sensation in the thumb and fingers.

A. True B. False

## SALON NAME ADDRESS CITY, STATE, ZIP the September issue. EMAIL

Write in your answers on this form and send it to: NAILPRO, Professional Participation Program, 7628 Densmore Ave., Van Nuys, CA 91406-2042. Or, take the test online at our website, nailpro.com/ test-yourself. Submissions must be postmarked or received online by July 31, 2018. Answers will appear in

Answers to May test: 1) A 2) C 3) D 4) B 5) C 6) D 7)B 8) D 9) B 10) A

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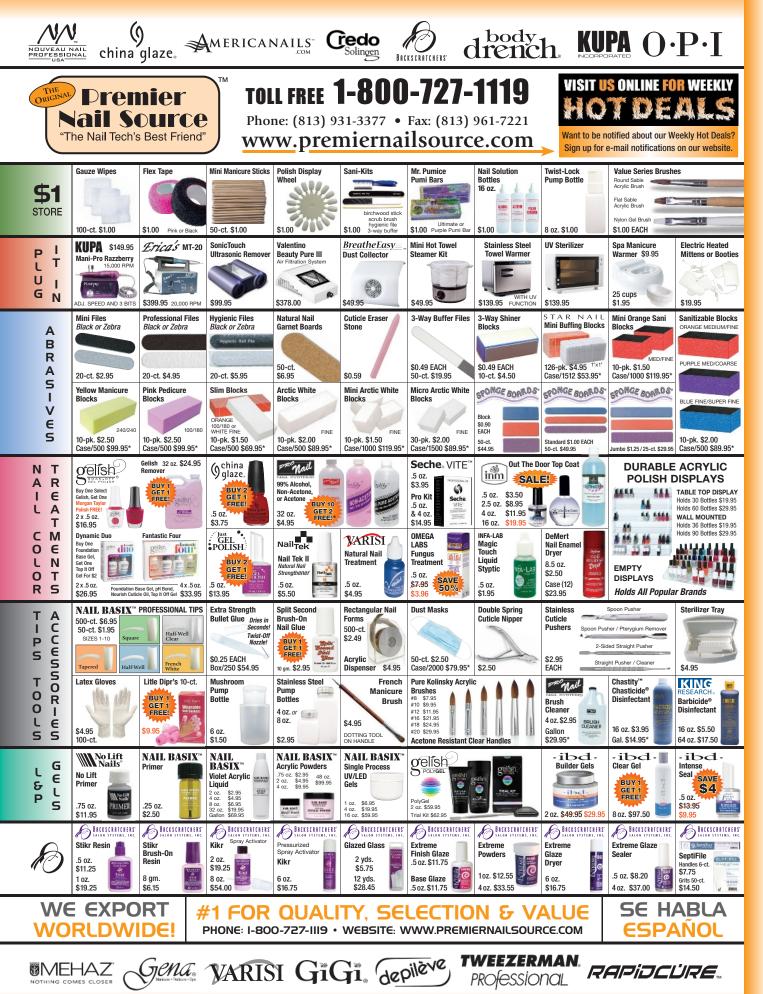


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# **DIVA I**







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LAVIE

DIVA

### HOLLYWOOD FILE | BY LOTUS ABRAMS



# Holy Chic

Drawing inspiration from the Crusades, Olivia Munn's custom gold chainmail H&M dress was a fitting tribute to the 2018 Met Gala's theme, "Heavenly Bodies: Fashion and the Catholic Imagination." To make sure Munn's nails were equally on point, celebrity manicurist Tracylee (@luxebytracylee) dreamed up her own nail armor creation for the actress, accenting an Essie Gel Couture manicure in berry Model Clicks with Good as Gold bands topped with gilded adornments. "I gave Olivia seven nail design options to make this nail armor concept really come to life and she went with two-a true crusader," says Tracylee. "The final look meshes studs, stripes and crosses. It's an over-the-top nail look perfectly fit for this year's Met Gala." See more Essie nail looks from the event below.







SCARLETT JOHANSSON Celebrity manicurist



Geraldine Holford (@geraldineholford) created a red ombré nail look to complement Scarlett Johansson's pink-and-red Marchesa dress using Essie Gel Couture Set the Seam at the base and Gel Couture Bold Boundaries on the tips.



EMMA STONE To add a little edge to Emma Stone's

classic Essie Ballet Slippers manicure–and give a subtle nod to her dress designer, Louis Vuitton–nail tech Emi Kudo (@nailsbyemikudo) accented the actress's right ring finger with a silver LV nail decal.



LILI REINHART Echoing the mixed metals seen on



Lili Reinhart's custom H&M corset dress, her manicure by Stephanie Stone (@stephstonenails) featured flecks of gold leaf set atop two coats of blushtinged metallic Essie Gel Couture Handmade of Honor.



KATHERINE LANGFORD Katherine Langford opted



for *avant garde* with her fingertips. To match her gold jewelry, Langford's makeup artist dipped her fingers in gold paint. Then, Stone created a mani to match by topping two coats of white Essie Gel Couture First Fitting with gold leaf and sealing it with Essie Platinum Top Coat–giving a whole new meaning to a "dip" manicure!



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