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Lavender Fields

Forget Me Not

# SALON SUITES for NAIL TECHNICIANS

Moving into a salon suite can make all the difference in your professional success. Since you've started your career as a nail tech, you've likely been working for someone else, either as an hourly employee or on commission.

### *Either way, you know it's time to move on.* You feel confident now that you can do it

on your own, and there is no better way to get started as an independent

professional than to rent a salon suite.

Renting a salon suite is a big move for a nail tech. You finally become your own boss, and putting yourself out there comes with some enormous benefits!

Clients love the one-on-one personal attention they get from their manicurist in a closed, private environment, and you are free to make the space your own!

Here are some benefits nail techs should consider when thinking about making the switch from employee to salon suite entrepreneur.

## You're the boss.

Running a salon suite is the

same as running a small business, and if it is your desire to do so, it should be your first step toward future salon ownership—it's a great training ground for bigger endeavors. When you decide to step out there, you are in control of everything from answering the phone to scheduling to ordering products. Although it can be challenging at times, the reward is so much greater because you have the freedom to choose your own products, make your own schedule, and collect all the revenue.



No more commission splits or hourly pay—it's all yours!

You are an entrepreneur now, and in total control of your destiny.

### Personal space.

Another benefit of renting a salon suite is having a dedicated personal space just for you.

You don't have to be out in the open, sharing space with other techs, or waiting for equipment like pedicure chairs to become available on busy days.

You have everything you need in one small, manageable space to perform services for your clients only.

What's better than that?

## Privacy for your clients.

One of the greatest things about having a salon suite is the time you get to enjoy with your clients in private. Many times, you will need to discuss concerns with your client that you don't necessarily want others to hear.

In a salon suite, you don't have that issue and clients will feel more comfortable and relaxed in an environment you've created, just for their comfort.

They are more likely to follow you and retention rates are higher when you provide

a comfortable, private space with your personal touch.

### The basics are provided.

In many salon suites, the owner will provide basic furnishings and equipment to get you started in your new suite.

You will have your own sink, manicuring station, chairs, and sometimes pedicure chairs included in the cost of your rent. If you choose to forego what is being provided, you can also bring in your own furnishings and equipment.

A salon suite is a great option if you are just getting started and want to hit the ground running.

### Amenities.

The options you have for amenities are great when it comes to renting a salon suite. Some amenities come with the cost of your suite, and some you can pay extra for as a tenant of the building.

Salon suites offer a variety of conveniences for renters, including free Wi-Fi, towel laundering, cleaning services, front desk staff, and concierge services, just to name a few.

Depending on where you rent and how much you want to pay, you can get as little or as much support as you need to run your nail business from a salon suite.

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### 24-hour access.

Another great benefit of being in a salon suite is the 24-hour access.

When renting a chair in a salon, you typically must work the schedule you set for yourself during the salon's hours; when the salon closes, you too must close!

Not so in a salon suite. You have access to the building and your suite whenever you want.

If you want to start taking clients at 5:00 a.m., it's your prerogative to do so without limits or time constraints.

There are so many benefits to starting your nail business in a salon suite. Evaluate what you need and what works for you, then choose accordingly.

But before you rent, make sure you have everything you need to hit the ground running. You'll need a steady client book, professional liability insurance to protect your license, all the appropriate tools and sanitation products, and most of all, a positive attitude.

Check out places in your area to see what they offer before you make a decision, and negotiate your necessities to make your business a success!

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**COVER CREDITS** Nails: Heather Reynosa, CND; Photography: Angela Marklew, angelamarklew.com; Makeup: Garret Gervais for Kevin Aucoin Beauty, MCH Global; Hair: Frankie Payne for Nature Tokyo Lab, Opus Beauty; Model: Kristen Hoppe, The Industry Model Mgmt; Digital Imaging: Art Vasquez, RP Digital.

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### NAILING DIGITAL check out this month on nailpro.com

### SAVE FOR SUCCESS

*nailpro.com/salon-savings-plan* Expert advice for building a sustainable savings system for your salon.

### **TEDIOUS TAXES**

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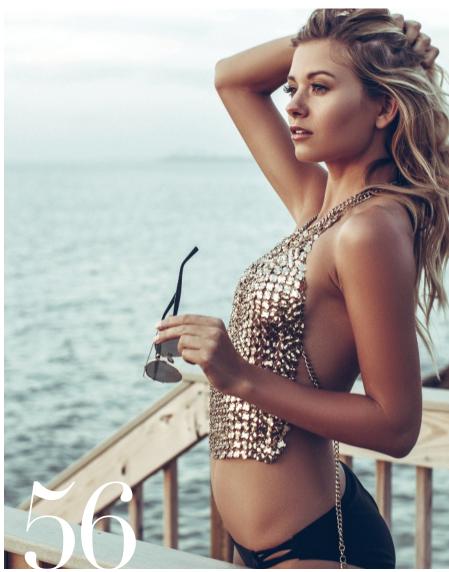
### **BOLD BLONDS**

*nailpro.com/nyfw-2018-cnd-blonds* Jan Arnold gives an inside scoop on the ornate nail tips CND created for The Blonds runway show.

### SPRING SETS

nailpro.com/3-festival-nail-art-tutorials Nail artist Yvett Garcia creates three festival nail looks.





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SPRING 2019



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# EDITOR'S NOTE



### **MY MANICURE**

I love a good mix-and-match manicure; it just creates so much visual interest. Take this set courtesy of Ami Morimoto: hand-painted abstract florals combined with gold glitter and some serious stones makes it appropriate for any springtime event (at least in my book!).



# GLOW

In our Insta-society, there's always a photo opp, so making sure skin is prepped and primed is a must. Start early by readying skin with this 20-percent vitamin C and 10-percent AHA serum that produces a smoother, more radiant appearance in eight weeks. «Tatcha Violet-C Brightening Serum, tatcha.com»



beauty of late, but mostly because it works! This super-charged sheet mask is infused with 10 milligrams of CBD oil plus various other plant extracts to help undo sun damage and promote healthy, hydrated skin. Use consecutively for three to five nights then every few days for glowing results. «CoSo Beauty Hemp Oil Mask, cosobeauty.com»

# ON MY RADAR

NP EXECUTIVE EDITOR STEPHANIE YAGGY LAVERY SHARES HER SPRING EVENT PREP MUST-HAVES.

After much anticipation (this was one heck of a winter), spring has sprung! And with it comes not only nicer weather (fingers crossed), but a slew of events, think: prom, weddings, showers, music festivals and spring break. What's one thing that all of these happenings have in common? Nails *must* be on point—which is why this is another busy time of year for nail pros. This month, we bring you a ton of art inspo for each of these occasions, as well as product suggestions for achieving those looks, plus must-have info for another important spring event: tax season (groan). Check out "Financial Times" on page 52 for some great filing tips. To be sure, you'll also be attending some of these

slavery@creativeage.com Stephanie Yaggy Lavery @steph\_lavery

PRIME

Whether

prepping

you're

your own nails for a

special occasion or getting a client ready for her own glam set,

make sure natural nails are in tip-top condition for ultimate springtime events, so take care of yourself as well with some of my favorite prep items below.





long wear. I like a keratin treatment that can be used on the daily for a fortifying boost to repair and protect the natural nail. «CND Rescue Rxx, cnd.com; Morgan Taylor Daily Elixir, morgantaylorlacquer.com»





# brings talent, creativity and tons of laughs with her to set,

Heather Reynosa, CND education manager, always

which makes having her here so amazing! She sculpted a gorgeous cover look (with a little avant garde fun) inspired by the latest CND bridal collection, Yes, I Do, and created with Brisa opaque gels. «Creating the Cover, p. 16»

TAME You're never fully dressed without a smile-and, arguably, perfectly groomed brows, which is why it's important to keep arches conditioned and in place. This gel does all that and without any annoying flakiness. «R+Co Magic Wand Brow Gel, randco.com»





FOLLOW Editorial manicurist, educator and travel blogger Julie Kandalec (@julieknailsnyc) combines her clean nail designs and gorgeous destination photography for an eye-candy adventure-complete with loads of

nail art inspiration.

14 | NAILPRO APRIL 2019

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









### LEARN MORE about the cover nails and the artist behind them at nailpro.com/videos/ behind-the-cover!

# The Avant Garde BRIDE

CND has long partnered with cutting-edge design houses, The Blonds and Libertine among them, so it's no wonder the brand created its new bridal collection-Yes, I Do-in collaboration with creative visionary Vivienne Westwood. As soon as we got wind of the partnership, we knew we had to come up with something atypically bridal for the cover of our Spring Fling issue. But the cover nails, created by CND education ambassador Heather Reynosa, could certainly fit for many a spring occasion because of the simple foundation. Reynosa began by sculpting a set of elongated almond nails using the new opaque shades of Brisa Gel. The application allows for an extension that hides any imperfections as well as the smile line for a flawless canvas. Then, it's all about the bling! Reynosa opted for champagne Swarovski crystals in a multitude of sizes for visual interest. Of course, these wouldn't be fashion-forward nails if they didn't have some over-the-top flourish: Reynosa fashioned a ring out of Brisa Gel encrusted with Swarovski crystals and fitted with it's own mini veil. Definitely designer approved.







Neutral Beige Opaque



FULL COLOR AHEAD The three new shades of opaque Brisa Gel allow for unclouded extensions and an exceedingly natural finish.

Warm Beige Opaque

Cool Pink Opaque



VINYLUX

Bouquet

WEDDING BELLES The four romantic shades in the Yes, I Do bridal collection-available in Shellac, Shellac Luxe and Vinylux-provide the ultimate neutral hues for the big day and beyond.

White Wedding

VINYLUX.

R POLISH LONGUE DURE / 15 mL C











Forever Yours

- Swarovski Crystals
- Tulle



# NEWS Winning Combination

New York-based conceptual nail artist Sarah Nguyen once again nailed her North American Hairstyling Awards (NAHA) entry. Nguyen was named Nail Professional of the Year for the second consecutive year at the Professional Beauty Association's 30th annual NAHA ceremony, held in January during the International Salon & Spa Expo in Long Beach, California. Nguyen says she took inspiration for her nail designs from 1980s glam-punk style and the Santa Monroe fashion pieces selected for the shoot. "I wanted to create glamorous, regal, elegant-but-tough nails that would exude divine feminine qualities and some badass masculinity," she says. "I absolutely love the soft gel extension tips from Aprés Nail—they hug the nails so beautifully. All of the adornment was adhered using Aprés Diamond Gel, and, of course, all of the crystals used were Swarovski." So, was Nguyen surprised that she won a NAHA two years in a row? "The first year, no, but the second year, yes," she says. "The first year, I knew I was bringing something new to the table; this year I felt like each of the entrants stepped their game up."



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Lavanda Parafina aceite de lavanda

LCN | Spa Avocado Nail Butter | Icnusa.com This ultranourishing botanical formula boasts natural orchid extract, avocado oil, and vitamins E, A and D. DURI COSMETICS Herbatherapy Cuticle Treatment | duri.com Olive and grapeseed oils moisturize cuticles, while the thyme stem infusion revives and stimulates cell regeneration.
 DAZZLE DRY | Remove | dazzledry.com This bio-based acetone, enhanced with lemongrass and clove oils, is formulated to be gentle yet effective on natural nails.
 VOESH | Pedi in a Box Lavender Relieve | voesh.com Complete with a sea salt soak, sugar scrub, mud mask and massage butter, the four-in-one pedicure pack is

infused with calming lavender extract. **G GIGI | Lavender Paraffin | gigispa.com** Elevate your spa manicure and pedicure services with this calming blend of lavender, grape seed and apricot essential oils. **O NAIL MAGIC | Botanical Strengthener nailmagic.com** Enriched with horsetail plant, the nutrient-dense formula strengthens thin, brittle nails. **O LA BLOOM BEAUTY | Nail Oil | labloombeauty.com** Organic lemon essential oil whitens nails, while sweet almond oil and vitamin E nurture and strengthen cuticles. **O CND | Spa Gardenia Woods Masque | cnd.com** Soothing chamomile and hydrating sandalwood nourish the skin to reveal a luminous glow.

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# TIP OFF



1. The 1920s "I've always had a deep love for the 1920s--the beautiful symmetry and streamlined geometric shapes in architecture, fashion and art, and the glitz and glamour! I just think of *The Great Gatsby.*"

2. Deep Green and Gold "Right now I'm obsessed with dark green–even more so when it's combined with gold. These colors exude an elegant and luxurious feel for nail art that just makes you feel so empowered, like a boss!"

**3. Sneakers** "As a sneaker lover, I'm constantly inspired by all the new releases—the styles, the colors, the prints. The art of matching your nails to your kicks is growing, and I'm here for it."

4. Swarovski "Bling has always been a part of my nail art, specifically Swarovski. Recently, they've really stepped up for us nail techs and brought us perfect shapes, cuts and sizes that inspire you to bling on."

5. Bella Doña "They're currently one of my favorite urban brands. They constantly inspire me by bringing back the Old English lettering and styles of the '90s, and they take me back to my roots as a Mexican-American."





# Vvett Garcia @yvynails

Sherman Oaks, California-based nail tech Yvett Garcia started doing nails as a hobby while studying international business in Guadalajara, Mexico. Flash forward 12 years, and the talented pro's acrylic sets embellished with crystals are in high demand with her celebrity and influencer clientele–not to mention her nearly 300,000 Instagram followers. Garcia's work has also appeared on magazine covers, in cosmetics campaigns and on the Victoria's Secret runway. Find out what keeps this artist inspired.



Deep Green and Gold

The 1920s



THE BIG **RE-VEIL** 

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# TIP OFF

# launch BASE HIT

Essie recently released two new base coats-Smooth-e and Strong Start-in addition to revamping the packaging of their existing care products. Smooth-e is formulated to fill ridges and dents to provide a smooth surface for lacquer application, but the multitasking base coat also aids with a number of other issues, from yellow- or white-tinged nails to dry, flaking nails, explains Essie global lead educator Rita Remark. "Smooth-e base coat is a tinted, creamy formula that works to conceal imperfections and reveal naturally beautiful-looking nails," she says. "It also contains ceramide, which is proven to hydrate and prevent moisture loss." The ideal top coat complement to Smooth-e, says Remark, is Gel-Setter. "For those with extremely deep ridges, gaps or dents in their nails, this top coat boasts a slightly thicker consistency that glosses over uneven nails, polishing them to glasslike perfection," she says.

Another new addition to Essie's care arsenal is Strong Start-intended to tackle the most common of nail concerns: weakness. Formulated with biotin,



the base coat serves as both a color adhesive and nail fortifier. "Weak nails feel too soft and potentially sensitive to the touch; they can even peel or snap," explains Remark. "This can be the result of environmental triggers, gel nail abuse or, sadly, plain old genetics. Strong Start provides the ideal foundation for your longwearing, nail-strengthening manicures."



Herman Paez



Risé Carter

# **Executive Decision**

With the goal of increasing its global presence and distribution reach, LeChat announced the appointment of two new members to its executive team: Herman Paez, global sales director, and Risé Carter, director of education. Paez, a former salon owner with more than 25 years of experience in domestic and international sales in the nail industry, will be tasked with bringing LeChat nail care products to more distributors, salons and customers worldwide. And with more than 30 years of industry experience and a strong background in sales and education, Carter will create new classes and workshops for LeChat, helping increase nail care and product education worldwide.



# SMILE LINES TO SMILE ABOUT

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# TIP OFF

# PRODUCTS **Some Like** It Hard

There's a lot to love about hard gel: It's essentially odorless; the premixed formula ensures consistency and enables one-step application; it's self-leveling; and the non-porous surface is unaffected by acetone, dyes and other chemicals, promoting durable wear. That said, hard gel isn't without its drawbacks. Common roadblocks like heat spikes, sidewall flooding, free edge lifting and over-filing come removal time are a result of using the wrong tools, working too quickly or skimping on education. Here, we've rounded up a selection of high-quality hard gels, along with some expert tips to ensure service success.

### **STIFF STUFF**

"Use a thicker brush with stiff hair when working with medium-viscosity hard gels. The appropriate tool makes scooping and landing the product much easier compared to using a thin, soft brush. I recommend a gentle gliding and pressing action to build an even surface, which helps reduce filing time." – Jamie Yin, Akzéntz educator

### **FULL COVERAGE**

"Prime your gel brush by completely covering the bristles with gel, including the ones in the center, for a bubble-free application. Before curing, turn the hand over so gravity helps level the apex and overall structure." -Robert Nguyen, Entity creative director

6

### EDGE OUT

8

"To prevent lifting at the free edge, I sometimes use a very thin amount of acrylic on the free edge only and then apply hard gel over the rest of the nail." -Vicki Ornellas, ibd educator

### LEVEL UP

"Use a low-viscosity, self-leveling hard gel to your advantage. Let the gel work for you to create a perfect shape before filing to save both time and money, as you'll only need to make small adjustments before moving onto the next step." -Celina Rydén, Light Elegance ambassador and international educator

0

### SOFT TOUCH

"Work slowly and with a light touch. A common mistake I see with hard gel is heavy handedness with the brush. The pressure applied is too hard, making the gel 'push out' from underneath the brush, flooding in the sidewalls." -Darlene Tewitz, NSI global educator

8

### **SLOW & STEADY**

BASIC ONE

CLEAR GEI

"Working in layers while sculpting your gel is important. Thin layers help control the movement of the gel, while sculpting the nail in one large bead can generate uncomfortable heat spikes for your clients and won't yield a strong enhancement." -Darlene Tewitz, NSI global educator

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 Akzéntz Pro-Formance Balance Foundation Nude akzentz.com
 ibd Builder Gel Pink ibdbeauty.com
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celebrity Gold Standard

Cardi B released her video for the hit single "Money," in which she works a stripper pole, breastfeeds a baby and gyrates inside a glass museum display case wearing nothing but a gold jewel-encrusted bodysuit and headdress-and yet we couldn't take our eyes off her nails! Bronx, New York-based celebrity nail technician Jenny Bui (@nailson7th) produced three different nail looks for the video: a 4-inch long black stiletto set, created using her own Jenny Secret Black Gel and Top Coat; a crystal clear gel set covered in Swarovski stones; and a show-stopping 4-inch long set of gold, money-pattern nails. "The gold nails took four hours!" exclaims Bui. "They were very detailed. Real dollar bills\* were used to create the pattern, and some nails also had real gold accent jewelry." Bui spent 12

# CAREER WORK IT!

Searching for a new job in the beauty industry and hiring staff can be a difficult and time-consuming task, but two new companies aim to change that. The Beauty Scout (thebeautyscout.com) is a new career website for all levels of the beauty industry, from freelancers to executives. Founded by 25-year beauty industry veteran Stacey Roney, The Beauty Scout is free for talent to create a personal profile, upload a resume, and browse and apply to unlimited job postings. For employers, inexpensive monthly memberships allow unlimited job postings to The Beauty Scout's website and social media channels. "For years, I experienced my own frustrations and wanted a solution to networking and job searches in the beauty world," says Roney. "We're proud to launch an intuitive and innovative online solution for staying connected and networking within the beauty industry."

Another new resource that promises to make the hiring process easier for salon owners is Canvas (gocanvas.io), a text-messaging based interviewing platform. Designed to streamline the candidate screening process, Canvas allows salon owners to engage with multiple prospective employees, who can respond to interview questions at a time that works best with their schedule from any location. "Reaching qualified candidates with highly technical nail, makeup or esthetics expertise can be difficult because of the number of hours these professionals spend on the floor with customers in a current position," says Canvas CEO Aman Brar. "In lieu of leaving multiple phone messages or emails, Canvas enables salon owners to connect with job candidates within minutes of receiving their application or resume by sending a quick text message."



hours working on set to complete Cardi B's nail looks-a challenge with hair, makeup and nail prep all happening simultaneously. "The moments when Cardi had to be completely done to shoot were the most stressful, but overall it was very fun," she says.

\*Defacing United States currency for any reason is a federal offense. NAILPRO does not recommend using this technique.

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# POLISHED LOOK | BY KARIE L. FROST



313

Guest Artist: Savannah Walker is an editorial nail artist and the owner of Manifest Nail in Brooklyn, New York.

# Psychedelic Trip

Who can forget tying knots in white T-shirts, dousing them in a rainbow of dyes and then crossing your fingers that the resulting pattern would be as groovy as you imagined? For spring, the runways banked on our collective nostalgia for psychedelic patterns, turning out both straightforward (a simple dip-dyed sweatshirt at Prabal Gurung) and detailed (a tie-dyed shift overlaid with crystal pinwheels at Prada) renditions to delight all hippie-leaning fashionistas. Modern takes, like MSGM's tri-dyed oversized sweater, speak more to a skateboarder aesthetic, but if you're hankering for a psychedelic ride straight out of a Grateful Dead poster, look no further than the rainbow pants at R13. If your clients desire a trippy manicure, take out your own set of "dyes"-polish, gel or acrylic-and swirl or sponge your own mind-bending manicures based off of the best of the runway. Or, take a page from guest artist Savannah Walker, who offers up both simple and complex takes on tie-dye nail tips.

MSGM

Louis Vuitton

Prabal Gurung



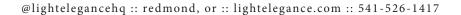




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## $\operatorname{WORKSHOP}|$ by angelina lewis

# Festival Fever

## GET CLIENTS FESTIVAL-READY WITH TWO INSTA-WORTHY NAIL LOOKS PERFECT FOR THE SEASON'S HOTTEST MUSIC EVENTS.

Festival season inspires creativity, freedom and self-expression through music and art, making it the perfect opportunity to show off your nail art skills. Whether your clients are headed to Coachella or Stagecoach, we've got you covered with two nail designs by Van Nuys, California-based nail artist Adriana Gutierrez (@trendy\_talons). "Jeweled face and body accessories worn at previous festivals inspired the Coachella design, and intricate stitch patterns on cowboy boots led the way for the Stagecoach look," says Gutierrez. Here, she shows how to recreate the looks.





#### **COACHELLA VIBES**

• Apply gel base coat, and cure. Then, apply one coat of bright blue gel polish, and cure.

• Use a dry brush or eye shadow applicator to burnish fine blue glitter into the tacky layer of the gel color. Brush off the excess glitter. Apply no-wipe gel top coat, and cure.



Apply stone resin to the base of the nail and adhere a large flatback teardrop crystal. Then, add more resin and apply two flatback raindrop crystals pointing down the nail. Add small flatback round stones around the larger stones to finish the design.

• Use a striping brush to outline the crystals and perimeter of the nail with turquoise gel. Cure. Finish by applying high-gloss gel top coat on the nail only, avoiding the gems. Cure.

# MAKE IT LAST Nail professionals share their tips for creating standout designs that will survive the festival frenzy.

Use gel paint for intricate designs. Gel paints are perfect for creating fine lines, marble effects and custom color blends. "The medium viscosity allows me to create designs that won't run or smudge," says Christrio educator Mya Vo. Another benefit to using gel paint for nail art? It doesn't "dry" until cured. "If you make a mistake, simply remove it with the swipe of a brush," says Christrio educator Jacie Currington. To avoid smudging, flash cure between each step of the design, advises Vo. Gelish master technician Vu Nguyen recommends controlling the amount of gel paint that your brush picks up for a clean, sharp design.

Keep crystals intact. Swarovski crystals can add a wow-factor to any nail design, but proper application

is essential to ensuring longevity. Since crystals are rigid and nails are flexible, the key is to use an adherent that can bend while still securing stones without cracking or breaking, says Nail Hub CEO and Swarovski Beauty Academy educator Elizabeth Morris. "Choose a flexible yet sticky low-viscosity adherent," she says. "Glue tends to be brittle and etch the surface of the crystal, diminishing the shine. But if you use a soak-off gel, you can soak off your crystals and reuse them–acetone won't damage them." After adhering the crystals, use a detail brush to apply a flexible gel top coat around the girdle of each crystal (the tiny "wall" around its base), ensuring that the gel is applied completely around the edge of each crystal. Flash cure during the application if you're using a higher-viscosity top coat. Never apply resin or gel on top of the crystals, as it diminishes their shine and dulls the facets.

**Ensure longevity with gel polish.** The keys to achieving long-lasting results are proper prep and using products from the same manufacturer, says OPI education manager Sigourney Nuñez. The most common service breakdown from gel polish occurs because of improper capping, which causes the gel to lift from the free edge. To remedy this, "After shaping, swipe a buffer underneath the free edge to remove any fraying," she says. Another tip: Don't forget that oils resurface, adds Nuñez. "If you're using a pH balancer or dehydrator, work on one hand at a time to ensure the product does its job properly," she says.



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## WORKSHOP

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#### STAGECOACH STYLE

• Apply gel base coat, and cure. Then, apply two thin coats of teal gel polish, and cure.

<sup>2</sup> Use a detail brush to paint a triangle at the free edge with black gel polish. Then, paint a rounded triangle at the base of the nail; cure.



• Use a detail brush to outline the triangles with metallic gold gel paint. Then, paint a gold half *fleur-de-lis* on each side of the nail. Cure.

● Use gel resin to adhere a small gold star at the center of the black triangle at the base of the nail. Then, use a dotting tool to add gold accents on both sides of the star. Cure. Finish with gel top coat, and cure.



## NAILSPIRATION



**Guest Artist:** Alecia Mounixay is a nail artist (@thepaintedkoi) based in Wilmington, North Carolina.

April Showers

Blurred lines, water droplets and reflective rainbows converge on this rainy set of tips.





"The dark, moody feeling you get when it's raining inspired me, along with shadowed mist and reflective raindrops, when everything we typically see appears distorted." – Alecia Mounixay

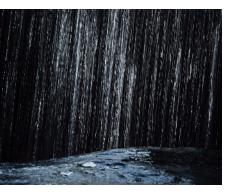


**Step 1** Apply two coats of black gel polish, curing only after the first coat. Place various sizes and colors of holographic glitter circles on the bottom half of the nail.

**Step 2** Apply one to two coats of no-wipe gel top coat for a smooth finish. Apply white pearl chrome pigment over the entire nail with an eye shadow applicator or silicone nail art tool.

**Step 3** Seal with no-wipe matte gel top coat. Then, use small and large dotting tools to add "raindrops" to the nail with no-wipe gel top coat. **TIP!** Repeat this process for the raindrops to appear more three-dimensional.







**Step 1** Apply two coats of black gel polish. Then, top with no-wipe matte gel top coat.

**Step 2** Apply glossy no-wipe gel top coat to the bottom of the nail. Do not cure. Use a medium-length micro-detail liner brush to drag thin strokes of the wet gel top coat up the nail toward the cuticle area, grabbing a bit more top coat on your brush with each stroke.

**Step 3** Apply white pearl chrome pigment with an eye shadow applicator or silicone nail art tool to the design, and dust off the excess. Finish with no-wipe gel top coat over the chrome design only.



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STAFF: Eight independent contractors compensated by base salary plus commission.

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THE OUTREACH We support local businesses by working together and referring one another. We're involved in the community by volunteering our time to educate kids in need.

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#### **Up Close With Joyce Wang**

What was your first job in the

"I began working with industry-leading nail salons over four years ago."

#### What inspires you?

"Helping women feel beautiful and

#### What renovations have you made

"It's important to take care of our employees, as they take care of our clients, so we renovated our employee lounge to create a more comfortable space."

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

"Never compromise quality."

What's your go-to client conversation starter? "What particular trends or designs would you like done today?"

I can't discuss ASTR without ... "Mentioning the artistry, luxury and unparalleled customer service we offer."



LEARN THE INS AND OUTS OF ACCEPTING (OR ESCHEWING) GRATUITIES-A CRITICAL AND COMPLEX PART OF DOING BUSINESS FOR NAIL SALONS AND TECHS ALIKE.

# GETTY IMAGES

#### By Tracy Morin

Tips are a good thing, right? After all, they show client appreciation for a tech's hard work and can significantly boost one's income. But tipping diverts to the dark side when techs and salon owners aren't properly informed on tax and reporting requirements.



Confusion about tipping runs rampant in any industry where gratuities rule, and the beauty business is no exception. "Unfortunately, we learn to pocket tips in beauty school," notes Jaime Schrabeck, PhD, salon owner and licensed manicurist at Precision Nails in Carmel, California. "Schools could be doing much more to teach about tax compliance; even many salon owners don't know the legalities."

The bottom line: Tips are considered taxable income, subject to Social Security and Medicare taxes. "Unless the tips total less than \$20 for the entire calendar month, they must be reported to the employer," explains management consultant Tina Alberino of This Ugly Beauty Business in Tampa, Florida. "In addition, employees are required to maintain a daily tip record and report all tips–including those under \$20 they weren't required to report to their employer–on their tax returns." (The IRS's Publication 1233 facilitates tip tracking and reporting; find it at irs.gov/pub/irs-pdf/p1244.pdf.) Not properly reporting tips triggers several consequences, Alberino adds: Those who underreport income can be denied loans or credit, and a potential lender may file a Suspicious Activity Report, which alerts the Internal Revenue Service (IRS) about fraudulent activities. You may also be subject to an audit. "The IRS considers underreporting a form of tax evasion, and those who are found guilty face a penalty equal to 50 percent of the Social Security and Medicare taxes they owe on the unreported tips—that's *in addition* to the taxes you owe," says Alberino. "You could also be subjected to wage garnishments, bank and asset levies and even jail time."

Meanwhile, employers are required to withhold and match employment taxes on all employee wages, including tips. Failure to do so compromises employees' benefits and can incur serious criminal and civil penalties. Schrabeck trains her employees to record any tips (cash or credit) with each transaction. At the end of every workday, employees receive their tips in cash, without deductions. Then, when completing payroll every two weeks, Schrabeck reports the tip totals so taxes can be withheld.

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# GOING TIPLESS

Many techs and salon owners are now going "tipless" to avoid the gratuities quagmire altogether. Both Schrabeck and Alberino agree that a tipless salon offers a range of benefits: Customers don't determine a tech's wages (creating steadier incomes), while employees and employers needn't worry about accurately reporting tips, as the expense is built into the service price. Alberino has found that no-tipping policies (in her own and her clients' salons) have been extremely wellreceived by customers.

"Additionally, tipless business employers are able to strictly manage their employment tax burden," says Alberino. "Tips are unpredictable income that employers have no control over and are expected to match taxes on. Those taxes (combined with any applicable credit card processing fees) can add up fast." For example, \$200 in tips results in a \$15.30 federal tax liability for the salon (6.2 percent for Social Security and 1.45 percent for Medicare). If 12 employees receive \$100 in holiday tips from each loyal client, the employer's tax burden becomes substantial.

Considering going tipless? Alberino advises taking the appropriate steps: First, evaluate your pricing and service protocols. To offset the lack of tip income, increase employees' wages (or, if you're self-employed, increase your desired salary). Once you've adjusted wages and determined what the service *must* cost, increase the cost to meet the client's perceived value. "If the cost far exceeds what clients are willing to pay, you'll need to correct some serious imbalances–in service execution time, product cost, and/ or overhead expenses–until the service results in a profit."

# TECH SUPPORT

Software programs like Tippy (meettippy. com) are designed to make the tipping process easier, as well as many businessstreamlining software systems. Still, policies can get confusing, warns Sean Persha, vice president of sales and business development at DaySmart in Ann Arbor, Michigan. "The correct process of tracking

#### THE LATEST LEGISLATION

Last September, the Professional Beauty Association (PBA) asked the beauty industry to support H.R. 6736, commonly known as the Federal Insurance Contribution Act (FICA) Tax Tip Fairness legislation. This would "extend the FICA 45(b) tip tax credit to salon and small beauty businesses ... and would improve tip reporting, promote tax fairness and help small businesses," the PBA reports. "Employers should not be responsible for paying FICA taxes on tip income not paid by them to their employees." For more information and to take action, visit probeauty.org/fica.

and attributing tips is critical in any service business," he says. "But what happens if a client sees multiple providers during a visit, then tips on the total on her way out?"

In other words, does the tip get split as a percentage of the invoice? Does a 10 percent tip mean every provider gets 10 percent of the service cost as a gratuity? Do the three providers split the tip evenly? "There's more complexity when service levels or tiered compensation plans dictate when certain providers get a larger share because of seniority or expertise, or because their service took longer," says Persha. "A very attentive front desk person can account for complicated revenue splits, but salon management software that tracks services and commission details helps avoid conflicts."

Software can assist via reports that show each service provider's compensation, but Persha stresses that it's most important for owners to communicate the process to the staff, envisioning every possibility and discussing it as a group. "Pooling tips creates a perverse incentive for low performers (they're rewarded for someone else's work), but complex revenue splits can lead to confusion or a larger reporting burden," he explains. "Have a policy and stick to it. How you handle–and communicate–these payments are critical to keeping staff happy while limiting the mathematical gymnastics."

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





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Naomi Yasuda @ Area





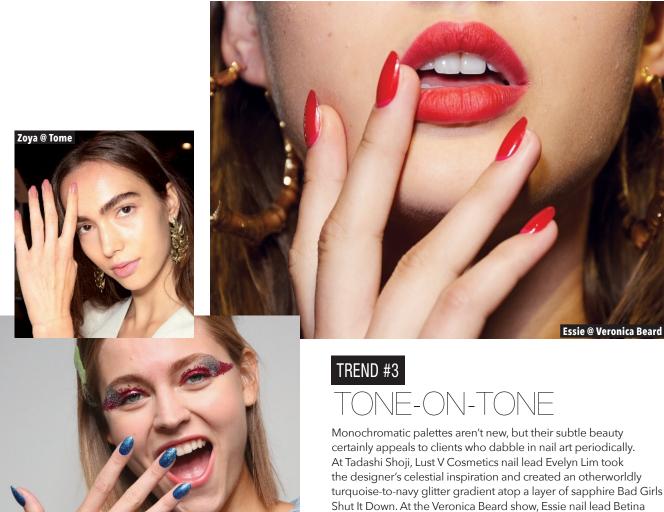
The jelly nail Instagram craze of 2018 found legs on the fashion runway this season, with the lengthiest spotted at the Area show: a Naomi Yasuda-crafted set of squared-off clear tips tinted in green apple, blueberry or watermelon hues. Shorter renditions, seen at Sandy Liang and Maryam Nassir Zadeh, all came from nail lead Holly Falcone. She applied a single coat of Zoya Paris, Lindsey or Alex at Sandy Liang for a sheer wash of color, but her technique for the Maryam Nassir Zadeh show took more than a polish brush to administer. "For the acid-wash, Mediterranean-inspired look, I applied the color using plastic wrap to give it an edgy, watery finish," says Falcone.





In the world of nail art, crystal-encrusted tips steal the spotlight time and again thanks to their ability to attract light–and eyeballs!– to such a tiny canvas from across a room. At Adeam, nail lead Mei Kawajiri brought her maximalist approach to the art form by mixing large stones with precise rows of rhinestones and chains. When Anna Kikue created a line of jewelry for the Chromat show, her sister, business partner *and* nail lead Eda "Lady Fancy Nails" Levinson mimicked the oversize crystal-laced hoops in her striking nail art. "The actual nails look like wet T-shirts, but we added chains, hoops and clear beads to really connect the nails to the jewelry," she says, adding, "It's the ultimate sister collaboration!"

Lady Fancy Nails @ Chroma



Shut It Down. At the Veronica Beard show, Essie nail lead Betina Goldstein eschewed flash in favor of nuance, lacquering long tips with two coats of Really Red followed by a thin arc of bold crimsonpink Bachelorette Bash along the cuticle to create a blink-andyou'll-miss-it shadow effect. "It's a little something extra; it makes the nail pop," confides Goldstein.

# Making the Trends Work for You

P P

ux Cosmetics @ Tadashi

"Prepare nail samples to showcase your take on the current season's trends and place them on a board at

the front desk. This allows clients to see what's new, and both the receptionist and techs can upsell by recommending the addition of a trend-specific accent nail. It can be worked into even the busiest of schedules." –Fleury Rose, New York-based editorial manicurist "Use a split-screen app (I like Diptic) to show the runway nail look side-by-side with your own version on your Instagram page. Clients forget that nail trends from the runway don't have to be done identically nor taken literally; they're simply inspiration to dial up or dial down, depending on

the trend and their mood." –Julie Kandelec, New York-based celebrity manicurist Now that you know the season's top trends, how do you convert them into revenue? Here, three runway nail leads share their tips for making the most of runway nail art.



"Like some nail professionals, I never fully understood how runway trends and fashion affected salon services. But after working two decades backstage with runway designers, I've realized that there's way more behind the curtain! Fashion drives beauty-and

vice versa—so staying ahead of the trends allows you to recommend the latest colors, styles and patterns in your salon, which in turn, increases client loyalty and trust. It can [even allow you to] elevate your service price. Take what you see on the runway and create your own seasonal styles or salon look book that speaks to your salon and client esthetic." –Roxanne Valinoti, CND education manager



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ING NAIL CONCE



Clean, cool and still a manicure mainstay: Negative-space nail art

endures this season as a clear winner. Modernizing the iconic French mani, Essie nail lead Alicia Torello painted a striking black Greek key design across naked tips at Kith. Continuing her naked streak backstage at the Carolina Herrera show, Torello dropped a single dot of Zoya Snow White at the cuticle of each bare nail, citing the design's elegance in its utter simplicity. Turning the idea of a fresh polish job on its head, nail lead Jin Soon Choi did away with

JINsoon @ Tib

elegance, instead haphazardly painting nails, leaving the edges bare for an intentionally chipped look at Tibi.

Essie @ Monse

Zoya @ Carolina Herrera

Essie @ Kith





These two mini-trends may have only shown up twice, but both deserve a spot on your salon's nail art board.



#### TINY **PORTRAITS**

CND's chainand-rhinestone encircled nails mirrored the Victorian vibe at Libertine, while neon-bright borders at Jeremy Scott spoke to what Essie nail lead Miss Pop called "a totally '90s nail."



Essie @ Jeremy Scott



#### **TO THE LETTER**

Essie nail lead Alicia Torello painted the letter "K" on thumbs to denote the brand's name, Kith, while at Nicole Miller, the message was less about the brand moniker and more about its attitude. "I was inspired by the punk graphics from the '80s that you'd do on your jeans or a bathroom stall," Zoya nail lead Holly Falcone says of the letters B-A-D she scrawled across several nails.



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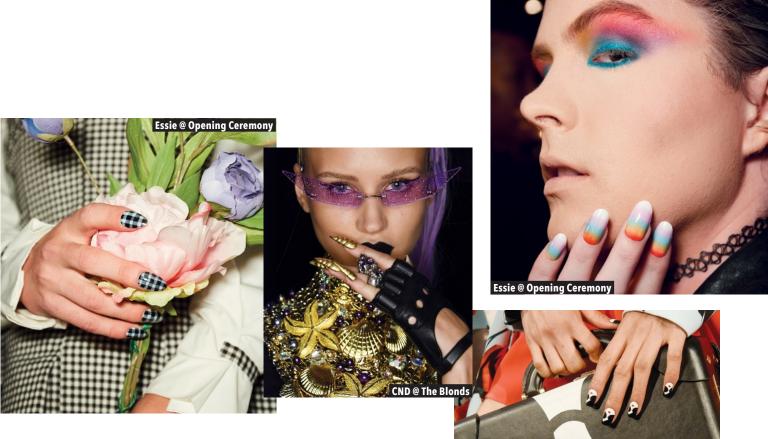


readers' (choice awards st



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# TREND #5 MATCHY-MATCHY

Feeling a little lost for nail art inspo? Look no further than what your client is wearing! At Opening Ceremony, multiple mani creations took their cues from all forms of adornment, like a rainbow of eye shadow shades or a gingham-print dress. "I wanted to juxtapose the tiny print in the clothes with a magnified version on the nails," says Essie nail lead Julie Kandalec of her outsized gingham nail art. The Alice + Olivia "Staceface" illustration on a handbag became perfect nail art fodder—so much so that the brand's designer partnered with Kiss to create a collection of Impress nails boasting the doodle's oversized sunnies, red lips and black bangs on nail tips.

# BEST IN SHOW

Not all catwalk-compliant nail art becomes a trend, but that doesn't mean certain creations aren't worth highlighting for their genius. Here, a few that demand a second look.

@ Alice + Olivia



Karie L. Frost is a freelance writer and editor based in Connecticut.

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# Financial Times

WITH TAX DAY FAST APPROACHING, WE OFFER ADVICE TO HELP REDUCE YOUR BILL AND AVOID AN AUDIT.

#### By Marianne Dougherty

"Thinking is one thing no one has ever been able to tax," American inventor and businessman Charles F. Kettering once said, but everything else, it seems, is fair game. So what are the most important things salon owners and nail techs need to know before filing their taxes this year?

"The 2017 Tax Cuts and Jobs Act is 14,000 pages long, and we're still getting clarification from the IRS as to how they're going to handle some items," says April McDaniel, a Certified Public Accountant (CPA) with Kopsa Otte in York, Nebraska, who works with salon owners, beauty professionals and other small businesses. Her advice: If you haven't used a tax professional to prepare your taxes in the past, this might be the year to start.

The first thing nail pros should be aware of is the Qualified Business Income Deduction, or QBID, which allows qualifying salon owners and independent contractors to deduct 20 percent from their net income right off the top. "If you're showing a profit from your business, you can benefit from this extra deduction," says Carol

The first thing nail pros should be aware of is the **Qualified Business** Income **Deduction**, or QBID. which allows qualifying salon owners and independent contractors to deduct 20 percent from their net income right off the top.

Hammontree Bates, owner of Income Tax Solutions outside of Mobile, Alabama. "Let's say that you're a nail tech who earned \$80,000 this year. The QBID could save you \$16,000, which is huge."

Qualified business income includes sole proprietorships and pass-through income from partnerships and S-corporations. C-corporations do not qualify for this deduction. Since beauty professionals who rent space in a salon are selfemployed, they qualify for the QBID. Still, this is uncharted territory, which is why it's a good idea to consult a professional before claiming this deduction.

Another thing to keep in mind this year: If you've been remiss in accurately reporting income from tips in the past, McDaniel suggests being more diligent now that the Internal Revenue Service (IRS) has released the results of a year-long study on unreported tip income, which they determined to be about \$23 billion. (See "The

Lowdown on Deductions" on page 54 for more about tipping regulations.) "I feel like there will be more of an effort to audit tips in the future," says McDaniel, who stresses the importance of keeping accurate financial records in general, especially in light of all the changes in the tax code. "It's never too late to start keeping documentation. You can audit-proof yourself by maintaining good records." A number of her clients use QuickBooks, an accounting software package that helps small businesses manage sales and expenses and keep track of daily transactions. "It won't store mileage logs or receipts," she says, "but can help you keep track of

To keep abreast of changes to current tax law, sign up for Certified Public Accountant firm Kopsa Otte's weekly newsletter for salon and spa owners

at kopsaotta.com.

or receipts," she says, "but it can help you keep track of your transactions. Choosing salon management software that makes it easy to pull and analyze reports aids in keeping accurate records."

Jaime Schrabeck, owner of Precision Nails in Carmel, California, has been using Quicken, a personal finance management tool, for 25 years in order to track her business and personal finances. "I manually enter transactions, assign categories and check the websites of my financial institutions to stay updated," she says. "At the end of the year, I can immediately produce the information my CPA needs to prepare my taxes."

"[I like to] take the maximum advantage of deductions available, but to do that you've got to keep accurate, updated records," says Claudia Papa, owner of Aqua Nail Bar in Santa Barbara, California. "I'm by nature a Luddite, but I've learned how to harness technology to



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Finally, Bates issues a warning about misclassification—the practice of knowingly misclassifying an employee as an independent contractor, which can result in some hefty fines in states like California. "If you're being asked to answer phones or perform other tasks for which you're not getting minimum wage, you should be on a W-2," she says. "If you're renting space in a salon, you should issue a 1099 to the salon owner documenting the amount of rent you paid that year. No one does this, but the IRS says it's the law, and it's a way to prove to the IRS that you're operating a business."



# THE LOWDOWN ON DEDUCTIONS

With the release of the new tax code, here are 16 deductions you can take this year to reduce your tax burden. Keep in mind that these deductions are not available if you receive a W-2 from your employer.

**RENT** You can deduct the full amount of rent you pay as a salon owner or as an independent contractor. **CELL PHONE USAGE** Keep track of how much you use your cell phone for business. Do you allow clients to book appointments that way? A good rule of thumb is to claim 50 percent of your bill.

**TRAVEL** Although you can't deduct your daily commute, you *can* claim mileage for, say, driving to and from the beauty supply store or driving to a trade show. Keep a log of all trips taken throughout the year. The standard deduction is about 59 cents per mile; your tax professional will compute it for you if you provide a record. You can also deduct the cost of airfare to attend a trade show or other business-related event. Similarly, you can deduct the cost of a hotel if you have to stay overnight at a business-related event.

**SUPPLIES** You can write off consumables–everything from towels and cuticle oil to nail polish and other supplies–that you purchase to conduct business.

**INSURANCE** If you're paying for general liability insurance, you can deduct the premium. You can also deduct the premiums for health insurance through a private policy. Your tax preparer can let you know if you qualify.

#### INDIVIDUAL RETIREMENT ACCOUNT

(IRA) You can deduct what you pay into an IRA if you have one.

**ENTERTAINMENT** If you host an annual holiday

party for your staff, you can deduct the cost of food and beverages, but not the cost of entertainment, like a band. **CHARITABLE DONATIONS** You may deduct charitable donations in the form of cash and

product charitable donations in the form of cash and product giveaways.

CAPITAL EXPENSES These might include furniture, computers, printers and other equipment. CLEANING SERVICES Salon owners can deduct the cost of a cleaning service.

**ADVERTISING** If you're buying ads online or in local papers or magazines, keep a record of these expenses.

## SALARIES AND BENEFIT PLANS Salon owners may deduct these expenses.

**CONTINUING EDUCATION** Both salon owners and independent contractors can deduct the cost of attending trade shows or taking classes and workshops designed to improve their skills or help them run their businesses more efficiently.

**MEALS** If you bring lunch in for your staff, for example, it's 50-percent deductible. Holiday parties are 100-percent deductible. Meals bought at trade shows or other business-related events are 100-percent deductible. **UNIFORMS** You can deduct the cost of smocks, aprons or other clothing if you can't wear them off the job.

LICENSES You may deduct the fee to renew your cosmetology license. NP

Marianne Dougherty is a freelance journalist and former beauty editor in Santa Barbara, CA.



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# MANUESTORIAL ARTISTS CREATE GEL POLISH DESIGNS TO REMEMBER FOR

#### THE NIGHTS YOUR CLIENTS WON'T FORGET. By Angelina Lewis

From prom and spring break to weddings and garden parties, the season's special events call for durable and lasting gel polish tips and statement-making nail art. "Even if you're limited to a few colors, you can blend gel polishes to create custom hues for one-of-a-kind nail art," says Pamper Nail Gallery artist Brittnay Morris (@brittnailedit). (See her Garden Party nail designs on page 61). "Depending on the look you and your client envision, try mixing matte and glossy finishes on different nails or parts of the nail. You can also create texture and dimension with gel polish by building on layers of color-the possibilities are endless!" Help your clients get ready for their next big event with these memorable manis-plus a slew of gel polish shades suited to each occasion.









For prom circa 1990s—and even into the early 2000s—pink-and-whites were not only the style, but the staple. You weren't fully dressed without a crisp smile line. But Ugly Duckling ambassador Priscilla van Uden (@home\_of\_deva) presents a playful alternative fit for any aspiring prom queen. Evoking a vintage feel, this set was inspired by deep color tones, prom corsages and retro bowties. "I wanted to incorporate a flower, as the corsage remains an important part of prom," she says. "To achieve the overall vintage look, I added gold polka dot glitter pieces and deep navy gel polish, and finished the look with a matte top coat. After curing, I added another two layers of matte gel top coat to secure the glitter for long wear." To achieve the 3-D heart outlines, van Uden used a sugaring technique. "I outlined both hearts with navy gel polish and spinkled them with clear acrylic powder," she says. "Work on one heart at a time so the gel polish doesn't bleed."

GELISH Are You Lion to Me gelish.com

ENTITY Color Couture Glimmer en Vogue entitybeauty.com

KINETICS Shield Power White kineticsbeauty.com

UGLY DUCKLING NAILS No. 114 uglyducklingnails.com

> **LECHAT** Perfect Match Goldtease echatnails.com

# POLISHED PROM

RIL 2019 NAILPRO.COM 57

**NCLA** Gelous? About Last Night *nclabeauty.com* 

**EZFLOW** TruGel Curious-er & Curious-er *ezflow.com* 

CND Shellac Blue Moon cnd.com

CHRISTRIO Diamond Gloss C-57 christrio.com

BIO SCULPTURE Evo Carol biosculpturegel.com



Inspired by moonlit ocean swims, sunset skies and tropical palm leaves, senior Pamper Nail Gallery artist Shanice Brown (@animininails) created three stiletto nail designs just in time for spring break getaways, bonfire parties and days spent basking in the sunshine. "To create the ocean wave, work with your gel polish while it's wet for seamless blending," advises Brown. "I like to combine different shades of the same color to create dimension."

# SPRING FLING



# BLUSHING BRIDE

OPI GelColor Made It to the Seventh Hill opi.com

TAMMY TAYLOR Gelegance Cashmere Beige tammytaylornails.com

LUXA POLISH Gel Color Whiteout *luxapolish.com* 

> AKZÉNTZ Luxio Daintiest akzentz.com

CHINA GLAZE Geláze Chrome Is Where the Heart Is chinaglaze.com Natasha Harton (@natashaharton) used her own dream wedding vision as inspiration for these delicate almond-shaped nails embellished with rose gold stones and gel paint embroidery. For a vintage wedding gown feel, Harton created a crocheted lace design by joining various-size swirls of white art gel together. "I applied gel dots to create a scalloped trim on the outer edge of the lace," she says. "To achieve the textured matte look, I sprinkled clear acrylic powder over the uncured gel polish. After curing, I dusted off the excess powder."

Ugly Duckling master educator

# GARDEN PARTY

MIA SECRET Gelux White Peony miasecret.com IBD Just Gel Polish Baked to Perfection *ibdbeauty.com*  CUCCIO Veneer Pretty Awesome cuccio.com

Whether clients are hosting a poolside party, al fresco brunch or casual afternoon tea, Morris's tips, inspired by orchids, fine china, and blue-and-white vases, are sure to enliven any garden get-together. "When sculpting the orchid petals, work one petal at a time and ensure each is completely dry before building on it," advises Morris. "Don't focus too much on the details; look at the design as a whole to make sure it flows. Keep your lines consistent, and use a cleanup brush as you work."

ARTISTIC NAIL DESIGN Colour Gloss Drop That Bass artisticnaildesign.com

ORLY GelFX Spirit Junkie orlybeauty.com

## NAIL CLINIC | by Linda kossoff

# RED ZONE

**SAFETY FIRST** When confronted with any skin disorder, practice the three Rs: Recognize, Recommend and Refer.

MARKED BY UNSIGHTLY PATCHES ON THE OUTER LAYERS OF THE SKIN, PSORIASIS IS MORE SERIOUS THAN MEETS THE EYE.

The skin is an expressive organ; it tends to tell us when we're physiologically or psychologically out of balance. For nail technicians, learning how to "read" the skin of your clients can go a long way toward protecting their health. This includes recognizing psoriasis, an unsightly disorder on the skin and nails that, according to the National Psoriasis Foundation (NPF), currently affects approximately 7.5 million Americans. Here's what you need to know about this often distressing and potentially serious condition.

#### **UNDERSTANDING PSORIASIS**

Psoriasis is considered an autoimmune disease, a fact that differentiates it from other commonly seen skin problems such as eczema, athlete's foot and dermatitis. It occurs when, for unknown reasons, the body's natural immune system kicks into overdrive and begins to attack body tissue. Skin cell growth responds by speeding up, and the result is the appearance of thick, red patches and silvery white scales on the surface of the skin. These lesions are most commonly seen on elbows, knees, palms, soles of feet, scalp, lower back and face, although they can also penetrate fingernails and toenails.

"Nail psoriasis is a large problem for many patients," confirms Joshua Zeichner, MD, a dermatologist and director of cosmetic and clinical research in dermatology at Mount Sinai Hospital in New York. "It may look like nail fungus, but it's not caused by an infection. It's important for people with nail psoriasis to be monitored by a dermatologist to ensure that they don't have a fungal infection as well."

Psoriasis takes several forms, the most common of which is plaque psoriasis, described above. Second most common is guttate, characterized by small, dotlike lesions, followed by inverse, pustular, erythrodermic and psoriatic arthritis (an inflammatory

form of the condition). All fall under the umbrella term "psoriatic disease."

Although not contagious, psoriasis is chronic and, depending on the amount and locations of body skin affected, has the potential to compromise quality of life. Psoriasis that covers more than 10 percent of the body is regarded as severe, between 3 percent and 10 percent as moderate and less than 3 percent as mild. However, even a mild case of psoriasis can be devastating if the lesions largely appear on highly visible areas of the body. In a recent NPF survey, nearly 60 percent of women with psoriasis reported that their condition interferes with their quality of life.

#### TRIGGERS AND TREATMENTS

As with all immune disorders, medical science has been unable to pinpoint why some people develop psoriasis and others don't. However, genetics and environmental factors are causal factors. Scientists have identified specific genetic variants that increase the chances of developing the disease. Indeed, a child whose parents both have psoriasis has a 50 percent chance of developing it as well. Another key risk factor is the immune system itself, which ebbs and flows depending on our general health, environmental exposure and internal stress. It's not surprising that people with psoriasis often have immunity-affecting health conditions, such as diabetes, heart disease and depression, or that people often develop the disease while struggling with an infection or a prolonged bout of stress.

People of all racial backgrounds can develop psoriasis, although it affects Caucasians a bit more frequently than people of color, and often starts in young adulthood. Ten to 15 percent of people develop psoriasis before age 10. In addition to

#### **PSORIASIS** FACTS\*

125 million people worldwide are living with psoriasis.

Every year, 20,000 children under 10 are diagnosed with the disease.

Psoriasis is the most prevalent autoimmune disease in the United States

Up to one-third of people with psoriasis develop psoriatic arthritis.

Psoriatic arthritis has many of the same symptoms as other types of arthritis.

Sources: National Psoriasis Foundation, psoriasis.org; Centers for Disease Control. cdc.gov.



health issues that affect the immune system, there are also some recognized triggers, including injury or trauma to an area, medications, allergies, diet and even weather.

There's no specific test for diagnosing psoriasis, but doctors are trained to recognize the disease and differentiate it from other similar-looking conditions. When in doubt, a tissue sample may be examined under a microscope to confirm suspicions. At that point, treatment is determined by the severity of condition and other health factors, but options include:

- Topical lotions, ointments, creams or gels (vitamin D, corticosteroids, dithronol, retinoids)
- Light therapy (UVB or UVA, depending on severity)
- Systemic treatments (oral or injected medications)
- Biologics (therapies that work directly on the immune system to inhibit disease cells)

Treating nail psoriasis is difficult; injections and even cosmetic repair are used when topicals and light therapy aren't effective. There are currently new biologic treatments in development, and a recent study at the University of Birmingham in Alabama points to the potential use of gene therapy to restore a normal life cycle to affected skin cells.

#### **PSORIASIS IN THE SALON**

Clearly, it's not a nail tech's job to diagnosis psoriasis on clients. However, it's a pretty hard problem to miss. "Most of the time the technician will see the psoriasis because the dry patches of skin are so visible," notes Janet McCormick, MS, educator, author and co-owner of Nailcare Academy in Fort Myers, Florida. "Usually these clients don't go to a nail tech because of the lesions."

"For the most part, clients with psoriasis are very aware that they have some type of dermatological problem," agrees Vicki Malo, president of the North American School of Podology in Toronto. She says it's up to the nail tech to "practice the three Rs: Recognize, Recommend and Refer," and advises techs who observe tell-tale red patches to urge clients to see a dermatologist for a diagnosis.

According to the NPF, up to 50 percent of people with psoriasis and at least 80 percent of psoriatic arthritis sufferers experience changes in their nails. Check for thickening, pitting, ridging, cracking, discoloration, deformation and onycholysis (separation from the nail bed).

Where suspected psoriasis lesions lurk, the advice is clear: "No nail service should be performed over a psoriatic area-they're too easily irritated," asserts McCormick. Malo agrees that the risk for doing harm to these clients far outweighs any potential loss of income. "Psoriasis is an autoimmune disease not to be taken lightly," she says. "An immune-compromised client is at a higher risk for infection, and precautions must be taken."

Linda Kossoff is a health and wellness writer based in Los Angeles.



## $\operatorname{PROTALK}|$ by angelina lewis

# Christrio

NAIL INK / CHRISTRIO.COM When it comes to stocking your nail art toolbox, Christrio Nail Ink is a must. Available in nine essential hues, this highly pigmented ink is perfect for creating marble, watercolor, ombré and even smoky effects. Plus, Nail Ink doesn't require curing and boasts a speedy dry time for faster and easier nail art.







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• Accent the veins with champagne Glitter Painting Gel No. 5. Cure. Then, finish with PolyShine Top Gel, and cure.



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## HAPPENINGS | COMPETITIONS

# NAILPRO Competitions: ISSE

The NAILPRO Nail Competitions held at The International Salon and Spa Expo in January kicked off 2019 in the race for the Cup. Novice and veteran pros competed in a variety of categories, including Fantasy Nail Art (Voodoo theme), Acrylic Hand-Painted Nail Art (National Treasures theme), Gel Paint (Decades of Fashion theme), Chrome/Stamping and NAILPRO's Signature Salon Success competition. Nail techs put their skill and ingenuity to the test in every category. Check out the results!

#### **COMPETITION WINNERS**

#### **On My Own-Novice**

Mio Terai
 Evegniya Shinkova
 Christian Becerra

#### **On My Own-Veteran**

Shiori Durham
 Kseniia Emeliantseva
 Yuriya Matsumoto

#### It's All About the Bling!

- 1. Shiori Durham
- 2. Nuri Martinez
- 3. Paola Valenzuela

#### Fantasy Nail Art-Veteran



1. Mio Tera



2. Hemi Park



3. Jhoana Maldonado

#### Salon Success-Novice

- 1. Clavel Gonzalez
- 2. Christian Becerra
- 3. Nuri Martinez

#### Salon Success-Veteran

- 1. Shiori Durham 2. Guin Deadman
- **3.** Emese Koppanyi

#### 3-in-1 Sculptured Nail

- **1.** Shiori Durham **2.** Emese Koppanyi
- 3. Guin Deadman

#### Acrylic Hand-Painted Nail Art-Veteran



#### 1. Pepe de Leon



2. Genesis Ward



3. Bianca Arias

#### 2019 NAILPRO CUP STANDINGS

Teams 1. Le Chat

2. ONS

4. Akzéntz

5. Crystal Nails

**3. UNIS NAIL STARS** 

#### Individuals

1. Guin Deadman	1,448.0
2. Shiori Durham	1,364.0
3. Genesis Ward	1,066.0
4. Andy Ho	613.0
5. Yamileth Doiron	587.0
6. Kseniia Emeliantseva	512.0
7. Tiffany McBride	441.0
8. Jessica Briarmoon	409.0
9. Yuriya Matsumoto	397.5
10. Iryna Zabiran	313.0

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685.0



#### Soak Off Gel: The Other Side-Non-Divisional

- 1. Shiori Durham
- 2. Kseniia Emeliantseva
- Yuriya Matsumoto

#### 3-in-1 Tip & Overlay

- 1. Shiori Durham
- 2. Yuriya Matsumoto
- 3. Emese Koppanyi

#### Gel Paint Hand-Painted Nail Art-Novice



1. Ohama Sakiko



#### 2. Timea Godollei



3. Aki Ota-Michela

#### Chrome/Stamping-Non-Divisional

- 1. Shiori Durham
- 2. Kseniia Emeliantseva
- 3. Christian Becerra

#### **3-in-1 Perfect Match**

- 1. Shiori Durham
- 2. Emese Koppanyi
- 3. Guin Deadman

#### Gel Paint Hand-Painted Nail Art-Veteran



#### 1. Clavel Gonzalez



2. Guin Deadman



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# HAPPENINGS

# SHOWS & EVENTS

#### April

America's Beauty Show Show March 30-April 1 McCormick Place, Chicago, IL. Contact Cosmetologists Chicago, 440 S. LaSalle St., Ste. 2325, Chicago, IL 60605; 844.256.3376; americasbeautyshow.com.

#### May

### NAILPRO Pasadena

May 5

Pasadena Convention Center, Pasadena, CA. Contact NAILPRO, 7628 Densmore Ave., Van Nuys, CA 91406; 800.442.5667; nailproevents.com/pasadena.

#### Image Expo

May 5-6 George R Brown Convention Center, Houston, TX. Contact Image Expo, 13740 Research Blvd, Building I, Austin, TX 78750; 877.219.3976; theimageexpo.com.

# One Oregon Nail Expo

May 19 Airport Sheraton, Portland, OR. Contact One Nail Expo; onenailexpo@ gmail.com; onenailexpo.com.

# June

Premiere Orlando June 1-3 Orlando/Orange County Convention Center, Orlando, FL. Contact Premiere Show Group, 1049 Willa Springs Dr., Ste. 1001, Winter Springs, FL 32708; 800.335.7469; premiereorlandoshow.biz.

# CLASSES

## April

North American School of Podology 855.622.6277,

northamericanschoolofpodology.com 6-9 Certified Master Pedicure: Edmonton, AB, Canada. 7-10 Certified Master Pedicure:Redding, CA. 11-12 Art of Touch: Redding, CA. 14-17 Certified Master Pedicure: Kelowna, BC, Canada. 15-18 Certified Master Pedicure: Halifax, NS. Canada.

### OPI

877.674.4636, education.wella.com
7 Demo Day: Dorchester, MA.
8 Demo Day: Ridgefield, NJ.
8 GelColor Experience: Centerville, OH.
8 Nail Art Trends: Omaha, NE.
15 GelColor Experience: Passaic, NJ.
15 Powder Perfection Experience: Farmington Hills, MI.
22 Nail Art Trends: Miami, FL.

### Young Nails

714.992.1400, youngnails.com **15-19** Mastering Gel: Anaheim, CA. **29** All About Acrylic: Anaheim, CA.

### May

North American School of Podology 855.622.6277, northamericanschoolofpodology.com **12-15** Certified Master Pedicure: Toronto, ON, Canada. **20-21** Art of Touch: Vancouver, WA, Canada. **29-22** Certified Master Pedicure (Spanish): Kissimme, FL.

### OPI

877.674.4636, education.wella.com
6 Demo Day: St. Petersburg, FL.
7 Demo Day: Colorodo Springs, CO.
12 Demo Day: Dorchester, MA.
13 Nail Art Trends: Manchester, NH.
14 Demo Day: Flushing, NY.
15 Demo Day: Omaha, NE.
20 Powder Perfection Experience: Miami, FL
26-27 Demo Day: Garden Grove, CA.

For an expanded list of Happenings, go to nailpro.com/events. To share your upcoming events with our readers, email nailpro@creativeage.com.



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# **TEST YOURSELF**

# Red Zone

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 our Nail Clinic column. For answers to this month's test, see "Red Zone" on page 62. 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.

**1**. Psoriasis is a skin disease that occurs when the immune system shuts down.

- A. True
- B. False

**2.** Which of the following is not a form of psoriasis?

- A. Erythrodermic
- B. Psoriatic arthritis
- C. Guttate
- D. Infectious

**3.** Psoriasis that covers 7 percent of the body is consider to be

A. Contagious B. Moderate C. Mild

D. Severe

4. It's perfectly safe for nail technicians to work on clients who have psoriasis.
A. True
B. False

5. When it comes to psoriasis, injury, medications, allergies, diet and weather are all recognized

- A. Causes
- B. Treatments
- C. Triggers
- D. Side effects

6. Which of the following is not considered a risk factor for developing psoriasis? A. Gender

- B. Genetics
- C. Depression
- D. Stress

7. Treatment options for psoriasis include topical, systemic treatments, biologics and \_\_\_\_\_\_ therapy. A. Cryo B. Light C. Sound D. Massage

8. At least half of people with psoriatic disease experience changes in their nails. A. True

B. False

9. What fraction of people with psoriasis develop psoriatic arthritis?
A. One-half
B. One-fourth
C. One-third
D. Two-thirds
10. The number of people worldwide

who are living with psoriasis is estimated at \_\_\_\_\_\_. A. 12 million B. 20,000 C. 125,000 C. 125,000

D. 125 million

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 April 30, 2019. Answers will appear in the June issue.

# NAME

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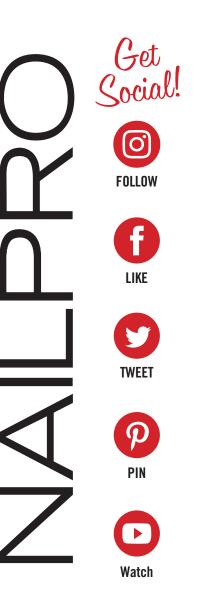
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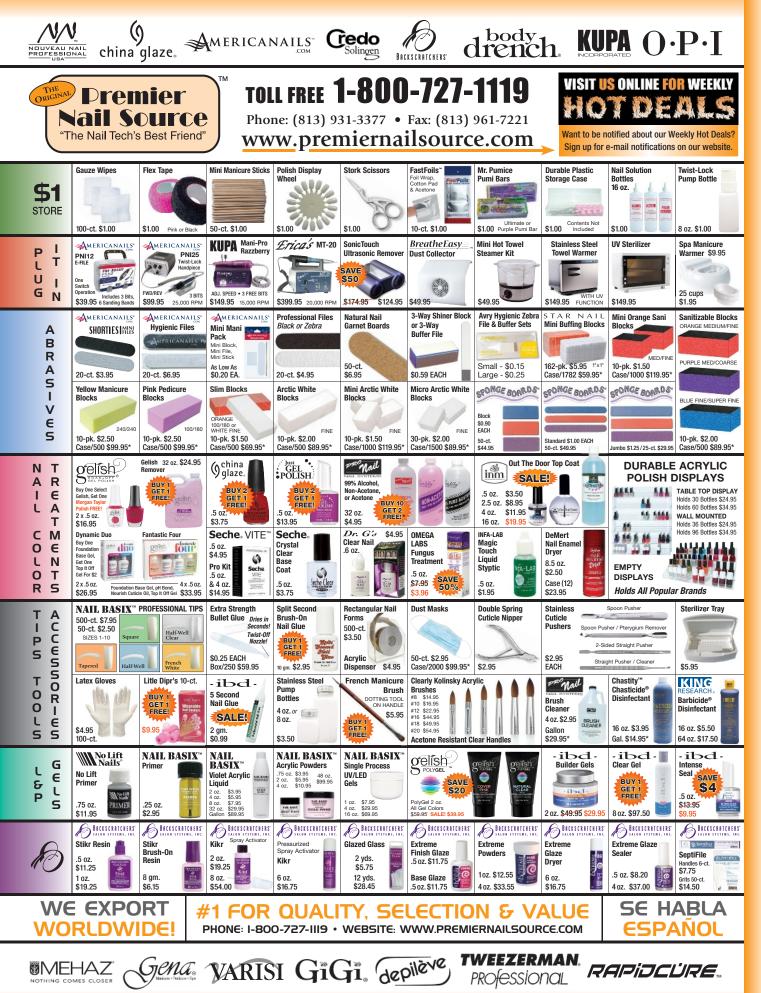
Answers to February test : 1) B 2) B 3) A 4) B 5) D 6) A 7) C 8) A 9) B 10) B

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# HOLLYWOOD FILE | BY LOTUS ABRAMS



There was no shortage of nail art inspo to be seen on the 2019 Grammy Awards red carpet. To be sure, there was a manicure fit for every nail fan, from short and sweet, à la Anna Kendrick, to long and glittery as seen on Dua Lipa. Here, a few of our favorite Grammy nail looks that struck all the right notes.

# DUA LIPA

Best New Artist winner Dua Lipa sported an eye-catching manicure courtesy of Kimmie Keyees (@kimmiekyees). She achieved the glitzy, textured effect by layering gray Defy & Inspire Gauntlet and glitter Crazy Kind of Beautiful before topping the nails with a liberal sprinkling of loose silver glitter and various silver and gold charms.





# H.E.R.

Complementing her sparkling Coach jumpsuit, double Grammy winner H.E.R. displayed some self-love with a unicorn chrome mani by Chaun Peth (@chaunlegend) inscribed with her name in purple glitter block letters.





# ANNA KENDRICK

The dainty feathers in presenter Anna Kendrick's pink Ralph & Russo mini dress provided the inspiration for her manicure by Michelle Saunders (@michellesaundersjames): two coats of shimmering white Essie Gel Couture Lace Is More topped with First View, Pink Diamond and No Place Like Chrome brushed onto the nails in featherlike strokes using a small fan brush.



# ANDRA DAY

The finishing touch to Andra Day's purple feather-trimmed ensemble? An animal print manicure by Kait Mosh (@kaitmosh), of course! To achieve the look, she applied two coats of OPI GelColor Let Me Bayou a Drink, and then painted a cheetah-print pattern on the nails with Lavendare to Find Courage; Ink; Show Us Your Tips!; and Tinker, Thinker, Winker? before affixing a gold cross charm to each ring finger.





## BEBE REXHA

To complement Bebe Rexha's frothy red gown, Barbra Warner (@barbarawarner) created a sheer cherry ombré manicure using OPI Big Apple Red and Chrome Effects Tin Man Can, finishing the look with pearl and rhinestone accents.

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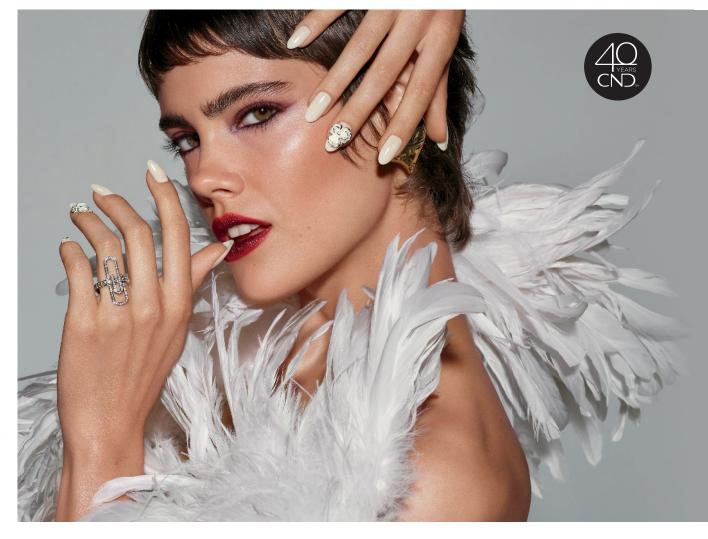
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