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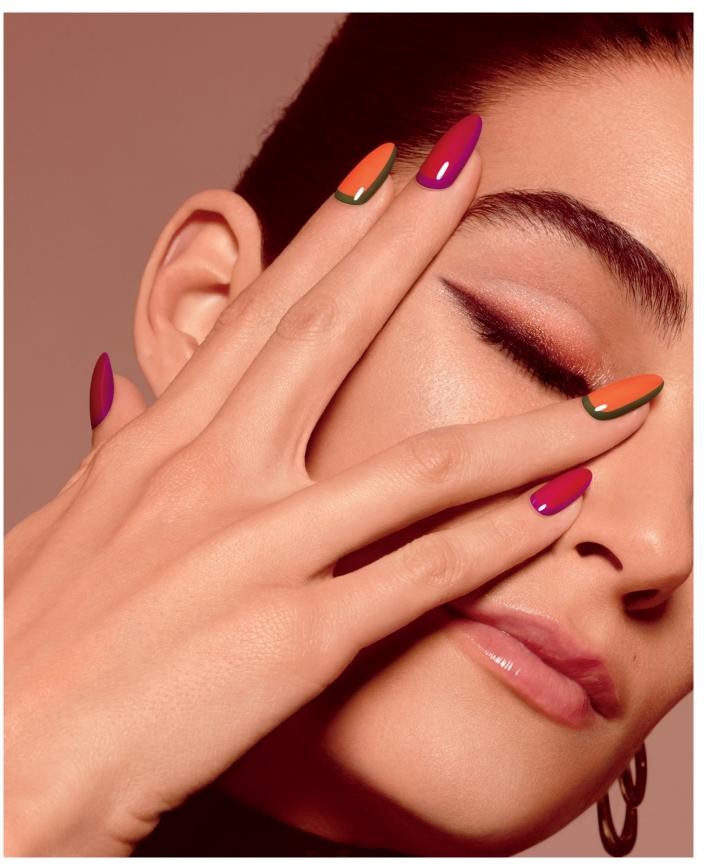
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Nails: Vu Nguyen, Gelish; Photography: Angela Marklew, angelamarklew.com; Makeup: Jadyn Ngo, The Visionaries Agency; Hair: Frankie Payne, Opus Beauty, using Amika; Model: Kara Solek, The Industry Model Mgmt; Digital Imaging: Art Vasquez, RP Digital.

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CHECK OUT THIS MONTH ON NAILPRO.COM

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Celebrity nail artists Mei Kawajiri, Tom Bachik and Chaun Peth embrace a hot new nail trend.

#### **STILL LION AROUND**

nailpro.com/disney-the-lion-kinginspires-nail-art-african-savannas See more step-by-step nail art designs

inspired by The Lion King.

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#### nailpro.com/opportunities-for-nail-prosto-work-around-the-globe

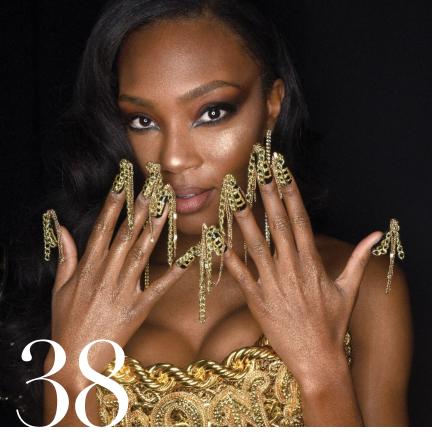
Learn what it takes to be a traveling nail professional.

#### MYSTICAL MANIS

#### nailpro.com/create-ombre-nail-art-withthe-light-elegance-enchanted-forestsummer-collection

Create ombré nail art with the Light Elegance Enchanted Forest collection.





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## EDITOR'S NOTE



#### SOFTEN

After traipsing around in the season's hottest heels, my feet require some serious TLC. These nourishing foot treatment socks are formulated with latest must-have ingredient cannabis sativa seed oil (aka hemp seed oil), along with shea butter and aloe extracts to hydrate and soothe the skin. Slip on the masks, let the serum penetrate for 15 to 20 minutes and-voilá-refreshed feet! «Iroha Nature Herb Intensive Foot Mask Socks, ulta.com»



This oldie-but-goodie was inspired by the iconic Chanel tweed jackets and pearls. Nail artist Amie Morimoto handpainted the tweed pattern with Japanese gel polish and added logo decals. It just goes to show, even if you can't afford designer duds, you can always have designer nails!

## ON MY RADAR

NP EXECUTIVE EDITOR STEPHANIE YAGGY LAVERY SHARES HER FALL FASHION FAVORITES.



Ahh, the illustrious September issue. In the world of fashion magazines—*Vogue*, in particular—this is the month when every designer, advertiser and editorial team pull out all the stops, giving readers a fashion bible to guide them through the coming season. So, we've taken a cue from our glossy style sisters to bring you the NAILPRO Fall Fashion Issue. First, we present you with a highlight of the best nails from the runways of fall/winter fashion week ("Runway Report," page 16), and then we give you a behind-the-scenes look at the CND Design Lab, where the artistic team creates nail magic for design duo The Blonds ("In Excess We Believe," page 38). And our own September issue wouldn't be complete without the fall nail color rundown, featuring the hottest shades of the season in lacquer, gel polish and dip—paired

slavery@creativeage.com Stephanie Yaggy Lavery @ @steph\_lavery with runway fashion, of course ("Color Cues," page 42)! I hope that you find inspiration in these pages for both nails and fashion for September and beyond.

**Solution WEAR** Fall fashion is being punctuated by prints. My favorite: snakeskin-preferring it to the overdone leopard of spring/ summer. It can be dressed up or down, paired with countless autumn shades and textures, and looks uberchic on nails. Find more fashion inspo for nails. «"Color Cues," page 42»





BACKSTAGE It's always so much fun having the talented Vu Nguyen at our studio; his artistry and creativity are so inspiring! This month, he crafted tips inspired by the Gelish Forever Marilyn collection–so fashionable and so iconic! See more behind the scenes. «Creating the Cover, page 14»



HIGHLIGHT The tendency come September is to move toward subdued earth tones, but I like to spice it up with hints of color-think: burnt orange, electric blue and deep burgundy. The superpigmented hues in this ultrablendable eye shadow palette allow for both subtle and saturated looks. «Lorac Neon Lights Pressed Pigments Palette, lorac.com»



PERFECT

My makeup application is amplified now that summer is over, and I love to prep my skin pre-makeup with

something powerful. This lightweight skin perfector is infused with botanicals and more than 70 percent water and coconut water to keep skin hydrated. Plus, light-refracting particles smooth and blur imperfections, leaving my skin glowing. «Stila Lingerie Soufflé Skin Perfecting Primer, stilacosmetics.com»

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#### The Fall Fashion Issue

## Modern MARILYN

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

Fashion trends are often solidified by icons, and who is more iconic than Marilyn Monroe? Gelish and Morgan Taylor just launched their second collection inspired by the blonde bombshell, Forever Marilyn–a perfect tie-in to our Fall Fashion Issue. This time, the collection is inspired less by the glam Monroe and more by the real woman behind the glitzy façade. The six shades provide an array of rich and wearable colors, from timeless red cream Classic Red Lips to modern metallic bronze That's So Monroe. For this cover, Gelish dean of education Vu Nguyen used the hues to create a contemporary look highlighting the clear tip trend. After sculpting crystal extensions with clear acrylic, he hand-painted geometric patterns on the nails–no two designs quite the same–creating a visually arresting set. It just goes to show that iconic color and style is indeed timeless.









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## RUNWAY REPORT

Backstage at fall fashion week worldwide, nail techs found creative ways to complement the season's distinctive designs, from playing with negative space to topping nails with an abundance of glitter to hand-painting detailed accents. Making waves at Adeam, celebrity nail artist and lead nail tech Mei Kawajiri (@nailsbymei) used the OPI Tokyo collection to create two elegant designs embellished with pearls. Kawajiri applied petal pink Judo'nt Say? on some models and deep blue OPI Chopstix and Stones to the others, and then affixed a large pearl close to the cuticle and smaller pearls down the rest of the almond-shape nails. Check out more of fall's best runway nail looks on the next page. >>>







#### Rodarte

At Rodarte's fall show in Los Angeles, Morgan Taylor nail lead Steph Stone (@stephstonenails) created chic 1970s glam manicures in four shades of lacquer-pearlescent pale pink Follow the Petals, frosted white Adorned in Diamonds, holographic lavender It's Lit! and red glitter Rare as Rubies-some accented with pearls at the cuticle.



### Moschino

Inspired by the runway confetti drop, Miss Pop (@misspopnails) painted models' nails at Moschino with Essie Mademoiselle, and then piled on confetti glitter in nine different shades.



#### ▲ Kenzo

Leading a team from Inglot Cosmetics, Naomi Yasuda (@naominailsnyc) complemented Kenzo's Peruvian-inspired fall collection with hot pink, orange, yellow and gray-blue tips embellished with a hand-painted eye.

#### Nicole Miller

Naomi Gonzalez (@naomigonzaleznails), lead manicurist for Zoya, used pearly sage Zoya Fern, metallic black Raven and white Purity to create the evil eye manicures seen at Nicole Miller. "Evil Eyes are one of the iconic symbols that Nicole Miller has used year after year," says Gonzalez. "This look is inspired by the New York girl who's trying to find balance in city life-keeping a talisman of good luck on her nails and checking her horoscope every morning to navigate her busy New York life."





Mary Katrantzou

Led by CND ambassador Marian Newman (@mariannewman), the CND Design Lab took 200 hours to create the marble nails inspired by the elements earth and fire at the Mary Katrantzou show during London Fashion Week.

#### EDUCATION CLASS ACTS

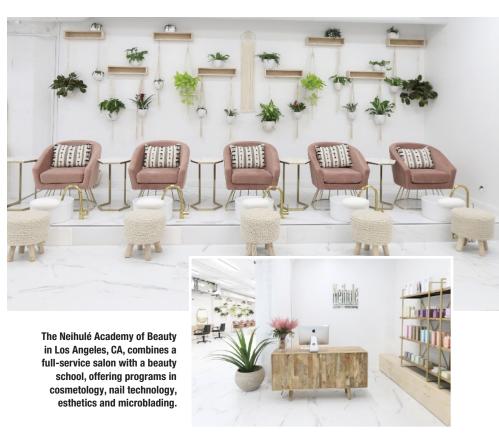
#### The owners of two salons hope to change the beauty school experience for the better.

Earlier this year, Yvonne Neihulé and her husband, Atouzo, welcomed the first class of students to their newly opened Neihulé Academy of Beauty in the Los Angeles Fashion District, an achievement that's been several years in the making. "It was a long process to get to this point," says cofounder Yvonne. "It took about three years to get the approvals from the state to open a beauty school."

The Neihulé Academy of Beauty, which offers licensing programs in cosmetology, nail technology, esthetics and microblading (with a makeup program launching soon), certainly isn't the only beauty school in Los Angeles, but from the beginning, the Neihulés set out to create a different kind of learning experience for students. The couple already owns an upscale, full-service salon in Downtown Los Angeles, now in its 11<sup>th</sup> year, which has played a big part in shaping their views on education. "Through all of my years of interviewing nail techs and hairstylists, I've noticed that there are gaps in their education that make it challenging for them to obtain jobs," explains Yvonne, who says she's

had to invest countless hours training new hires before they were prepared to work on the salon floor. "Unfortunately, when most students graduate from beauty school they're still quite green. A lot the schools' goals are just to make sure students pass the state board, but not to help them become successful salon professionals."

One of the issues with traditional beauty schools, asserts Yvonne, is that students tend to be trained using out-of-date techniques and products. "For instance, not many nail techs really know how to do acrylics anymore or even hard gels," she says. "And real salon professionals aren't using the products that they're using in the schools, so new graduates have to be trained all over again."



In addition to essential sanitation and safety protocols, the nail technology program at Neihulé Academy of Beauty includes instruction in various types of in-demand nail enhancement services using up-to-date products, as well as nail art-techniques often left out of traditional beauty schools' curriculum. "We want to teach these skills to students so that when they graduate beauty school, they're able to do some intricate things rather than just your basic mani/pedi," Yvonne says. Another key differentiator: The Neihulé Academy of Beauty is connected to a new full-service salon, so after mastering the basics, students are offered the opportunity to hone their skills by interning with seasoned pros in the salon for eight hours each week. The Neihulés hope that this more comprehensive approach to education will help them not only cultivate





well-trained future salon staff members for their own salons, but also help students become successful beauty professionals wherever their careers may take them.

Like the Neihulés, Heli Rodriguez Prilliman, who owns Lacquerbar in Berkeley, California, became aware of some of the issues surrounding nail tech education based on her personal experiences. "When we opened Lacquerbar in 2017, we had to train so many people from scratch," says Rodriguez Prilliman. "Even if they'd worked in the industry for a while, we found that they were using old techniques. There are a lot of things they just aren't taught in school." After opening several smaller "partner" locations in the area, with more in the works, Rodriguez Prilliman realized that she needed a better system for training new hires. "Lacquerbar–or any nail salon startup for that matter–will never take off as a salon if we don't fix this education piece," she says.

Another issue with traditional beauty schools, says Rodriguez Prilliman, is that it can be difficult for aspiring beauty pros-many of whom may be balancing a second job or children-to find affordable, quality education that fits into their schedules. Compounding the problem, she adds, is the predatory practices used by some schools to boost enrollment. "There are some places that target lower-income minority communities and help them take out credit cards to pay for school," explains Rodriguez Prilliman. "They have outrageous rates, and people aren't able to pay them back and end up leaving the field entirely. Even the beauty school I went to was shut down due to predatory practices."

For Rodriguez Prilliman, who worked for a technology startup for several years before opening Lacquerbar, the answer to resolving the beauty school education conundrum lies in harnessing technology. Enter Lacquerbar U, an online education program for

Lacquerbar in Berkeley, CA, launched Lacquerbar U, an online education program for nail pros in advanced techniques, including hard gel and acrylic extensions and nail art.



nail techs, which Rodriguez Prilliman began rolling out this past summer. For now, Lacquerbar U is focused solely on extended education, offering online instruction, including live programming, in techniques like hard gel and acrylic extensions and advanced nail art—"all the things that they didn't teach you in school that will help you be more successful, get customers and make more money," says Rodriguez Prilliman. Eventually, she would like to develop an app, although she admits it will take time to see her vision come to fruition. "In the long term, we want to help change the licensing laws state by state to make it possible for students to do some of their schooling online and some in person," she says. "We want to partner with beauty schools to make education more flexible for people."

The Neihulés also want to improve access to beauty school education for a broader segment of the population. "New schools like ours aren't able to have financial aid, so that makes it challenging for students to get loans," says Yvonne. "We're creating the nonprofit Neihulé Foundation to provide funding for at-risk youth and kids in the foster system so they can attend our school, too."

While the road to improving beauty school education may be pitted with obstacles, both the Neihulés and Rodriguez Prilliman are committed to making a difference. "We've got a lot of work to do, that's for sure, but it's something I'm really passionate about, especially because it affects so many women," says Rodriguez Prilliman. "Our bigger mission is to improve the nail industry as a whole by helping women be successful in the long term."

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## TIP OFF

#### DAILY INSPO Lezlie McConnell Sales President, Light Elegance

Before becoming the sales president for nail industry staple Light Elegance, Lezlie McConnell, who was raised on a horse farm in Eugene, Oregon, received a degree in physical education from the University of Oregon and worked in commercial real estate for a number of years. Ultimately, however, it was her love of beauty that led her to the nail industry. For nine years, she owned and ran a full-service salon in Eugene, during which time she met her now husband, chemist Jim McConnell. Together they founded Light Elegance, which just celebrated 20 years, where her daughter, Lexy, and son-in-law Joseph also work. See what keeps this hard-working nail industry veteran inspired every day.





1. People "I'm a huge people watcher. I love all types of people-they inspire me with their emotions, actions, dress and personalities. I study people everywhere I go, and I seem to take from each experience and use it in my creative world with Light Elegance."

**2. Fashion** "I gravitate toward feminine trends. I love dresses and high-heel shoes–pretty, girly things. I'm also a huge fan of clean lines; I'm not a person who is inspired by a lot of clutter or extremely busy looks or patterns."

**3. Fabric Stores** "I'm so inspired when I walk into a fabric store–all the colors make me go wild! I think this comes from when I was a little girl; my mother sewed all my dresses. She would take me to a fabric store, and I got to pick out and create my own look. It's an inspiration that started at about age 6 and has stayed with me all these years later!"

4. Hawaii "Because of my job with Light Elegance I get to travel the world, and each country and place I visit is an inspiration. Hawaii is the most inspirational place I've visited so far; there's a spiritual connection I feel when I'm there."

**5. My Creative Team** "I've spent years assembling the perfect creative team at Light Elegance. They bring so much style, creative energy and inspiration to each project we work on together. I love working with people who see things in a different way than I do. I learn and feel something new and wonderful every time we work together. They inspire me every day I'm with them—they're magic to me!"

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### SHOWS Sacramento, Here We Come!

NAILPRO Sacramento (nailproevents.com/sacramento) is right around the corner! This year, our nails-only shopping and education show, to be held on September 22, is heading to a new location: Cal Expo in Sacramento. What else should you do while you're in Sacramento for the show? We polled our followers on Instagram to find out what their favorite diversions are around town.



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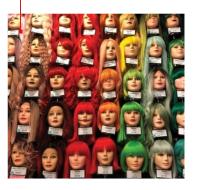


"OLD TOWN." -Amanda Treadway (@luxurynaildesign)

"Sacramento has the best food spots with the best vibes! Last year I tried the Flamingo House." –Jamie Rena (@nailsbyjme)



"Go to Evangeline's for Halloween costumes to wear the month after the show." -Jodeane A (@yrlvnit)



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### NEWS Belava Launches Loyalty Program

Through December 18, salon furniture, equipment and tool manufacturer Belava (belava.com) is running its Wednesdays GiveAways Loyalty Program to recognize nail technicians who use the brand's Disposable Pedicure Liners to protect their clients from cross-contamination. Each Wednesday, Belava staff will randomly draw one name from the company's loyal customer list and announce the winner on their Facebook (@BelavaUSA)



ok (@BelavaUSA) and Instagram (@belava.safe.salon) feeds. Each winner will receive 100 free Disposable Pedicure Liners shipped at no cost. Want to get in on the fun? Make sure you're a loyal Belava customer!

## IT'S TIME TO #MANIUP

OPI challenged men around the world to #MANiUP and get their nails polished in a new video series meant to break down stereotypes about men and nail color. In the YouTube video series, a collaboration with Creators Network, men weigh in on such topics as what it means to be masculine and why there's an unnecessary stigma associated with men and nail color. "I've always said that color has the power to change your look–and your outlook," says OPI cofounder and brand ambassador Suzi Weiss-Fischmann. "While traditionally nail lcquer has been associated with female definitions of beauty, there's no reason why nail color can't be enjoyed by males as well. These conversational videos are an important first step in normalizing and championing men and boys wearing nail color if they want, because we believe 'Color Is the Answer'–for everybody."





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#### MILESTONES PUTTIN' ON THE RITZ CND (cnd.com) celebrates its

CND (cnd.com) celebrates its 40th anniversary this year, and to commemorate the milestone, the brand is bringing back the much-loved Shellac Ruby Ritz shade for a limited time. The glittery red is glamorous on its own, or you can an add a dose of Hollywood drama by applying classic red Wildfire underneath.

### BUSINESS SOCIAL STUDIES

Facebook has launched several new tools designed specifically to help small businesses–like nail salons–be more successful. Appointment Booking allows business owners to accept and manage appointments and send reminders–all from their mobile phones. Customers simply book appointments through Messenger, by clicking a "Book Now" button on the business's Facebook page, or by clicking a "Book" button on the business's Instagram profile, and business owners can manage all appointments through their business page. They can also sync appointments with their personal calendars or appointment management tools. Appointments are free for all businesses on Facebook and Instagram, including SMS and Messenger reminders to customers to prevent no-shows.

Also new, Automated Ads is designed to make it easier for small businesses to create ads for Facebook, Instagram, Messenger and Audience Network. The tool allows users to easily create up to six different versions of an ad and offers tailored audience suggestions, among other features. Finally, Facebook has launched three new video editing tools, available in Ads Manager, designed to help small businesses reduce the resources needed to create compelling video content: automatic cropping, video trimming, and image and text overlays.





## POLISHED LOOK | BY KARIE L. FROST

# Not Your Gran's CROCHET

Don't dare liken the latest crochet craze to your grandma's musty afghan blanket; on the runways, the open-weave fabric found itself skewing sexy, sporty and 100-percent Instagrammableperfect for modern-day bohemians. Longtime fans of the knobby knit, Dolce & Gabbana gave the traditional "granny square" a seductive update via skin-tight dresses with peek-a-boo bras-Granny would definitely gasp at the chutzpah required to don one. Sourcing inspiration from Namibia's Herero tribeswomen and Alabama's guilters of Gee's Bend, designer Ulla Johnson

elevated crafty wares to a whole new level with intricately woven Batik dresses that looked like wearable art. At Self-Portrait, high-end athleisure came to mind when a latticework column of navy crocheted daisies played peek-a-boo from sternum to shin. For nail art, crochet's intricacies can be duplicated in myriad

ways, as guest artist Celine Cumming proves. Hand-paint interlocking patterns, recreate granny squares by way of micro-beads or etch lacy motifs using liquid and powder. All designs are sure to delight your clients-and maybe, just maybe, their grandmas, too!

**Dolce & Gabbana** 

self-Portrai

Ulla Johnson

Carolina Herrera

**Dolce & Gabban** 

ANDREEA ANGELESCU; BROOKS AYOLA

## PORTFOLIO

## We've Got the Blues

Denim of every wash, shade, cut and style inspired readers to submit nail art incorporating ombré techniques, art gel patterns and embellishments galore. With so many creative interpretations,

these denim-inspired beauties are anything but one-size-fits-all.

SUBMIT FOR THE NEXT THEME: HOLIDAY ORNAMENTS!







Dawn Jempson @estheticsbydawn @ Brittany Jackson @b\_dazzledbeauty @ Cheriline Isebia @royalnails1
 Chelsea Baart @chelseas\_nails Hope Jung @glittersandpolishes Erika Furuhashi @erikabeautyartistry

Marinela Santos @polishedbyher\_ ③ Tino Vo @vo.tino

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. sabel Marant

## SAVVY SALON

### Coated OWNERS REBECCA AND KIRK RISHA WELCOME NAILPRO TO THEIR BRIGHT AND AIRY AUSTIN, TEXAS-BASED SALON.



**Rebecca and Kirk Risha** 

#### THE LOOK

Coated is changing the nail service experience. Its sleek design incorporates the newest ventilation systems to ensure the healthiest environment for both clients and staff. Flooded with natural light, the salon boasts colors from our logo: soft gray, black, white, blue and pops of red. Known for our impeccable organization, we designed the space with clean lines, a practical layout and efficient functionality. A welcoming face greets guests as soon as they enter the lobby. While sipping a drink, clients enjoy manicures, pedicures, soaks, hot towel treatments and massages all without ever having to leave their lounge chair. At Coated, we work around our guestsnot the other way around.





#### SIGNATURE SERVICES

Clients spend an average of \$52 and 45 to 90 minutes in the salon for each visit. Our most popular manicure is the Coated Signature Powder Manicure, which includes nail trimming and shaping, cuticle care, a relaxing hand and arm massage, and is finished with a hot towel and the dip powder shade of choice. Most clients opt for the Coated Signature Pedicure, which includes a softening foot soak, nail and callus care, a relaxing massage, hot towel and polish. Our guests can also buy a Coated Pass for any of our





services. Last fall, we increased the price of four services on our menu by 12 percent.

#### THE GOODS

We selected our go-to brands through lots of product performance trial and error. We use OPI Powder Perfection, GelColor and polish; Kiara Sky gel polish; and CND's spa line.

#### THE OUTREACH

Coated's success is due not only to our marketing strategy, but also to the community events we host and

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the charities we sponsor-from local schools and fundraisers to larger-scale events with a wider reach. Since we're located near Alamo Drafthouse Cinema and Zilker Park-home to the annual Austin City Limits Music Festival-we offer specials to Austin locals and visitors attending these events.

#### SOCIAL LIFE

Our website and Instagram yield the most success. We post our proudest manicures, specials, events, new color additions and parties held at the salon.

### +Details

OWNERS Rebecca and Kirk Risha EST. 2017

STAFF Sixteen commissionand hourly-based professionals. BENEFITS Medical, dental, vision and prescription insurance; paid time off; monthly service and technique training sessions; and monthly contests.

#### Up Close With Rebecca Risha

What was your first job in the nail industry? "We started as franchisees of Massage Envy and European Wax Center and endeavored to create a nail salon brand that brings structure and professionalism into a fragmented industry. By creating a recognizable brand, Coated strives to raise the bar for professional nail salons."

#### What inspires you?

"Coming up with creative ideas to improve something is why Coated thrives. I turned my past negative experiences of getting manicures into positive improvements at Coated."

### What is the funniest thing that happened to you when opening the salon?

"I've always cringed at the sound of nails being clipped and struggled with it when my kids were young. Picture me when we opened-manicures and pedicures underway and nails constantly clipped-I just laugh."

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

"Become a Coated franchisee! I can take the guesswork out of it."

### What's your go-to client conversation starter?

"'What's on your nails right now?' It starts great conversation."

#### I can't discuss Coated without...

"Crediting my incredible team! I've been fortunate to bring on these talented people who ensure everyone stays 'Professionally Polished.""

## NAILSPIRATION



CHECK OUT MORE OF SARAH'S NAIL ART DESIGNS AT nailpro.com/disneythe-lion-king-inspiresnail-art-africansavannas



## Just Lion Around

Inspired by Disney's newly released film *The Lion King*, Melbourne, Australia-based nail artist Sarah Elmaz (@getbuffednails) created a set of tips evoking the animals, colors and textures of the African savannas. "My color scheme took cues from the dark, earthy tones of the African wilderness," she says. "I followed a circular pattern on the sugared nail to represent the 'Circle of Life' mantra from *The Lion King* and the wavy look of a lion's mane."



**Step 1** Create a vertical ombré with two shades of beige gel polish. Repeat this step for an even, smooth gradient. Apply gel top coat.

**Step 2** Use a liner brush to paint curved lines with the two shades used to create the ombré and white gel paint. Sprinkle superfine glitter over the wet gel.

Step 3 Repeat step 2 until the entire nail is covered.



**Step 1** Apply two coats of green cat's eye gel polish. After each coat, use a magnet to pull the pigment in different directions to add dimension and a color-shifting effect.

**Step 2** Use a liner brush with black gel paint to paint a stem and leaves.

**Step 3** Continue painting leaves until the stem is full. Finish with gel top coat.





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# Behind the BLING

# FIND OUT WHAT IT TAKES TO MAKE YOUR MARK AS AN EDITORIAL NAIL TECH.

The career opportunities for nail techs are as varied as the mini masterpieces they create. While some artists thrive in a salon or classroom setting, for others, the urge to work behind the scenes in publishing or entertainment pulls strong. Enter editorial nail techs, who fashion the manis of celebrities, models, musicians and influencers for magazine spreads, advertising shoots, runway shows, red carpet premieres, TV commercials, print ads, music videos and feature films. This glam scene operates by its own set of rules, with pros and cons to match. And while the competition is fierce, one might argue that in today's interconnected world, there's never been a better time to launch into editorial.

By Francesca Moisin

# Getting Started

Celebrity manicurist Elle, whose clients include Jennifer Lopez, Michelle Williams, Victoria's Secret and Maybelline, got her start in 1998 by swapping manicures for haircuts at famed stylist Oribe's Manhattan salon. After Jennifer Lopez noticed one of Elle's flawless sets, the pop star asked her to do her nails for the 1999 MTV Movie & TV Awards. "The way we booked editorial nail jobs years ago is different from how techs break into the 2019 commercial nail industry," says Elle. Visibility was restricted prior to the days of social media, which made networking and referrals-though still important now-essential prerequisites. Julie Kandalec, founder of Masterclass Nail Academy and celebrity manicurist to clients like Emilia Clarke, Mariah Carey and Marion Cotillard, concurs. "Before 2010, it was all word of mouth and networking," she says. "I'd also fly to L.A. several times a year to build my book."

Then social media shrunk the world. Now it's easier than ever to get your work as a nail artist noticed globally simply by displaying it online. "Join Pinterest and create mood boards of images that inspire you—angles, lighting, nail shapes, models, unique art," suggests Kandalec. "Create a professional Instagram page and link it to a Facebook business page for the over-30 demographic." Don't go over the top with super-long nails, 3-D flowers and chains. "That's a rookie mistake!" enthuses Kandalec. Instead, showcase five wearable editorial looks for every avant-garde set, as timeless digits are the ones that sell.

Still, old-fashioned networking and onthe-job training can help aspiring editorial nail techs establish their careers. "Building relationships with already-established nail techs is invaluable," emphasizes Naomi Yasuda, celebrity manicurist to stars like Madonna, Lady Gaga and Celine Dion. "When starting out, I recommend assisting a manicurist you like to get your foot in the door and learn the particulars of how things work with celebrities or on a set."

# Building a Book

Every nail artist wishing to work in editorial needs a portfolio. This visual resume sells a tech's skill set to art directors, commercial



producers and agency owners-it's a business card worth at least a thousand words. Advanced books boast tear sheetsaka pages torn from glossy magazines in which the tech's work has been published. When just starting out, nail techs can use test shoot images until they build their books with work from higher-profile gigs. These free sessions involve collaboration between a photographer, manicurist, hairstylist, makeup artist and fashion expert, all cooperating to produce images each pro can put in a portfolio to generate future bookings. "Shoot once a week in large markets like New York or L.A., as photos become outdated fast," says Kandalec. "The more you test shoot, the better your skills and creative eye become." Beauty schools and universities are good spots to liaise with fellow budding pros, from up-and-coming artists to beauty shutterbugs-just make sure your work ethic and style preferences are compatible. "Flexibility is essential, because photo shoots are all about teamwork," says Yasuda. "You're collaborating with other artists, producers and editorial directors, and everyone must be on the same page."

Of course, it goes without saying that flawless technical skills are a necessity. "Artistic expertise has become an important part of creating nail art, but even if you can paint the Mona Lisa, no one will hire you if your polishing and cuticle work aren't impeccable," says Elle. Ongoing education is a great way to stay ahead of current trends while mastering basic skills like the effects of retouching, comprehending skin tones or learning how lacquer will reflect on film.

## DO YOU HAVE WHAT IT TAKES?

Here are the top five characteristics nail techs need to succeed in editorial.

#### 1. Posses an in-demand skill

**set.** "Many celebrities and models wear enhancements, so learn to do hard gel, gel polish and acrylic very well–and very fast," says celebrity nail tech Julie Kandalec.

#### 2. Be a trendsetter.

"Understand what's *au courant*, and have a solid grasp of past fads," says celebrity manicurist Elle. "Always bring something to the table."

**3. Be flexible.** Expect to reschedule appointments at least once. "I seldom get downtime or personal time because my schedule is so hectic," says celebrity nail artist Naomi Yasuda.

**4. Always be prepared.** An editorial nail tech should always be prepared for any type of job; her kit should boast a full range of necessary tools, polish and enhancement options.

**5. Stay humble.** First and foremost, your job is to make clients feel special, without letting your ego get in the way.

# Finger or Toe Nail Fungus?



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# Finding an Agent

Agents exist to facilitate interactions between nail techs and clients. They nurture personal relationships with global creative decision makers, which makes it easier to score lucrative editorial jobs. Agents negotiate contracts and fees while promoting the artists they represent, and for such services, they claim 15 to 20 percent of the fee earned per job. While most agents are based in California, New York and Miami, some have recently set up shop in other major cities. (Check models.com for a full list of beauty artists' reps.)

"Signing on with an agent can only really happen after you've created a well-curated portfolio and completed at least two years of freelance work," says Kandalec. "Many also require an engaging Instagram page." Collaborating with one's agent is fundamental, so start by visiting online platforms to get a feel for other types of artists the agent represents, and determine whether that work aligns with your specific outlook and aesthetic.

## Understanding the Perks and Drawbacks

For those who crave variety, becoming a freelance editorial nail tech promises no two days will ever look the same. "It's fun to arrange my schedule so I'm not always sitting in a salon," says Elle. Ditto for Yasuda, who appreciates the inherent diversity. "The best part about editorial work is getting to meet so many different talented, interesting people," she reflects. On the flip side, such unpredictability makes it hard to plan ahead. "I can't remember the last time I walked into work at 9:00 a.m. and left at 5:00 p.m.," shares Kandalec. "While on a shoot a few weeks ago, the talent arrived three hours late—and then I didn't even get to do her nails," she laments. To be sure, this field will prove challenging for those whose lives are tightly structured.

Another obvious plus: It's undeniably thrilling to collaborate with A-list stars or see your name appear on the glossy pages of a prestigious publication. "I love fashion and art, so it's incredibly rewarding to see my work on a billboard or in a magazine," says Yasuda. Kandalec appreciates the opportunity to share her clients' most important days. "I'm with them before their first red carpet walk or Oscar win," she says. But keep in mind that prestige doesn't always equal pay. "I continuously chase money, sometimes waiting one month, three months or even six months for a paycheck," reveals Elle. "Budgeting is key, since 30 percent goes to taxes and an agent gets at least 15 percent." Kandalec agrees, "Don't expect to get rich fast, as it takes years to secure enough bigmoney jobs." NP

Francesca Moisin is a New York, NY-based journalist and the author of Phasmantis: A Love Story.

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INSIDE THE CND DESIGN LAB, MATERIALISM AND MAXIMALISM NET NEW NAIL TECHNIQUES YOU'LL WANT TO PUT TO THE TEST.

# In Excess

By Karie L. Frost

A briefcase lays open, revealing mountains of money–real money, the kind with Ulysses S. Grant's and Andrew Jackson's mugs on them. Oversize palm fronds in unnatural colors–think neon pink and orange–sprout from a centerpiece. Eclairs gilded in gold leaf and hyper-glossy truffles fit for the taste buds of Marie Antoinette sit untouched. It may look like a scene out of the Palace of Versailles mixed with a little South Beach kitsch, but it's actually the CND Design Lab in lower Manhattan during New York Fashion Week.

Amongst this excess of riches, a team of five CND nail techs–Torie Bastian, Winnie Huang, Tracey Lee, Heather Reynosa and Shelena Robinson–hunker down to put the finishing touches on 24 nail looks for the The Blonds' fall 2019 show. "The whole vibe in the Design Lab is decadence," says CND cofounder Jan Arnold. "All of the streamlined fashion has gone the opposite direction toward maximalism–it's all about materialism now." This over-the-top theme links up with The Blonds' mood board: "Think Elvira Hancock from the movie *Scarface*, Sharon Stone in *Basic Instinct* and Andy Warhol's The Factory, where everything was so extreme," says Arnold. "It's got this sinister vibe to it; everything is done in excess."



Fitting, as CND isn't known for subtly in the nail art world. Piled-on jewels, intricate chain detailing, 3-D liquid-andpowder sculpts, intense textures, reflective finishes-this is in the company's DNA. So the marriage between CND and The Blonds-also known for their flash-remains a strong one season after season. "About six to seven weeks out, [The Blonds designers] Phillippe and David Blond give us all of their references in sketches, which helps us bring these characters to life," says Arnold. "Our partnership is so great with them; they'll give us a reference and we'll push it to another level and, to be honest, that influences how they finish their pieces on many occasions."

For fall 2019, a dangerous femme fatale from the 1980s runs the nail narrative, and the 24 designs reflect that seductive wickedness. "We're inspired by '80s animal prints, emeralds, Columbian drug lords–anything excessive, rich and materialistic," says Roxanne Valinoti, CND education manager. "You see it in the world right now: Minimalism is over. Just pile it on." Noting that a large segment of the nail designs riff on raw emeralds, Valinoti says, "Winnie hand-dyed clear crystals to give them this real, raw emerald appearance." It's a technique that techs who want to save themselves some time might want to adopt, she adds. (See "More Is More" on page 40 for details.)

The '80s through line can also be seen in sharply squared-off French tips boasting a sugared free edge, which Valinoti feels updates them for today's client. Clear enhancements laced with Mylar thread or crystal chains look both delicate and powerful. "Clear enhancements are the next evolution of negative spaceit's a trend we're seeing," Valinoti opines. And while animal prints have certainly been done before, the CND Design Lab continues to innovate, coming up with new ways to elevate an oft-repeated style. Lee tapped a 3-D printer to pump out a high volume of tiger claws and attached them to nails she polished orange with sugared black stripes. "If I built the claws out of liquid and



powder, they'd be too heavy," she explains. "The 3-D printer makes them really light and uniform."

Huang, desiring an alligator's rough skin texture, went above and beyond to duplicate the effect. "We've all seen the drawn-on prints and stamped nail art, but I wanted it to feel and look like an alligator ... so, I purchased a toy gator!" she exclaims, holding up "Gertrude." Molding putty, CND Brisa Gloss Gel Top Coat and sheer genius brought the technique to life, and Huang believes it's one that nail pros can easily achieve in their salons (see "More Is More" at right). "You can premake these for your everyday client," she says. "Just pop them on and go!"

The end goal for the CND Design Lab is to innovate and, in turn, inspire the nail pro. "We love working with The Blonds because they give us the opportunity to maximize our talents and think outside the box," says Valinoti. "That way, we can give techs something new each season."

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

# **More Is More**

Try these two "excess"-ible nail art techniques dreamt up by Winnie Huang for The Blonds.

### THE TECHNIQUE: GERTRUDE GATOR Recreate the 3-D texture of alligator skin.

What You Need: Molding putty, a toy alligator, CND Brisa Gloss Gel Top Coat, alcohol ink (from your local craft store), CND Creative Play Nail Polish Top Coat, a metallic CND Additive of your choice. Step 1: Push the molding putty onto the toy alligator. Huang prefers the spine because it gives more noticeable texture. Step 2: Add Brisa Gloss Gel Top Coat to the mold.

Step 3: Press a nail tip into the mold. "This prevents the gloss from



running all over, plus adheres the 3-D texture to the nail tip-it takes on the shape and locks it in," says Huang. Cure.

Step 4: Pop the textured tip out of the mold. Paint it with alcohol ink. Huang prefers alcohol ink because it gives the nail art a

"grittier, more transparent look" and "doesn't bulk up the texture" like polish would.

Step 5: Apply a thin layer of Creative Play Nail Polish Top Coat. While it's still a little tacky, brush the design lightly with a metallic CND Additive to add dimension.

## THE TECHNIQUE: RAW EMERALDS Create the look of real, raw-cut emeralds.

"When you get into the larger-cut stones, they're hard to find in different colors and they're expensive," says Roxanne Valinoti. This technique allows you to customize your color. "You can even

do multiple colors on one stone–like a rainbow," says Huang.

#### What You Need:

Clear rhinestones, green alcohol ink, a clean paint or polish brush.

**Step 1:** Dab alcohol ink onto the crystal with a clean brush. "It's so diluted, it soaks right through

the crystal; you don't need a lot," says Huang. Step 2: Allow the crystal to dry. No need to seal.



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# COLOR CUES

**Giambattista Valli** 

THE FALL 2019 FASHION COLLECTIONS AND PANTONE INSTITUTE'S COLOR REPORT INSPIRE TREND-SETTING TIPS IN THE SEASON'S HOTTEST DIP, GEL AND LACQUER SHADES.

## By Angelina Lewis

Just before showing Versace's fall/winter 2019 collection, inspired by 1990s-era Seattle grunge, Donatella Versace said, "A little bit of imperfection is the new perfection." The sentiment seemed to resonate with other designers this season as well: Isabel Marant paired earth tones with quilted patchwork; Michael Kors layered fringed denim over fishnet stockings; and Dolce & Gabbana incorporated sequins, velvet and damask all in a single ensemble. And right on cue, Pantone Institute released the autumn 2019 Fashion Color Trend Report, giving fashion and beauty devotees alike a taste of what colors they'll be coveting come fall.

Of course, it also provides endless fodder for nail art inspo, so we tasked nail artists Annie Boltz (@annienailedit), Taylor Gonzalez (@gloss\_la) and Eve Cruz (@zoevenailart) with creating nail tips in three trending color combinations that embody the perfectly imperfect spirit of the fall 2019 collections. Boltz, for one, illustrated the theme by sourcing nail art embellishments from some unexpected sources. "Don't cap your creativity based on the products in front of you," she says. "Walk craft and fabric store aisles, keep an open mind and get inspired!" Case in point: Boltz's blue water tip on page 43 made by shingling layers of crumpled paper towel dyed with craft store alcohol ink. Ready to play? Take a cue from these catwalk-inspired nail tips and the season's best fall dip, gel and lacquer shades.

/ersace

sabel Marant

# Strike It Rich

FRATORE-TR-1017 TCX

starrow serring rollings: tearrow basedow basedow basedow basedow basedow basedow

Sophisticated burgundy and navy-sometimes punctuated by a pop of orange-made an appearance on runways ranging from Michael Kors to Isabel Marant. Valentino Beauty Pure artist Annie Boltz picked up on the signature shade trend when she created these fetching tips, which incorporated encapsulated and adhered everyday items. "I love pairing opposing materials and themes," she says. On a twotone blue nail, Boltz mixed metal chains, hematite, lace and beads. Meanwhile, a maroon and black Louis Vuitton ensemble prompted her to encapsulate mesh over a clear nail and add a V-cut acrylic overlay, chocolate pinstripes, gold studs, and deep plum and garnet-toned crystals. "The V taper in the skirt, harsh lines and brass buttons provided the framework for this wicked sharp, studded and bold look," says Boltz. While her deep burgundy and orange tip nods to Isabel Marant's fall 2019 collection, Giorgio Armani's silk pantsuit featuring geometric folds inspired a layered wet look, incorporating dimension and texture. "Nail art doesn't always have to be on top," reminds Boltz. "Pantone's Rocky Road and Sugar Almond swatches inspired me to encapsulate gold beads and studs to add richness and depth-I absolutely love a semitranslucent marble!"

artisticnaildesign.com

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**OPI Color Gel** Things I've Seen in Amber Green opi.com

Pear Nova Pineapple Skies pearnova.com

Premium Nails Elite Design Dip Powder Taupe premiumna<u>ils.com</u>

# Fall Foliage

{GREEN & ORANGE}

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Indrew GN

Versace

Carolina Herrara

Andrew GN

The vibrant green and electric orange frocks seen at fall shows like Carolina Herrera, Versace and Andrew GN inspired Los Angelesbased nail technician Taylor Gonzalez to pair the unexpected yet captivating color combo with bold patterns and gold hardware to stunning effect. "Use gem gel instead of glue when adhering embellishments," suggests Gomez. "It allows time to play around with the arrangement of each piece until you achieve the look you're going for."

44 | NAILPRO SEPTEMBER 2019

#### China Glaze Lawless & Flawless chinaglaze.com

# {PINK & ORANGE}

Particular particular

Fendi

Marni

# Punch Drunk

Juicy shades of pink and orange found their way into many of the fall 2019 collections, including Dolce & Gabbana and Marni. With Pantone color names like Peach Pink, Fruit Dove and Crème de Pêche, nail artist Eve Cruz couldn't help but orchestrate a set reminiscent of the hues seen in seasonal fruits and florals. Made entirely with colored acrylic, cut acrylic and gold gel accents, this set is best recreated using a craft X-Acto Knife to achieve the sharp edges, suggests Cruz. "Protect your ombré and acrylic cut nail art with a layer of clear acrylic to avoid filing any designs," she says. To show a bit of her individual style, Cruz incorporated her very own custom-mixed encapsulated glitter, coined New Delhi. After all, what Dolce & Gabbana look would be complete without encapsulated glitter and a bit of bling? NP

Gelish Dip Classic Red Lips gelish.com

lazzledry.co

LeChat Dare to Wear Pumpkin Spice lechatnails.com

Morgan Taylor All American Beauty norgantaylorlacquer.con

OPI Powder Perfection Suzi Needs a Loch-Smith opi.com

Ugly Duckling Gel Polish 160 uglyducklingnails.com

# NAIL CLINIC | by virginia pelley

# JOINT EFFORT

MILLIONS OF PEOPLE EXPERIENCE PAIN FROM JAW CONDITIONS. HERE'S WHAT YOU NEED TO KNOW IF YOU SUFFER FROM A TEMPOROMANDIBULAR JOINT DISORDER.

In order to speak, sing, smile and chew without pain or discomfort, the temporomandibular joint (TMJ), which attaches your lower jaw to your skull, needs to be in proper working order. It's a complicated system of bone, cartilage, tissue and muscle that allows you to open and close your mouth and move your jaw from side to side. If you experience tenderness in the jaw, neck and ears, or suffer from regular headaches or migraines, temporomandibular joint disorders (TMD, also called TMJ) could be to blame. TMD is fairly common: An estimated 10 million people (and many more women than men) suffer from the condition. And unfortunately, the complexity of the joint system can make it difficult to figure out what might be causing the pain or discomfort related to it. The good news, however, is that the condition sometimes goes away on its own, and if it doesn't, simple, noninvasive treatments can help alleviate it. Here's what you need to know if you think you might be experiencing TMD.

#### UNDERSTANDING TMD SYMPTOMS

TMD sufferers often experience difficulty or pain while moving the jaw for chewing or yawning, or the jaw might even lock up or become difficult to open or close, says Frank Orlando, DDS, a cosmetic and implant dentist in New York. People with TMD may also notice a clicking sound in the jaw, though if this symptom is experienced on its own, it probably doesn't require treatment for TMD, according to the National Institutes of Health's (NIH) National Institute of Dental and Craniofacial Research.

TMD-related symptoms can range from slightly annoying to completely debilitating, says Dr. Orlando. People commonly have several symptoms of TMD at once, and the problem usually has more than one cause. There are three general categories of TMD: discomfort or pain in the muscles that control jaw function; an injury to part of the TMJ that has caused something to be knocked out of proper alignment; and TMD related to arthritis, which causes degeneration and inflammation of joints and other tissues.

Unfortunately, the mere nature of nail techs' work, which entails focusing intently in a rounded, head-forward posture while doing services, can cause jaw and neck tension that might exacerbate TMD symptoms. That's why nail techs in particular commonly seek out TMD-related therapy, says Sukie Baxter, a licensed massage therapist in Seattle and the author of *Perfect Posture for Life*.

#### WHAT CAUSES TMD?

Despite how common TMD is, its causes remain relatively mysterious. Researchers aren't yet sure how the disorder progresses or why symptoms might come and go. One link they're studying is the potential role of female hormones: Research suggests that the disorder is nearly twice as prevalent among women, and women make up 80 percent of patients treated for TMD, says Dr. Orlando. The highest prevalence of TMD is in women during their reproductive years, or from 20 to 40 years old.

Some suspected causes of TMD are genetics, injury (a new study looked at the prevalence of TMD among rugby players) and sleep disorders. Chewing gum, "lengthy or forceful" dental work, and head and neck tension might contribute to or exacerbate the problem. Bruxism, or teeth grinding, is a common sleep disorder often associated with TMD, but it's not a proven cause, as many people grind their teeth yet never develop TMD.

Although the causes of the disorder aren't

# Managing TMD\* -

Avoid chewing on anything that isn't food, including pens, pencils and fingernails.

Try not to clench your jaw; keep your teeth slightly apart and your jaw relaxed.

Don't open your jaw more than two fingers wide when chewing or yawning.

Keep a log about your TMD management, including pain information and treatment notes, so you can identify what seems to help and what doesn't.

Source: "Temporomandibular Disorders," The American Academy of Orofacial Pain



crystal-clear, "It's probably due to a number of factors working in concert—things like teeth grinding, teeth clenching, lip biting, stress, anxiety and abnormalities of the disk in the jaw joint," says Steven Hausman, PhD, a researcher and former director of the National Institute of Arthritis and Musculoskeletal and Skin Diseases. Poor sleep, for example, might have a cascading effect on TMD risk; it lowers your ability to cope with stress, which can then lead to teeth grinding and tension headaches, says Hausman. "In addition, some people have sleep disorders with associated breathing problems," he says. "When this happens, the instinct of the jaw is to clamp down and thrust forward in an attempt to open the airway, and this can result in TMJ."

#### WHERE TO GET HELP

Those afflicted with TMD should first seek out the advice from their primary care physician or dentist, as there's no medical specialtist for this condition. Pain clinics in hospitals and medical schools are another good option, because they often offer a team of care providers from various disciplines, such as rheumatology, neurology and pain management, says Hausman. "There's really no standard test that can diagnose TMJ," he says. "Rather, your healthcare provider takes a history that describes your symptoms, looks at your detailed medical and dental history, and does a physical examination that may also include imaging studies, such as X-rays or magnetic resonance imaging."

Doctors and dentists also need to rule out other conditions that cause facial pain, such as sinus or ear infections, some types

of headaches and facial pain that's caused by nerve problems, says Hausman. They should ask about any sleep issues as well, says Marco L. Tironi, DDS, a general dentist in Rochester, Michigan. "The medical and dental communities now know and pay attention to the risks involved with leaving a condition, such as obstructive sleep apnea, untreated," he says, noting that an estimated threequarters of people with TMD have a sleep breathing disorder.

## **TREATING TMD**

TMD symptoms sometimes go away on their own, but if they don't, conservative and reversible treatments might help, including eating soft foods, avoiding opening the mouth too wide when eating and yawning, over-the-counter or prescription pain medications, exercise, physical therapy, and stress relief and relaxation techniques. In addition, your dentist might recommend stabilization splints, such as night guards, although their effectiveness in reducing pain hasn't been proved, says Hausman, and they should be avoided if they cause pain or affect the way you bite or chew. Applying heat might also help, unless the TMD is related to arthritis, says Baxter, in which case it could make the pain worse.

Surgery is rarely necessary, notes Hausman. It's also considered risky because it could change the way the top and bottom teeth line up, may affect muscles in the jaw and face, and also has the potential to damage the nerves in the face or ear.

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



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

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• Prep and buff the nail. Apply a thin layer of Liquid No. 1 Pro Base using even strokes.

• Dip the nail into the powder at a 45-degree angle using a scooping motion. Brush off the excess powder, and then apply a second coat of Liquid No. 1 Pro Base and dip the nail once more.

• Apply No. 2 Activator evenly, making sure to cap the free edge. Allow it to dry for 2 minutes.

• Shape the nail and smooth it with a buffer. Rinse the hands with water, but do not use soap. Apply a second coat of No. 2 Activator, and wait 15 seconds before wiping. Finish with two coats of No. 3 Finish Gel, capping the free edge.

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714.992.1400, youngnails.com 9 Synergy Gel for Success: Anaheim, CA.

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Young Nails 714.992.1400, youngnails.com 7 Need for Speed: Anaheim, CA. 14 Mastering Gel: Anaheim, CA.

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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 "Joint Effort" on page 46. 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. According to health experts' estimates, \_\_\_\_\_\_ people suffer from temporomandibular joint disorders (TMD).

A. 1.4 million

**B.** 100,000

**C.** 250,000

D. 10 million

# 2. The temporomandibular joint attaches the knee bone to the lower leg bone.

A. True

B. False

# 3. Which of the following is *not* a suspected cause of TMD?

A. A poor diet

- B. Genetics
- C. A jaw injury
- **D.** Arthritis

#### 4. Bruxism refers to teeth grinding.

A. True

B. False

# 5. Which of the following is a TMD symptom?

- A. Difficulty chewing or pain while chewing
- B. Headaches
- B. A clicking sound in the jaw
- D. All of the above

#### 6. TMD sometimes goes away on its own without any treatment.

- A. True
- B. False

# 7. What group of people are most likely to experience TMD?

A. Women between the ages of 20 and 40 years old
B. Men between the ages of 20 and 40 years old
C. Seniors

D. Teenage girls

#### 8. Scientists are studying a possible link between testosterone and TMD because men suffer from the condition much more often than women do.

A. True B. False

#### 9. Which of the following should you eat if you're suffering from TMD-related pain?

**A.** Raw vegetables, such as carrots and celery

- **B.** Mashed sweet potatoes
- **C.** Potato chips
- **D.** Nuts such as cashews or peanuts

# **10. Surgery is the most commonly prescribed treatment for TMD.**

A. True

B. False

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 September 30, 2019. Answers will appear in the November issue.

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

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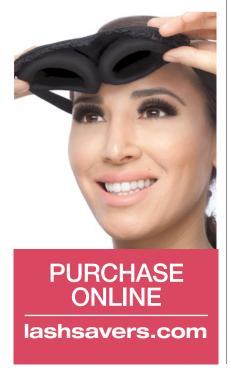


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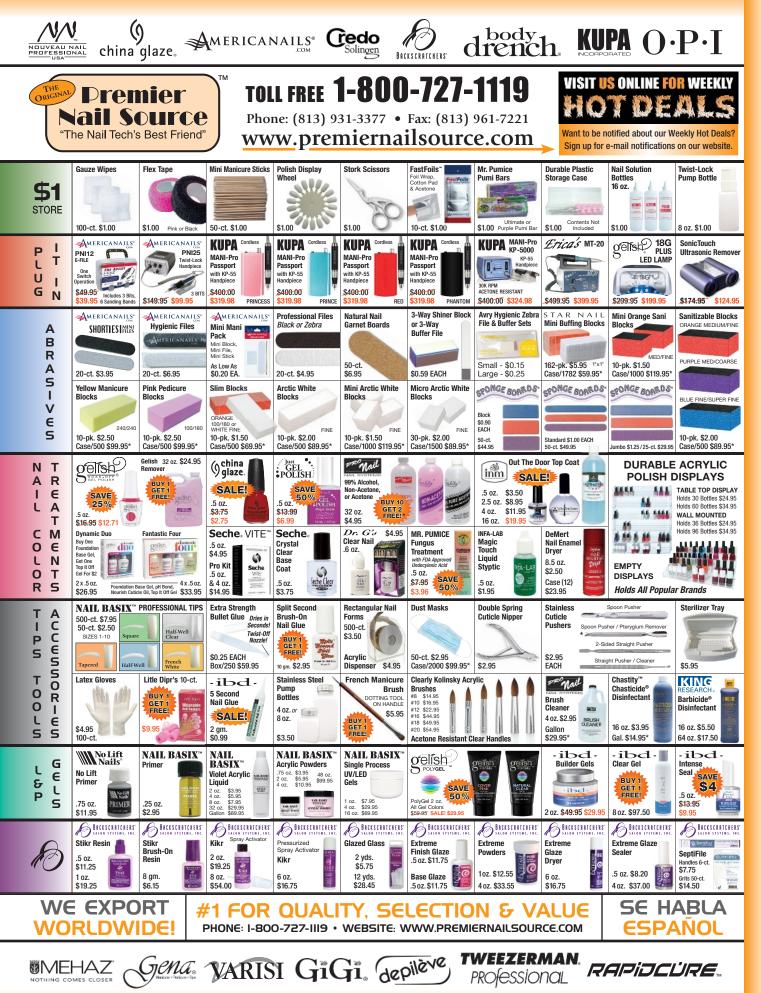
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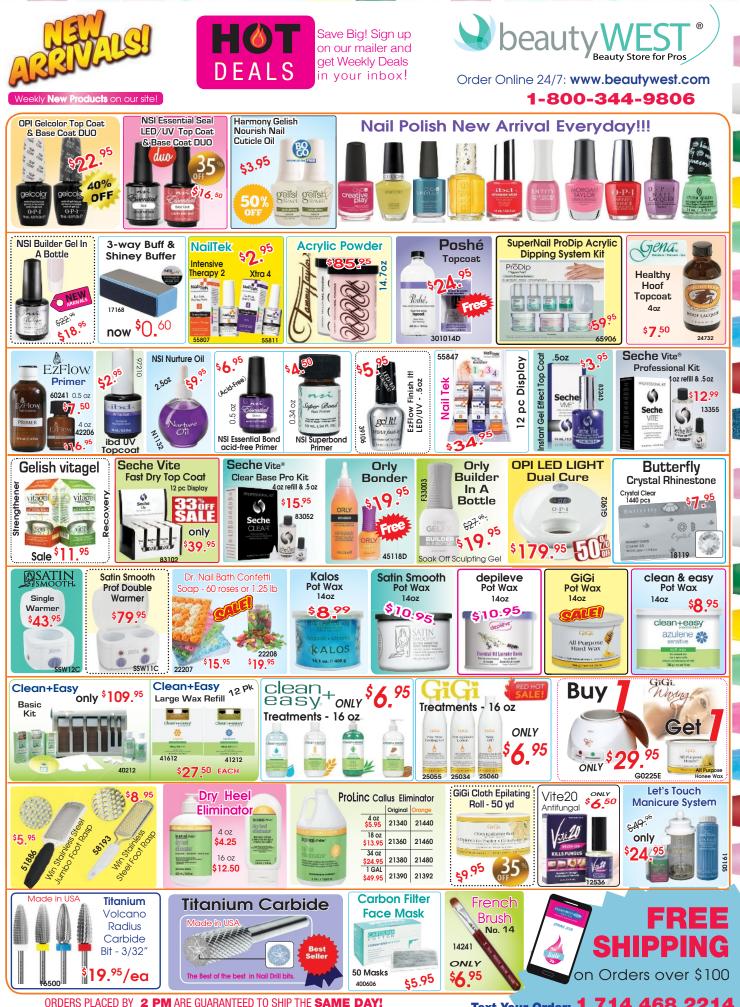
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#### Darcy Olin, LEU Educator, Light Elegance 10:00am - 11:00am

Light Elegance ButterCream Color Gels are made with a revolutionary new formulation that delivers extremely high pigmentation while remaining incredibly easy to work with. In this demo class, you will become familiar with ButterCream and how it behaves on the fingernail. You will learn application techniques used to perform overlays and create nail art as well as tips and tricks from your LEU Educator, Darcy Olin.

## Discover a Better Spa Experience with Q&Lu Spa Essentials

#### Dianne Porciello, LEU Educator, Light Elegance 1:30pm - 2:30pm

Q&Lu Spa Essentials, the new, all-natural spa line from Light Elegance, is the ultimate in self-love and care. Great chemistry combined with premium ingredients—no artificial dyes or fragrances—results in a soothing spa experience tailored for hands, feet and skin. In this class, you'll see, smell and feel Q&Lu Spa Essential products and learn how they deliver shorter, easier manicures and pedicures that clients will love. Learn how the products have been specially formulated to work as a system; each product complements the last and prepares for the next step of the service. The result? Less scrubbing and scraping for you, more relaxation and healthier skin for the client. Enjoy!

## **Light Elegance Gel Tour :: LEU Mini Course** *Tina Heinl, LEU Educator, Light Elegance*

#### 3:00pm - 4:00pm

The Light Elegance Gel Tour is a demonstration class that will introduce you to the world of Light Elegance UV/LED Gels. You will learn how to use them, in what combination and why. Your LEU Educator, Tina Heinl, will also discuss the intricate chemistry of several Light Elegance products, so you will know exactly what to do as a quality nail professional.

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#### Maggie Bryan, Educator, CHRISTRIO 11:30am - 12:30pm

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#### Social Media or Death: 5 Boss Moves to Grow Your Clientele & Business

#### Naja Rickette, Nail Ambassador, Booksy 11:30am - 12:30pm

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#### **Electric Filing Made Easy**

Nicole Atwood, Mrs. President & Kristi Din/ Hernandez, Educational Director, Atwood Industries

## 11:30am - 12:30pm

Atwood Industries presents *Electric Filing Made Easy* starring Nicole Atwood along with her faithful side-kick, Kristi Din/ Hernandez. The dramatic-duo will show you easy ways to improve your speed, efficiency and quality through your e-filing adventures. They will demonstrate some new burs/bits that will help you accomplish these goals. In addition, they will answer any and all questions that you may have with regards to your e-file. Come join the fun and learn something new!

## Learn All About Bio Sculpture's Evo Glue Less Tip Application and Freeform Gel Sculptures

#### Melanie Coppolella, Head of Education, Bio Sculpture USA LLC

#### 11:30am - 12:30pm

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# Tan Nguyen, Educator, CND

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