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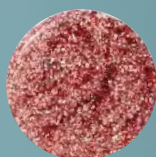
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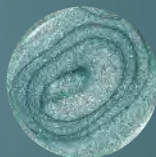
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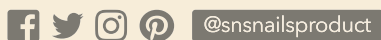
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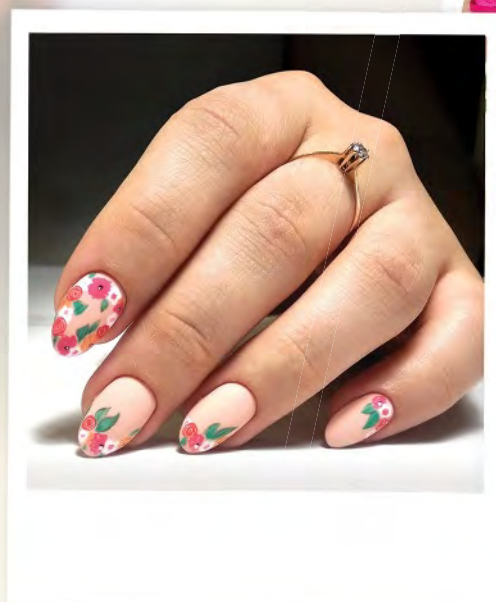
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Contents

JANUARY/FEBRUARY 2020 / NAILPRO MAGAZINE / VOLUME 30 / NUMBER 1



24

34



FEATURES

30 WHOLESOME HEALTH

Forward-thinking nail salon owners share how they incorporate wellness into the salon. By Karie L. Frost

34 READERS CHOICE AWARDS

You, the NAILPRO readers, voted on your favorite products from 2019—see who made the list.

26 NAILSPIRATION

LUCKY CHARMS Bárbara Pereira brings health and happiness onto nail tips in celebration of the Chinese New Year. By Angelina Lewis

42 NAIL CLINIC

BEATING THE BLUES Post-holiday depression is a real condition; learn how you can cope. By Karie L. Frost

56 DAILY INSPO

FLEURY ROSE This celebrity nail artist shares her top five sources of inspiration. By Lotus Abrams

IN EVERY ISSUE

10 EDITOR'S NOTE

12 CREATING THE COVER

14 TIP OFF

28 PORTFOLIO

29 INSIDE LOOK

44 HAPPENINGS

53 TEST YOURSELF

54 AD INDEX

COLUMNS

24 POLISHED LOOK

MAJOR METAL MOMENT

Fashion designers adopt a metallic flair that pairs perfectly with nails. By Karie L. Frost

COVER CREDITS

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ON MY RADAR

NP EXECUTIVE EDITOR
STEPHANIE YAGGY LAVERY FOCUSES
ON WELLNESS IN THE NEW YEAR.

1 GLOW

Eastern skincare rituals often incorporate deep exfoliation as a method of purification for both the body *and* the soul. This exfoliating mitt, made with a unique fabric texture inspired by the simplistic and holistic approach of Eastern skincare traditions, remarkably sloughs off dead cells to reveal smooth, glowing skin. «Dermasuri Deep Exfoliating Mitt, dermasuri.com»



Over the last few years, I've noticed an increase in my post-holiday blues. Perhaps it's because as I've gotten older, I find it more difficult to bounce back from the highs of the holidays and lows of getting back to regular life. (Read more about this topic in Nail Clinic on page 42.) That being said, this past year I've been really trying to incorporate mindfulness into my everyday life in the hopes of staying more grounded and less prone to the emotional swings caused by stress. And let me tell you: It really helped with my New Year transition. Before we get too excited though, it definitely took discipline and practice to get there. I made it a priority to turn off my phone one hour before bed every night, make time for yoga and meditation, and incorporate other self-care practices (read: making time for myself without the guilt). I'm obviously not the only one jumping on this trend; nail salons and pros alike have begun to incorporate self-care and mindfulness into their services in hopes of encouraging the practice among their clients. This issue, we've brought you a number of great stories that will hopefully inspire you to adopt this mind/body/spirit approach to your life and business. For instance, read about mindful salons in "Wholesome Health" on page 30 and celebrity nail artist Tracylee Percival's healing Reiki manicures in Tip Off on page 15. May these practices set the tone for a year of calm and prosperity. Happy New Year!

slavery@creativeage.com
Stephanie Yaggy Lavery
@steph_lavery

2 MOISTURIZE

Self-care can mean all different things; for me, it means a little extra pampering when I can. These luxurious eye patches from K-beauty brand Mishe feel extra fancy thanks to its two-part system. First, crush the caviarlike capsule and tap the cream around your eyes, then add the gel patch over it for a brightening and plumping effect. «Mishe Beauty Capsule Eye Cream & Wine Hydrogel Patch, mishbeauty.com»



3 SPARKLE

For some, mindfulness means paying extra attention to our planet—and now you can do that without sacrificing much-adored sparkle. Lecenté has partnered with Bioglitter to create six eco-friendly nail glitters. These nail art must-haves are made up of natural and plant-derived material (rather than traditional plastic) that will biodegrade harmlessly in the environment without compromising any of the shine on tips. «Lecenté Bioglitter, glitternailartstudio.com»



4 REVITALIZE

Rejuvenate skin naturally with Taila, a holistic brand that pairs Ayurvedic science with innovative natural technology to create a line of skincare products without a drop of artificial ingredients. My favorite: Muhka Botanical Cleanser. It goes on like an oil to dissolve makeup and dirt from the day, and transforms into a cleansing milk when water is added to leave skin revived and full of moisture. «Taila Muhka Botanical Cleanser, tailaskincare.com»



5 GIVE

Founded by a pair of sisters, Good Behind the Glam aims at providing high quality pure and organic products at an affordable price. From cosmetics to skincare, the clean products not only work, but a portion of each sale is donated to help empower women overcoming crisis and rebuild their lives. «Good Behind the Glam Botanical Lash, goodbehindglam.com»



6 LIGHT

Not only does nail pro Tracylee perform Reiki manicures, but she also sells manifestation candles. With an infusion of aromatherapy ingredients and a healing crystal tucked inside each one, simply light, breathe and repeat the affirmation written under the candle lid to set your intention and bring it to life. «Patty Lou Crystal Manifestation Candle, shoppattylou.com»



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New Impressions

United Kingdom-based nail artist Scarlett Senter puts her spin on a NAILPRO favorite.

This year marks the 30th anniversary since the inception of NAILPRO. As part of the milestone celebration, we've asked nail pros to recreate their favorite past covers, and you'll see these masterpieces throughout the year. First up: award-winning nail artist, educator and salon owner Scarlett Senter. Read on to discover her cover inspiration.

Why did you choose this cover?

I adore the overall soft look of the image and how the simplicity of it has such a strong impact.

How did you reinterpret it?

I took the softness that resonated with the original image and transformed it into something else that evokes that feeling for me: a ballet dancer in Swan Lake. Like in the original cover design, I used a light nude base, but instead of adding colorful line art, I topped it with white details. Just like January 2013 cover artist Tracey Sutter favors the artistry of hand painting, I too love freehand work, so creating the swan was probably my favorite part.

How did you create the nails?

I sculpted the stiletto extensions with acrylic. After filing, I applied matte top coat, then used white gel paint to create the swirl designs. For the swan and musical notes, I used acrylic paint, adding highlights and shadows for depth, and then used 3-D gel for the swan's crown. For the 3-D roses, I worked off the back of a form, sculpting individual petals with nude acrylic and a 3-D brush. Once the petals were in the moldable stage, I attached them together to make a full flower. I finished off the looks with Swarovski crystals.

What was the best part about this process?

In terms of creating the design, I love seeing my artwork come to life when I start adding highlights and shadows, but the best part overall is seeing my work on the cover of NAILPRO. I'm so excited and honored!



About the Artist

Scarlett Senter is from Kings Lynn, Norfolk, England, and has been working as a nail technician for almost 10 years. In addition to being an educator for UK-based Glitterbels, Senter has spent the last year and a half competing in nail competitions around the globe. She has received more than 17 first-place titles, has been named Artist of the Year from *Scratch* magazine's Scratch Stars Awards, and recently took home the title of Mixed Media Artist of the Year 2019 from Scratch Stars. Going forward, she plans on continuing to teach other nail techs to help them achieve their goals.



January 2013



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LAUNCH

Crystal Clear

Created just for nails, the new Iris Unique Natural Crystal Nail Art line makes it easy for nail techs to create eye-catching designs that offer clients the benefits of healing crystals. The 100-percent genuine raw gemstones are uniform in size and come in a glass jar labeled with the stones' healing properties. There are currently four different crystals available: matte-black shungite, known for its detoxification and purification qualities; pink aventurine to promote happiness, prosperity and love; white selenite for warding off negative energy; and calming violet amethyst. It took Unique more than a year of trial and error to develop the nail art line. "I'm extremely excited to launch this product," says Unique. "I've been selling crystals over the past three years online and have been getting my acrylics done since my hands are always in photos. I was frustrated at the lack of availability of raw natural crystals for nails because, why wear man-made rhinestones when I could be wearing nature-made genuine gemstones, each with their own unique healing properties?" Ready to create your own healing crystal nail designs? Check out the collection at irisunique.com.



WELLNESS

Tracylee Percival's Healing Touch

Nail technicians have long enjoyed the ability to improve clients' sense of well-being through the

power of touch. Celebrity manicurist Tracylee Percival, however, has found a way to amplify those positive effects for her clients through her signature Reiki nail services, which she started offering about three years ago after training with a Reiki master. "All of my celebrity clients now want Reiki with their nail services," says Percival. "I've decided to grow my healing services on a larger scale into my business." Reiki is an alternative therapy in which the practitioner transfers energy to the recipient through the palms of the hands to promote relaxation and stress relief, as well as other benefits.

Although it took Percival a number of years to become a Reiki practitioner, her journey into the metaphysical began much earlier. "I've always known I was a little witchy, since I was young," laughs Percival. "You don't really put too much into it because it's not a way of life for a girl in New Jersey. You live your life and forget about it—and then all of a sudden it pops back up when you own a salon in your 20s." When Percival opened her salon 30 years ago, she says it wasn't long before clients started noticing there was much more to her manicure and pedicure services than beautification.

"Everyone who came in would say things like, 'Your energy is so good' or, 'The minute you touch my hands, I feel like the whole week disappears.'" Gradually,

Percival began to study and practice her own form of energy transfer, which she frequently used when working on set at editorial shoots, but after a friend introduced her to a shaman, she decided to pursue Reiki classes. "She looked at me and said, 'You've been a healer for many lifetimes; you need to learn Reiki,'" recounts Percival. "At



that moment my entire life of witchiness clicked!"

No longer a salon owner, Percival sees her celebrity clients in the privacy of their homes, hotel rooms or offices, where she provides customized Reiki manicures and pedicures, often before red carpet events to calm their nerves. "The main benefit is relaxation, but I've taken it to a different level where I can help people manifest things, release things and open different chakras," she says. At the beginning of each service, Percival offers her clients the opportunity to set an intention if they wish, cleanses the space by lighting palo santo wood and puts clients at ease with a customized aromatherapy oil blend and lighted candle from her new line of crystal manifestation candles. She often incorporates healing crystals into the service as well. After completing the manicure or pedicure, Percival completes the service with a 15- to 30-minute Reiki session. "It usually starts with the head and goes down to the root chakra and then to the feet, which is for grounding," she says. "By the time we're done, their nails are dry and they feel great!"

Percival recounts many stories about how she's been able to help her clients work through issues ranging from back pain to heartache using Reiki, an experience that has impacted not only her clients' lives, but also her own. "I feel like this has taken my service to a whole new level," she says. "I've always gotten such a sense of gratitude and a wonderful feeling out of giving service, so now to know that I can actually heal people and make them feel something on a different level is truly life changing."



NIKKI ZALEWSKI / ISTOCK; COURTESY OF TRACYLEE PERCIVAL; CAROLE SMILE/UNSPLASH



COLLABORATION RITUAL BEAUTY

Celebrity crystal manicurist Mazz Hanna—whose A-list clients include Julia Roberts, Selma Blair and Minnie Driver—has partnered with Orly (orlybeauty.com) to create crystal-infused nail polish ritual kits. Packaged in reusable holographic bags, the kits include two full-size Orly Breathable Treatment + Color shades, one mini Breathable Treatment + Shine, one vial containing two different crystals and a ritual manual for infusing the polish with each crystal's healing benefits. There are four kits to choose from: Manifestation, Self-Love, Stress Relief and Protection. "Since creating my Crystal Healing Manicure for my private clients, I've looked into different ways that I can bring this ritual to everyone's home," says Hanna. "I sourced some of my favorite healing crystals and paired them with my favorite Orly Breathable shades. Not only does the Breathable formula apply smoothly, but it's also as healthy as nail polish can be. It's infused with argan oil, vitamin C and vitamin B5."



COMPETITIONS NAILPRO Competitions Asia-Korea Winners Announced

Held in Korea September 18-20, 2019, and hosted by Korean *Nailholic* magazine publisher WATC, the first-ever NAILPRO Competitions Asia-Korea was a resounding success. Competitors from 10 countries—Korea, Japan, China, Malaysia, Singapore, Taiwan, Thailand, Vietnam, Indonesia and Russia—vied for a place at the top, registering more than 200 entries in 12 categories. Taking home the top honors: Then Cheau Ying from Malaysia was named the 2019 Grand Champion, while the Team Grand Champion award went to team SONA Malaysia from Malaysia.



WELLNESS Spiritual Service

Sustainable, vegan beauty brand SpaRitual (sparitual.com) has partnered with Unplug Meditation to launch the Sound of Color nail care service, a holistic wellness experience combining manicures and pedicures with meditation. The 30- to 60-minute service pairs each of SpaRitual's 36 polish shades with curated guided meditation programs delivered by world-renowned meditation gurus that clients listen to on a set of headphones. "SpaRitual's collaboration with Unplug to create Sound of Color is innovating the nail space in leading spas across the country," says SpaRitual founder Shel Pink. "People are seeking wellness

touch points in all facets of their lives, and receiving this experience elevates the traditional spa manicure and pedicure to improve clients' emotional and physical well-being."

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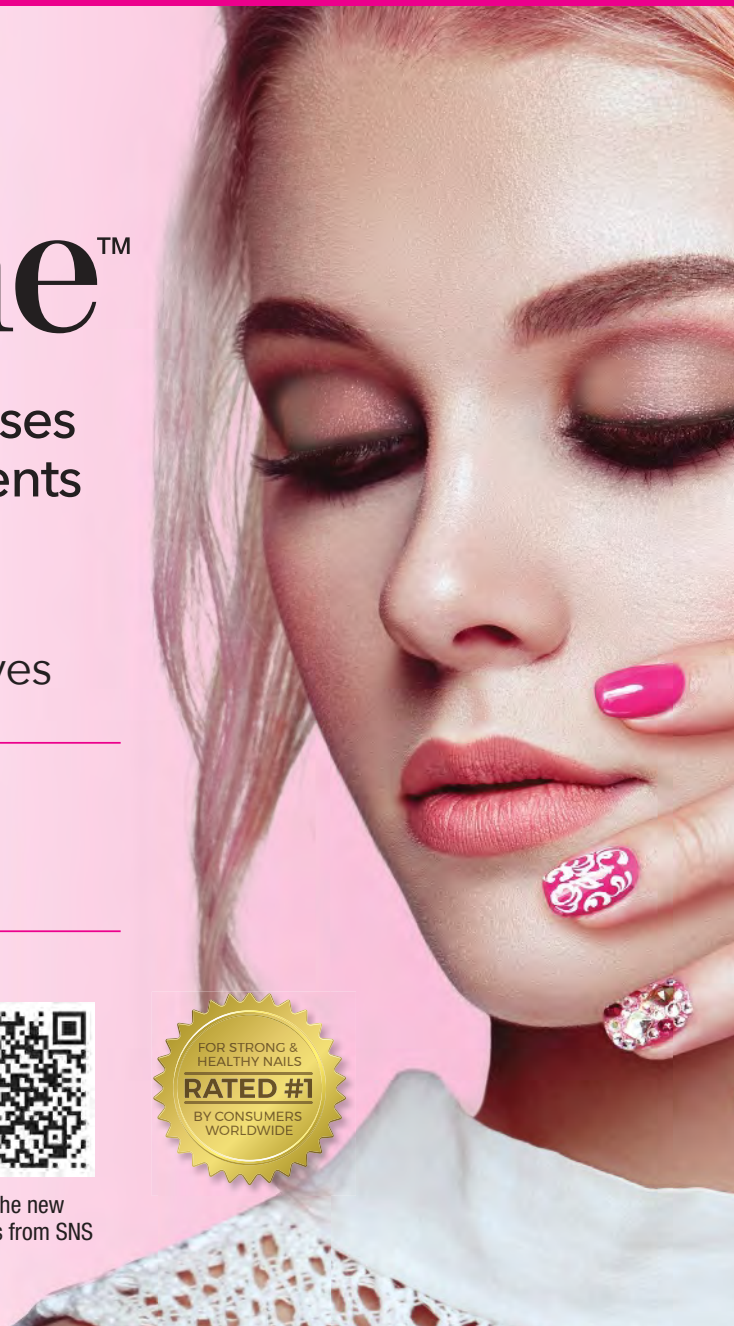
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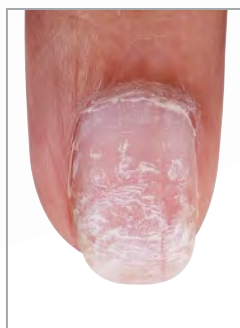
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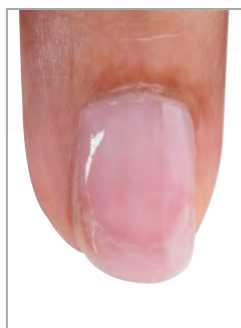
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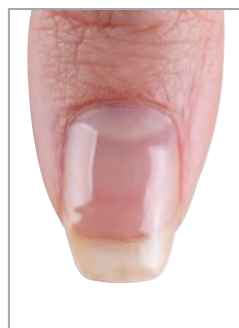
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TIP OFF

WELLNESS

TO YOUR HEALTH

Back-to-back appointments, long workdays and demanding clients can all sap energy, ultimately taking a toll on nail techs' health. That's what makes adopting and maintaining a healthy lifestyle particularly critical for beauty pros, asserts Natasha Bhalla, a health and wellness coach who specializes in working with beauty professionals and salons. "As a nail tech, you're constantly giving to others, and unless your own cup is full, you'll eventually feel depleted and exhausted," says Bhalla, a graduate of the Institute for Integrative Nutrition in New York and Reiki practitioner who has worked in the beauty industry for more than 15 years. "Furthermore, illness can be invited into your life when you're not taking care of yourself properly." Here, Bhalla offers lifestyle tips designed to keep beauty pros feeling energetic, happy and healthy every day.



HYDRATE, HYDRATE, HYDRATE "Drinking water throughout the day is essential for keeping energy levels up," says Bhalla. "Water flushes toxins from the system and helps you remain alert. Even slight dehydration can reduce focus and concentration, increasing the risk for mistakes and accidents—and, making a mistake during a client's manicure is the last thing anyone wants!"

TAKE BREAKS The repetitive hand and arm movements required by nail techs can cause muscles to become stiff and fatigued, so Bhalla advises taking regular breaks to recharge and rejuvenate. "During your breaks, take a few minutes to stretch both your upper and lower body," she says. "Stretching relieves tightness and brings oxygen to the muscles." If possible, take a quick walk outside for some fresh air to get the blood pumping. "Try to disconnect from everything going on at the salon during this time to give yourself some respite," says Bhalla.



BROWN BAG IT While it may be tempting to order lunch in or pick up fast food, it's never going to be as healthy as the food you prepare yourself. "Bringing food from home is much better for your body—and your wallet!" says Bhalla. "In addition, be sure to eat at least three meals a day. Skipping meals creates stress in the body and can increase your chances of catching a cold or even feeling depressed."

PEACE OUT Make sure to take some quiet time for yourself every day. "Devoting just 15 minutes each day to meditation, praying or just sitting quietly can significantly improve your outlook, attitude and well-being," says Bhalla. "Centering yourself daily lowers your blood pressure, reduces your heart rate and calms the mind."



NAIL ART

On Trend for Winter

Though the thrill of the holiday season has waned, there's no need to curb nail designs—winter provides the perfect inspiration for stellar nail art, after all! Here, San Francisco-based nail artist Hemi Park (@sugarplumfairyfingers) uses the LeChat Evening Soirée winter collection to create art for every client and occasion, from perfect plaids to icy tips. **NP**





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Guest Artist: Tracey Lee (@traceyleenails) works as a global educator, coach and contributor to various trade magazines, and recently launched her new online education venture, Beauty2TRS (beauty2trs.com).

Major Metal Moment

Banking on the fashion set's collective love of all things shiny, designers drenched gowns, dresses and even suits in all manner of silver, pewter and gold (think: beads, jewels, sequins and studs). The effect was at times glamorous and at others futuristic—yet in every instance rich as can be. Artfully arranged mirrored paillettes in a multitude of shapes spangled an Alberta Ferretti column gown, transforming the wearer into a chic disco ball. Equally appropriate for a dancing queen: Altuzarra's one-shoulder midi dress, gilded with tiers of shimmy-perfect pleated gold lamé. Borrowing from the 1980s, designer Jeremy Scott sent out an auriferous star-sequined gown that positively twinkled with each

step. Less "Dynasty" and more Gatsby, a pewter-encrusted coat at Dolce & Gabbana only added to the blinding gleam of a gold brocade tuxedo—the definition of a power suit if ever there were one. And like with fashion, nails certainly shine when decked in metals—the heavier, the better. Guest artist Tracey Lee is no stranger to gilding nails to the nines; she's helped construct some of the most brilliant nail art for New York Fashion Week as part of the CND Design Team. Follow her gilt-y lead: Tap into bullion, Mylar, glitter and rhinestones, and be sure to mix sizes and textures for maximum effect. For even more contrast, partner glitz with a matte finish to make sparkling elements pop.



Dolce & Gabbana

Alberta Ferretti

Moschino

Roberto Cavalli

Altuzarra

ANDREEA ANGELESCU; ARMANDO SANCHEZ;
COURTESY OF TRACEY LEE

SPONSORED BY LUXAPOLISH

CLASSIC CRIMSON

LUXAPOLISH GEL COLOR BAD ROMANCE

Founder of Luxapolish Leah Palhegyi relied on her extensive knowledge and experience as a working nail artist to create the brand. Her goal: provide nail techs with the highest quality products *that work*. Before a new product is brought to market, the Luxapolish team tests and refines and tests again until the ideal formulation is found. (And it takes *a lot* to make them happy.)

NUMEROLOGY

7

Luxapolish
Gel Color
boasts
a 7-free
formula.

CLASSIC & MODERN

The classic shade reads sexy, sophisticated and timeless, and yet it's ultramodern in its formulation: Not only is it 7-free, but it's also vegan-friendly and cruelty-free.

COLOR ON POINT

This shade makes magic because it flatters every skin tone. Thanks to its neutral undertone, Bad Romance wears like a true red on a wide range of complexions.

WATCH IT WEAR

Never streaky and oh-so-creamy, pros can't get enough of the one-coat coverage. The Gel Color applies smoothly and wears beautifully so you'll never have any wrinkling or shrinkage.

Why Readers Love It

Named NAILPRO Readers Choice Best Red Gel Polish in 2019, pros love it because of its "great coverage and consistency" in addition to the fact that it's a "true sexy red." Says Brittnay M., "The color is super-pigmented and smooth, and it doesn't add any bulkiness to my nails. I love Luxapolish!"

Learn more at
luxapolish.com





Lucky Charms

Bárbara Pereira, nail artist from Heirs of Venus salon in Lisbon, Portugal, created Chinese New Year-inspired nail tips promoting happiness, harmony and health for the year ahead. "When a new year arises, we wish for better things, so I decided to include two of my wishes for 2020," she says. Born in 1996—also the Year of the Rat—Pereira painted the Chinese character for "rat" to represent the year ahead, as well as the characters for "happiness" and "harmony."



- Step 1** Apply two coats of sheer white gel polish.
- Step 2** Use a detail brush to paint the base of a tree with black art gel.
- Step 3** Apply one coat of builder gel and place dried flower petals on top. Then, encapsulate the petals with another coat of builder gel. Finish with gel top coat.



- Step 1** Apply two coats of sheer white gel polish.
- Step 2** Paint a bowl shape with red gel polish. Add a yellow stripe across the bowl. Use a detail brush to paint two chopsticks coming out of the bowl with black art gel.
- Step 3** Paint a mound of rice over the chopsticks with white gel paint. Write your New Year's wish with black art gel. Finish with gel top coat.



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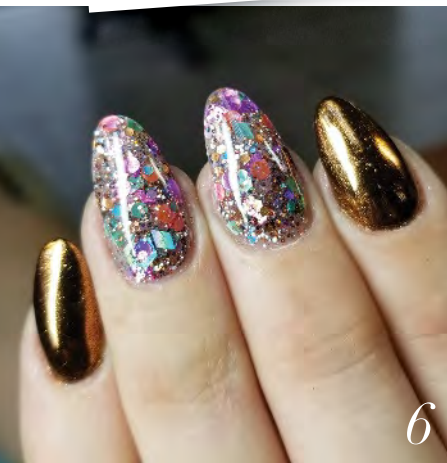
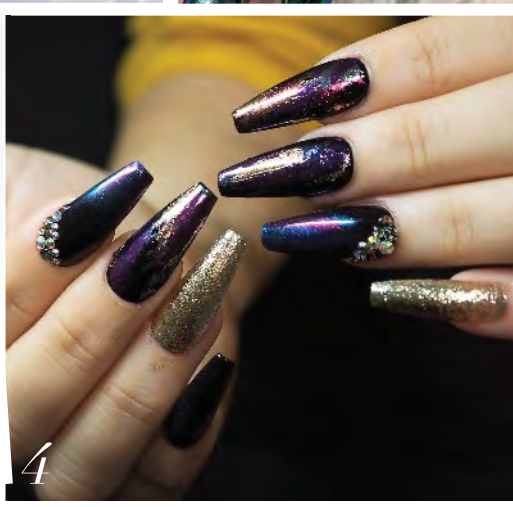


PORTFOLIO

Metal Works

NAILPRO readers celebrate the New Year with chrome powders, gold and silver flakes and metallic finishes.

SUBMIT FOR THE NEXT THEME: FESTIVAL!



- 1 Amanda Leong @_allured 2 Michelle Campusano @nails_misszchela 3 Reina Santos @reireishnailart 4 Erika-Furuhashi @erikabeautyartistry 5 Hoda Amini @hodanails
6 Renybeth Molinary @413nails 7 Sandra Garcia @txmanimuse 8 Anna Ngock @ngocksy

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.

In Fashion

Morgan Haile and Taylor Daniel, The dynamic duo behind the Morgan Taylor brand, share their experience partnering with top designers on the runway.

For a long time, beauty on the runways was relegated to hair and makeup only. But as nails and nail art began to garner more attention, so too did fashion designers want to incorporate them into their runway looks. Today, nails are often an extension of the designers' seasonal designs. Taking part in the movement? Morgan Taylor. The brand has participated backstage at a number of notable fashion week shows from New York to London to Paris. Here, Morgan Haile and Taylor Daniel talk about how nails play a part.

What is the best part about partnering with designers for fashion week?

The best part by far is the collaboration, creating such great runway pieces together. The hair, makeup, nails and outfit might all look different, but when everything comes together it's magical. The hardest part is when we want to go overboard with the nail look, but we have to keep in the mind how realistic it is to create nails backstage!

Morgan Taylor has been working with Rodarte for a long time now, most recently for the spring 2020 look book. How did that partnership come about?

It started about four or five years ago at New York Fashion Week. We were their nail sponsor, and we bonded over our similar businesses—Rodarte's Kate and Laura Mulleavy are sisters who run a fashion business, and we're also a family business. The Rodarte style is breathtaking, and Kate and Laura always consider how the nails fit into the complete look. We tried to create nails that really incorporated their look and inspiration to make something special. It's really important to work with a partner that understands this.

In lieu of a traditional fashion show, Rodarte has done an unconventional "look book" to display their spring 2020 fashion looks. How do you think this style lends itself to showcasing nail designs and nail color?

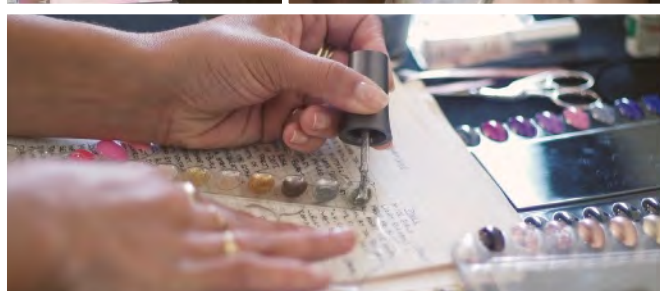
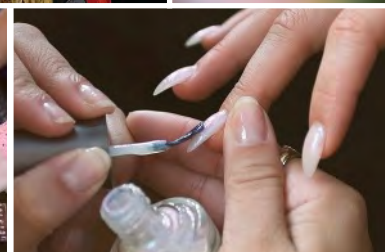
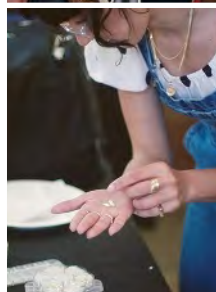
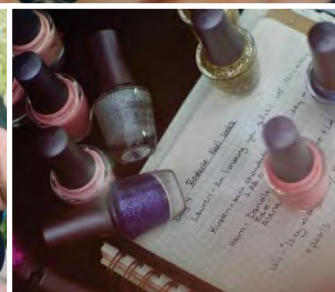
Look books are fun and different. They give the flexibility of being able to focus on individual looks. For a runway show, there's only so much time backstage; we usually only have time to create one nail look, maybe three. For this look book we created multiple nail looks for each outfit. The inspiration was like a Greek garden—almost like brining the past and present together.

What was your favorite nail look?

This is tough! Probably the iridescent look with the pearl detail. It's such a timely design that can be easily created. Layer Morgan Taylor Adorned in Diamonds and Izzy Wizzy Let's Get Busy, then add small- to medium-size pearls on top. It's a classic look for any occasion.

What other shows had really standout nails?

A memorable show for us was The Blonds—the designers are so creative! For this one we created about five different futuristic styles, from multiple stones to geometric shapes to metallic fades. Each set of nails was matched with a different hairstyle, makeup look and outfit.



Wholesome HEALTH

FOUR NAIL PROS SHARE HOW TO AUTHENTICALLY
BRING WELLNESS INTO THE NAIL SALON.

By Karie L. Frost

One upon a time, the word “wellness” conjured images of green juice and yoga. But times, they have a-changed: According to the Global Wellness Institute’s (GWI) Global Wellness Economy Monitor, wellness services and products pulled in \$4.2 trillion in 2017, with the personal-care, beauty and antiaging sector generating the most revenue, at \$1,083 billion. It’s an area full of potential. The GWI reports that the spa industry is the largest revenue growth leader (9.8 percent) among all 10 wellness markets analyzed—meaning nail salons would be smart to incorporate wellness into their business models. Plus, employing wellness touches in the salon has the happy benefit of inspiring loyalty. “When you consider the overall well-being of your clients from the moment they walk through your door, they’re definitely going to leave feeling better about themselves,” says Nadine Abramcyk, co-owner of Tenoversten, with locations in New York, Los Angeles and Austin, Texas. “That typically means they’ll recall that feeling and come back more often—and possibly even recount that positive experience to others, spreading the word about how special your nail salon experience is.”



Wellness Defined

If it isn't just green juice and yoga, what exactly is wellness? According to the National Wellness Institute, wellness is an active, holistic process through which people become aware of, and make choices toward, a more successful existence, and encompasses lifestyle, mental and spiritual wellbeing, as well as the environment. Once faithfully followed by a health-conscious subset of society, wellness has now gone mainstream—so much so that seeking a more balanced, healthy life is a part of day-to-day reality for many individuals. "Wellness today has become imperative, a priority and a daily conversation about how to incorporate more self-care and wellness touch points into our lifestyle," says Shel Pink, founder of SpaRitual and slowbeauty.com, and an early proponent of mindful beauty. Such awareness makes sense, says Amy Ling Lin, CEO of Sundays nail salon in New York. "I think we're busier at work these days, and at the same time we want our life conditions to improve," she says—which makes us active seekers of ways to foster self-care.



Wellness, What Is It Good For?

Naturally, taking care of oneself—right down to our nails—falls within the realm of self-care. "From a professional perspective, I've always seen spas and salons as 'wellness outposts'—spaces where people can access wellness touch points and support that contribute to their personal, sustainable self-care practice," says Pink. Sadly, a large swath of the nail salon industry focuses on volume over experience; wellness simply isn't baked into the business model. "Often, the nail salon becomes a very busy place where the focus is on getting people in and out as quickly as possible, and clients come to expect a nail salon to deliver on this promise of a quick fix," concedes Pink. "If nail salons were to set a tone of calmness and self-care from the moment the client arrives, then people would understand that they have another outlet to tap into for their wellness needs." She recommends reflecting wellness in as many aspects of the business as possible: the scent, decor, client greeting, products used, quality of service, events held and resources offered. Of course, a good amount of research goes into bringing wellness into your salon. Here's a primer to set you up for success.

VET YOUR PRODUCTS

Look for clean formulas and companies that emphasize self-care. Do a salon inventory check and focus on products that promote mind and body wellness as well as spark joy in your clients (i.e., nail art).

FAMILIARIZE YOUR STAFF

Educate staff on wellness-aligned products being used during services, and make sure they pass on this knowledge to clients to drive home the wellness mission. "During services, the nail technician has an opportunity to speak about the features and benefits of the product she's using and how to continue self-care and wellness practices at home between appointments," explains Pink.



"From a professional perspective, I've always seen spas and salons as 'wellness outposts'—spaces where people can access wellness touch points and support that contribute to their personal, sustainable self-care practice."



SPELL IT OUT Highlight clean formulas with simple signage to reinforce your salon's wellness bent. "If your service uses paraben- and phthalate-free lotion, call it out on the menu, mark the lotion on the table with a label, be sure to retail the lotion, and create signage in the retail area so that people can read the entire ingredient list and take a little piece of their manicure home with them," says Abramcyk.

BUILD YOUR SERVICE MENU In addition to clean ingredient call-outs, your menu should spotlight any wellness components in the service. Pink suggests combing the spa community—and its trade events—for trending wellness ideas and menu workshops. Since the spa



industry adopted wellness early, Pink says they often have highly developed wellness menu items that you can personalize for your nail salon—think: breathing and stretching rituals, aromatherapy add-ons and guided meditation services with headphones.

You can also broaden your offerings to provide a more comprehensive approach to wellness. Chillhouse in New York recently introduced Chill Face facials in partnership with Dermalogica, which complement the nail salon's massage services and café serving drinks spiked with adaptogenic wellness powders. "We listened to our customers, and we know they deeply value inner and outer health, which is why we're thrilled to officially dive into skin health," says Chillhouse owner Cyndi Ramirez.

SPREAD THE WELLNESS WORD

Hammering home your salon's wellness components—services, events and products—will resonate with clients. Pink suggests announcing new wellness services, as well as their features and benefits, through Instagram and e-newsletters. "Come up with a hashtag that embodies your effort to represent safer nail salons," suggests Abramcyk. Or, hashtag the service, as Ramirez did with #restingchillface for the Chillhouse+ Dermalogica Chill Face facials.

BRING IN THE EXPERTS Wellness is holistic: Taking a 360-degree approach to self-betterment involves more than beautification. Host local wellness experts at your salon who can speak to your clientele about similar topics, like mindfulness, fitness, sleep hygiene or healthy eating.

OFFER WELLNESS PERKS Keep complimentary nutrition bars or fortified juices on hand. Or, incorporate ways for clients to spread wellness. "We offer a complimentary polish recycling program that our guests love and is good for the Earth; it reflects how we do business on the whole," Abramcyk says. Cross-promote with other wellness providers. Think outside the box—and outside of beauty—when seeking wellness-oriented businesses with which to partner for local events, social media promotions and more. Lin has run promotions with companies like Flywheel (fitness), Careof (supplements) and Inscape (meditation) to help build community and awareness and support her salon's wellness message.

ABOVE ALL: BE AUTHENTIC Rather than use wellness as a ploy, lean on authenticity. "Wellness is not a tactic; otherwise, clients might question your intentions," says Lin. This means that you should not only understand the philosophy, concepts, tools and resources of wellness as it pertains to your business, but also stand behind these practices. "If you don't believe in the idea of self-care to help your overall wellbeing," says Abramcyk, "then that feeling of authenticity won't translate down to your guests." **NP**



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

SPONSORED BY UGLY DUCKLING NAILS

DID YOU KNOW...

Despite their diminutive size, nails have long been the focus of much attention. Check out some of these fun facts about the history of nails—from 3,000 BC to today!

3,000 BC A complex nail lacquer is formulated in China composed of gum Arabic (hardened sap from acacia trees), gelatin, beeswax, egg whites and vegetable dyes.

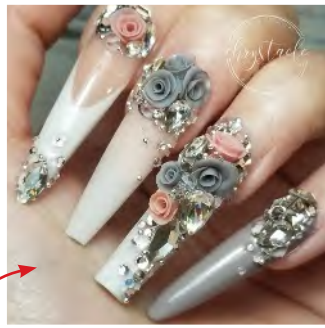
69 BC Cleopatra is fond of red tips: She dips her fingers in crimson henna to enhance her nails.

1850 A powdery paste is invented and used to buff nails to a high shine. Victorian ideals of minimal beauty and moral purity don't

allow for much more, but some sneakily use rose salve to add a subtle tint.

1924 The first color liquid polish is manufactured by Cutex and Glazo, using paint derived from automobile finish.

1957 Dr. Fred Slack, Jr., a dentist, inadvertently invents acrylic enhancements when fixing his own broken nail with a mixture of dental monomer and polymer.



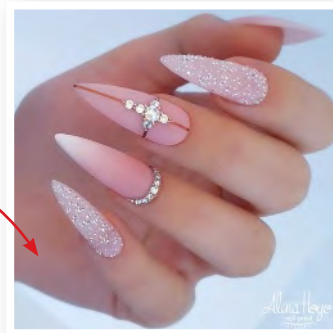
1976 The French manicure hits the fashion runways in Paris and becomes an instant phenomenon.

1988 World-record-holding athlete Florence Griffith Joyner (aka Flo-Jo) stuns at the 1988 Olympics with 6-inch-long nails painted red, white, blue and gold.

2009 Long-wear, high-shine gel polish hits the market, bringing throngs of women back to the nail salon for the service.

2009 Matte nails make their mark as a major trend.

2014 23% of consumers are wearing gel polish, an increase of 35% from 2013.



2016 Ugly Duckling is hatched, releasing its first 48 colors of gel polish, as well as its Matte Topcoat.

***2018** Ugly Duckling earns NAILPRO Readers Choice Award for Best Matte Top Coat.

***2019** Ugly Duckling earns top marks with a NAILPRO Readers Choice Award for Best Matte Top Coat for the second year in a row as well as being named Best Acrylic Brush.



READERS CHOICE AWARDS

The key to a successful nail career and services that last is product—quality options, innovative formulations and solutions that stand the test of time make all of the difference in your work. So, we asked you—the industry experts—what your must-have products were for 2019. From manicure staples and pedicure products to nail art essentials and top tools, check out your favorite products to take into the New Year!

Manicure



BEST NUDE POLISH

Essie

Ballet Slippers

This timeless pale pink polish is a favorite on runways, red carpets and in the salon. essie.com



BEST RED POLISH

OPI

Big Apple Red

Just like New York City itself, this classic, creamy, highly pigmented red never fails to stun. opi.com



BEST TOP COAT

Seche Vite

A cult favorite, this super shiny topper dries quickly, boasts durable coverage and prevents yellowing. seche.com



BEST BASE COAT

Morgan Taylor React Base Coat

This long-wear formula provides radical color adhesion for up to 10 days of wear. morgantaylorlacquer.com



BEST CUTICLE OIL

CND SolarOil

Regular use of this jojoba- and vitamin E-infused oil promotes stronger, healthier nails and hydrated cuticles. cnd.com



BEST LOTION

Light Elegance Q&Lu Bamboo Lotion

This brand-new lotion uses shea butter, grape seed oil, sunflower oil and bamboo extract to impart moisture to dry skin without any greasy residue. lightelegance.com

Pedicure

BEST TOP COAT

Zoya Armor

A must-have pedi topper: The ultrastrong yet super flexible, chip-resistant formula provides brilliant shine while imparting UV inhibitors to prevent yellowing and fading. zoya.com



BEST PEDICURE COLOR

OPI Cajun Shrimp

This spicy coral shade remains a favorite toe hue due to its deeply pigmented formula and high-shine finish. opi.com



BEST BASE COAT

Only Bonder

This uniquely rubberized adhesion formula binds polish to the natural nail for extended wear. orlybeauty.com



BEST PEDICURE BASIN

Belava Glitter Pedicure Bowl

Fan favorite Belava disposable liners slip easily into this brilliantly sparkling pedicure bowl that's both lightweight and roomy, ideal for mobile pedicures. belava.com



BEST CUTICLE TREATMENT

CND Cuticle Eraser

The gentle yet effective formula, made with a creamy blend of alphahydroxy acids, micro-exfoliates and moisturizes cuticles for smooth skin around the nails. cnd.com

BEST FOOT FILE

Footlogix Professional Stainless Steel File

Say goodbye to rough heels with this lightweight, double-sided file that can be used multidirectionally without shredding the skin. Then, easily disinfect or sterilize it for use on the next set of feet. footlogix.com



BEST FOOT LOTION

Footlogix DD Cream Mousse

This lightweight, hydrating, whipped mousse formula not only locks in moisture and absorbs instantly, but it also boasts antiaging and antimicrobial benefits. footlogix.com



Gel Polish



BEST RED GEL POLISH

Luxapolish Bad Romance

This classic blue-red cream from boutique brand Luxapolish has quickly become a fan favorite for its high-impact hue whether worn shiny or matte. luxapolish.com



BEST MATTE GEL TOP COAT

Ugly Duckling Nails Matte Top Coat

Endorsed by top nail artists internationally, this ultra-mattifying gel topper is a favorite for its velvety finish—that stays that way. uglyducklingnails.com



BEST SOFT GEL

Bio Sculpture Bio Gel

The inventors of soak-off gel maintain their top spot thanks to a 10-free formulation that combines the strength, durability and sculpting capabilities of hard gel with the soak-off benefits of soft gel for a product that protects the health of the natural nail. biosculpturegel.com



BEST GEL POLISH SYSTEM

Gelish Soak-Off Gel Polish

With more than 180 shades to choose from, ranging from sheer to opaque, delicate nude to jet black and subtle shimmer to high-impact glitter, the first brush-in-bottle gel polish system is still a nail tech favorite for its chip-free formula that boasts up to three weeks of wear. gelish.com



BEST TOP GEL

CND Shellac Duraforce

This must-have top coat is beloved by nail techs as much for its protective capabilities—particularly for thin, weak or damaged nails—as it is for its scratch-resistant, mirror-shine finish. cnd.com

BEST BASE GEL

Gelish Foundation

This fast-curing base coat bonds to the natural nail to ensure durable, long-lasting gel services. gelish.com



BEST NUDE GEL POLISH

OPI GelColor Bubble Bath

The sheer candy-pink hue is as ethereal as floating bubbles, making it a must for every occasion because it goes with practically everything. opi.com

Spa Mani/Pedi



BEST PEDICURE CHAIR

Whale Spa Valentino Lux

Made with top grain stain-resistant, antimicrobial Enduro Italian leather and the premium Caresst Massage Mechanism, this chic, luxurious chair even boasts an iridescent, textured glass basin. whalespainc.com



BEST MASK

Salt of the Earth Mineral Mud

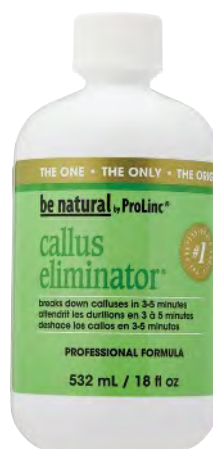
This detoxifying mud mask adds luxury to any service with kaolin clay to purify and nourish skin for luminous results. saltearthspa.com



BEST LONG-WEAR POLISH

Essie Gel Couture

The two-step system provides gel-like shine in more than 100 shades inspired by haute couture fashion. essie.com



BEST CALLUS TREATMENT

ProLinc Callus Eliminator

Techs never fret when faced with hard, stubborn calluses thanks to this fast-acting formula that makes smooth skin achievable in only three to five minutes. prolinc.com



BEST LOTION

Cuccio Naturalé Butter Blends

This intensely hydrating cream—sans oily residue—imparts “time-release” moisture to skin for a luxurious addition to any spa service. cuccio.com



BEST NAIL TREATMENT

Famous Names IBX Duo Pack

This two-part system is unmatched in its ability to revive weak, brittle nails while allowing them to grow stronger and longer. Formulated with nourishing jojoba and avocado oils, as well as other protein-building ingredients, it can be used alone or under gel polish to reduce nail damage and breakage. famousnamesproducts.com

BEST SCRUB

Famous Names Dadi' Scrub

Formulated with coconut oil and safflower oil, as well as proprietary Dadi' essential oils, this sugar and salt scrub gently but effectively exfoliates to reveal glowing, rejuvenated skin. famousnamesproducts.com



Enhancements



BEST HARD GEL SYSTEM

Light Elegance

Lexy Line UV/LED Hard Gel

This hard gel takes top honors for its thick-viscosity formula that makes building and sculpting easy and high-quality resin that holds its shape while maintaining flexibility. lightelegance.com

BEST BUILDER GEL IN A BOTTLE

Orly

Builder in a Bottle

This lightweight, self-leveling builder gel adds strength, length and flexibility with an easy-to-apply brush and bottle for crystal-clear results. orlybeauty.com



BEST E-FILE

Kupa

ManiPro Passport Plus

E-filers adore this indispensable and lightweight portable machine—complete with a battery-powered control box for up to 10 hours of use. The newest iteration boasts Bluetooth technology and different colored “jackets” to suit your mood and style. kupainc.com



BEST MULTIUSE PRODUCT

LeChat

Gelée 3 in 1

This inventive system rolls three services into one product: gel, acrylic and dip. Versatile Gelée provides lasting color in a gentle, strengthening formula. lechatnails.com



BEST ACRYLIC SYSTEM

Young Nails

Acrylic Core System

A must-have for acrylic devotees, the Young Nails Core acrylic system utilizes exact particle blend technology, delivering consistently natural-looking enhancements with superior adhesion. youngnails.com



BEST WRAP SYSTEM

Backscratchers

Glass Glaze

Wrap aficionados reach for Glass Glaze to repair, strengthen and protect nails with strong fiberglass or silk fibers. backscratchers.com

BEST DIP SYSTEM

SNS

Gelous Color

The world's first dipping powder remains a staple thanks to its commitment to healthier nails via its formula fortified with vitamins A, D, E, B5 and calcium. snsnails.com



Tools



BEST GEL BRUSH

Light Elegance No. 6 Gel Polish Bling Brush

This three-stroke brush features beveled edges to allow for fast, smooth application of gel paint, polish, builder gel and glitter gel. lightelegance.com



BEST ART BRUSH

Christrio Deluxe 3D Acrylic Brush

This double-sided brush boasts acetone- and monomer-proof kolinsky bristles and a rounded metal tip—perfect for executing 3-D nail art designs. christrio.com



BEST NIPPER

Tweezerman Professional Stainless Steel Cuticle Nipper ¼ Jaw

This durable, stainless steel tool is ergonomically designed to trim cuticles and hangnails with precision. sallybeauty.com



BEST ACRYLIC BRUSH

Ugly Duckling Premium Crystal Kolinsky Brush No. 10

Crimped at the ferrule, the kolinsky bristles maintain a tapered point for crisp smile lines, thin cuticle application and fill maintenance, complete with a large belly to dispense liquid into product as you work. uglyducklingnails.com

BEST MULTITASKER

Young Nails Magic Wand

This handy three-in-one hybrid tool combines a pusher, scraper and reverse pincher for super speedy services. youngnails.com



BEST TOENAIL CLIPPER

Mehaz Toenail Clipper Angled Straight Edge Blade

This heavy-duty, stainless steel clipper is ergonomically designed for less wrist tension during use and features a straight-edge blade that can be adjusted for right- or left-handed techs. universalcompanies.com

Nail Art



BEST GEL PAINT

Akzéntz Gel Play

This highly pigmented soak-off gel paint comes in a slew of color options, including creamy hues, high-impact glitters and shade shifters—everything you need to create intricate nail art. akzentz.com

BEST STAMPER

Clear Jelly Stamper The Crystal Clear

The original clear stamper makes creating nail art easy thanks to its transparent design and easy-to-use grip. clearjellystamper.com

BEST EMBELLISHMENTS

Swarovski Crystals

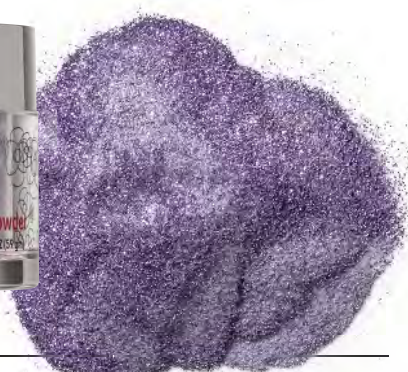
A client's set is never fully dressed without Swarovski crystals—available in traditional stones as well as caviar beads and charms in virtually every imaginable color, shape and size. dreamtimecreations.com



BEST CHROME

Revel Nail Holo Chrome

Available in eight shimmering shades, these fairy dust-reminiscent powders can be used as either dip or chrome for eye-catching results. revelnail.com



BEST GLITTER

Wildflowers Micro Glitters

Available in 24 holographic hues, these solvent-resistant glitters are literally the icing on the cake when it comes to nail art. wildflowersnailshop.com



BEST DECALS

Profiles Backstage Pasties

With nearly 50 nail decal design options—from flowers and leaves to snowflakes and snakeskin—they are an artist's go-to for seasonal nail art stickers. profilesbackstage.com

BEST ART GEL

Christrio Galaxy Cat Eye Gel Polish

Applied over black gel polish, the 12 highly pigmented shades create a mesmerizing effect with the aid of the included magnet wand. christrio.com **NP**



Beating the Blues

FEELING DOWN AFTER THE HOLIDAY RUSH? HERE'S HOW TO MANAGE NEW YEAR DEPRESSION.



For nail pros, the holidays are a time for balancing socializing, shopping, cooking, hosting and traveling with back-to-back appointments. Indeed, salons see a nice uptick in revenue during November and December, thanks to the myriad social events clients enjoy, making the holiday season one of the most profitable of the year. But when January rolls around and life slows down, gatherings, fraternizing and bookings can plummet—as does our mood. “I feel sad because I’m returning to ‘normal’ life—and that means the vacation is over,” says nail tech Haylee Landgridge (@haylee.nails) in Sherwood Park, Alberta, Canada. There is actually a term for the feelings Landgridge and many others experience after the hectic holidays: post-holiday syndrome (or post-holiday depression). Thankfully, post-holiday syndrome is relatively short-lived and very treatable, especially when you identify the triggers and practice self-care.

THE HIGHS AND LOWS

According to experts, you can boil this depressive state down to what’s known as the “contrast bias effect,” a tendency to mentally upgrade or downgrade a situation when comparing it to a contrasting situation. “The holidays can be a positive season of seeing more customers, enjoying traditions with our family and friends, listening to cheerful music, and experiencing an overall feeling of celebration,” says therapist Shannon Thomas, LCSW, author of *Healing from Hidden Abuse: A Journey Through the Stages of Recovery from Psychological Abuse*. “Contrast this to the

weeks immediately following the holidays, and we’re back to our normal routine, the sparkle in our homes and stores is gone, and our income often rapidly declines once the rush of the holiday season is over.”

THE TRIGGERS

Not surprisingly, the holiday excitement brings with it a slew of factors that can contribute to a depressive dip. “Generally speaking, having unrealistic expectations is the No. 1 reason for post-holiday depression,” says Deborah Serani, PsyD, professor at Adelphi University (drdeborahserani.com). “Adults who don’t budget their time, spend too much on gifts, say ‘yes’ to too many festivities, work too much, and aim for perfection and happiness during the holidays are at risk for experiencing post-holiday depression.” A packed social calendar and increased travel, while fun, isn’t always realistic to maintain and can lead to exhaustion. “Going from 100 miles an hour to zero will likely lead to burnout and feelings of loneliness,” reasons Dr. Serani.

Likewise, visiting with family over the holidays may stir up both good and bad feelings, which can spill over into the New Year. “Maybe your hopes for holidays with family and friends were unmet, and you now have to deal with the emotional letdown,” says Dr. Serani. Despite how mentally taxing family gatherings can be, clinical psychologist Sherrie Campbell, PhD, author of *But It’s Your Family: Cutting Ties With Toxic Family Members*, reasons that when the encounter is over, we tend to suffer more.

Post-Holiday Syndrome Facts*

According to an American Psychology Association (APA) survey, 38% of people experience an increase in stress during the holidays.

Top post-holiday stress factors include lack of time, lack of money, the pressures of gift-giving, being with family and commercialism.

Another source of the winter blues is seasonal affective disorder (SAD), a seasonal depression that often begins in late fall and goes away in the early spring.

Depression is a leading cause of ill health and disability worldwide, with more than 300 million people now living with depression.

Sources: American Psychology Association, apa.org; National Institute of Mental Health, nimh.nih.gov; World Health Organization, who.int

"It can be a relief when they depart, but it can also leave you with a certain amount of guilt or anxiety for things not having gone well with the toxic people in your life," she says.

A few post-holiday syndrome triggers, however, aren't as easily within our control. A super-packed schedule can surge chemicals cortisol and adrenaline, two stress hormones that Dr. Serani says help you meet your clients' demands, but can take a toll on your body. "When your normal schedule returns, the crash of not being under such stress will lead to physical exhaustion and even feelings of sadness," she concedes. The weather, particularly gloomy and cold in January, can bring about feelings of sadness, known as seasonal affective disorder (SAD), by disrupting our circadian rhythm, and works to compound the situation.

IDENTIFYING THE SYMPTOMS

With all of these triggers, how do you know if you're experiencing post-holiday syndrome? "Common symptoms are a loss of interest in things that you used to enjoy, isolating yourself from your social life, a lack of appetite, and changes in sleep patterns or activity levels," shares Dr. Campbell. Take mental stock and ask yourself if you feel more irritable, sad, hopeless or negative. Additionally, assess your anxiety levels. "Depression and anxiety often go together, and post-holiday stress can manifest one or both of these symptoms," explains Thomas.

GETTING A HANDLE ON POST-HOLIDAY BLUES

A little self-work will go a long way in alleviating the symptoms of post-holiday syndrome. Be proactive during this time of year by prioritizing self-care. "Say no when you can, delegate when you can't and keep realistic expectations about what you can and cannot do," recommends Dr. Serani. Plan ahead with money, too. "I try to save a portion of what I make in the busy months so that when January rolls around I have some money put aside for when it's not as busy," says Langridge.

Combat fatigue—and slow the production of cortisol and adrenaline—with relaxation and sleep. "Schedule a pajama day when you're not at the salon, and do nothing but rest," recommends Dr. Serani, adding, "Consider unplugging from technology to give yourself some time to refuel." Langridge follows this advice and finds that it works for her: "I book at least a day or two off after I get back from vacation," she says. "This gives me time to unpack, visit with family, prepare for the week ahead and catch up on sleep." Though it may seem counterintuitive, be sure to squeeze in exercise. "Moving your body at least 15 minutes each day will help rid excess adrenaline and cortisol that keep you from relaxing and/or sleeping soundly," says Dr. Serani.

Above all, be kind to yourself. "Gentleness and compassion with ourselves are very important when we're coming out of a busy season," says Thomas. "The way in which we communicate with ourselves will either help or hinder our ability to pop out of any post-holiday-induced depression. Allowing ourselves to acknowledge that we're tired and feel lower than normal is a great place to start. Adjusting our expectations of ourselves for a few weeks post-holidays can greatly reduce the likelihood that the depression will linger."

WHEN TO SEEK HELP

If you find that despite your best efforts at self-care your depression persists for two weeks or more, visit a professional. "Anyone struggling with symptoms of depression should seek a mental health specialist for an evaluation," says Dr. Serani. "Depending on the severity of symptoms, a treatment plan for depression may include psychotherapy, medication or a combination of both." Adds Dr. Campbell, "Talking with a therapist can be very helpful to keep you organized and on track and can provide a place to vent your feelings that, once released, can help you move beyond." **NP**

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

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Las Vegas, NV.
Contact International Beauty
Exposition, 492C Cedar Lane, #518,
Teaneck, NJ 07666. 201.489.8096;
internationalbeautyexposition.com.

ISSE Long Beach

January 25-27
Long Beach Convention Center, Long Beach, CA.
Contact Professional Beauty Association, 7755 E.
Gray Rd., Scottsdale, AZ 85260; 480.281.0424;
probeauty.org.

Indie Beauty Expo

January 29-30
Magic Box at the Reef, Los Angeles, CA.

Contact Indie Beauty Media Group, 155 Water St.,
Ste. #201, Brooklyn, NY 11201; 718.928.9954;
indiebeautyexpo.com.

CLASSES

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12 Demo Day: Dorchester, MA.

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714.992.1400, youngnails.com
13-17 OWC Mastering Gel: Anaheim, CA.
27 All About Acrylic: Anaheim, CA.

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northamericanschoolofpodology.com
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February

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877.674.4636, education.wella.com
9 Nail Art Trends: Westminster, CA.
10 Demo Day: Rosemead, CA.
16-17 Demo Day: Lauderdale Lakes, FL.
23 Demo Day: Charlotte, NC.

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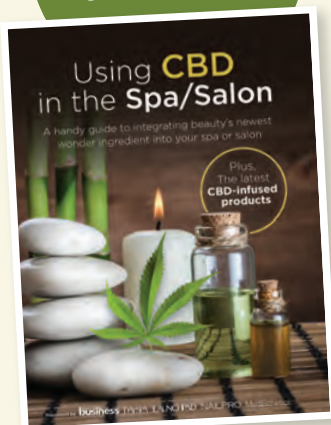
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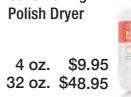
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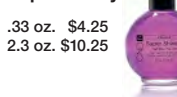
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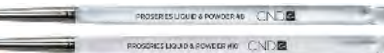
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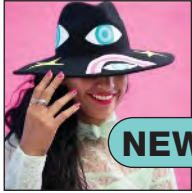
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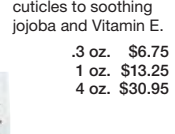
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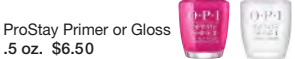
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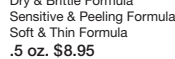
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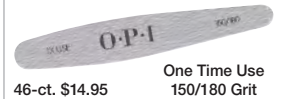
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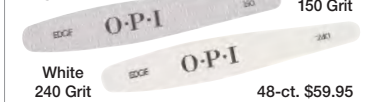
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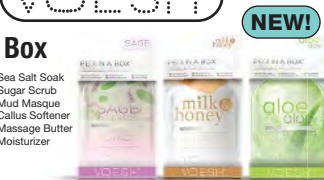


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Beating the Blues

Earn Certificates of Achievement as you test your skills with NAILPRO's Professional Participation Program. In each issue, you'll find a multiple-choice test that will allow you to demonstrate what you've learned from our Nail Clinic column. For answers to this month's test, see "Beating the Blues" on page 42. 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 a poll conducted by the American Psychology Association, more than 50 percent of people experience an increase in stress during the holidays.

- A. True
- B. False

2. Exercising for _____ minutes each day can help counteract post-holiday syndrome.

- A. 30
- B. 20
- C. 15
- D. 10

3. _____ can trigger post-holiday syndrome.

- A. Weather
- B. Stress
- C. Goal-setting
- D. All of the above

4. The drastic increase and then rapid decline of these two hormones can cause post-holiday depression.

- A. Testosterone and estrogen
- B. Cortisol and adrenaline
- C. Melatonin and thyroxine
- D. Insulin and oxytocin

5. Which of the following is a symptom of post-holiday syndrome?

- A. Lack of appetite
- B. Changes in sleep patterns
- C. Isolation
- D. All of the above

6. When gloomy weather affects people's moods, the affliction is known as _____.

- A. Seasonal effective disorder
- B. Seasonal mood disorder
- C. Sudden affective disorder
- D. Seasonal affective disorder

7. Post-holiday syndrome always requires medical treatment.

- A. True
- B. False

8. Post-holiday syndrome is rooted in the _____ bias effect.

- A. Consistent
- B. Chronic
- C. Contrast
- D. Constant

9. According to therapist Shannon Thomas, _____ goes hand-in-hand with depression in post-holiday syndrome.

- A. Asthma
- B. Epilepsy
- C. Anxiety
- D. Fibromyalgia

10. Seek professional help for post-holiday syndrome if depression last more than _____.

- A. One month
- B. Two months
- C. Two weeks
- D. None of the above

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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 February 29, 2020. Answers will appear in the March/April issue.

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

AD INDEX

Allür/US Crystal 21 allurspa.com	Light Elegance Nail Products Inside Back Cover lightelegance.com
Bio Sculpture Nails 43 biosculpturegel.com	Luraco Technologies Inc. 44 luraco.com
Bronner Bros 45 bronnerbros.com	Luxapolish 25 luxapolish.com
CBD E-Book 46 nailpro.com/CBD	Nailpro Pasadena 55 nailproevents.com/pasadena
Christrio 11 christrio.com	Orly International Inside Front Cover - 1 orlybeauty.com
CND 4-5, Back Cover cnd.com	Premier Nail Source 47-52 premiernailsource.com
Cuccio 6-7 cuccio.com	Revel Nail 13 revelnail.com
Elite Beauty Society 27 elitebeautyins.com	Signature Nail Systems 2-3, 17 snsnails.com
Keyano Aromatics 54 keyano.com	Ugly Duckling Nails 33 uglyducklingnails.com
LeChat 23 lechatnails.com	Zoya/Art of Beauty 9, 19 zoya.com



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FLEURY ROSE

@fleuryrosenails

With a background in fine art, painting and illustration, New York-based nail artist Fleury Rose is known for the mini masterpieces she creates for her A-list clientele, including Tyra Banks, Anne Hathaway, Julianne Moore and Sofia Coppola. The ubertalented nail pro's work has also been featured in a number of high-profile publications, such as *Teen Vogue*, *Marie Claire* and *Fast Company*. Here, Rose, who was recently certified by Swarovski Professional, shares her top five sources of inspiration.



1 BUTTERFLIES "The butterfly nail trend has officially exploded. I love painting all different species of butterflies and making up my own styles, too!"



4 BURNT ORANGE "My clients have been loving this color for winter—it's so chic. It also has that brown spice 1990s vibe, which is still a huge influence on modern trends."



2 SWAROVSKI CRYSTALS "I was recently given the honor of joining the celebrity nail artist team for Swarovski Professional, so I've been having a lot of fun playing with their new releases."

3 WANDA FROM CRY-BABY "Traci Lords is such a goddess in this iconic role. I'm obsessed with this movie, and I channel her energy whenever I need an extra dose of 'bad b*tch.'"



5 CRYSTALS "I'm a huge collector of crystals—this is my No. 1 inspiration right now. Not only are they beautiful, but they're also great for giving you good energy. My favorite is fluorite."





WHAT'S INSIDE MATTERS

QUALITY

20 years ago, LE was born out of a passion for Chemistry, Quality and Community.

Years of in-house R&D have inspired our safe-to-use, easy-to-apply gels and acrylics for all skin tones and nail types—from natural nails to elaborate extensions. Our relentless quality control ensures that every batch meets the high standards you rely on. We believe that **what's inside matters**. #ThisisLE



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time of year to embrace soft shades like nudes and pinks. These are the perfect colors and tones to take us from the cold winter season into the warmer days ahead. This collection is feminine and delicate with key classic colors that will make for the perfect springtime manicure!

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CALL MY BLUSH AND IT'S YOUR MAUVE

Says DANNY HAILE, CEO and Founder of Gelish





editor's PICKS

Gelish® and **Morgan Taylor®** introduces the **Editor's Picks** collection for Spring 2020. From the runways to real life, this collection takes center stage with sophisticated luxurious hues.



12-PIECE DISPLAY



12-PIECE DISPLAY



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