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Courtesy of Gelish

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Continuum Footspas launches its new flagship pedicure spa, the Maestro Opus™. With a stylish LED-lit glass bowl, motorized footrests, and an improved pipeless jet system, the Maestro Opus takes its predecessor's iconic design to the next level. It ensures the finest, most comfortable pedicure experience and perfect ergonomics for your technicians. With a hand-upholstered Maestro™ chair, and a sweeping, hardwood silhouette, the Opus is a one of kind masterpiece.



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PROTECT Vitamin D is invaluable for maintaining our health, but we also need to protect our skin. This new weightless sunscreen from Dermalogica features only non-nano zinc oxide and yet it's totally invisible! Plus, it defends against UVA, UVB and blue light, and is safe for even the most sensitive skin. «Dermalogica Invisible Physical Defense, dermalogica.com»



complexion with a luminous finish. «Pixi

+C Vit Glow-y Powder, pixibeauty.com»



SOOTHE The Sculpted Lip Oil is a favorite amongst fans of the luxury organic skincare brand. Now, Ogee announces a CBD version with a blend of jojoba oil and full-spectrum CBD sourced from a 100-percent organic Vermont farm. I apply it every night before bed for its calming effects while it softens my lips. «Ogee CBD Sculpted Lip Oil, ogee.com»

ON MY RADAR

NP EXECUTIVE EDITOR STEPHANIE YAGGY LAVERY SHARES HER SELF-CARE FAVORITES.



We are in the midst of unprecedented times. Yet as I write this, we're slowly beginning to see signs of life emerge, with salons in certain states being allowed to reopen. Still, for many it will be some time before we return to life as we once knew it. As a result, I believe it's invaluable for all of us to practice muchneeded self-care. These trying times bring about economic strain and emotional unrest, and so we must adopt the small things that can bring joy in big ways. Maybe it's a bright bottle of nail color or practicing new art techniques that you hadn't tried before. Or maybe it's a walk in the sunshine followed by a soothing bubble bath. However and through whatever means you can discover self-care, I urge you to do it. Coming out of this pandemic is not only reliant on a healthy physical state, but an emotional one as well.



SHIELD Miami-based designer Elizabeth Wasserman creates meaningful pieces of jewelry, and her newest collection, Shelby, is particularly relevant right now. I love the two-tone, diamonddotted Shield medallion that offers blessings and protection-something we all need right now. «Elizabeth Wasserman Shelby Shield Necklace, elizabeth-wasserman.com»



MY MANICURE It's been a long time since I've been sans acrylics. While I tried to do my own nails for a bit, I found that they never held up. So, I tapped Los Angeles-based nail artist Tiffany Frazier (@frazinails) for a set of custom tips. She's been keeping herself busy and her business thriving by providing tip kits to her customers. As soon as I put these on, I immediately felt more like my old self!

There's no better way to mend your soul than with soothing nail care. This duo kit comes with a bottle of shimmering rose quartz polish and an amethyst crystal-infused top gloss. Worn together the pair can enhance your mood and shield you from negative vibes. «Nails Inc. Crystals Made Me Do It, nailsinc.com»







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SEE MORE about the cover nails and color collection at nailpro.com/ videos/behind-thecover!

We could all use a nail color explosion right about now, and this blocked set definitely does the trick. Danny Haile, Gelish CEO and nail artist, utilized the newest summer collection from Gelish, Switch On Color, to create this faux three-dimensional look. The collection, which is also available in Gelish Dip as well as Morgan Taylor lacquer, was created in collaboration with popculture powerhouse MTV and inspired by the brand's history in the forefront of the music industry. For the cover image, Haile, with the help of a Gelish educator, began by extending the model's nails using PolyGel. For the design, he drew inspiration from MTV's classic logos, which were always playful and full of color. The best part about creating nail art like this is that it allows you to use all the colors while still being super salonfriendly. The key is having a good detail brush on hand, and working with Gelish allows you to clean up any lines before curing for an easy fix!

























▲ Bibhu Mohapatra

Lead nail tech Naomi Yasuda (@naominailsnyc) accented the metallic, negative space French manicures at Bibhu Mohapatra-created using Emilie Heathe polish-with dangling chains of rhinestones.



◄ Libertine

Inspired by Staffordshire porcelain patterns, English gardens and Victorian prints, Libertine's spring 2020 collection featured textures in silk, linen, plastic and origami, which CND lead artist Heather Reynosa (@heatherreynosa) translated to the nail looks. The CND Design Lab team used Shellac and various materials to create an array of shapes, lengths and dimensions, including shreds of linen ribbon cascading from the nail, strips of pastel Shellac folded into intricate origami bouquets and fingerless gloves.





Marc Jacobs

Mei Kawajiri (@nailsbymei) hand-crafted a whopping 340 intricately designed nails for Marc Jacobs' spring 2020 runway show so that each model would have an individualized look, including "3-D cameo nails" accented with gold bullion beads, "super kawaii 3-D nails" worn by Gigi Hadid and "pig farmer nail art" to match a hand-knit sweater.



Area

Echoing the many bedazzled pieces in Area's spring 2020 collection, Naomi Yasuda (@naominailsnyc) decked out models' nails with crystal flowers created using Preciosa Components crystals.





◀ Jeremy Scott

Miss Pop (@misspopnails) channeled bright, abstract 1980s-inspired patterns at Jeremy Scott with a variety of nail looks created using Essie polish in Mod Square, In the Cab-ana, Butler Please, Licorice, No Place Like Chrome and Hay There.

TIP OFF



The coronavirus outbreak has disrupted nearly every industry worldwide, from travel to tech. For nail salons in particular, it serves as a reminder that disinfection is a critical practice in mitigating the spread of viruses. To raise awareness and address beauty pros' concerns, disinfectant manufacturer Virox recently released a statement about the efficacy of its Rejuvenate line of disinfectant concentrate, ready-to-use and premoistened wipes products against coronavirus.

Novel coronavirus, or COVID-19, is an enveloped virus, which is among the easiest organisms for disinfectants to kill or inactivate, the statement explains. But because coronavirus is considered an emerging pathogen, the Environmental Protection Agency (EPA) has not yet approved a testing method for determining or allowing disinfectant efficacy product label claims. In cases like this, however, the EPA implements the Emerging Viral Pathogens Guidance for Antimicrobial Products to identify which products are effective for use against emerging pathogens and to permit registrants to make limited statements pertaining to such pathogens. According to Virox, the following criteria is used to determine the efficacy of a disinfectant upon activation of the emerging pathogen rule:

- 1. The product must be a hospital or broad-spectrum disinfectant registered with the EPA.
- 2. For an emerging enveloped virus, the product must have acceptable efficacy data previously submitted to and reviewed by the agency against one nonenveloped virus (poliovirus).

"The Rejuvenate line of products has demonstrated effectiveness against viruses similar to COVID-19 on hard, nonporous surfaces," the Virox statement reads. "Therefore, the Rejuvenate line of disinfectants can be used against COVID-19 when used in accordance with the directions for use against poliovirus type 1 on hard, nonporous surfaces." For additional information about coronavirus, visit the Centers for Disease Control and Prevention, cdc.gov/outbreaks.



SPOTLIGHT MASTER BUILDER

New Cuccio Pro (cuccio.com) LED/UV Brush-on Builder, fortified with calcium, enables nail techs to reinforce, build and extend natural nails in just 40 minutes for a full set. The self-leveling, lightweight, brush-on formula is easy to apply: After prepping the



nail, apply one coat of Cuccio Pro Prep followed by one coat of Fuse. Then, apply two coats of LED/ UV Brush-on Builder, curing after each coat and flipping the client's finger after applying the second coat to create a fully formed apex. Finally, remove the tacky layer, shape the nail and style as desired.







Nail artist Cassandra Clark decided to take a risk when she submitted her collection to the North American Hairstyling Awards (NAHA)—opting for black-and-white photography in a category that typically reveres color. But her risk paid off when she took top honors at NAHA, hosted by the Professional Beauty Association (PBA) in January at the Long Beach Convention Center in Long Beach, California, during ISSE. Here, the Aubrey, Texas-based Nail Professional of the Year shares her inspiration for creating her winning NAHA entry.

Cassandra Clar

NAILPRO: Tell us about your professional background.

Cassandra Clark: "I have more than 22 years of experience as a licensed nail technician, and I specialize in sculpted acrylic; nail art came into the picture about eight years ago. I've been participating in NAHA for the past six years, and I'm fortunate to have been a finalist all six—I'm even more fortunate to have won twice!"

NP: What does it mean to you to win this award?

CC: "Winning is the icing on the cake. It's such an honor to be included as a finalist in this competition. So much work goes into getting a collection put together, from concept to finished product. To have it recognized at that level is something truly special."

NP: What was your inspiration for creating the winning looks?

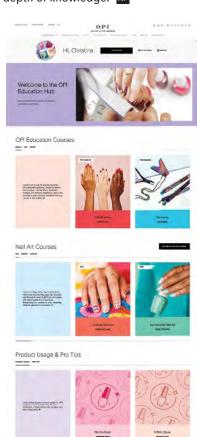
CC: "The inspiration came from the plan to shoot in black and white. I was initially nervous to attempt this for a nail-focused editorial because it hadn't been done before. As nail professionals, we think and create so much in color. Doing a blackand-white collection felt bold and risky, but I'm so proud of what was created."

NP: How did you create the nails?

CC: "All three sets had variations of black-and-white marble, black line work, black matte and embellishments. I used full-coverage blank press-on nails for a majority of the nails created for this collection. This allowed me to take my time working on the art and shaping the nails properly. As for the extralong stiletto nails, I devised a way to sculpt those over my own fingers in such a way that they could be easily removed, and I used them as custom press-ons for the shoot."

Pro Zone

OPI recently launched a new mobileoptimized website for professional nail techs: opi.com/opi-professionals. The site's education hub offers a vast array of professional nail education content, including product usage and benefits, pro tips, nail art, tutorials and troubleshooting tips. Online classes are designed to motivate, encourage and entertain pros with fun features like reward badges and interactive quizzes. Users can also learn how to become an OPI educator and shop the brand's latest color collections. "By creating a more dynamic space for professionals, we hope to increase an already strong loyalty from our OPI professionals," says Sigourney Nuñez, OPI global educator. "We want to shape this community and bring value by helping talented entrepreneurs build their businesses, their skill sets and their depth of knowledge." NP



PORTFOLIO

SUBMIT FOR THE NEXT DESIGNER-INSPIRED NAIL ART!

Coming Up Roses

From hand-painted petals to negative-space bouquets, readers created amazing art just in time for spring.



















- 🐧 Alyssa Fronce @alyssanailtech 🥝 Alyssa Allen @nailditbyalyssa 🕄 Amy Rickaby @beautyworksbyamy 🐧 Crystal Ma @nailsbycrystalma 🐧 Diana Pajeva @dianas.nail.art

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

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GEL POLISH BERNICE



Vintage Flora

Flowers continue to spring forth on fashions created for the season of rebirth. But this time around, designers plucked their petal inspiration from bygone eras-think: the 1960s and '70s. Trippy floral prints reminiscent of a '60s psychedelic rock poster begged to be worn next to a lava lamp at Louis Vuitton. Dizzying flower-power prints at Paco Rabanne harkened back to the "free love" era when the brand's namesake founder enjoyed fame with his future-forward clothing. At Fendi, oversize blossoms, either on a quilted set or highly lacquered coats, looked totally retro even if the wares they sprouted from were as of-the-moment as can be.

We always sing the praises of flowers as nail art; after all, what's not to love about fresh-looking blossoms on tips? But consider changing it up this season with a little psychedelic flair, as guest artist Nina Park does here. Introduce melting watercolor elements or a retro rainbow to give your flower nail art a blast from the past.

> Inspired by: FENDI





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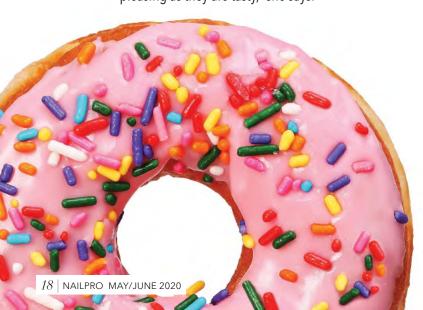






Donut Even Ask

We're celebrating National Donut Day with a delicious set of tips courtesy of Phoenix, Arizona-based nail artist and The Spot Beauty owner Lorena Cruz (@blessedbythenailgods). "To bring this set to life, I opted for pastel shades for the sweets and brightly colored sprinkles against a white background, reminiscent of a cute treats shop where desserts are just as visually pleasing as they are tasty," she says.





Step 1 Apply two coats of white gel polish. Paint drips starting at the base of the nail with purple gel polish.

Step 2 Add dimension to the drips by adding a slightly darker purple shade. Use a detail brush to outline the drips and add accents with black gel polish.

Step 3 Add sprinkles with neon pink, yellow and blue gel polish.
Step 4 Apply a single rhinestone to the center of the free edge with resin. Finish with matte top coat.



Step 1 Apply two coats of white gel polish. Paint a donut shape at the base of the nail with light brown gel polish.

Step 2 Paint yellow glaze over the donut and dripping down the nail. Add white highlights to create dimension.

Step 3 Use a detail brush to outline the design and accents with black gel polish.

Step 4 Paint sprinkles on the white background with different colors of neon gel polish. Finish with matte top coat.

*Cure after every gel application unless otherwise noted.



Morgan Haile and Taylor Daniel, the duo behind Morgan Taylor Professional Nail Lacquer, dive deepinto their handbags, that is! See what items they can't live without.

"I always have receipts and random things in my bag," Morgan Haile tells NAILPRO. When you're balancing creating cool colors and international work travels, it's no doubt that her bag is full. "I have a train ticket from Italy in here, which was like 4 Euros—that's pretty cheap, right?"

Oil to Go "I always have a bottle of Remedy Cuticle Oil by Morgan Taylor. It has a nice scent to it, like cucumber, and it's really nice and moisturizing."

Sweet Scents "One thing I never leave without, other than my wallet and keys obviously, is perfume; this one is Bombshell by Victoria's Secret. I can't tell you how many times I've used this; it has come in really handy a lot—not that I smell or anything!"

Breath Saver "I always carry around a toothbrush and toothpaste because you never know when you're going to need it or if you want to freshen up, like before you go out to dinner with some friends. But I'm really crazy about my teeth so having a toothbrush is really important to me."

TAYLOR

"Right at the top I always have sunglasses, wallet, hand sanitizer and gum (I'm a Minty Sweet Twist fan)," says

Taylor Daniel of the contents of her purse. The self-proclaimed lipstick junky and lover of red lacquers boasts a bunch of practical items in her bag.

Lip Smacker "One thing I can't leave without, aside from my wallet because that's just practical, is Chapstick. I need Chapstick. I can have a bare face, no makeup, but Chapstick is a must."

Sewed Up "I always have a mini sewing kit. Funny story: On my wedding day, my bridesmaid needed a pin for her dress. Bride comes in in the clutch!"

The Write Stuff "I always have a little notebook. I love to write things down, you know, when you get a brain dump going. The last thing I wrote down was a to-do list, and it says, 'organize the guest room.' It wasn't crossed off, so I probably didn't do it!"



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Saunders & James

CELEBRITY NAIL ARTIST MICHELLE SAUNDERS JAMES WELCOMES NAILPRO INTO HER CHIC NEW CALIFORNIA BAY AREA SALON.

THE LOOK

Saunders & James is located in Rockridge, California, a diverse and well-established community in North Oakland, home to many shops and restaurants, and conveniently accessible from all points in the Bay Area. I like to say that the salon is "high concept" and



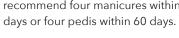
"high design." In terms of design, I felt like I was building a home for nails, not a salon-it's an elevated destination. We utilized colors in the decor that mimic my favorite nail polishes hues, such as aloe, persimmon, dove gray and emerald green. The architectural designs were created to mimic nails, like the moon (we use a lot of arches in our space). And it's high concept because everything was chosen for a curated style, not just to meet the bare minimum salon requirements. We strive to create a new standard in nail salons by focusing, first and foremost, on nail care and the individual client's needs.

SIGNATURE SERVICES

On average, clients spend about one hour in the salon and between \$30 and \$100. Our most popular service is the Recovery Manicure & Pedicure. We bring nails back to health with this therapeutic service, which adds intense hydration to the nails and strengthens them with a special base coat-perfect for those recovering or taking a break from acrylic, dip or gel. It's also great for those who have sensitive nails that break easily, peel or chip. The manicure includes a hot oil treatment, and the

wwpedicure includes a gentle scrub and foot mask. For best results, we recommend four manicures within 30 days or four pedis within 60 days.

Michelle Saunders Jame



THE GOODS

Essie is our hero brand; I've been using it for 30 years, back when it was exclusively sold and used in salons. We're in the process of exploring pro luxury brands to bring into the salon, as well, like JINsoon and Morgan Taylor, and we've recently been introduced to The Gel Bottle, which is a great line with more than 400 color options as well as builder gels.





LOCAL OUTREACH

When building our salon, we met and worked with a lot of local artisans for elements, such as wall murals, custom lighting and shelves. We enjoy meeting our neighbors as more of the community learns about us. We're getting to know our clients by name, and we love that feeling! We also donate regularly to local schools.

SOCIAL LIFE

We use social media to inspire our clients with the latest fashion, color and nail art trends: as an educational platform to teach them about proper nail care; and to promote our services and newest nail art designs. We've found Instagram to be a great platform for us because it's about sharing beauty, sharing nail knowledge and sharing the joy we find in doing nails.

+Details

OWNER: Michelle Saunders James EST.: 2020

STAFF: Ten employees guaranteed a competitive hourly wage, plus tips. BENEFITS: Paid training and free nail services.



Michelle Saunders **James**

What was your first job in the nail industry?

"I was plucked right out of cosmetology school by Chanel, working at department stores like Nordstrom, Neiman Marcus and Saks 5th Avenue. At the time, they were running a promotion where shoppers would get a complimentary manicure with a purchase of Vamp nail polish."

What inspires you?

"Colors, textiles, fashion design and architecture. You see a doorway; I see nail art."

What was the most challenging thing that happened while opening Saunders & James?

"Choosing the right flooring that was acetone- and nail polish-proof! It was a little funny because we'd be on our hands and knees wiping the floor with acetone after spilling nail polish purposely. We went through different kinds of floors before landing on Ardex."

What's your best advice for new salon

"Build a really strong team of likeminded people who excel in the areas that you do not."

I can't discuss Saunders & James without ...

"Smiling!"



Come visit us...

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ELEVATE YOUR PEDICURE OFFERINGS WITH SEASONAL AND THEMED SERVICES.

BY KARIE L. FROST

FEET SOAKING IN WARM BUBBLY WATER.

A light exfoliation of calluses. Perhaps a leg massage. Cuticles pushed, toenails polished and-voila!-your typical pedicure concludes. Most salons deliver this staple service-and do so phenomenally. And yet, when pedi season is in full swing, "staple" doesn't necessarily generate higher revenue. During this time, competition ramps up to grab new clients and boost devotion with existing ones-and you need to position yourself ahead of the pack if you want to get more feet in your pedicure basins. One smart way to define your salon amidst the many: Introduce seasonal or themed pedicures.

IF YOU BUILD IT ...

Why are specialty pedicures so, well, special for your business? "Offering themed pedi services sets us apart from the competition and gives us an innate advantage," reasons Lisa McElhone, owner of Lacquer Lounge in Philadelphia. She notes that Lacquer Lounge's successful specialty pedicures, like the Charcoal Detox Pedi and Fiji Island Escape, have pulled in new clients largely due to their novelty. "Maybe their current salon doesn't offer them, and clients are curious to experience these services for themselves," she says. Whatever the case may be, diversifying pedicure services with on-trend-yet still effective, McElhone stresses-offerings helps to drum up interest for prospective clients.

When menu items change, you'll keep existing patrons on the edge of their pedicure seats, too, says Melissa Singer, director of marketing and brand development at Bellacures, with multiple locations throughout Southern California and Dallas. "Themed pedicures allow our customers to get excited to see what we'll come up with next," she shares. Or, to put it a bit more simplistically: Your clients are human, and they can get bored of the same old, same old–fast. "Themed or seasonal pedicures break the routine," says Nancy Rodriguez Falero, spa director at SiSpa in the Palm Beach Marriott Singer Island Beach Resort & Spa in Riviera Beach, Florida. "Guests

will come in more often than they would if you have the same unchanged offerings all the time."

If your salon happens to sit in a vacation or tourist spot, Rodriguez Falero says that's all the more reason to change up your pedicure menu with specialty services. "When customers go on vacation, they're naturally more open to trying new things. It's important to have those choices in addition to your regular menu items," she says.

INSPIRATION IS EVERYWHERE

What if you're dry on ideas? First, look at your business, location and who you want to attract. Are you wellnessminded? On the cutting edge? A place to provide escapism? Are you situated in a warm locale or cooler climate? Are you in a bustling city or rural area? What are your clients telling you they desire? What are competitors doing (or not doing)? Creating experiences rooted in these factors will only help boost your salon business. When thinking about Lacquer Lounge's specialty pedicures, McElhone started with her salon's mission: promoting health. From there, she crafted services that would appeal to her clientele, yet still reflected that core mission. "Our five pedicure services address something for everyone, whether it's relaxation, pain relief, hydration or just a quick (but thorough) service," she says.

If you're trying to switch up your offerings, you might need help with your pedi muse. Don't go it alone when coming up with ideas. Hold brainstorming meetings with staff. "You should be talking to the nail technicians; it's your chance to involve the team, ask for ideas, pull them all together and work from there. They come with all sorts of ideas; everybody has a totally different point of view," says Rodriguez Falero.

Pour yourself into research, too. "When we're brainstorming these types of pedicures, we constantly research emerging trends through social media and magazines, and explore other salon/spas in different cities to see what's happening," McElhone shares. When California legalized cannabis and CBD products were on the cusp of flooding the market, Singer jumped on the opportunity to create the Canna-Cure pedicure. "It's our CBD-infused service where we partnered with Kush Queen," she says. "We thought it made perfect

sense to incorporate a product that helps with inflammation, aches, pains and relaxation in a salon setting."

Nail and spa manufacturers can also lend you great and easy to execute ideas, says Rodriguez Falero. "Some companies will package seasonal or



"WE CAN DOUBLE OR EVEN TRIPLE THE PRICE OF A BASIC PEDICURE WITH OUR SEASONAL OR SPECIAL PEDICURE SERVICES."

themed pedicure components and corresponding protocol for you; they even give you the suggested retail price," she says.

No matter what experience you create, though, make sure it delivers, McElhone warns. "You don't want to offer a service that's all fluff and has no actual benefits," she says. Clients will notice—good and bad.

MAKING MONEY

Brainstorming is great, but real-life implementation of ideas needs to be considered. Think about what your service will require-products, labor and time-and how to price accordingly. "We can double or even triple the price of a basic pedicure with our seasonal or special pedicure services," Singer shares. At Bellacures, they break down the cost of all of the additional upgrades and add that amount to the price of their basic pedicure, factoring in the cost of special products they purchase for each service, she says. For buzzier themed pedicure services, like Healing Crystals, CBD and Virtual Reality (see "Buzzy Pedicures" on page 24), the required components' price tag might not make sense for your business. "The cost of the VR goggles included in our Virtual Reality services and the accompanying products is high, so this particular service has not considerably increased our profits," Singer shares. Still, it drives customers into the salon who then try our more lucrative services on subsequent visits. If you worry about upfront costs, don't; there are plenty of pedi ideas out there that don't require a ton of investment. "Rather than buy everything from scratch, look at what you already carry,"

Rodriguez Falero suggests. "Try to repurpose what you already have in-house."

SPREAD THE WORD

A specialty pedicure is only going to net you cash if your clients know about it. Marketing rollout should be about 30 days in advance of the service debut to allow for orderly implementation and to incite excitement, according to Rodriguez Falero-but your staff must know all details prior to

marketing. "We hold a staff meeting with information on the service protocol, and the front desk is trained on the upcoming pricing, too," she says.

Social media-that beacon of business promotion—can serve you well with specialty pedicures. "When we want to introduce a new themed pedicure we send out an email blast to our clients and put it on our social media channels. We may even do a contest on Instagram to win this free new service to grab the attention of our existing client base as well as some new potential clients," says McElhone. Singer especially sees traction with Instagram stories, where followers are able to watch the benefits of the specialty pedicures. "This really allows our followers to see what the service is all about and gets them excited to try it," she says.

While social media serves you well, don't forget in-salon signage, like countertop displays positioned at the front desk, waiting area and workstations, and graphics that you can display on your salon's TV screens or tablets.

SELLING STRONG

With all of the signage and social media posts-not to mention a fabulous specialty pedi treatment that effectively works and provides relaxationthe service should sell itself, right? Not so fast: Educating your staff on how to spread the word plays a big part in its success. "Nail techs are lucky; it's easier to establish a conversation with your manicure quests than it is for a masseuse," says Rodriguez Falero. "You have ample time to talk and let them know that next week you're launching a new service." Make no mistake: This isn't about being pushy; it's about educating the guest. "We never want to 'sell it," says McElhone. "Signage is good and adding the service to the menu helps, but from our experience, most clients want to try the service because our staff has explained it to the client and created a need for it."

In order to prep staff for these types of conversations, "provide them with a sheet that runs down the benefits of the specialty service," says Rodriguez Falero. McElhone likes to view these exchanges as recommendations. "Once the technician starts the service she can evaluate what's best for the client and recommend the best service to suit her needs based on the dialogue," she says. The process gives the client the impression that the service is catered to her specific needs, rather than receiving the standard fare.

Finally, make sure that the front desk staff receives the service, too. "Once they've experienced it, they can tell clients how great it is," says Rodriguez Falero. "This is really the best version of advertising."

BUZZY PEDICURES



The buzziest pedicures seem to have ties to the booming wellness movement, and for good reason: Today's clients increasingly seek daily self-care. Here, four examples to spark your next specialty pedicure idea.

The Buzz: Virtual Reality (VR)

Virtual Reality Mani Pedi at Bellacures in Dallas and multiple locations throughout Southern California. Blending sci-fi with complete relaxation, this specialty pedicure "transports" clients to a destination of their choice via a VR headset. Based on the location they choose (such as the sands at Hawaii's Hanalei Point during sunset), corresponding scented lotions, aromatherapy and scrubs are employed to "make it a full sensory experience and allow the locations to come to life," says Melissa Singer.

The Buzz: CBD

Pedi-CURE ALL at Lacquer Lounge in Philadelphia This CBD-infused pedicure utilizes pure CBD products to beat stress, deepen relaxation and help relieve pain. Lacquer Lounge chose My CBD Lab products because of "the company's dedication to continual research and development in the industry," Lisa McElhone shares. "Their staff of scientists follow strict standards and procedures, and carefully examine and oversee the extraction and distillation process from start to finish to assure the finest quality in the industry."

The Buzz: Guided Meditation

Sound of Color Pedicure by SpaRitual, multiple locations nationwide

Partnering with Unplug Meditation, this SpaRitual-branded service combines guided meditation, administered through the Sound of Color smartphone app, with a relaxing pedicure. Clients choose from one of 36 curated SpaRitual Nourishing Vegan Color polishes on the app, which links the color to a suggested guided meditation program from a world-renowned meditation guru that the client listens to through a headset as she indulges in her pedi.

The Buzz: Healing Crystals

Healing Crystal Pedicure at Côte Salon in Los Angeles This specialty pedi sandwiches a soothing service between the power of healing crystals. It begins with a rose guartz soak to strengthen the circulatory system and ends with a labradorite and blue calcite stone massage—the former to relieve stress and lower blood pressure, the latter to dissolve pain and soothe nerves.

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Weak in the Knees

KNEE PAIN CAN BE EASILY INTENSIFIED IN THE SALON. LEARN WHAT YOU CAN DO ABOUT IT.

When we think of the joint health of a working nail technician, knee pain is hardly the first one that comes to mind. But for those who have previously injured their knees or are predisposed to knee problems, the job can certainly make the pain worse. Take nail tech Andrea Ortega, for example, whose knees have been bothering her for the past year. "I've had knee pain that comes from not sitting properly for long periods of time," says Ortega, owner of Luxe'd Nail Lounge in Riverside, California. "When I stand up, it almost feels like my knee is locking up, and it hurts to straighten it. I have to extend my leg very slowly before I can stand back up."

Sitting for long periods of time with bent knees, like you would at a desk job, on a car trip or at a manicurist's table, can magnify pain for those who already have problems with their knees, specifically at the front of the knee and around the kneecap. Likewise, the constant squatting required to perform pedicures and standing up from that lowered position is particularly strenuous on knees. Here, we discuss the most common kneerelated problems and how you can manage them while continuing to do your job.

RECOGNIZING THE PROBLEM

The knee joint is one of the easiest to injure. Just twisting your body the wrong way can injure a ligament and result in pain around the knee. Pain might be mild at first, then escalate into a more painful condition. It can be sharp or dull, or the area around your knee might swell or feel warm if the tissues around it are inflamed.

A common source of knee pain in younger women is called patellofemoral pain syndrome, also known as "runner's knee." It can feel like a dull aching and often pops up in women between 15



and 35 years old, says Craig Tifford, MD, a Yale Medicine orthopedic surgeon. "The problem usually has to do with the front part of the knee between the backside of the patella (the kneecap) and the front part of the end of the femur, or thigh bone," Dr. Tifford says. Despite the name, the cause of patellofemoral pain syndrome isn't necessarily a result of running; in fact, it's quite a broad term used to describe a series of knee problems. Causes of runner's knee can include overuse, injury to the knee, flat feet, weak thigh muscles or malalignment of any of the bones from the hips to the ankles. "Symptoms are often exacerbated with repetitive stair climbing, kneeling and squatting," explains Dr. Tifford. "Someone who has patellofemoral problems may find that an occupation that requires prolonged sitting, such as a nail technician, aggravates their symptoms."

For some, knee discomfort might stem from getting up more than the squatting or sitting, as in Ortega's case, says Austin, Texas-based orthopedic surgeon Barbara Bergin, MD. "Standing up from a squat puts tremendous pressure on the knee caps, and women are more prone to developing problems from this," Dr. Bergin says. Also, be on the lookout for "crunching" under the knee while getting up, she says. That sound could mean that the cartilage under the kneecap is starting to wear out, and it might be time to see a doctor.

Another cause of knee discomfort is knee bursitis. Bursitis is the term for inflammation of a small fluid-filed sac (bursa) near the knee joint. Causes can include injury directly to the knee, but most cases of knee bursitis are a result of friction and irritation in the knee joint that occurs in jobs requiring kneeling for long periods of

Knee Pain Facts*

Knee pain affects about 25% of adults in the United States.

In the last 20 years, the prevalence of knee pain has increased by 65%.

One in four adults (15 million people) experience severe joint pain stemming from arthritis.

Knee pain is the reason for more than 4 million patient visits to primary care doctors every year.

Sources: American Family Physician, aafp.org; Centers for Disease Control: Arthritis Data and Statistics, cdc.gov.

time on hard surfaces. Most of the knee problems that Dr. Bergin sees, however, are related to osteoarthritis or torn ligaments. Being overweight can speed the development of arthritis, Dr. Bergin says, so instead of developing it in your 60s, you could start to have arthritic symptoms, such as knee pain, around age 40. In addition, sometimes an old injury might reassert itself as posttraumatic arthritis and result in knee pain years later. For those who have a job that puts stress on the knees, it can make it that much worse, Dr. Bergin adds.

CARE & TREATMENT

For those suffering from gerenal knee pain, the problem usually gets better on its own with time and care for the affected area. To help relieve pain and speed up recovery, rest your knee as much as possible. Avoid doing things that will aggravate the condition, such as squatting, lunging or sitting for long periods of time. Make sure that you stand up regularly to stretch your legs when in the salon.

To help reduce swelling and relieve

acute pain, you can apply ice for 20 to 30 minutes every three to four hours, and take an over-the-counter pain reliever, such as ibuprofen, to decrease inflammation. It's also important to wear supportive shoes, particularly if you have flat feet, Dr Bergin says. The extra support will help keep your knees in proper alignment.

Stretching and strenghtening exercises, particularly for your quadriceps, can help. However, make sure to choose exercises that won't make knee pain worse. For example, avoid running down hills, which puts a lot of stress on knee joints, and opt for a track rather than pavement. People with knee problems are better off walking or swimming, as running puts a lot of strain on the knees.

If the knee pain is severe, persistent or the result of an injury, such as a torn ligament, then it's important to see a doctor. Other symptoms of concern are swelling, having trouble straightening your leg, or if your knee buckles or clicks. A doctor's exam might include an X-ray or MRI to see what's going on. Depending on the cause, a steroid shot

or a visit to a physical therapist might be recommended. In severe cases, surgery may be required.

IN THE SALON

While working in the salon can put undue stress on your knees, there are things you can do to help. Make sure that you take the time to stretch and move around to avoid long periods of sitting. "Try to straighten your legs when you can, and keep your legs spread wide, as opposed to angled in like you're knock-kneed," says Dr. Bergin. Before standing, make sure that your knees are straight and aligned with your shoulders and hips, rather than getting up from a twisted position. And try bending and straightening your legs a few times before getting up.

As nail professionals, your focus is on caring for your clients, but don't forget to pay attention to yourself as well. After all, if you don't care for yourself, then you won't be able to care for your clients. NP

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



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1st Oana Flutur 2nd Adriana Valentina 3rd Clavel Gonzalez-Castillo

3-D Nail Art: Hollywood Walk of Fame - Novice

1st Nuri Martinez Revolorio



3-D Nail Art: Hollywood Walk of Fame - Veteran

1st Lucie Surkalaova Juren 2nd Clavel Gonzalez-Castillo 3rd Anastasia Tottv

Hand-Painted Nail Art: Optical Illusion - Novice

1st Chie Minami 2nd Kim Quv Ho 3rd Yamileth Doiron

Hand-Painted Nail Art: Optical Illusion - Veteran

1st Oana Flutur 2nd Croitoru Ralica 3rd Clavel Gonzalez-Castillo

Sculptured Nail - Novice

1st Anastasia Totty 2nd Wendy Valenzuela 3rd Nuri Martinez Revolorio

Sculpured Nail - Veteran

1st Emese Koppanyi 2nd Clavel Gonzalez-Castillo 3rd Oana Flutur

Tip & Overlay - Novice

1st Anastasia Totty 2nd Kateryna Abourched 3rd Wendy Valenzuela



Tip & Overlay - Veteran

1st Emese Koppanyi 2nd Clavel Gonzalez-Castillo 3rd Oana Flutur

Perfect Match - Novice

1st Anastasia Totty 2nd Wendy Valenzuela 3rd Nuri Martinez Revolorio

Perfect Match - Veteran

1st Emese Koppanyi 2nd Adriana Valentina 3rd Clavel Gonzalez-Castillo

Salon Success - Novice

1st Se'le'na Imack 2nd Kateryna Abourched 3rd Olga Galvatcaia

Salon Success - Veteran

1st Sayaka Kitano 2nd Emese Koppanyi 3rd Khanh Vuong

Truong (center).

French Twist - Novice

NAILPRO World Cup Team Champion Team LeChat: (from left) Anastasia Totty, Wendy Valenzuela, Syreeta Aaron, Clavel Gonzales-Castillo, **Nuri Martinez Revolorio** and Shannon McCown, with LeChat cofounder Jackie

1st Petra Harkai **2nd** Viktoria Torocsik 3rd Kateryna Abourched

French Twist - Veteran

1st Oana Flutur **2nd** Iryna Zabiran 3rd Adriana Valentina

Extreme Stiletto Design - Novice

1st Wendy Valenzuela 2nd Nuri Martinez Revolorio 3rd Anastasia Tottv

Extreme Stiletto Design - Veteran

1st Oana Flutur 2nd Adriana Valentina **3rd** Irvna Zabiran

Fantasy Nail Art: Queens - Novice

1st Petra Harkai 2nd Nuri Martinez Revolorio 3rd Provy McClellen

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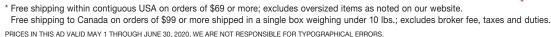
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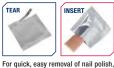




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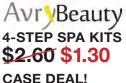
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Weak in the Knees

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1. Which of the following does not tend to cause knee pain? A. Squatting B. Getting up from a squatting position C. Lying down D. Sitting for long periods	6 is not recommended to relieve knee pain. A. Ibuprofen B. Applying ice C. Supportive footwear D. High-intensity exercise
2. Men are more prone to knee pain than women. A. True B. False	7. A previous knee injury can have a protective effect that shields you from further stress on knee joints. A. True B. False
3. Injuring the knee joint is A. A common occurance B. Extremely rare C. Only an issue for people over 65 D. None of the above	8. According to statistics, percentage of Americans have knee pain. A. 25 B. Nearly 50 C. 20
4. Patellofemoral pain syndrome is more commonly known as A. The ankle-knee conundrum B. Runner's knee C. Bursitis D. Knock knees	D. More than 609. Getting up while your body is twisted rather than squared off could cause an injury to knee joints.A. True
5. If you're overweight, losing weight may reduce your risk for developing knee pain. A True	B. False 10. Which type of exercise is bad for knee pain? A. Walking

B. Stationary biking

D. Swimming

C. Weighted squats and lunges

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B. False

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for Independent Stylist Professionals



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SHELENA ROBINSON

@shelena2002 —

A CND education ambassador since 1998 and member of Team CND since 2004, Shelena Robinson is a key part of the brand's creative design team. From runways to editorial shoots, she is known for constructing innovative nail designs utilizing unique and out-of-the-box techniques. The cornerstone of Robinson's success, however, is education, and she encourages nail pros to focus on learning, professionalism and safety in the beauty industry as a basis for growing their individuality and creativity. She is a lover of art and collaboration, architecture and design. Read on to discover what inspires her on the daily.

TEAMWORK "Working with like-minded artists is the most inspiring thing I Ldo. When each individual brings her own unique and amazing talent to the table, you're sure to learn something new and walk away from the experience feeling inspired."



AVANT GARDE MAKEUP "I love things that trick the eye into seeing what you're actually looking at. It's fun to try to decipher the journey the artist went on to get to the final look, as well as find new ways to adapt techniques into your own personal style."



unleash my creative side, from simple foil and glitter to intricate hand-painted



ARCHITECTURE "Dame Zaha Hadid is one of my favorite architects. I love her expressive designs; they're so unique and fluid. They combine an avant-garde approach with multiple perspective points. She often utilizes groundbreaking materials to create designs that are stunningly interesting and beautiful to look at."



CND SHELLAC "This

properties allow me to

designs to over-thetop 3-D creations. It's such a versatile product, and the technology behind it is

so inspiring."

product's unique

current artist inspiration, I always find a creative takeaway, whether it's color, technique or use of texture. Foundational color and technique always adapt well to nails."





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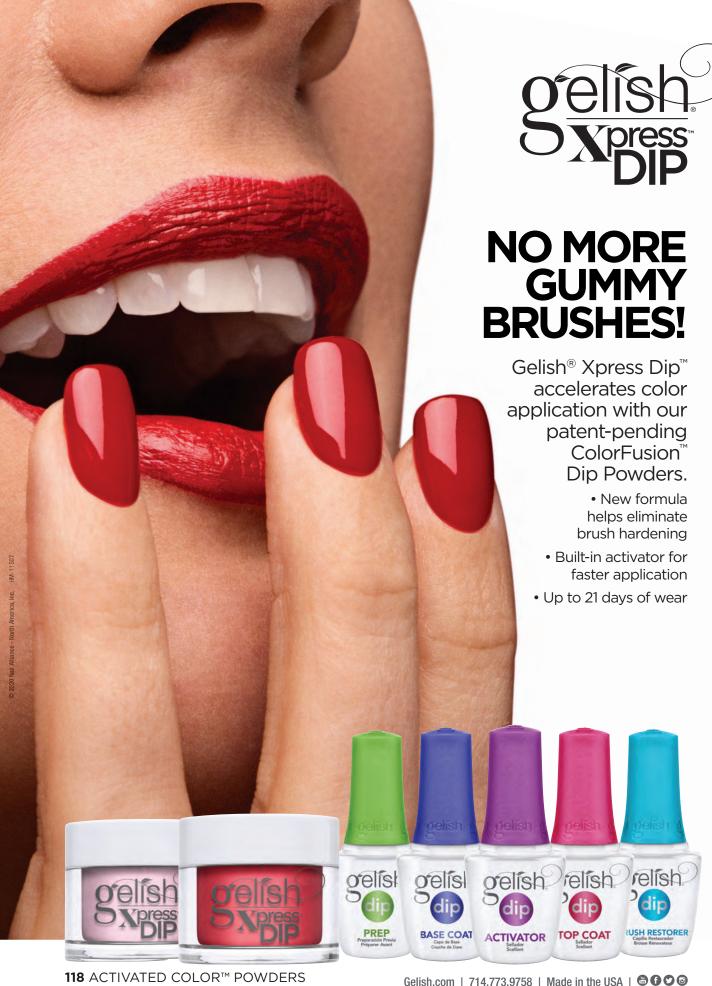
















Gelish 12-Piece Display

Includes 2 bottles of each:

- -15 mL (0.5 Fl. Oz.) Electric Remix
- -15 mL (0.5 Fl. Oz.) Ultimate Mixtape
- -15 mL (0.5 Fl. Oz.) Live Out Loud
- -15 mL (0.5 Fl. Oz.) Total Request Red
- -15 mL (0.5 Fl. Oz.) Show Up & Glow Up
- -15 mL (0.5 Fl. Oz.) Super Fandom

1130031



Gelish 6-Piece Display

Includes 1 bottle of each:

- -15 mL (0.5 Fl. Oz.) Electric Remix
- -15 mL (0.5 Fl. Oz.) Ultimate Mixtape
- -15 mL (0.5 Fl. Oz.) Live Out Loud
- -15 mL (0.5 Fl. Oz.) Total Request Red
- -15 mL (0.5 Fl. Oz.) Show Up & Glow Up
- -15 mL (0.5 Fl. Oz.) Super Fandom

1130030



Gelish Painted Table Tent Card

*Included in 1130030 and 1130031





Gelish/Morgan Taylor Small Seasonal Trio Display Prepack

Includes:

- -3 Planogram Strips
- -1 Header Graphic

1180017

Gelish/Morgan Taylor Trio Mega Rack Prepack

Includes:

- 1 Planogram Strip
- 1 Shelf Talker
- 1 Plastic Clip

1180016

Gelish XPRESS Dip Powders

43 g (1.5 Oz.) Dip Powder



ELECTRIC REMIX

1620384



TOTAL REQUEST RED

1620387



ULTIMATE MIXTAPE

1620385



SHOW UP & GLOW UP 1620388



LIVE OUT LOUD 1620386



SUPER FANDOM 1620389

Performs like Gel, Applies like Polish™





INSTRUCTIONS

Bubbles & Glitter Oh My!



STEP 1

After completing your Gelish nail prep, apply a thin coat of **ULTIMATE MIXTAPE** making sure to cap the free edge. Cure for 30 seconds in the **18G LED** Light. Repeat for full coverage. Apply **TOP IT OFF** to the entire nail making sure to cap the free edge. Cure for 30 seconds. With **NAIL SURFACE CLEANSE** and **WIPE IT OFF** lint-free wipes, cleanse the inhibition layer of the nail.

STEP 2

Apply **SHEEK WHITE** onto the free edge.

STEP 3

Clean up the smile line using a brush of your choice.

STEP 4

Using the Harmony Stir Stick, put antibacterial soap and water in a cup. Slice off a piece of the soap suds with the Stir Stick and apply onto the nail. Cure for 30 seconds. With Nail Surface Cleanse and Wipe It Off lint-free wipes, cleanse the inhibition layer of the nail. Finish your look by massaging **NOURISH** Cuticle Oil into the skin surrounding the nail plate. Enjoy your finished look.











