



# Nail Enhancements



Our hands do a lot for us; they allow us to touch, to feel, to grasp, to hold, to manipulate, and ultimately they help us to express ourselves. Even as we talk our hands assist us in conveying our message more clearly from the way we move them as we speak.

Whether on a conscious or subconscious level, hands are one of the first things we notice when we meet someone. From the ancient ritual of handshaking which we continue today (a gesture of peace to demonstrate the hand holds no weapon), through to greeting someone with a wave – our hands and the way we use and move them offer a window into who we are as people.

With this in mind, it is easy to understand why our nails too have always formed such an important part of the grooming ritual. From the ancient times when long nails signified status, through to today where a good manicure is an indication that you take pride in your appearance.

**Nail overlays** – Overlays relate to acryl, gel and other treatments such as shellac. They skip the extension step, and instead of adding artificial length onto the nail, the strengthening mixture is simply applied directly onto the natural nail in order to add strength and durability. **Nail art** - relates to embellishment of nails.

**Intensive paraffin wax:** includes warm wax being rubbed into your nails, hands and wrists to moisturise and soften.

**Luxury:** this usually signifies a whole-hand treatment which includes a hand massage, softening paraffin wax and heated mittens or a wrap; the combination of heat and moisturising unguents warms and soothes your hands, and softens and hydrates your nails.

Try to give your nails a good clean and **remove any traces of old nail polish beforehand**. This will stop the beautician wasting valuable nail treatment time doing it herself, so that she can get on with the good stuff! You might want to take off your rings, too, if there's massage involved.



### ❖ What it is Nail Art:

Nail art is a beauty treatment which provides Decorative Embellishments: - Airbrushing (stencils or freestyle), 3-D (supplied or bring your own e.g. bow tie, rose) and Rhinestones / Gems will all embellish your personalised nails.

### ❖ What it is Nail Extension:

A Nail extension is a beauty treatment using a lightweight plastic plate that follows the shape of the nail and is glued to the tip of the natural nail to add length. Acrylic, gel, fibreglass or another mixture is then applied on top of the extension and is usually 'cured' in order to secure the extension and add strength and shine.

### ❖ What it is Acrylic:

Acrylic is the most popular of artificial nails since the 1970's. The general process of having acrylic nails done goes like this. An artificial nail is applied to your nail bed (usually sculpted beforehand to suit your nails) before being glued to it with liquid acrylic and powder. Usually it is glued to the tips of nails instead of the whole nail bed and has a matt finish. The result is a hard protective layer that can be used as a canvas if you wish to color your nails.

### ❖ What it is Gel:

Gel is a beauty treatment that provides a longer lasting nail finish without commitment e.g. If you want a long-lasting Shellac without the commitment (or potential damage) of having acrylic nails applied, getting a gel Shellac leaving a glossy surface is a good option. All the steps of basic Shellac are taken (see following details regarding shellac), except a special polish that requires curing under a UV light is applied. There are two types of gel, hard gel and soft gel. Hard gel gets its name because, once cured it is tough enough to be made into a nail extension. This cured polish typically lasts days longer than the polish used for basic Shellac, and is less prone to chipping. .

### What it is Shellac:

Shellac is a beauty treatment which uses special tools, creams, waxes and / or massage techniques to leave **your nails and hands** healthy and looking great! There are various kinds of Shellac, which may involve a different shaping of the nail, the use of a variety of oils and creams, or even of electro-pulse or hot-stone massage as part of the treatment. Some examples include:

**French Shellac:** a classic Shellac using clear or ivory-coloured polish on the body of the nail, with white at the tip. The nail is usually cut quite square. The **Reverse** involves "the moon" of the nail painted white while the rest is done in a darker shade.

**American Shellac:** is similar to French but the shape and color (neutral or off whites) differ. It is very natural-looking Shellac which shapes the nails to your finger tip.

**Hot stone Shellac:** This features a hand massage using hot stone therapy. It soothes and relaxes your hand.

**Shellac** – a Shellac treatment offering longer lasting smudge-proof nail color. The special formula, brushes on just like regular nail polish. Nails are prepped in the same way basic Shellac. However, with care, the polish stays on, chip-free, for weeks. You just change polish when new growth starts showing, typically after about 14 days. Shellac offers a more nail-friendly solution by taking gel to the next level; no sculpting or filing, just thin coats of polish on your natural nail and brief time for curing under a UV lamp between each coat. Your natural nails and nail beds must be healthy. If they're splitting, peeling or damaged from using acrylic or gel enhancements, you may need pre nail care.

If you have concerns about UV Lam exposure, lamps are low- watt UV bulbs filtering most of the damaging rays; scientifically tested to be safer than exposure to your hands from driving in the sun without gloves.



### **The Benefits:**

Nails are part of you as well as an outward projection of you, so they deserve to be treated with care. Nails are one of the first things people see, and having healthy, attractive nails can help you to feel confident about the way you look. Nail treatments in general provide the following benefits:

- Treats any skin problems you might have around the nail, such as broken or sore skin
- Improves the shape, texture, strength and health of both fingernails and hands.
- Leaves the nails looking polished, decorated and perfect.
- Healing - pressure points can be stimulated corresponding with other areas of the body
- Exfoliates via oils, creams and waxes (if doing hand care as part of nail treatment)
- Cleanse, moisturise, nourish, warms and tones the skin and increase its elasticity (if doing hand care as part of nail treatment).

### **The Benefits of Nail art:**

- Nail art is an individual statement and expression so boosts your confidence.

### **The Benefits of Acrylic:**

- Acrylics harden your nails hence providing greater protection, especially if you do manual work or are heavy handed!
- Easier to repair and cheaper than gel nails.

### **The Benefits of Gel:**

- Gel is softer than acrylic and suitable especially if you do not do manual work.
- Flexible, they are therefore less prone to damage than acrylic, easier to repair and less toxic, requiring less maintenance and generally last longer

### **The Benefits of Shellac:**

- Improves nail structure
- Is gentler and more caring than gel or acrylic
- Lasts longer than standard nail varnish
- Looks shinier than polish



### **What to expect generally:**

- For all treatments a pre-treatment consultation will take place.
- You will be made aware of contraindications.
- The treatment commences with a warm wash of the areas to be treated.
- Following the treatment there is a quick debrief to assess the effect of the treatment. Aftercare advice will be given regarding the best way to maximise the effect of treatment.
- You will be left feeling relaxed, revived and indulged.

### **What to expect Nail Art:**

This will depend on the surface to which the nail art is to be applied (normal nails or extensions). Standard manicure technique is applied. Then maybe a transfer or free-hand design could be applied.

### **What to expect with Nail Extension:**

Standard manicure technique is applied. Then the shine off the nail is removed by filing. Then a cleansing solution is applied by brush before a solution to dry the nail bed is coated. The appropriate tip size for each nail is selected and then glued on. The extension tips can be shortened as required, filed. Then either gel or acryl (see below) is applied.

### **What to expect Nail Acrylic:**

Standard manicure technique is applied and acryl can be applied to an existing nail or on top of the extension nail (see above). On standard nails, the same preparation as extensions are used and then the acryl is applied; a mixture of powder and solution. The nails are then filed. Nail art, varnish, French manicure or Shellac can then be added.

### **What to expect Nail Gel:**

Standard manicure technique is applied and gel can be applied to an existing nail or on top of the extension (see above) with a brush then dried under a UV Lamp. On standard nails, the same preparation as extensions are used and then the gel is applied; a gel substance. The nails are then filed. Nail art, varnish, French manicure or Shellac can then be added.



### What to expect Shellac:

Shellac is very soothing. It is very pleasant to be pampered as your therapist touches your hands and nails, especially if the manicurist uses reflexology or other hand-massage techniques to relax you. You will probably be one-on-one with the manicurist, who should tell you what she is going to do and check to see if you have any queries or concerns.

Your nail technician will apply a cream, oil, or lotion to the cuticles first, and place the hands into a dish of warm water for about five minutes to soak. After the soaking process is over and the cuticles have been tamed, the technician will dry the hand, and ask what nails and length you prefer. You can choose from square, oval, squoval (a combination of square and oval), or the popular stiletto shape.

At this point in the Shellac, the shape of the nails has been defined and it is time for a massage. When the massage has been completed, a base coat will be applied first. After that, a polish of your choice is applied usually twice. Last, a top coat is applied. Once the nails have been polished you will place your hands under a nail dryer to complete the drying process.

A manicurist will usually dress your nails with your choice of nail colour, and you may also be able to have more decorative nail art applied.

Shellac can last from 15 minutes to more than an hour, depending on what you're having done. Generally speaking, the longer the time allocated to the Shellac, the more elements you can expect.

Leave yourself enough time to get the full benefit of the treatment, and **make sure you don't have to rush off**. If for any reason the Shellac takes longer, it's hard to drive with sticky polish still drying on your fingers! Whilst shop-bought nail polish often takes five minutes to dry, salon colour can take up to 12 hours to dry completely. (This isn't the case with gel Shellacs as those polishes contain polymers which harden under UV light; your nails are smudge- and chip-resistant the minute the treatment is over.)

Don't wear gloves, or anticipate needing your hands for any kind of dexterous work immediately after Shellac. It may not be the best thing to go straight back to banging away on a computer keyboard, doing someone's hair, or bathing your children if you have just had **delicate solutions** applied to your nails.

### After Care Advice:

Beware, some products used with Shellac can be very powerful and some people may have allergies. Always advise your therapist of any health problems. To make the most of you're newly manicured feet follow these simple guidelines: If you experience a reaction to your treatment remove product, apply a cold compress and if symptoms persist for more than 24 hours see your GP.

- If any pain is felt in the hand it is recommended that you see a doctor
- In the next 24 hours take extra care as the applications are vulnerable until they have fully dried
- Avoid swimming or any harsh conditions
- In fills should be every three weeks for gel and acrylic
- Use a cuticle cream or oil (olive) to moisture soft tissue.
- Use hand cream or lotion every day, especially after bathing
- Use an acetone-free nail polish remover when wanting to remove standard varnish
- Keep nails at sensible length and always file straight across the nails
- Don't put your nails in anything you wouldn't put your hair in. This means bleach, cleaning products, dirty water, soil, etc. Use Rubber Gloves or Gardening Gloves
- Eating a cube of Jelly a day will strengthen nails
- Keep an emery board about your person or in a handbag so if you do break a nail you can easily file it rather than the temptation to bite it off
- Avoid using your nails as tools, for example, don't use nails to open letters, pries off lids etc.
- Hormonal problems and around menstruation frequently results in nails being more oily
- Injury to hand or finger e.g wound, muscular or joint – advise therapist
- Joint flexibility
- Problems with blood circulation
- Joint and muscle rheumatism
- Fungal problems
- Use moisturising cream inside cotton gloves at night time to keep hands moist and to reduce dry skin

### Contraindications Generally

- Nail infection
- Skin infection
- Nail biting
- Cuts, bruises

### Contraindications of Nail art

- None known

### Contraindications of Acrylic

- They are quite toxic and may not be suitable in pregnancy

### Contraindications of Gel

- This is less toxic but still not be suitable in pregnancy

### Contraindications of Shellac

- None specifically