

BACK to basics

PREPARING THE NATURAL NAIL



Alisha Rimando



Alisha Rimando is recognized as one of the nail industry's leading experts in training and education. In her 28 years experience, her work has been described as "ground-breaking" as she has been a platform artist and motivational speaker for thousands of promotional and educational events, and competed in hundreds of nail competitions around the globe winning the *World Nail Championship* in 2005 in *Pink and White Sculptured Nails*. She is the featured artist in many training videos, including hosting the current *Milady Standard Nail Technology* DVD Series.

Alisha's expertise and application techniques have been featured in more than 150 beauty and trade publications and blog spots world wide such as *Teen Vogue*, *Bridal Guide*, *Self*, *Fitness*, and *Seventeen* magazines, as well as numerous industry trade magazines like *Nails*, *Nailpro*, *Scratch (UK)* and *Stylish Nail (Japan)*. Her career took an additional leap in 2008 when she became a published author for Cengage Learning, contributing to *Milady Nail Technology* and *Standard Cosmetology* textbooks, a consistent honor she engages with each new edition.

Through the years, Alisha has worked with R&D chemists to develop nail enhancement products, nano technology skincare, cuticle treatments, polish collections and natural nail treatments. Alisha's artistic creations have been sought after for numerous ads and campaigns as well as garnered celebrity status being featured with Jennifer Hudson in her video "Spotlight" and leading teams at NYC Fashion Weeks.

Her passion for educating the nail community takes her on another adventure with the conception and development of GlossaryLive.com



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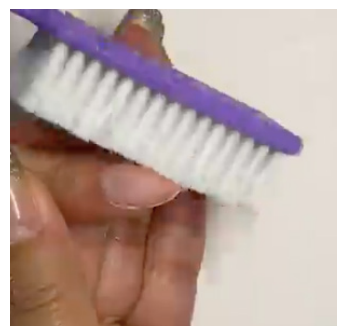
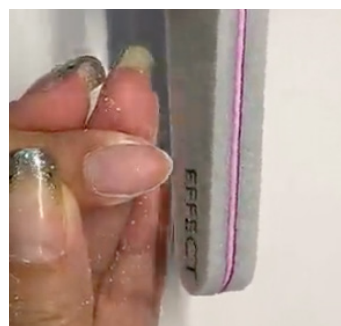
In this workbook you will learn how to prepare the nail plate and cuticle area for enhancement products by completely exposing the nail plate and removing all of the cuticle attached. You will learn how to clean and prepare the nail plate by removing surface compaction, moisture and oils.

WHAT YOU NEED

A 240-grit natural nail file, cuticle pusher, 2x2 gauze, lint-free wipes, nail cleanser or alcohol, small dish of water, dampen dish, manicure brush, pH-balancer.



1 Remove the free edge of the natural nail to prepare for the application of an extension. This is done so you can choose the shape of the nail you are creating. The natural nail may have a tendency to grow in one direction, such as up, down or crooked. By taking away the free edge, you can determine the direction of the extension. To remove the free edge take a 240-grit file and file the natural nail in one direction with the file at a 90-degree angle.



PRO TIPS

- Check where the hyponychium sits under the client's free edge when you are filing. You do not want to damage or remove this protective layer of skin that lies between the nail plate and nail bed.

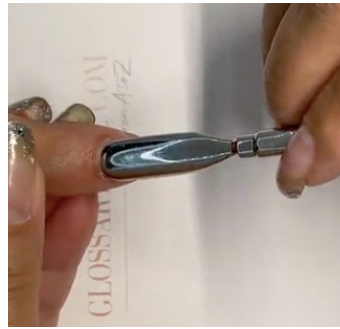
2 Change the file to a buffer and buff the free edge to remove any splinters or shreds of nail to leave the free edge smooth.

3 Remove all dust from the nail using a plastic manicure brush that can be easily cleaned and disinfected between each client. Its nylon bristles are tough enough to get into the proximal and lateral nail folds to get a very clean nail.

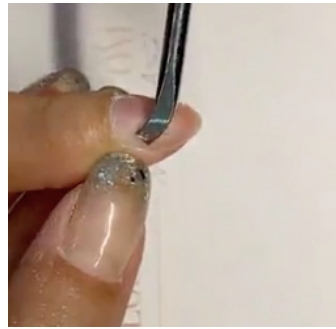


PRO TIPS

- Don't leave any free edge on the nail. You want to get the closest and tightest fit for your nail form, which is achieved by removing all the natural free edge during nail prep.



- 4** Take a spoon pusher to push back the proximal nail fold and lift the dead cuticle off the nail plate. Pull back the lateral nail folds and the eponychium (you need to fully expose the nail plate to clean it) to see the dead skin that is accumulating, which must be removed. Use water, cleanser or alcohol to assist with cuticle removal and to make sure all debris is taken away.



- 5** Clean the cuticle area. Remove stubborn cuticle attached to the nail plate by gently scraping it away with the cuticle pusher. Use a moistened square of gauze to gently clean the cuticle area if needed.



PRO TIPS

- Use water on a pusher or square of gauze wrapped around your thumb (fondly called 'shampooing' the nail plate) to loosen stubborn cuticle from the nail plate. Use alcohol or cleanser instead, if there's a tendency for lifting, so the nail plate is squeaky clean and ready for the service.

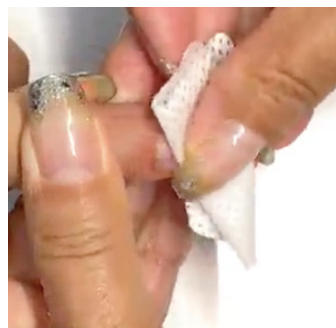
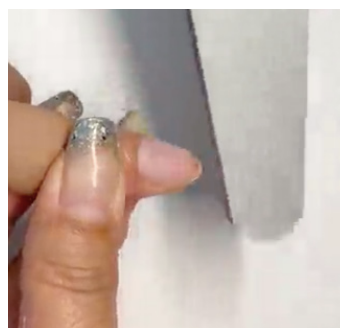


PRO TIPS

- Wait to remove excess cuticle until the end of the service. This is because the filing and refining means there's lots of work across the nail and you don't want the skin to get tender. So wait until the very end to nip away any excess skin that needs to be gently removed with nail nippers.



- 6** Remove shine from the natural nail with a 180-grit buffer. Work in one direction only, distal to proximal, using light circular motions with the buffer file. Here you are removing the compacted layer of keratin cells, which has compressed over time to create the shine on the nail plate. The shine (compacted layer) is removed so the nail becomes porous like a sponge and will accept the product with strong adhesion.

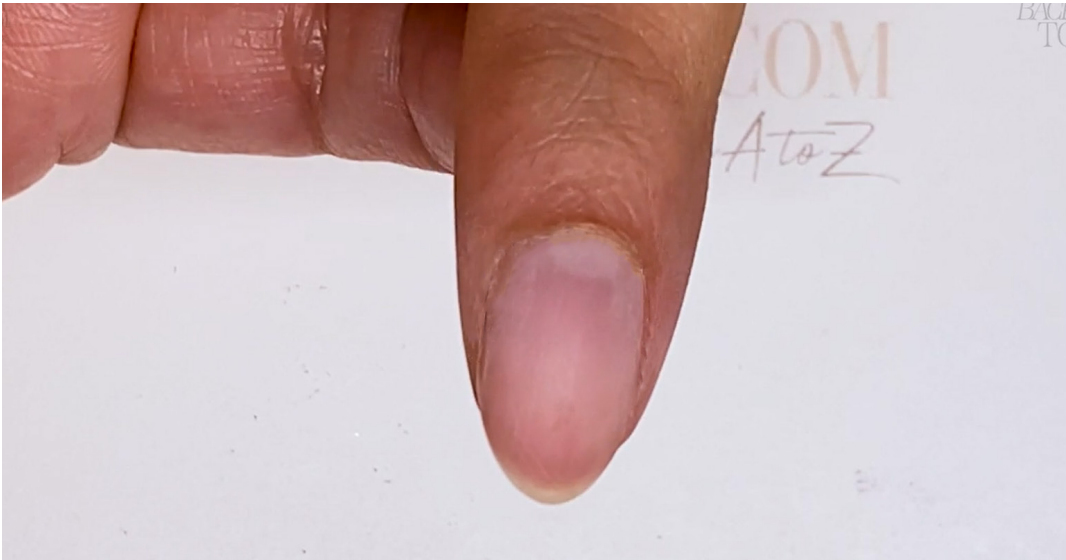


- 7** With cleanser on a lint-free wipe, scrub the nail to allow even the tiniest debris to be cleaned out of its pores.



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Apply nail prep to temporarily stop oil production across the nail plate (this lasts for about 10 minutes). The nail plate should look like white chalk. The nail can't accept product and get proper adhesion if oil is present in or on the nail plate. Dehydrating a clean nail is an essential step to creating a beautiful extension.



The final result

In this step by step guide you have learned how to completely expose the nail plate by removing all of the cuticle tissue attached to the cuticle area and the lateral folds. You've learned why it's important to remove the compacted layer and expose the pores so it can be thoroughly cleaned. After cleaning, use a nail prep or nail dehydrator to remove moisture and oils so the nail is ready for application of any product such as polish, gel polish or primer to prepare for an extension.