

BACK to basics

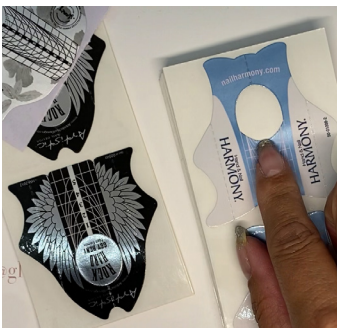
NAIL FORM APPLICATION



In this workbook you will learn to recognize forms and how to choose the right form for your client, based on the nail you want to sculpt. You're going to learn how to properly customize that disposable form to fit any client and apply it correctly to create a glitch-free sculptured nail... so grab your forms and let's get back to basics.

WHAT YOU NEED

A roll of nail forms of your choice, nippers or small sharp scissors.



1 Evaluate the shape of the nail bed and hyponychium to determine the shape of the form. The circular shape on each style of form is different. This shape mimics the shape of the hyponychium, so you can choose a form that is the closest in shape to your client's finger. Then customize it further for a more correct and snug fit.

PRO TIPS

- Start by choosing your forms. Forms come in many different styles from a roll of 100 up to a 500 reel.

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



2 Choose the form you will be applying, one that best fits, suits and works for the shape of the client's natural free edge. Take the dot from the center of the form and place it in the middle of the underside of the form, just below where the free edge will be sculpted. This gives the form more strength and stability.



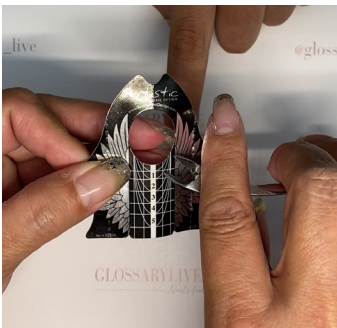
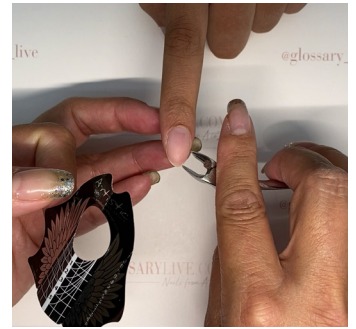
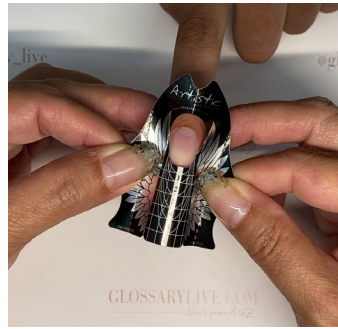
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GLOSSARY LIVE

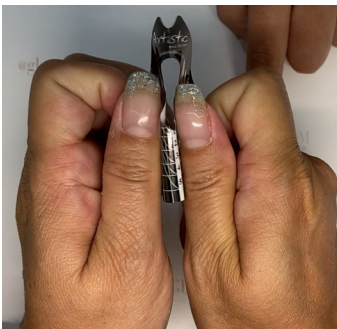
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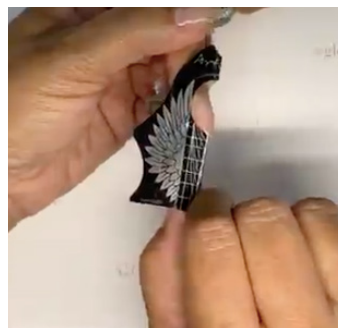
3 Try to apply the form. If it does not fit perfectly it will need to be customized to fit the nail exactly, according to the shape of the free edge of the nail. Use scissors or cuticle nippers to measure the length from the end of the lateral fold to the tip of the free edge. Then use this measurement to cut the form to perfectly fit the shape and size of the hyponychium.



4 When the form has been cut to size and customized, roll it between your thumbs to create a round surface, this is because the nail is circular in shape and you don't want to come at it with a flat form. Place the form over the nail to see if it mimics the client's natural shape.

PRO TIPS

- If the form is too flat as it goes onto the nail, it will create gaps at the sidewalls. The nail is circular and the form must mimic this shape in order to slot seamlessly into place.



5 Use your thumbs to hug in the corners of the form and guide it onto the nail. Hug the free edge tightly and slide the form into the lateral folds and right up into the hyponychium.

Check from the side to see it is filled in and there are no gaps and that you have a snug fit.



6 When the form is in place, use your thumbs to firmly press the form against the right and left side of the finger and under the lateral folds.



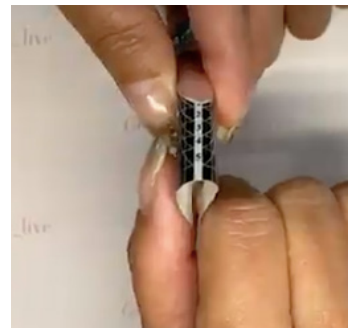
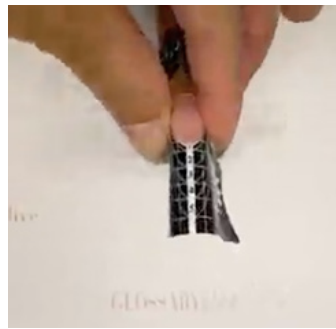
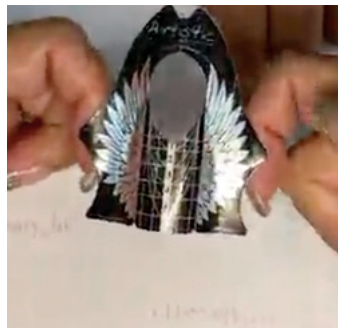
PRO TIPS

- The product must be placed correctly along the sidewalls and moving towards the free edge with no gaps. In order to understand the nail, you need to assess it closely. Use a piece of paper and place it along the nail so you can see its shape and direction clearly. This shows you the nail shape and where it begins to turn into a circle.



PRO TIPS

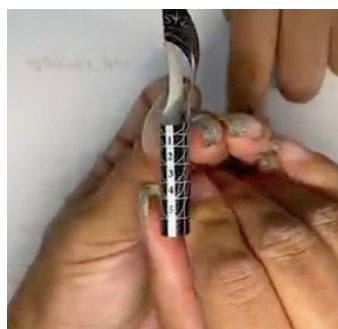
- The form is designed with two wings/tabs either side. These are specifically for holding the form as you fit it securely to the nail. This prevents the form sticking to your fingers and being pulled away from the nail as you complete the fit.



7 Lay the form flat on the finger and when it's sitting firmly, squeeze the form's tabs evenly together. Look down the barrel of the nail and close the tabs to create the shape of the nail you are going to sculpt. Close the tabs evenly, as you want the center line down the form to remain straight. If the tabs are uneven, the center line will veer off and the guides will not be of use.

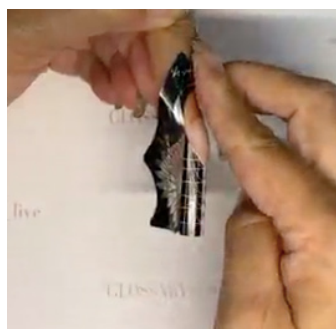


8 Close the tabs perfectly and make sure the middle line on the form, usually the thickest line, is running in a straight line with the center of the finger so that the enhancement will be straight.

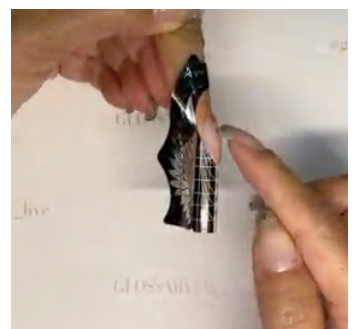


PRO TIPS

- The guides on a nail form help you have a consistent length, shape and style to your nails.



9 Turn the finger to the side and pay attention to the angle of the form. You should see the graduation from cuticle through to free edge to see how the extension will be sculpted out in a straight line.





10 Depending on the shape of nail you choose to sculpt, ie. square, tapered square, round/oval, etc. you can press the tabs closer together towards the front of the form to change its shape in readiness for sculpting.



11 Once the form is in place you are now ready to proceed with the service. Add primer to the natural nail if needed and begin sculpting with your chosen product.

PRO TIPS

- The hole at the end of the form determines the shape of the nail you are sculpting. A wide hole will create a square nail, a closed hole will make a stiletto shape.

In this step by step guide you've learned how to customize a form to fit your client. You've learned how to apply the form without gaps and where the product should lay on the form to avoid side glitches. I promise you, this is one of the hardest things one must learn as a nail technician. It's going to take a ton of practice! So grab a roll of 500 and start putting forms on everyone you know. Practice on different shapes and sizes of nails and fingers and when you finally master it... which you will... you will be well on your way to speeding up your application time in the salon as well as avoiding all those glitchy problems you have experienced in the past.