



GLOSSARYLIVE.COM
Nails from A to Z

FROM *alisha*



@alisharimando

Reality has finally caught up with us, as we steadily move away from lockdowns and back into a slightly modified life from what we knew. Beauty shows have reappeared on my calendar and my children are busier than ever. However, I've found wrinkles under my eyes that weren't there before and I'm wondering how I became two years older so quickly. BUT hey, I'm HAPPY, I'm proud and EXCITED to get back to my nail family.

I'll have the honor of being head judge at *Nailympia Orlando*, during the *Premiere Beauty Show* in June, I'll be stopping by Vegas to visit *Cosmoprof NA* in July, and begin live trainings again in August!

I really do feel blessed to be part of this dynamic global nail community and I hope with the introduction of *GlossaryLive.com* you will take part in the celebration of worldwide nail artists and their art by sharing your stories, adventures and your artistry with us and the rest of the nail world.

We look forward to hearing from you and I can't wait to see many of you on my travels ahead!
Xoxox, Alisha

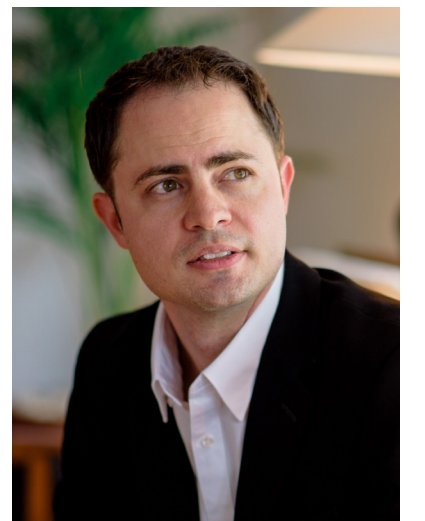


SOLE TO SOUL *walking for wellbeing*

Have you considered the power of earthing? Earthing, AKA grounding, rests on the belief that when connecting to the earth's surface by walking barefoot, there's a transfer of electrons between individuals and the planet. Walking barefoot can be a practice of mindfulness - remaining in the present moment as individuals feel the warm, textured earth. It's been shown to decrease pain, enhance sleep quality, lower blood pressure, improve blood flow immune function, digestive health and generate a greater all round wellbeing.

Dr. Jason Culp, R&D director at Chiva-Som, shares key benefits to the practice of earthing.

Getting back to nature can have a profound healing effect on the body. Fresh air, sunlight and natural sounds can regenerate the mind, replenish the body and empower the spirit. It's also a great way to escape from enclosed offices, virtual meetings and conference calls, while regaining admiration and appreciation for the planet.



earthinginstitute.net

chivasom.com/about-blog

finger FASHION factoid

Some guitarists have long fingernails on one hand (their picking hand), which are either strong natural nails or artificial overlays. These tend to be seen on fingerstyle guitarists (classical, jazz, flamenco genres) playing the acoustic guitar or a nylon-string guitar. The longer nail acts like a pick (plectrum) and gives the note increased volume and strength.



PEEL BACK THE POLISH

jeanette
ULRIKSEN

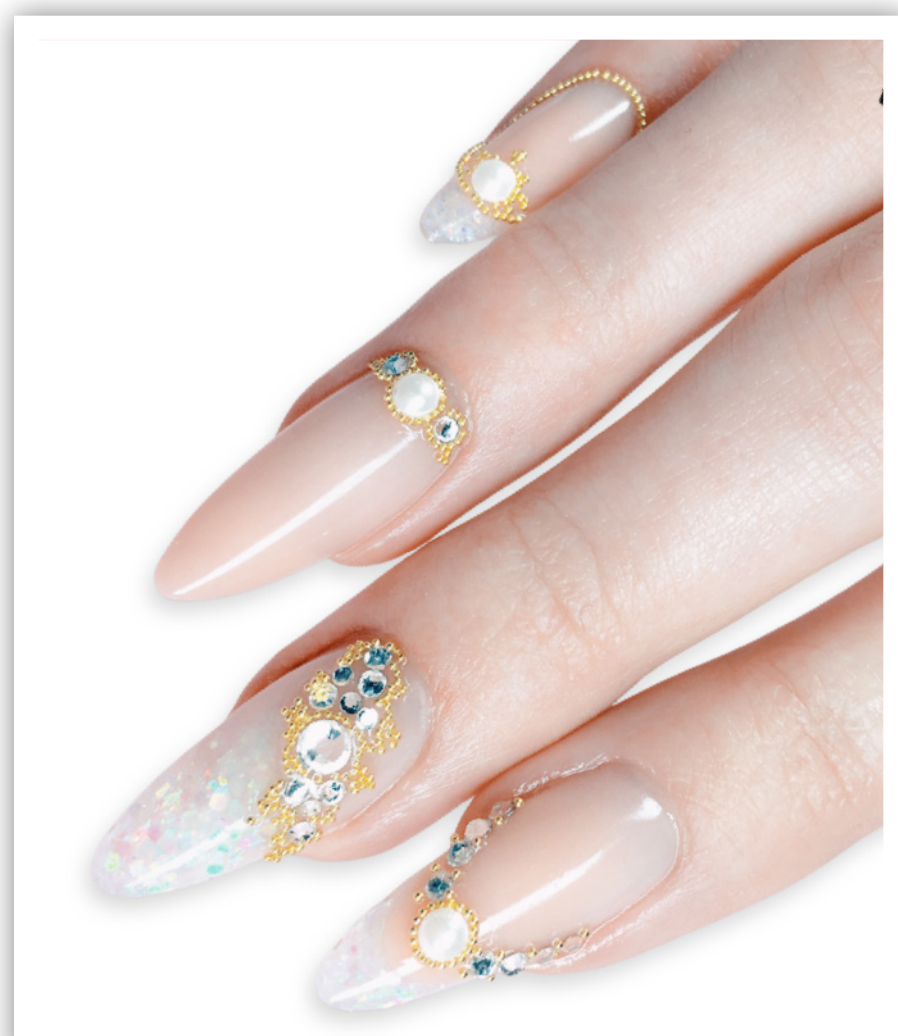


A prolific competitor at one time, Jeanette Ulriksen covets a vast list of nail competition accolades won around the world from South Korea, Sweden and Italy to Denmark, Norway and Finland.

Alongside French sculpture in UV gel and L&P, fantasy and salon nails, Jeanette has also won CND Educator Class 2004, Best Education Skills and Best Overall; Astonishing Educator Bootcamp 2019, Best Overall Nails as well as Best Team Player; Astonishing Educator Bootcamp ↓

2019
NAIL
AWARDS

PEEL BACK THE POLISH



@nails_beauty_wellness



2019. There really has been no stopping Jeanette since her journey into nails took off nearly 20 years ago.

Attracted to the nail industry by the sheer fact that even the most grim set of nails can be made beautiful at the nail desk, Jeanette answered an advert in the newspaper that simply stated, 'how to become a nail technician'. Six months later, having passed the course, Jeanette was employed by the company that trained her and then took all the necessary classes to gain further skills to become a trainer, and master educator. Jeanette has been educating ever since.

Jeanette believes a blend of learned skills and an innate artistic ability are key to success in the nail business. She believes, "I've attended many different classes around the world to build upon my skillset, however, I also think some of my skills come from inside me, because I've always loved to draw, paint and sculpt in order to create differing art forms. When working in nails, this type of art project has its own little canvas where I can place my art. I love to try and make each set more perfect than the last; making the lines straighter, producing correct structure and then building the art on top."

Favoring the liquid & powder system, Jeanette notes, "Possibilities are endless with acrylic, however, I also love art gels with good quality pigments. I find I work with art gels much the same as with regular paint, the only difference being they must be cured."

Distributor for Urban Nails, Jeanette recalls she was first drawn to the brand as it offers a full line of products. "There's so much on offer and Urban Nails is very quick to launch new products to reflect the trends too. So, it's very active and responsive to industry needs."

Running her own nail academy Nails Beauty and Wellness in Denmark, Jeanette has carefully crafted

a place of learning that offers nail and foundational knowledge and promises all students will leave with a good solid nail education and ability to create great nails and start up their business too. "Normally my classes are held during the weekend, so techs don't have to close their salons to attend, however, during the last two years I've been teaching a lot online and will continue to do so, but I much prefer to teach basic classes and structure physically. It's so much easier to help a student with the angles of the files/brushes when they are in a classroom."

Offering words of wisdom to those keen to further their career, Jeanette relays, "Practice, practice, practice. If you don't practice, your skills won't ever be great. One must elevate skills continuously. Find a good academy with an international certification that doesn't teach incorrect information. In Denmark, anybody can call themselves an educator and so we're seeing a lot of allergies now because people aren't educated properly; I find this devastating for the industry. When you find the right academy, you will need to practice a lot and trust the educator and the way they teach."

Good quality brushes are a must for the discerning nail professional, according to Jeanette. "If you don't have good brushes, it just makes the work that much harder," she cites.

Juggling family life and her nail business with a positive attitude and a huge smile, Jeanette's warm, vivacious personality is infectious and most welcome in her classes as well as competition arenas where she's now found judging. Her parting motivational words for techs are, "Everybody begins at their own level and pace, but if you keep on going you'll see good results sooner than anticipated. A quote I love is simply, 'To me, you are perfect'. It just says everything."

TAG THAT *trend...*

WHAT'S HOT IN **NAILS NOW**

Galaxy styled nail designs have been trending for some time now and show no sign of waning. There really are no rules to follow here, just choose your color palette, then marble the colors & have fun; the idea of these cosmic nail designs, is that each one is different, yet the design flows across the nails. The galaxy is yours to define & draw, so give nails a new nebula with a galactic, almost celestial flavor & feel.



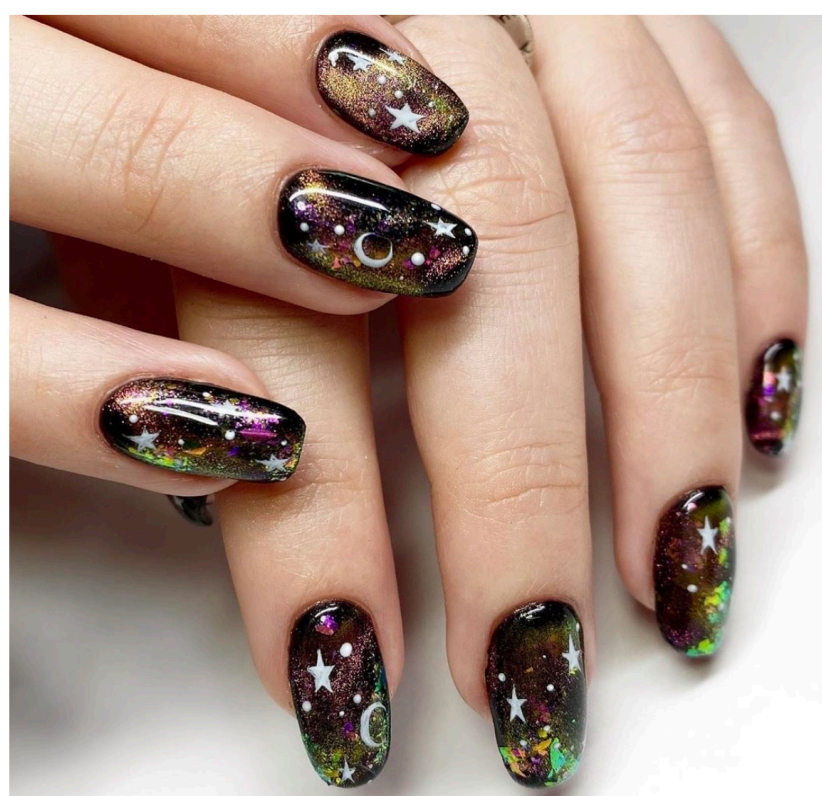
 @miss_mnails_liverpool



 @thenailroombyperla



 @mel_beautynails




 @naileditbyalyssa



 @nailsbykatieutra



 @the_red_wolf_cub

Download step-by-steps of trending nails @Tag That Trend on GlossaryLive.com

PRO Q&A

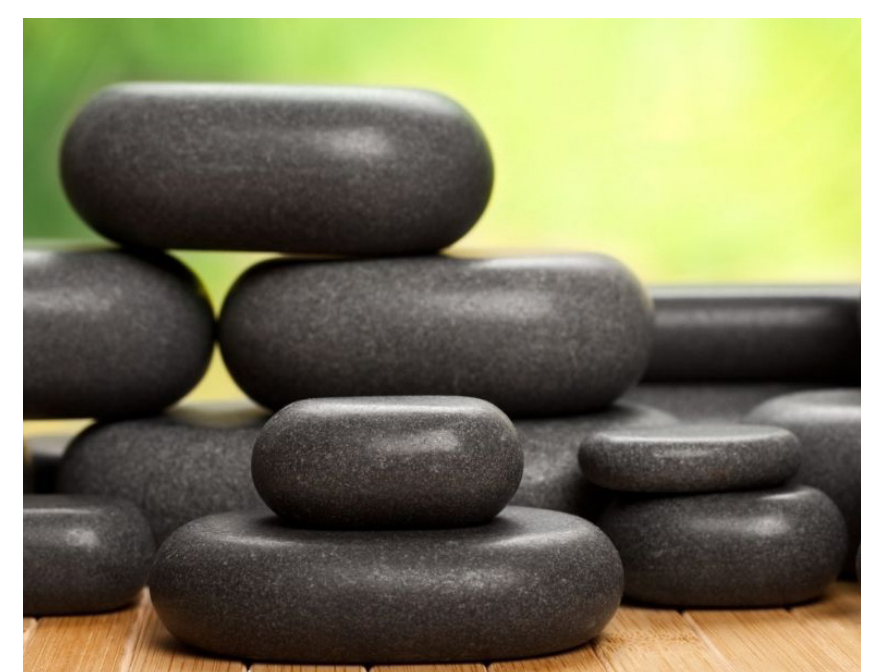
WHAT ARE THE THREE 'ZONES' OF THE NAIL & WHERE DO I FIND THEM?

The three zones act as a guide, are located on the nail plate and directly refer and relate to the application of an artificial overlay.

Zone 1 is located at the free edge where the overlay will be thin in order to mimic the natural nails.

Zone 2 is the body/center of the nail plate where maximum strength is required to support the stress area as this is the area of the nail that is most likely to break. This is also where the apex will be formed to give the extra support.

Zone 3 is the area of the nail that is closest to its base, the eponychium (cuticle area). The product that is applied here is also sculpted very thin.



BASALT

buh-SAHLT

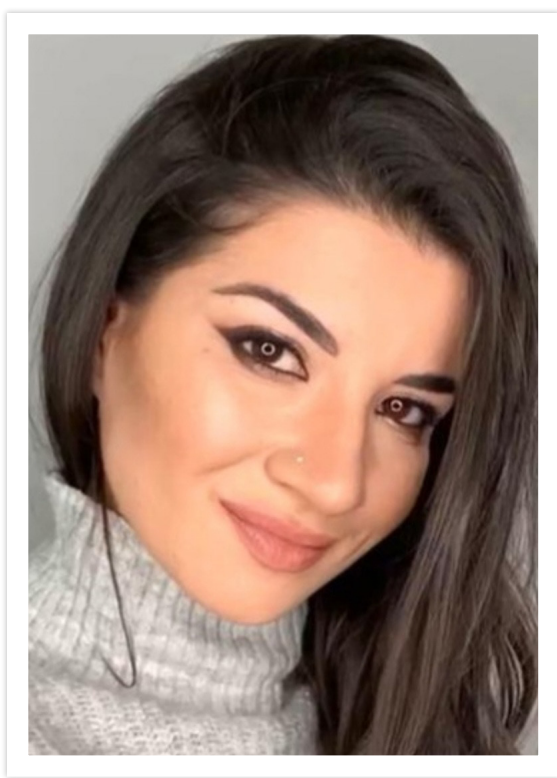
What it is: Dark, fine-grained volcanic rock that retains heat.

What it's used for: Smoothed types are heated and used in hot stone massage.

How to disinfect: Must be scrubbed with hot soapy water and thoroughly dried, then sprayed with a disinfectant.

How to store: Covered in a cool, dry place.

GLOSSARY



FREESTYLE *nail art*



ANGELA ARIGO

angelaarigo_masternaileducator



1

Cover one nail tip with 2 coats of UV/LED gel polish. Cure in between each layer. Create a French white edge on the second tip with 2 coats of white and cure in between each layer.



2

Take UV/LED gel polish in red, orange, pink & gently create a delicate stain of each in an uneven circular shape. The stain is created using UV/LED blooming gel & adding UV/LED gel polish to dilute the shade. Add leaves using UV/LED green gel polish, also in a stain effect & cure



3

Cover the nail tips with a UV/LED gel matte top coat & cure. Using UV/LED art gel in black and a fine-tipped brush, begin to outline the rose's petals from the center moving outwards. Then cure.



4

Use UV/LED art gel to define the roses & leaves, then take the mosaic design onto the white. Apply UV/LED top coat to roses & leaves & cure. Take chrome striping tape & border the design. Use UV/LED gel glue to secure a pearl in the center, then apply rose gold bullion around it; cure.



5

Use UV/LED white gel paint to highlight small areas of the rose petals to add extra definition & allow the design to really pop, then cure.

DISCOVER NEW STEP-BY-STEP VIDEOS EACH WEEK ON FREESTYLE NAIL ART @GLOSSARYLIVE.COM



What's inside GLOSSARYLIVE

Jam-packed with nail-focused content, *GlossaryLive* feeds your thirst for knowledge & inspiration. Get your filing nailed! See how to correctly choose and then fit a nail form, troubleshoot your competition nails with guidance from the masters and glean a multitude of fantastic pro tips to help you sculpt sharper, crisper lines & finesse your smile lines too.

This web portal is a window into the world of nails; the team has been spanning the globe to deliver insight, intellect & inspiration in one place. Access through your phone, tablet or computer to deep dive into nails. Meet the techs behind the tips; find out what got them into nails & where it took them...

THE MISSION:

To unite the nail artists of the world and create a global community focused on artistic expression and factual information.

JOIN THE GLOSSARYLIVE SOCIAL MEDIA COMMUNITY ON INSTAGRAM @GLOSSARY_LIVE & FACEBOOK @GLOSSARYLIVE

Contact us at hello@glossarylives.com to get your nail news. Also use this email address to organise an interview to get your career, story, salon & nail work showcased on our website glossarylives.com or in our newsletter.

NAIL *Hacks &* HUMOR

If you want to give your feet a soak at home after a day at the salon, pour warm water, a cup of vinegar and Listerine mouthwash into a bowl and add your feet in; it's said that Listerine is great for dealing with toenail fungus! Who knew! It's also a great toilet cleaner – so tip your pedi water into the bowl after use!