



**GLOSSARYLIVE.COM**  
*Nails from A to Z*

# FROM alisha



@alisharimando

Hey #TeamG!  
I'm so excited for you to start sharing our FREE educational site with your nail family. Do you have a nail family? Well, you do now! Don't go through this journey alone, you don't have to. There are so many technicians and mentors that want to help you, that are rooting for you, that want you to succeed. If you are feeling uninspired, watch our *ProTips*, *Back to Basics* and *MasterClass*. Reach out to these amazing educators and mentors. I promise you will not be disappointed. We are all in this together. Tag us so we can see you, follow us so we know you're out there. We want to be part of your nail journey. I want to be part of your life journey. You have the power to change your life today by reaching out...  
@alisharimando...  
I dare you!

XoXoX Alisha

# FINGER FASHION FACTOID

Before there were nail clippers did humans care for or trim down their nails? It seems if we go back far enough to our days as hunter/gatherers and the physical activities we undertook to survive, nails would have naturally kept themselves short and, as some do even today, the odd nibble would have addressed any issues pertaining to a broken or a hangnail.

As time moved on flint, rough stones, small blades and knives were used before the nail clipper (patents appeared around 1875 with Valentine Fogerty, designing a device that looked more like a circular nail file), and the nail file as we know it, were born. Romans are said to also have created a curved scoop to clean the dirt from under the free edge.



## newsworthy NAILS



At the recent *Nailympia London* event, the 4th *Global Cup*, the 1st *European Cup* and the *Individual Top Scorer* trophies for 2022 were all won by Olena Özman of Germany. *Winner of Winners* Division 3 went to Deborah Cocco of Italy, Division 2 to Annie Pham (UK) and Division 1 Avaylo Guzgunov (UK).

The *Art Winner of Winners* were Kayley Cairns (UK) for Division 3, Alice Nali (UK) Division 2 and Ha Le (UK) in Division 1. The *Top UK Tech* trophies went to Ivaylo Guzgunov (Div 1), Annie Pham (Div 2) and Andreea Simona Ignat (Div 3).

Division 3 had three teams battling for the *Team Trophy*, which was taken home by Team Olena (Olena Özman (Germany), Mino Vo (UK), Johanna Stampka (Germany), Lucie Kovarikova (Czech Republic), Magdalena Myśliwiec (Poland)).

The next event will be at *Nailympia Mexico*, Mexico City on 3-4 December 2022.

[@nailympia\\_mexico](#) [@nailympiacompetitions](#)



## did you know

In 1957, after dentist Fred Slack, broke his thumbnail at work, he created an artificial nail as a realistic-looking temporary replacement using aluminum foil as a rudimentary platform. This led to the patent of the first nail form. After experiments with different materials to perfect his invention, he and his brother, Tom, patented a successful liquid and powder version and started the company Patti Nails. Fred Slack III and his son Rick Slack are still in the nail business today as director of R&D and president of NSI, Nail Systems International.



[@nsinails](#)

# kamila BOROWIEC

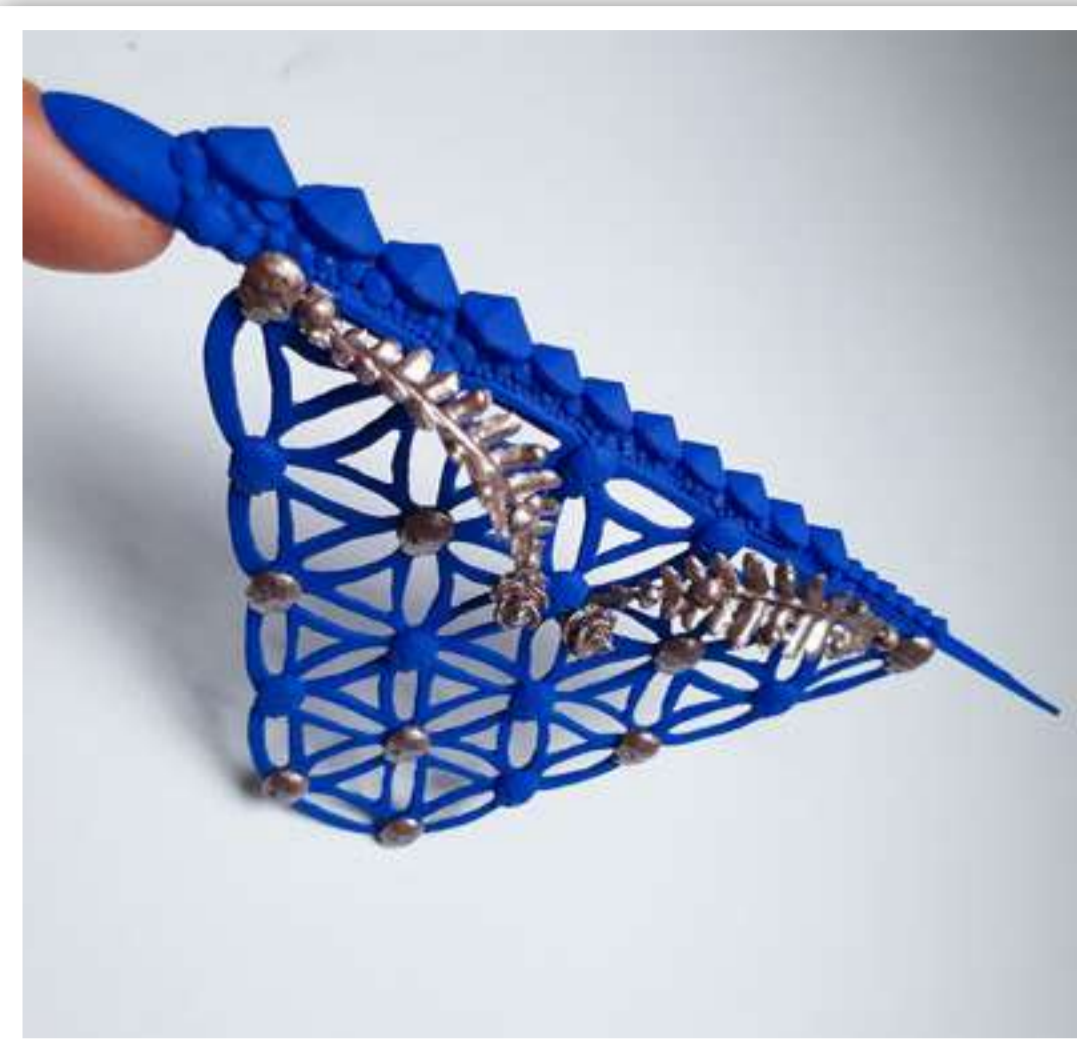
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*The route into nails comes in countless shapes and sizes with many not realising that nails is their dream job. This is true for Polish-born nail artist, Kamila Borowiec, who became captivated with nails*

when getting hers groomed by a friend. "I found it fascinating and satisfying to have my nails done," Kamila recalls. "Then after my friend moved away, I tried loads of different nail techs, but wasn't getting what I wanted in terms of quality and crazy designs. So, after many attempts trying to find the right one, I started doing my own nails." This was back in 2010 in Spain when Kamila began changing her nails often, doing family and friend's nails while also working full-time. Addicted to the process, ↓

## PEELBACK THE POLISH



*For me, the satisfaction of seeing my clients leave with big smiles on their faces is priceless. Every little achievement counts & makes me extremely happy. I love the nail industry.*



Kamila took a course in acrylic nails, but a lack of confidence and unsure of how to build a clientele, meant she wasn't ready to go full pelt into nails; yet. Moving to the UK, Droitwich, Worcestershire, in 2013 further held Kamila back from full nail immersion due to the language barrier and so up until 2018, she spent hours sculpting and designing her own nails and watching *YouTube* tutorials, while slowly building up her confidence and motivation to doing nails on others. A few nail courses later and Kamila took the plunge, advertised and began her journey into nails as a career.

"I started slowly taking clients after work and at weekends and before I knew it, I found myself fully booked in advance. Word of mouth spread so quickly that I was gaining clients rapidly," Kamila smiles. "Social media played a massive part in building my reputation, as my content was not only reaching potential clients, but also fellow nail techs. I left my full-time job and dedicated my entire time to clients and creating social media content. As my confidence grew I started doing nail competitions and found this gave me loads of industry exposure; I even began writing articles alongside winning a few trophies too."

Looking at Kamila's nail work, it's hard to believe her confidence was ever shaky, and having followed her nail idol Kirsty Meakin on *YouTube*, while also training with Andreea Simona Ignat, Krista Paulitti, Marta Tomaszewska and Robert Klonowski, it's clear to see she has enjoyed strong guidance and skilled foundational learning to put into action at her nail desk.

A love of creativity and the endless possibilities that nails affords, are key to driving this nail professional forward and when it comes to styles, Kamila freely admits she puts on a nail whatever pops into her head and experimentation drives the design.

Navigating challenging times, Kamila reflects on the power the pandemic wielded in the early years of her career. "It was definitely

a hard pill to swallow. The lockdowns were tough and when I re-opened clients were slow to come back and some vulnerable clients decided to stop getting their nails done, but eventually everything went back to 'normal' and I'm as busy as always, if not more now, which makes me very happy."

A new horizon has emerged and for Kamila it's long days dedicated to her nail passion. After coffee, it's thorough cleaning of the nail room before the first client is welcomed at 10am. A bulging appointment book means fast-paced full days that culminate at 6.30pm when she sits at her nail desk to commence her social media content. Sundays are reserved for tools. Kamila explains, "On Sundays I go through strict cleaning protocols with my nail tools. I have around 30 sets of cuticle pushers, clippers, drill bits and cuticle nippers. After sterilization they're all packed individually ready for the week ahead."

Believing that practice, nail courses, determination and consistency are the keys to success, Kamila is also a huge advocate of nail competitions, which she feels are a great way to get industry exposure, network, push the boundaries of creativity and get out of your comfort zone to see what is possible. "I plan to take part in many more nail competitions, expand my knowledge by attending a variety of nail courses, grow my social media platforms and start offering nail art courses in the future. Meanwhile I advise anyone who is serious about nails to get the basics right before diving into nail art. I feel this is the most powerful piece of advice any advanced nail tech can give. Get the structure right, practice apex placement and make sure your nail prep is on point. If you get those three factors right, the nails will last a long time. Nail art is the last thing in this pyramid; it doesn't matter how beautiful the design is, if the nails don't last, customers won't come back. So loads of practice on yourself comes in very handy, as you can see where you're making mistakes and what needs working on.

# TAG THAT *trend*...

## WHAT'S HOT IN **NAILS NOW**

The optical illusion trend has gathered momentum in the last few months with the 3D flower design making waves. As if a rose has been encapsulated into the nail, this advanced nail styling technique is gracing IG grids across the globe as more nail artists get out their kits to see if they can create the ultimate timeless flower French.



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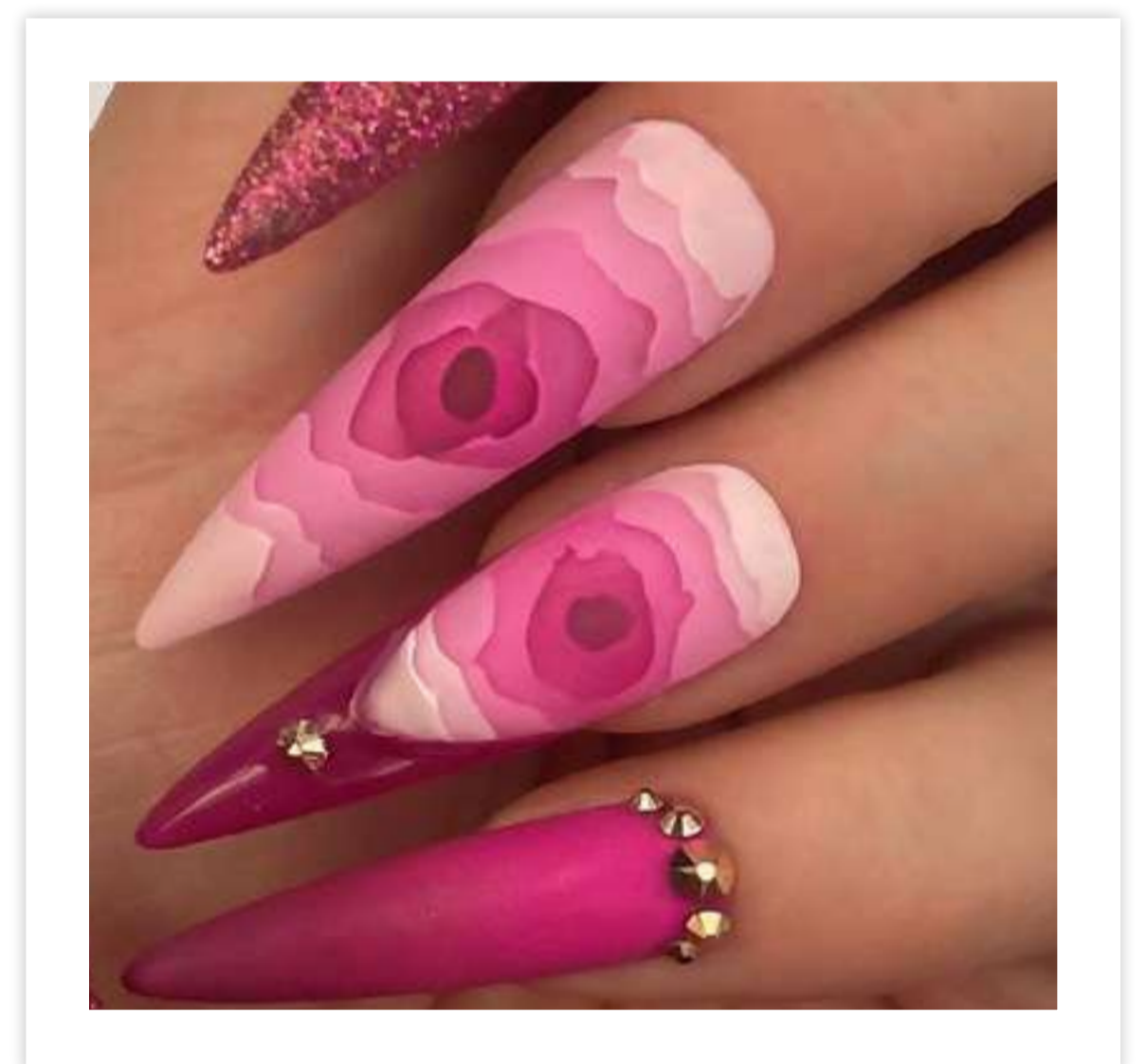
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## PRO Q&A

### WHAT IS A SOLVENT & HOW DOES IT WORK TO REMOVE AN ARTIFICIAL NAIL COVERING?

A solvent is most commonly a liquid, but can also be a gas that can dissolve another substance. An example of a universal solvent is water, but some oils can also dissolve other substances.

The term solvent in the context of the nail industry also relates to some volatile chemicals that evaporate, such as ones used in nail polish (butyl acetate and ethyl acetate), which evaporate to allow the polish to dry.

The main solvent used to remove nail polish and other overlays is acetone. Isopropyl alcohol (IPA), a form of alcohol, is a common ingredient used for removing the inhibition layer. When mixed, IPA and acetone are used as an effective nail plate cleanser.

When removing an overlay always use the manufacturer's recommended product or acetone, as these solvents do not in fact dissolve the overlay but instead cause it to swell, get softer and break apart so they are then gently scraped away or lifted off the natural nail.



*Education is the most powerful weapon, which you can use to bring change to the world.*

– NELSON MANDELA



# FREESTYLE *nail art*



KELLY COLLEY – UK

[@lavishnailsandskin](https://www.instagram.com/lavishnailsandskin)



1

Draw guidelines with a light black paint onto the nail from the top right to middle left & top left to middle right, in the shape of a cross. Draw a cross directly below this to create a diamond pattern.



2

Choose a dark color, this is HONA Stormy, and paint it in the center diamond.



3

Take a lighter, complementary shade (HONA Dew) and paint in the triangles above and below, then cure. Wipe away the inhibition layer in order to allow silver Flexi tape to adhere to the design.



4

Use the tape to outline & define the diamond design. Apply UV/LED builder gel (HONA Purebuild) to the diamond & both triangles. Turn the nail tip upside down to allow the gel to create a small bubble effect, then cure.



5

Use UV/LED top coat to cover & complete the design, then cure.

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

# GLOSSARY

## Delamination

[dee-lam-uh-ney-shuhn]

**What it is:** A process that involves the separation of two or more layers, such as the separation of the layers of the nail plate. It is characterized by the peeling and flaking of the free edge. The medical name for peeling nails is *onychoschizia*.

**Why does it occur:** It can be a result of the hands being in water too often from household chores or excessive hand washing and the nails becoming soft. It can also occur if the nails are picked at or pressed, which can result in trauma.



## What's inside GLOSSARY LIVE

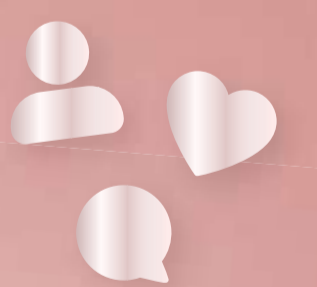
Need inspiration or motivation between clients? *Pro Tips* is a must watch for quick tips and tricks from your industry pros and mentors. As our global friends stop in to visit *GlossaryLive*, we ask them for their hot tips on sculpting, polishing, nail art, and even entering nail competitions. There is no limit to the vast array of nail knowledge you will absorb from these quick little nail nibbles. So pop over to *GlossaryLive* for a tiny snip of nail education when time is of the essence.

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From OCT 14 to NOV 10, 2022

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