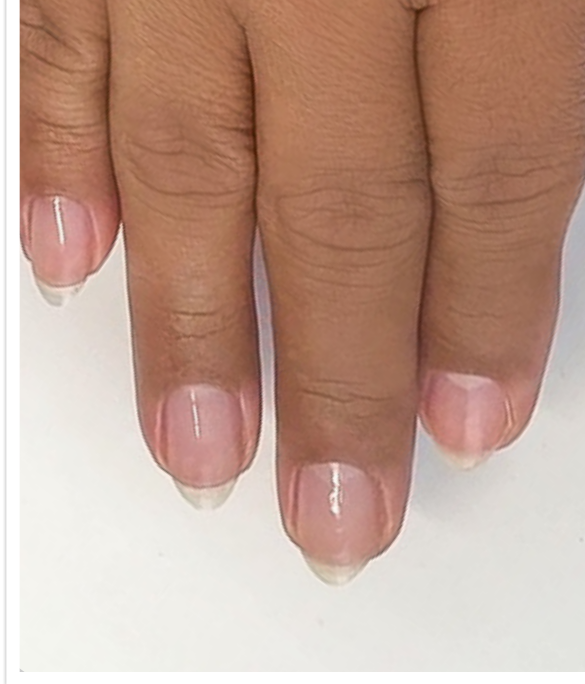


# BACK to basics

## BASIC MANICURE PART 1



# Alisha Rimando



Alisha Rimando is recognized as one of the nail industry's leading experts in training & education. In her 28 years experience, her work has been described as "ground-breaking" as she has been a platform artist & motivational speaker for thousands of promotional & educational events, & competed in hundreds of nail competitions around the globe winning the *World Nail Championship* in 2005 in *Pink & 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 & application techniques have been featured in more than 150 beauty & trade publications as a contributing author world wide such as *Teen Vogue*, *Bridal Guide*, *Self*, *Fitness*, & *Seventeen* magazines, as well as numerous industry trade magazines like *Nails*, *Nailpro*, *Scratch (UK)* & *Stylish Nail (Japan)*. Her career took an additional leap in 2008 as a contributing author to *Milady Nail Technology* & *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 & natural nail treatments. Alisha's artistic creations have been sought after for numerous ads & campaigns as well as garnered celebrity status being featured with Jennifer Hudson in her video "Spotlight" & leading teams at NYC Fashion Weeks.

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



Alisha Rimando

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### WHAT YOU NEED

Towels, 240-grit file, 180-grit buffer, manicure bowl, hand soap, hand sanitizer, cotton ball, orangewood stick, cuticle remover, lint-free wipe, cuticle oil, manicure brush & nail product remover.

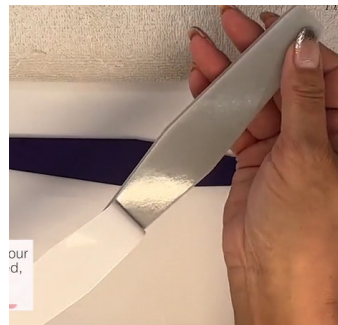
### GETTING PREPARED

Prepare your table in an organized manner eliminating cross contamination from the products. Make sure all necessary products are within hand's reach, so the products are ready to use on the nail desk.

## PREPARATION FOR SERVICE



1 Choose a 240-grit file. If your file needs to be assembled, do so in front of your client.



2 On the opposite side apply the 180-grit buffer to the file. Again, assemble in front of the client.



3 Fill a sanitized soaking bowl with soap & water.



4 In addition to having your client wash their hands before the service, you will also sanitize you & your client's hands

## SHAPE & PREP



**5** Remove any polish if needed, then inspect the client's nails. Then discuss the nail style, shape & design they are looking for.



**6** Recommend a length & shape that you can create consistently on all nails & then file the nails to shape using the 240-grit file. When you finish filing the shape of the nail, only move the file in one direction across the free edge. This will ensure that you seal the nail & have not left any microscopic shreds of nail left behind.



**7** View the nail from each side as you file to ensure the shape is correct & there are no imperfections.



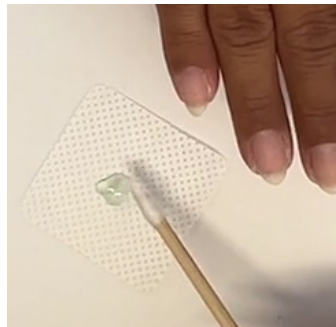
**8** Use the buffer, in one direction, to smooth & seal the nail edges. Use the file & buffer in the corners of the nail to check for hangnails or loose debris.



**9** View the nails from your client's perspective to ensure the desired length & shape has been created.

### PRO TIPS

- If your client has a nail that is broken or chipped, you can extend that nail to achieve the length needed.



**10** Apply cuticle remover using cotton wrapped around the end of an orangewood stick & place a small amount of cuticle remover on a lint-free wipe.



**11** Apply cuticle remover gel to the nail folds & cuticle area.



**12** Place the hand in the warm water in the manicure bowl & leave it to sit there while you file & shape the other hand.



**13** When filing is complete, remove the first hand from the soaking bowl & wrap it in a towel. Now add cuticle remover to the second hand & place it in the bowl to soak.

## CUTICLE WORK



**14** Thoroughly dry the first hand & then wrap a moistened piece of gauze around your thumb & clean each nail plate of debris & oils. Massage the nail plate in a circular motion to loosen any cuticle that may still be attached to the nail plate.



**15** Get your clean & sterilized implements out on your nail desk.



**16** Using the spoon of your cuticle pusher, gently push back the dead skin towards the eponychium on each nail plate. Use the scraper end of your tool to gently remove any dead skin.



**17** Once the cuticle work is complete, use the wet gauze or cloth wrapped around your finger again to gently cleanse each nail plate & remove any debris.



### PRO TIPS

- Dipping your cuticle pusher into water will help the tool glide gently across the nail plate to loosen & remove dry skin.



**18** Use nail nippers to gently cut away any cuticle or dead skin that was not removed during the cleansing of the nail plate. Do not pull the skin or scrape the nail with this implement.



**19** Use a soft buffer gently on the nail if there are grooves or imperfections to smooth out.



**20** Using an orangewood stick wrapped in cotton & moistened, clean under the free edge to remove any debris.

## FINISH WITH A SHINE



**21** Use a manicure brush dipped in soaking solution & gently scrub the nails to remove any debris left from the manicure. Then thoroughly dry the hands & nails. Next repeat all the steps on the other hand.



**22** If applying a UV/LED gel polish, stop here & proceed with that application. If you're leaving the nails naked or applying traditional nail polish, use a shiner & lightly go over each nail to seal the edges & the surface. Softly buff the surface with the green side, then press the white side while slowly buffing to create the shine.



**23** Apply & massage cuticle oil into the nail & surrounding skin to hydrate & moisturize.

## PRO TIPS

- A shiner should only be used once a month to gently shine, smooth & seal the natural nail.
- If applying traditional nail polish, after using a shiner, you will need to cleanse the nail with alcohol or apply nail prep before applying polish.
- Since shiners cannot be sanitized, you can gift this to your client (with homecare advice) after use or dispose of it.
- Using the spoon on your pusher is a sanitary way to distribute cuticle oil to your client's nails & prevent contamination.



In this workbook you have learned how to clean & beautify the cuticle area, how to shape & prepare the nails for any ongoing service.