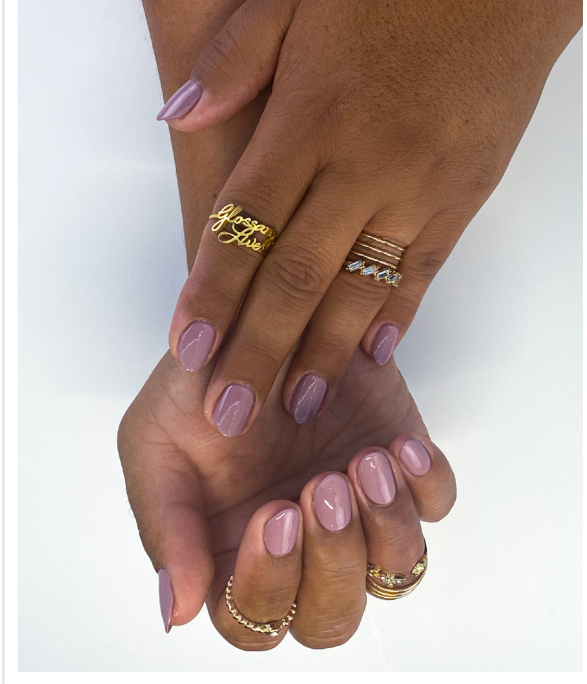


BACK to basics

BASIC MANICURE PART 2



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

GLOSSARYLIVE

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WHAT YOU NEED

Massage lotion, dish for lotion, wooden spatula, towel for the desk, towel to wrap hands, pH balancer, lint-free wipes, manicure brush, manicure bowl, dappen dish, top coat, base coat, nail lacquer color, nail product remover, polish corrector brush, orangewood stick and nail surface cleanser.

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.

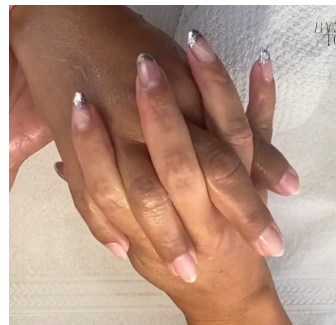
MASSAGE



1 Prepare massage lotion. Cover or wrap the hand that is not being worked on for warmth while you massage the other hand.



2 Place lotion in your hands & rub hands together to warm it up before applying it to the client's skin.



3 Rub lotion on the palm & backside of the client's hand & begin to relax the hand at the wrist by interlocking your fingers with your client's & gently rotating your client's wrist.



4 Extend the massage to your client's forearm by gently moving your hands up, while applying pressure towards the heart & pulling down, away from the heart.

PRO TIPS

- Since the hand massage is a time for your client to relax & re-energize, keep the environment quiet & conversation to a minimum.



5 Turn the wrist up & massage with circular motions. Work up from the wrist towards the forearm. Turn the wrist & repeat the circular motions up the forearm.



6 Massage back down to the end of the hand & gently rotate each finger in a circular motion, in both directions, 3-5 times.



7 Again, interlock your fingers with your client's fingers & gently rotate your client's wrist. Next use your thumbs to massage the client's palm in a circular motion.



8 Turn the hand over & continue to massage the top of the hand & arm with circular motions, you can also use the wringing motion with both hands moving up the forearm.



9 Finish the massage with slow motions, then press the hand down to the nail table & cover for warmth. Then take the second hand & repeat the massage motions.

PRO TIPS

- Massage movements should be very slow, if your movements are sudden, your client may feel rushed & not relaxed.
- It's important to completely massage the client from the fingertips to the elbow. Massage slowly in a relaxed motion with positive & kind thoughts that deliver a relaxed & loving energy into the massage experience.



10 Remove excess lotion on both hands before continuing the manicure, pay close attention to each nail plate.

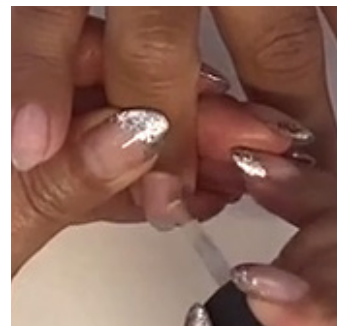
PREPARE NAILS FOR POLISH



11 Use a manicure brush & soapy water to gently scrub clean the nail plates then dry thoroughly.



12 Clean the nail plate with a lint-free wipe & nail product remover. Next cleanse the nail plate with a lint-free wipe & nail surface cleanser.



13 Apply a thin coat of pH balancer to all of the nails to aid the adhesion of the base coat to the nail.

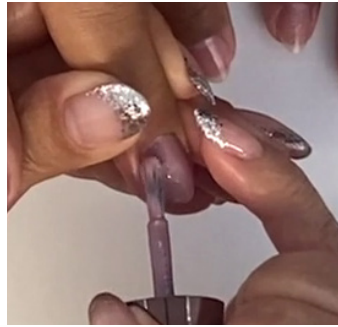
PRO TIPS

- If your client has a history of lifting or chipping, clean the nails with acetone & alcohol before proceeding with the polish application.
- Move the terry towel from the nail desk as it has fluff/lint that could get onto the nail polish. Roll it up & create a wrist rest for your client & place a lint-free towel on the desk.

POLISHING THE NAILS



14 Using 3 strokes, apply a thin, even layer of base coat to each nail, from the cuticle line & capping the free edge. Place the brush down on the nail & fan it out, then pull down to apply the base coat to the center of the nail. The second & third strokes should cover the right & left sides of the nail. Seal the edge of every nail as you work.



15 Apply your polish color of choice to the nails using the 3-stroke method. Get as close to the cuticle line as possible & cap each free edge with color to seal.

PRO TIPS

- Always have a brush, orangewood stick & dappen dish filled with product remover on the desk, to clean up any polish or make any corrections
- As you pull your brush out of the polish bottle, completely wipe off one side of it & partially wipe the other side of the bristles. This will leave a perfect bead of product to apply.



16 A 'perfect polish' is getting the polish as close to the cuticle line as possible without touching it. Use your corrector brush to clean up lines & clear away any polish that has got onto the skin for that perfect finish.



17 Apply top coat liberally & evenly by floating it over the polished nails. Cap each free edge as you move across the hand, as this means it's less likely to chip. Retail products always add more to your ticket without you doing any more work or taking more time.

PRO TIPS

- Applying thin, even coats of polish will ensure the polish dries completely.
- Polish follows polish. So it's important that each coat of product is applied smoothly & evenly so the next coat applied 'will follow' & be smooth & even.
- Making sure your top coat application covers the entire polished nail will guarantee your client gets a perfect polished manicure.
- Selling your client a top coat & educating them on reapplication will ensure the manicure lasts a full 2 weeks.



18 Use a preferred drying agent & allow the client's nails to dry for 5-10 minutes as the solvents evaporate out of the nail coatings.



In this workbook Alisha has demonstrated how to deliver a relaxing massage during a manicure and complete the appointment with a perfect polish application.