

Nail Art (2 hours)

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Module 1: Creative Artistry (1 hour)

Outline

- Color Schemes and Pallets
- The Color Wheel
- Nail applications and Services
- Nail Art Tools and Implements

Learning objectives:

After completing this lesson you will be able to:

- Identify foiling
- Explain gold leafing
- Describe nail art brushes
- Identify the airbrush
- Define nail art terminology

Module 2: Product Ingredients (1 hour)

Outline

- Products and their Ingredients
- Ingredient Overexposure Effects
- Safe Practices

Learning objectives:

After completing this lesson you will be able to:

- List ways to decrease inhalation of chemicals
- List ways to decrease skin exposure to chemicals
- Describe salon cleanliness
- Explain protective gear and it's use

Introduction: This course module focuses on nail art, application techniques and equipment. Perfecting nail art skills can lead to an impressive list of faithful clientele and allows the nail technician to express creativity. We will also study important aspects of nail products and their ingredients.

Module 1: Creative Artistry (1 hour)

Nail Art



Color schemes

Color schemes are logical combinations of colors of the color wheel. Color schemes are used to create style and appeal. Colors that create a pleasing appearance commonly appear together in color schemes.

A basic color scheme uses two colors that look appealing together. More advanced color schemes involve several colors in combination, usually based around a single color.

For example: fingernails with such colors as **red**, **yellow**, **orange** and light **blue** arranged together on a black background.

Color schemes can also contain different shades of a single color; for example, a color scheme that mixes **different shades of green**, ranging from very light to very dark.

Polish

Traditional colors for nail polish are **red**, **pink** and **brown**, but nail polish is **manufactured in many colors**.

French Manicure

The French manicure is traditionally patterned after the color of natural nails, using a clear, beige or soft pink polish on most of the nail with a white finish at the tips.

Reverse French manicures are also a popular service but not as popular as the traditional French manicure.

Warm and Cool Colors

Warm colors always contain **golden** undertones.

Cool colors always contain **blue** undertones.

Nail technicians often use color pallets that stay within the same category. Either all of the colors in the pallet will be cool, or all of the colors in the pallet will be warm.

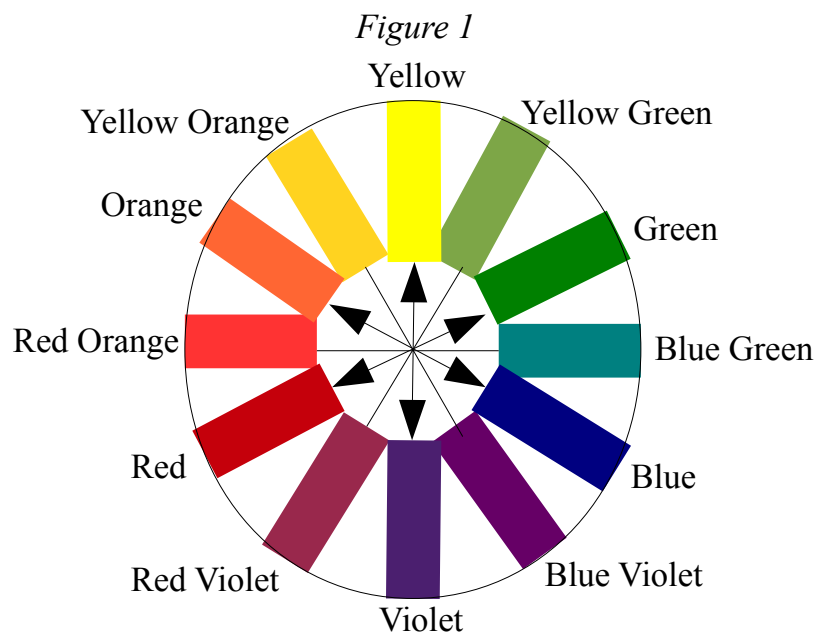
Most professionals agree that staying within one category creates a more esthetically appealing look. Using colors from opposing categories tends to create a more contrasting look with less cohesiveness in appearance.

Pallets of color can be created by applying the theory that certain color combinations work well together and appear harmonious.

The word pallet has several definitions. **Pallet is a term for color combinations used by an artist** and it is a term for the actual device that holds the paint while the artist is creating.

The color wheel is an irreplaceable tool in developing color pallets for the most beautiful nail artistry.

The Color Wheel



One method of developing a triad color scheme is to choose three colors equidistant around the hue circle.

The color wheel is one of the best tools in color pallet determination.

Choosing colors of equal depth, in other words, equal levels of pigment, can be a favorable choice when a balanced appearance is desired.

Using contrasting color choices for your pallet can create an appearance of multiple dimensions within the artwork.

Pre-planned color pallets can be presented to the customer. The choices can range from vibrant colors to muted soft colors.

Choosing the overall background color should be the first step in developing a color pallet.

Then choosing a secondary dominate color is usually the next step, then third, fourth, and so on.

Occasionally, the customer might want to match a dominate color in her wardrobe for her background nail color.

On the other hand, neutral and natural nail colorings are popular choices making it completely unnecessary to match any wardrobe colors. In fact, the number one choice in nail color is neutral, natural and beige or light pink tones.

Gems

Tiny gems are manufactured specifically for nail art. They come in various shapes and sizes. They are specifically designed with one side cut flat for attaching to the nail surface.

Apply the gem to the nail with top coat or nail art sealer. **Place sealer on the flat part of the gem so it will adhere to the nail.**

You may also apply the gem with a wooden pusher. First dampen the end of the pusher with the sealer.

Pick up the gem by touching the dampened stick to the colorful side of the gem and place it in the prepared spot on the nail. You can use tweezers as well to do this task.

Press the gem onto the nail and apply a generous amount of sealer to coat it.

Gems can be removed with acetone and can be reused if the gem is in good condition.

Foiling

Foiling is easy and lends opportunity for endless creativity. **Foil comes in rolls and pre-cut pieces in many colors and designs.** Some of the most popular are silver, gold and snake skin.

Pre-cut pieces are easy to handle and convenient.

Before applying foil, polish the nail and allow to completely dry. Select the polish color as part of the color scheme.

Apply foil adhesive to the dry nail. Apply the adhesive thinly and evenly. The adhesive is slightly tinted when wet and becomes clear and tacky when dry. This tackiness is similar to double sided tape and is developed for easy adhesion to foil.

Foil comes attached to a cellophane base, so when the foil is touched to the tacky nail, it pulls off of the cellophane and adheres to the nail. Wait until the adhesive becomes clear, but do not wait too long or the adhesive will become overly dry and lose its stickiness.

The timing of the tacky phase is imperative to the success of the service.

There is a shiny side and a matte side to the foil. **The shiny side is always to be facing up and the matte side is to be against the adhesive.**

Foil Methods:

Method one is a type of free hand designing. The nail technician pats the cellophane, foil side down, onto the nail. The cellophane is clear after the foil is removed from it, so the technician watches for coverage areas. The nail technician is careful not to touch the clear portions of the cellophane to the nail. If the nail is touched with the clear portion of the cellophane instead of the foil area, it is possible that the cellophane would stick to the adhesive which could in turn remove the adhesive along with the nail polish.

Method two involves complete coverage. The foil is gently laid on the surface of the nail and a wooden pusher is used to lightly burnish or lightly rub over the cellophane backing, applying the foil to the nail. This is the method used for pre-manufactured foil patterns.

All nail art applications require that you use a final coat of nail art sealer. To apply you must “float the bead”. In other words, drop a “bead” or drop of sealant onto the nail and pull the liquid gently to cover the entire nail. Do not brush using pressure as you would polish, but touch the “top” of the bead of dropped sealant and disperse it gently in that manner.

Striping Tape:

Striping tape can be applied as the first design application after the nail polish is dry or it can be applied as the last design application when all other design features are in place and are dry.

Striping tape is manufactured in rolls and pages with many colors and sizes. The most used colors are gold, silver, and black. **Striping tape has a tacky backing.**

Gold Leafing:

Leafing material is very thin and fragile. It has a foil-like consistency and is manufactured both in sheets and in loose pieces. Loose gold leafing is also referred to as nuggets and the gold leaf sheets are referred to as nugget sheets.

Leafing sheets are very delicate and must be handled with tweezers or the tissue paper that comes between the sheets in the packaging, otherwise they can crumble or blow away. Usually sheets of leafing come in quantities of 10 to 100 sheets per package. Keep the package closed or the slightest air movement can blow away the product.

The application method:

Apply nail adhesive to the dry polished nail and allow to become tacky.

Apply the leafing in small amounts using tweezers or a dampened wooden pusher.

When applying a sheet, use the same method as foiling.

When leafing is applied in pieces it appears more like nuggets, and when applied in sheets you get a thin even coverage.

Complete the application with nail art sealer.

Free Hand Painting

Freehand painting is also referred to as flat nail art.

It is when you use nail polish and brushes to create art design on the nail surface.

Brushes:

To the artist, the proper choice and quality of brushes and nail color play a crucial part in creating precision designs. Brushes come in many shapes and sizes and many varieties of bristle types. There are firm bristles and soft bristles, slender shapes and thicker shapes. **A complete knowledge of color theory is required to create the most desirable works of art.**

Parts of a Brush:

The tip of the brush is the end of the bristles farthest away from the handle. It is also called the edge of the brush.

The mid section of the bristles is called **the belly**. This is where the brush holds the most paint.

The ferrule is the metal band around the brush that helps to hold the bristles in place.

The heel of the brush is the area where the bristles meet the ferrule.

Knowing the parts of the brush is the beginning of understanding why certain brush choices are made to achieve the desired result.

Round brushes have pointed tapered tips and a large belly.

Round brushes vary in their tips making some better for detail work than others.

Softness of the bristles or hairs of the brush determine the amount of control in detail work as well.

Liner brushes are thin and pointed.

They are great for lettering or other fine work requiring detail.

They are best, for example, drawing thin lines and outlining other art applications.

Flat brushes are flexible with long bristles and a square tip.

Another name for a flat brush is shader brush.

It has a flat tip or chiseled edge.

It is used for multi-purposes.

Using the flat of the brush creates smooth strokes.

Each side of the brush can be loaded with different colors to create fade effects. This is called double loading.

The best way to understand its versatility is to practice designs on art paper to see the limitless creations from this one brush.

Bright brushes are short and flat with very firm bristles. They are great for creating texture.

Fan brushes are flat brushes in which the bristles are spread out like a fan. It's a great special effects tool and also can be used for blending. It's great for special effects.

When used dry with just a dab of paint on the bristle ends, it can be floated across the top of a design and look similar to air brushing.

Spotter brushes and also called a detailer. It is short and round with a small belly and a very fine point tip. It is excellent for the most intricate of detail work.

Striper brushes are very long flat brushes with few bristles. It's great for creating designs that need long lines or stripes.

The stripette brush also known as the short striper brush is simply a shorter version of the striper brush and it creates the same effects.

The marbleizer brush also known as a stylus comes with wooden handles, a rounded tip and a metal extension. They have rounded ball tips that come in different sizes. They are used for dotting small circles of color such as polka dots or bubbles. A marbled effect can be created by using different colored paints in a swirl motion similar to the look of marble.

Air Brushing

Airbrushing has become a phenomenally popular salon service.

The technique of color fading can easily be achieved with the airbrush.

Airbrushing is used for the French manicure to achieve the perfect white edge.

A stencil is used to define the shape for the desired end results of the white nail tip.

By using airbrushes and stencils you can easily apply images onto the nail. Pre-cut stencils are readily available at all professional supply stores.

Stencils are made of either plastic, paper or fabric. You can create your own stencils.

Airbrush Equipment

Airbrushes are usually classified by three characteristics.

- The first characteristic is the action performed by the user to trigger the nail color flow.
- The second is the mechanism for feeding the nail color into the airbrush.
- The third is the point at which the nail color and air mix.

Trigger

The simplest airbrushes work with a single action mechanism where the depression of a single trigger results in nail color and air flowing into the airbrush body and the atomized paint being expelled onto the target surface.

Dual action or double action airbrushes separate the function for air and nail color flow so that the user can control the volume of airflow and the concentration of nail color flow through two independent mechanisms.

Technique

Airbrush technique is the freehand manipulation of the airbrush, nail color, air pressure and distance from the surface being sprayed in order to produce a certain predictable result on a consistent basis with or without shields or stencils.

Airbrush technique will differ with the type of airbrush being used.

Read the manufacturers instructions for operating your airbrush. Practice on paper to become accomplished in technique. See what works and what does not.

There are specific practices to master in developing beautiful work. Practice proper aim.

Practice on nail tips mounted on wooden sticks. It's a great way to become accustomed to the exact thing of what you are trying to perfect, the nail.

Practice painting straight lines, dots and with stencils.

Nail Art: Review the following terminology.

belly	midsection of the brush bristles; the area that holds the most nail color
color wheel	color guide that illustrates and identifies the primary, secondary, tertiary and complementary colors
double loading	placing two different colors of paint on either side of the brush
floating the bead	technique used to seal nail art where a bead of sealer is dropped onto the nail surface, and the brush floats across the surface and completely covers it with sealer
foil adhesive	special adhesive just for foiling that is generally tinted white or pink and appears cloudy when it is wet
freehand painting	using no stencils or pre-formed patterns, creating art on nails also known as flat nail art
French manicure	airbrushing technique that creates a natural looking nail with a smooth white tip at the free edge
gem	tiny jewel added to a nail design, attached to the nail with adhesive
heel	the part of the brush where the bristles of the brush meet the ferrule
gold leafing	also known as nuggets or nugget sheets, foil like material used to create nail art
marbleizer	also known as stylus, tool with a rounded ball tip and wooden handle use for making dots or small circles
stencil	precut design made of plastic, paper or fabric used to create nail art
striping tape	tacky-backed tape available in various colors; applied over nail polish or other nail art to create bolder designs

Module 2: Product Ingredients (1 hour)

Precautions

High quality services require the use of many formulations of key products. These products include dynamic active ingredients and can be hazardous to the health of the professional and to their client if not handled properly and professionally.

Minimizing exposure, especially inhalation of these ingredients, must be the forefront of concern for the successful salon professional.

Overall, product manufacturers have formulated products to help minimize exposure and have tried to lessen negative health effects for the user and client.

When the products are used in small amounts it is thought to minimize exposure of certain chemicals known to have effects on health.

There is only so much a manufacturer can do to protect the general public and much of the responsibility lies on the shoulders of the user. Injury can happen if products are improperly handled, such as injury to the eyes, nose or even lungs.

There can be allergic reactions and sensitivities to products or ingredients that only until after the reaction happens you are aware that you have an allergy.

The Environmental Protection Agency protects the salon professional and their clients by setting regulations.

Protection From Product Ingredients

Although the Environmental Protection Agency sets standards of product labeling and handling it is up to the Salon Professional to apply the protective procedures that insure public safety.

The healthy environment of the salon or spa should be well established by the owner or manager of the facility. State Board mandatory inspections are well in place to grade accordance with their laws. Basic health considerations are incorporated into the rules and regulations set in place by State Cosmetology Boards.

Below is a list of specific product ingredients with its corresponding effects of overexposure.

Product Ingredients	Effects of Overexposure
Acetone nail polish remover and fingernail glue remover	Headache, dizziness, irritation to skin, eyes, and throat,
Benzoyl peroxide powder additive for artificial nails	Irritation to eyes, mouth, throat, nose, and lungs, and skin rash
Butyl acetate nail polish	Irritation to skin, eyes, mouth, nose and throat; skin rash, headache, drowsiness and confusion
Butyl methacrylate artificial nails	Irritation to skin, eyes, skin, mouth, nose, and throat, skin rash, and shortness of breath
Camphor nail polish	Irritation to skin, eyes, mouth, nose and throat, nausea, vomiting, diarrhea, headache, dizziness, and in extreme cases of overexposure, uncontrollable muscle contractions
Dibutyl phthalate nail polish, nail hardener	Irritation to eyes, stomach, and upper respiratory system
Ethyl acetate nail polish, fingernail glue	Irritation to skin, eyes, mouth, nose and throat, skin rash and confusion
Ethyl cyanoacrylate fingernail glue	Irritation to skin, eyes, mucous membranes and skin sensitization
Ethyl methacrylate artificial nails	Irritation to skin, eyes, respiratory track and skin sensitization
Formalin nail hardener	Irritation to skin, eyes, nose, throat and respiratory system, and wheezing.

Decreasing the inhalation of salon products

An exhaust ventilation system must be in place near all working tables of the manicurist. This is in addition to any air conditioning system or heating system that is a standard modern part of the salon.

We must capture and expel vapors, nail filings and chemical powders and dust away from the clients and manicurists.

Actions that work to decrease inhalation:

- The use of ceiling exhaust systems
- The use of table exhaust systems that are vented to the outside of the building
- The use of air conditioning systems
- The regular replacement of air filters in your air conditioning and heating systems
- The use of electronic air cleaners
- Not using excessive amounts of products when performing services
- Keeping products in small containers at the work table
- Keeping the work table clear of obstructions so your table exhaust system works optimally
- Keeping containers closed tightly containers when not in use
- Not using bulk product containers while performing a service
- Keeping lids on trash cans, emptying trash cans frequently and replacing liners often
- Wearing a dust mask while transferring products from one container to another

Decreasing skin exposure to salon products

- Wash hands before and after touching a patron or performing a service
- Wash hands before eating or going to the bathroom
- Wash hands after handling products or product containers
- Wear disposable nitrile gloves
- Replace gloves as soon as they are damaged or compromised in any way
- Keep containers tightly closed
- Do not wear clothing that is too loose and could cause accidents with sleeves or other areas getting caught on equipment

- Do not use excessive amounts of products when performing services
- Keep products in small containers at the work table
- Wear eye protection and gloves while transferring products from one container to another

There are many things that the Salon Manager and the Professional Manicurist can do to create and maintain a health and safe environment for themselves and for the general public. The following topics and facts are the most direct and active ways to ensure public health safety for all.

Active ways to prevent accidental swallowing of salon products

- Wash hands every time before eating or drinking.
- Never eat or drink in service areas.
- Do not have food or drinks in service areas.
- Do not have salon products in food areas.
- Keep clear and separate areas for eating and working.

Clean your environment

- Sanitize your salon.
- Dispose of gloves after each customer.
- Use clean unused towels for each customer.
- Clean implements before disinfecting them.
- Disinfect implements after each customer.
- Never give services to unhealthy nails, broken skin or any other signs of unsafe health.
- Before giving the service wash your patrons hands and/or feet.
- Do not use implements brought by customers.
- Do not use razor-type shavers to remove calluses.
- Follow your state cosmetology board's rules for proper cleaning and disinfection techniques.

Safe practices

- Label all containers
- Only dispose of waste in accordance to manufacturers' directions or with local regulations
- Do not use outdated MSDS (Material Safety Data Sheets)
- Keep copies of MSDS in a binder for each product in your salon that requires it
- Keep copies of state board rules and regulations
- Be trained concerning OSHA (Occupational Safety and Health Administration) rules
- No smoking by you or patrons inside the salon building.

Important facts for the Manicurist

- ◆ Wearing gloves keeps manicurists from damaging their nails and skin
- ◆ Wearing gloves keeps the skin from absorbing ingredients that could cause harm or irritation or allergic reactions to their hands.
- ◆ Solvents can be absorbed very quickly by the hands which can be extremely harmful.
- ◆ When solvents damage the skin it causes the damaged area to be more susceptible to further absorption and damage by other harmful products.
- ◆ Only nitrile gloves provide sufficient protection due to the fact that many product ingredients can penetrate them.
- ◆ Look at the MSDS for instructions on what kind of gloves to wear or contact the distributor of the product.
- ◆ Wear dust masks to keep from inhaling dust particles
- ◆ Wear dust masks when shaping artificial nails or filing natural nails
- ◆ Dust masks are approved by the National Institute for Occupational Safety and Health
- ◆ There are specific instructions on how to use dust masks
- ◆ MSDS will advise on which type of mask is best when using a hazardous product

Those around you in the Salon Environment are responsible for safety to themselves and others when it comes to product use.

Be aware of all Products and Ingredients that other Salon Professionals are using in your environment.

*Stay informed of the latest government news releases
that may be relative to your profession.*

Summary

By professionally applying nail art principles, practices and theories, the salon professional will be an irreplaceable asset to the establishment in which they are employed and even more valuable to the client. Knowing and applying the principles of nail health, color schemes, the color wheel into all procedures is a requirement for giving professional nail art services. In addition, by observing safe practices, you can keep the salon environment safe for all clients and employees. Being diligent in keeping the “Safety First” approach, gives you the best chance of preventing injury to yourself and others in the salon.

Credits, References, and Resources

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articles and reports

Center for Disease Control and Prevention (CDC): <https://www.cdc.gov>

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U.S. Department of Health and Human Services <https://www.hhs.gov>

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