

Tried & Tested

In the third edition of Tried & Tested I had the pleasure in visiting a local salon, Absolutely Fabulous in Stroud, to meet Kate Sagar, Head of Education for Bio Sculpture West, for a Bio Sculpture gel manicure.

Firstly I would like to thank Kate for travelling from Bristol to meet me and provide an insight into Bio Sculpture, their history, products and how the gel manicure works.

Secondly I would like to say a big thank you to Jayne Haile, owner of Absolutely Fabulous for allowing Kate and myself to use her salon for this treatment. Also I would like to thank all of her staff that helped contribute to the fantastic afternoon I had with them.

Absolutely Fabulous is a gorgeous, modern salon with 5 therapists. Jayne has been a member of BABTAC since she first started within the beauty industry. Her salon has gone from strength to strength and with her success she has now expanded with treatment rooms over 3 floors.

Kate Sagar – Head of Education for Bio Sculpture West

Kate first became involved in the hair and beauty industry in 1999, working for a local salon.

In 2001, she set up her own business offering mobile Bio Sculpture nail service along with other treatments such as Indian Head Massage, Manicure and Pedicure.

In her role as Head of Education, Kate is responsible for the training and assessment of trainees from within the nail industry along with people outside of the industry.

Training courses provided cover the following:

- GEL CONVERSION
- TIP TRAINING
- ADVANCED
- ASSESSMENTS

Kate also represents Bio Sculpture at the many trade shows and exhibitions that take place across the UK.

The Manicure

I felt very naive before I went for this treatment! I knew what fake/acrylic nails were and how they worked and I understood what a manicure consisted of but I had no idea what a

gel nail was! I was amazed by how clever the idea was, how easy it seemed to be to applied and how fantastic the results were!

- 1 Prepare the basic nail for the manicure:
 - Push back the cuticles
 - Shape with a file
 - Lightly buff over nail
- 2 My broken nails are built up to the same length as the real nails with sculpting gel, the sculpting gel is blended onto the nail and cured in the UV unit giving a newly formed nail.
- 3 The new nail is filed and buffed giving a natural shape the same as the others. The nails are now ready for the overlays.
- 4 I asked for a French finish. To start, Kate applies a clear gel as a natural base which is used to level out the nail.
- 5 Then the French White gel is applied over the natural white tips of my nails.
- 6 The whole nail is then covered in Crème, a nude, natural shade which Kate chose to match my skin tone. The Crème colour helps the nails shimmer making them appear more natural.

After steps 4-6 the nails are placed in the UV unit to cure the gel.

- 7 S-Gel is applied to every nail to add maximum strength, shine and to finish off the whole look.
 - 8 Top coat is applied to protect against the everyday environment i.e. sunny days, sun beds, washing hands.
 - 9 A cuticle oil is massaged into the nails to soften the cuticles.
- The look has now finally been created.

Unlike average nail varnish that dries at room temperature, Bio Sculpture products need the UV light to set them, this is fantastic for a slow worker or if mistakes happen as they can carry on being shaped and finished until

they come into contact with the UV light unit.

Benefits Bio Sculpture can offer:

- Thin, strong flexible natural looking nails
- Permanent nail colour that lasts for weeks
- No chipping or smudging
- No damage to natural nails
- No odour
- No dust
- No fumes
- The shape and length are versatile enough to suit each individual and occasion
- There are over 70 colours in the range
- The gel can be soaked off (not buffed off) which is less harmful to the natural nail

Bio Sculpture also offers:

- Pedicures
- Nail art

Recommended Homecare

Basic training is given on how to re apply the top coat and tidy the shape of the nails.

Results

The final result of the manicure was fantastic, I was extremely pleased with the French finish look and I was



amazed at how natural they looked. I could not help but feel my nails were still wet after being so used to waiting for wet nails to dry and I felt very conscious of picking up or touching things. With the layers of gel my nails felt at first very thick, but I quickly adapted and didn't even notice I had the gel on. It gave a very professional look to my hands and I had lots of remarks on how nice they looked. I also thought the way my broken nails had been built up was brilliant, you could not tell any difference between them and my own nails. It is advised that every 2 to 3 weeks the nails need to be touched up with in fills and shaped to cover up any growth and to keep the nails looking natural. For someone who has a busy schedule this maintenance may be a little too high. However I am now addicted and will definitely be going for my in fills when the time comes!

By Gemma Davis
Editorial Assistant



Gemma Davis and Kate Sagar

Colour Gel Overlay

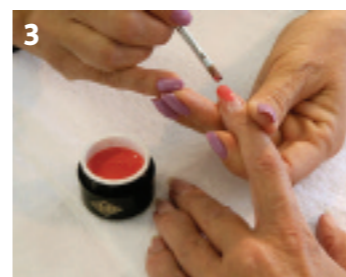
Work on a prepared dry nail, treated with BS Vitamin Dose or buffed BS Executive Base on the nail plate. 2091



1 Firstly, apply a thin layer BS Clear Base Gel onto the natural nail. Keep 2 mm away from the cuticle to prevent a step.



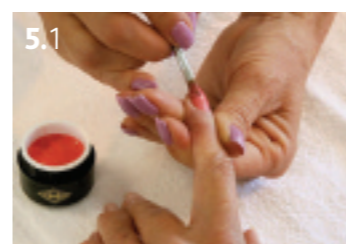
2 Cure for 2 minutes – Do not wipe.



3 If no nail corrections are necessary, and the nail is perfect, proceed with BS colour overlay. Scoop up gel on one side of the brush, pull back the nail wall and offload the colour gel in the center of the nail.



4 Hold the brush fairly upright and apply the cuticle outline.



5.1 Sanitize and judge your nails.



5 Turn the finger, pull away the nail wall and with controlled strokes, apply the colour gel to cover the lower curve and straight sides.



6 Scoop up more gel, use less pressure on the brush and bring the brush handle down to 45%. Apply soft, gliding, finishing strokes down the center of the nail, pulling past the free edge.



7 Cure for two minutes and apply and cure a second layer of colour gel.



8 Finish off with a strengthening layer of BS S-gel and cure for 2 minutes.



9 Sanitize and judge your nails.
10 Make sure that the cuticle and free edge areas are thin and that the upper arch is smooth with an even cure. If it is not the S-Gel may be buffed to the required result.

11 Sanitize and apply BS Top Coat

PROFILE



...on Elmien Scholtz Founder of Bio Sculpture Gel

How did you come to start in the nail industry?

Since I was a little girl I disliked plastic nails. I imagined that there had to be a better way that ladies with short nails could use.

During my studies I realised that the nails-section of the beauty industry was still under-developed.

Hair could be semi-permanently waved, lengthened and coloured, yet nail polish colour still chipped from natural nails and lengthened nails looked false.

If I wanted a change and uplift for nails, I would have to do it myself.

I worked in laboratories with chemists, leading them to what I had in mind – with Bio Sculpture Gel as a result.

Bio = Natural Sculpture = Create, shape, form

Gel – was the easiest medium to work with – it did not set under my brush and gel had the best clarity to bring out the true colour of permanent nail colours. Gels had the best surface tension, which was important to prevent lifting. Gel as a medium could be manufactured in a variation of viscosities from very flexible to very solid. Most important to me as a CIDESCO therapist was that gels did not fill the room with odour and it could be released from the nail plate before removal.

After four years I was content that my plan had reached it's full potential. Bio Sculpture Gel was registered in 1988.

What is it that fascinates you in the nail industry?

The numbers of people that make a living from nails.

The developers also fascinate me. I love the way that R&D never stops, and new products are launched every year, searching to improve and become better. New products are not always better products, but it keeps the industry alive. Competition is good for the therapist and healthy for the industry. It keeps developers on their toes which is a great for a growing industry.

Who is your "Star"? Do you have a Mentor

Isa Carstens who was the founder of CIDESCO in South Africa.

My husband Carl, without him there would be no Bio Sculpture. Running a successful international business takes more than product knowledge.

What made you successful?

Perseverance. When I was younger I had no fear and nothing to lose. I had an unstoppable drive and inexhaustible energy in the chase to reach my goal. My mind was saturated with ideas – I think that the experience is similar to that of music composers who have to "get rid of" or create and show, or put on paper, what is taking form inside their head. Failure was never an option even if it meant closing my beauty salon, La Femme.

The nail industry is an ever changing field. Do you have a prediction on where this industry will go?

Yes, I predict that it will keep growing until it reaches the same level as the hair and beauty industry. The public is becoming more aware that well groomed nails are just as much part of everyday beauty as hair care. We have a slogan that reads: "Your hands are your calling card in life – your nails their focal point."

What advice would you give to a new nail technician?

Become educated in all nail systems. Choose one or all to do in your salon, but once you have chosen a brand, go back for brand education and keep up with new developments, new products, new treatments and new techniques. Attend regular refresher workshops even if you have a busy schedule. You owe it to your clients to give them the best that the industry has to offer. Remember that no matter which system or brand you use, the product is only as good as it's application.

Take part in nail competitions even if you don't win, you will always pick up hints on how to improve and how to give faster and better service – And after all, it's fun!