

FAQ

Discover the truth behind some of the most commonly held health and beauty beliefs.

{slide=Can I get fungus from wearing acrylics?}

Fungus is not caused by wearing acrylics. Occasionally, when lifting occurs and is neglected, moisture gets trapped in between the acrylic and the nail plate, which creates "water moles" (green or tan in color). This is often mistaken for "fungus". A water mole is not a disease or a serious condition if recognized and treated properly and promptly. The color stain can usually be buffed away, disinfected and will eventually grow out along with your nails. If left untreated, this can potentially turn into a more serious infection. Water moles should not occur if enhancements are applied properly with regular maintenance.

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{slide=Should I let my nails breathe or take my acrylics off every so often?}

Nails, like hair are dead, they do not breathe. By keeping your nails trauma free, the healthy condition of your nails should not be affected with regular fill maintenance.

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{slide=How often should I get a new set of acrylics?}

This depends on each individual's daily activities and maintenance of his or her nails. A new set is usually recommended when there are air pockets (cloudy looking) in the acrylics or when the natural nails pull away from the acrylics' underside. Air pockets indicate that the acrylics are not adhering to the nail bed. Setting these factors aside, a new set is usually needed every three to six months.

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{slide=I usually prefer a particular nail technician. Is it okay to try a different technician in the same shop?}

Yes. All of our nail technicians are encouraged to work on each other's clients in order to learn from each other's work, as well as receive critique and improve each other's work. While all of our technicians follow the same guidelines and standards, each boast their own unique personalities and styles of work.

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{slide=My cuticles are so dry and parched year round, what do you recommend for improving this condition?}

Dry, chapped cuticles are the most common problems around. Chemicals, the environment, cold weather, or simply picking at them, can all contribute to this problem. Besides being unattractive, dry cuticles can also lead to hangnails.

The greatest damage to cuticles simply comes from a lack of attention. Most people don't consider at-home maintenance important and figure that a trip to the salon will be the ultimate cure.

Here are a few easy suggestions you might want to try at home:

- Use gloves when washing dishes.
- Apply lotion after a bath or when your skin is still damp.
- Leave cuticle-oil by your night stand and apply nightly.
- Salt scrubs with essential oils are also great if used regularly at home (included in the Hot oil Manicure we offer).
- Paraffin treatments for intensive skin penetration.

SOURCE: Nails Magazine (Feb 2002)

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{slide=What are your SANITATION measures and procedures?}

Ensuring the health and safety of our employees and the public is our #1 priority. Every single employee at Final Touch Nails & Spa understands the vitality of this issue and must satisfy the same standards of the sanitation guidelines as stated by the Arizona State Board of Cosmetology.

- Clients are supplied with personal kits which include files and buffers.
- All metal implements are sterilized after every client in an EPA-registered Disinfectant (bactericidal, fungicidal, virucidal, pseudomonacidal, Tuberculocidal, which are all effective against HIV-1 and the Human Hepatitis B Virus) that is mixed and used according to manufacturer's directions.
- Pedicure Spas are thoroughly flushed after every client, and all foreign matters are removed. Pedicure Spas are cleaned and sprayed or wiped, with an EPA-registered Disinfectant that is mixed and used according to manufacturer's directions. All removable parts are completely immersed in a wet EPA-registered Disinfectant, rinsed with clean water and patted dry. Removable parts are also completely immersed in a wet EPA-registered Disinfectant that is mixed and used according to manufacturer's directions.
- Management performs daily inspections of all stations, products, and disinfectants, to ensure all guidelines are followed. If you are uncertain about these procedures being performed during your service at our salon, please contact us through the email address provided.

Source: AZ State Board of Cosmetology, Article 1. General Procedure.

R4-10-112. Infection Control and Safety Standards

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{slide=I love the French Manicure look or the light sheer colors, but my nails are so YELLOW , any at-home suggestions?}

According to Elle, manicurist for the Mark Edward Agency in New York City, you can try the following:

- Squeeze lemon juice on your nails (the citric acid helps lighten stains).
- Add effervescent denture cleanser to warm water and soak your nails for 5 to 10 minutes.
- Protect your nails with a base coat that is formaldehyde free.

SOURCE: LHJ Jan, 2002

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{slide=Why do I still have SOFT, PEELING NAILS even though I've always used good strengtheners?}

According to Olivia Pop, manicurist at the Peter Coppola Salon in New York City, the culprit could be your facial moisturizer if it contains glycolic acid. This ingredient, though effective at exfoliating dead skin on your face, can get under nails and cause them to split. Solution: Wash hands immediately after applying your cream. Also, use hand products with gentle ingredients such as Aloe Vera.

SOURCE: LHJ Nov, 2001

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{slide=Why does my natural nail lift and separate on its own?}

A fungal or yeast infection, which results in Onychomycosis, can invade the nail through a tear in the proximal and lateral nail folds as well as the eponychium. This type of infection is characterized by onycholysis (nail plate separation) with evident debris under the nail plate. It normally appears white or slightly yellow in color, and may also change the texture and shape of the nail. The fungus digests the keratin protein of which the nail plate is composed. As the infection progresses, the organic debris that accumulates under the nail plate will often discolor it. Other infectious organisms may also be involved, and, if left untreated, the nail plate may separate from the nail bed and crumble off.

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{slide=What causes the lifting of nails on some clients and not on others?}

We are asked this question many times. Is there really a way to keep nails from lifting before the client comes in for their regular two to three week fill?

Years of research has revealed that there are basic causes for nails lifting and they fall into three categories:

OBSERVABLE CAUSES.

Many times, the cause of lifting nails is closely tied to the lack of proper preparation by the Technician at the time the nails are applied. The general consensus has deemed No Lift Primer as the best on the market. However, even with the best products, acrylic will not adhere to the nail plate if preparation has not been performed properly.

- Natural Oils. The natural oil must be removed so that the nail has a dull finish prior to the application of the No Lift Primer.
- Moist Nails. Moisture on the nails, at the time primer is applied, prevents bonding in the same manner as natural oils do.
- Pterygium. The pterygium is an overgrowth of cuticle that sticks to the nail plate. It must be completely removed, or the primer cannot reach the nail plate and lifting will occur.
- Excess Dust. Grit can cause lifting. Remove thoroughly with a duster brush!
- Nervous Habits. Caution your clients that picking and biting nails can cause lifting.
- Occupational Hazards. Typing, keypunching and similar activities exert pressure on the nails and can cause lifting.
- Misuse of Nails. Using nails as screwdrivers or other such tools is not recommended and can cause lifting.
- Filing. Friction and heat build up from drills or files can cause lifting.
- Diseased Nail Plate. State Licensing Boards have determined that this problem is beyond the scope of the technician's practice. Professional medical attention is required.

HIDDEN CAUSES.

- Heart Medications.
- Diuretics and too much Vitamin B-6.
- Medication for sugar diabetes (Insulin).
- Thyroid Medications.
- Allergies and sensitivity to the product itself.
- Bacteria in the client's system.

CHEMICAL CAUSES.

- Contaminated primer (dust in the primer) or liquid or acrylic powder.
- Smoke in the air accumulating on the nails before the product is applied.
- Mixing products from two or more manufacturers which may be chemically incompatible.
- Nail plate being saturated with too much primer.
- Glue.
- Household cleaning products.
- Lemons, Limes and other Acidic Juices.

