



P.O. BOX 756 • FRANKFORT, ILLINOIS 60423

Sponsor #190-00302

Nail Art 101

3 Hour Home Study Program

Welcome to Nail Art 101

This program will help you to understand the fundamentals of hand painted nail art and design. You will learn basic steps that will help you build up to more advanced techniques.

5 hour Home Study Program

National Beauty Training, N.B.T. Inc. is a Registered C.E. Sponsor under the Illinois Barber, Cosmetology, Esthetician and Nail Technician Act (License #190-000302). Individuals licensed by the Illinois Department of Professional and Financial Regulation can only complete 50% of their continuing education requirements by Home Study!

Your certificate will reflect the number of hours completed.

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These are the things you will need to get started:

- Nail Tips
- Water Based Acrylic Paint
- Orange wood stick
- Top Coat
- Nail Art Brushes
- Paper Towels
- Glass of Water
- Rhinestones
- Colored Nail Polish
- Alcohol
- Q-tips
- Hand Towel
- Nail Glue
- A palette

SELECTING NAIL TIPS:

- When choosing your nail tips to practice, it is important to select tips that are not smaller than size 1, 2 or 3. When learning nail art, smaller tips make it more difficult to achieve your desired brush strokes.
- Select tips that are a natural shape. Tips with a strong arch will cause difficulties when initially working with a striper brush.
- Using spare tips or extra tips you have in stock, will save money when making displays.
- You can use a practice finger to insert the tip for practice. Another method is to secure the tip to a toothpick or orangewood stick with nail glue.



ORANGEWOOD STICKS

I find it helpful....

to file the end of the orangewood stick.

This makes it easier to pick up
rhinestones.



TOP COAT

I find it helpful....
to use a top coat that is not too thick.
This will help your art designs dry
faster and reduce puddling.



NAIL ART BRUSHES & TOOLS:

There are many different brushes to choose from, select the brush that will yield the desired effect.



Selecting The Paints:

When choosing paints you want to select paint that is water based acrylic paint. This paint is available at most craft stores. It is available in regular, metallic, glitter and gloss. For best results, do not select the gloss type (it will be difficult to determine topcoat readiness). The 2oz. bottles are preferred, due to the small amount you will use each time, these bottles will last a very long time.



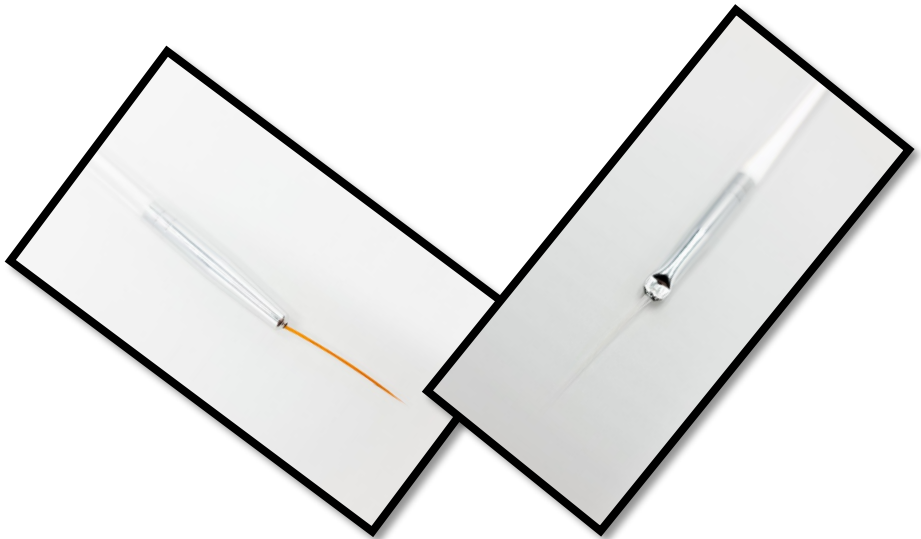
THE DETAILER:

The detailer brush is for achieving small detailed designs. Achieving outlines, shading, and small intricate designs, are examples of when you would select this brush.



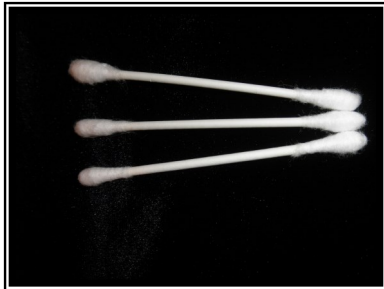
THE STRIPER:

This long slender brush is used to create magic! Even if you can't draw a straight line, with this brush you can. It is available in a variety of lengths and bristle types.



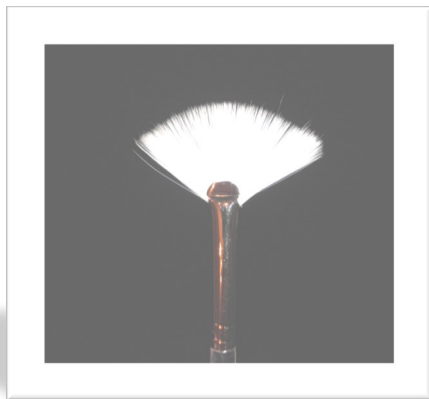
ACCESSORIES:

Other necessities include: alcohol, cotton swabs, nail glue, paper towels, palette, a hand towels & assorted nail polish colors.



THE FAN BRUSH:

This brush is the one that will puzzle you and will remain in your brush case... unused. The trick to this little guy is to wet it first. Wet it, wipe it off & dip only the tips in the paint. Use it for snow, grass, color shading and Christmas tree branches. It is a great little brush, you just have to know what to do with it!



THE DOTTERS:

This is a great tool! You can use it to make many different designs. Use it to add that perfect finishing touch. It comes in a variety of sizes. (*The Calligraphy pen will not be featured in this program due to the fact that many of you do not have it to practice.*)



RHINESTONES:

Add sparkle to your nail art design with decorative gems. Available in many shapes & sizes; round, teardrops, flowers, triangles, flowers & hearts. A wide range of colors enhance any design idea.



DRYING TIME:

Nail art paint goes on shiny and will dry to a dull finish. If you apply topcoat before the paint becomes dull, you will smear your design.

The nice part about the water based acrylic paint is; unlike nail polish, if you make a mistake you can wipe it off with water (before topcoat). If the design has dried (before topcoat), and you want to remove it, then you will need to use alcohol to remove it. Simply saturate a cotton swab with alcohol and remove the design. Once it is top coated you will need nail polish remover to remove it.

There are a few paints that may give you trouble when checking topcoat readiness. If you purchase "glossy" acrylic paint, you will not be able to tell if the paint is dry, as it is always shiny. The other thing to make note of is glitter paint. I love the accent that the glitter paints give, however, they are very thick and take longer to dry. Finally, there is metallic paint. It is beautiful, however, like glitter, just give it a little extra time to dry.

LET'S GET STARTED!

You should be all set up and ready to begin. Remember to always work with adequate light. If you need reading glasses, get them ready.

In the following pages you will find traceable designs. This booklet should be printed to complete the practice. You will need a thin sheet of plastic or plastic wrap from your kitchen. You are able to use your nail art paint and tools directly onto the plastic film (which we will call your page protector. Place the nail art page protector directly over the nail diagrams. This will allow the nails to show through the plastic shield. You can practice by painting directly onto the plastic. When you are finished with the design, the plastic can be replaced or wiped clean with alcohol & a soft cloth.

The designs will be broken down into step-by-step brush strokes. This will help you to learn the brush strokes and patterns before you start it on a fingernail. Once you have perfected a design on paper, it's time to do it on a nail tip or live model.

THE WHITE TRICK:

Always begin any nail art design with white paint. This will cause your nail art design to be dimensional, instead of flat and boring.

When you use white paint first, allow it to dry, then add color over it. The white will create contrast with the polish color that is on the nail and cause the nail art to stand out.

Test this theory for yourself;

- Polish 2 nails red
- Paint a design in pink on nail #1
- Paint a design in white on the nail #2
- Allow both to dry
- Give the pink design one more coat (#1)
- Go over the white design with pink (#2)
- Allow both to dry
- Apply top coat

SEE THE DIFFERENCE????



THE DOT FLOWER

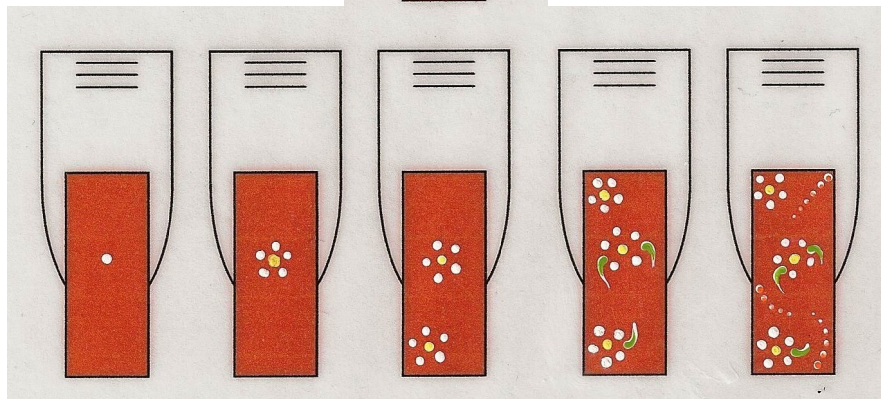
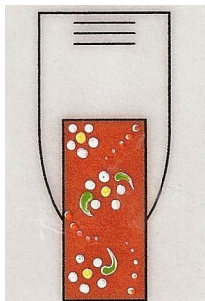
This design consists of dots & commas. Use your dotter for this design. The leaves are made by making commas with the dotter.

BRUSHES & TOOLS YOU NEED:

- DOTTER

PAINT COLORS YOU NEED:

- WHITE
- ORANGE
- YELLOW
- GREEN



THE STRIPER OR LINER BRUSH

You can complete a variety of designs with this brush. Start by dipping your brush in the paint and putting the paint on the palette, this will remove excess paint. Add dots & glitter to spice up your design.

BRUSHES & TOOLS YOU NEED:

- STRIPER
- DOTTER

PAIN T COLORS YOU NEED:

- WHITE
- BLACK
- PINK
- BROWN
- GOLD GLITTER



THE PUMPKIN

This design is made with large commas and other hand painted shapes. Use your detail brush for this design.

BRUSHES & TOOLS YOU NEED:

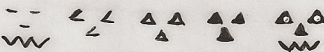
- DETAIL BRUSH
- STRIPER
- DOTTER

PAINT COLORS YOU NEED:

- WHITE
- BLACK
- RED
- ORANGE
- YELLOW
- BROWN
- GREEN



How to draw the face & eyes



THE VALENTINE'S NAIL

Use the detailer to make a white heart shape & fill it in. Once it is dry make a smaller heart in dark pink. Once dry, outline with the light pink. Allow to dry, then use the dotter to make the final detail. Write the words with your detailer brush (apply a 2nd coat if needed).

BRUSHES & TOOLS YOU NEED:

- DETAIL BRUSH
- DOTTER

PAINT COLORS YOU NEED:

- WHITE
- LIGHT PINK
- DARK PINK



RHINESTONES

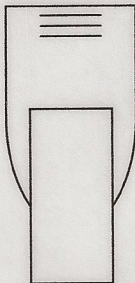
Apply top coat to the nail and to the orangewood stick. Pick up the colored side of the stone with the wet orangewood stick and press it into the wet top coat on the nail. Topcoat over your design.

BRUSHES & TOOLS YOU NEED:

- **ORANGEWOOD STICK**

PAINT COLORS YOU NEED:

- **TOP COAT NAIL POLISH**



THE CHRISTMAS TREE

The fan brush is the favorite for this tree! Dip the fan brush into water and the dry it off. This causes the bristles to stick together, giving you the perfect amount of bristles to swipe this design. This brush will make a long series of commas, perfect for evergreen branches! Do the design in white first, then layer on dark green, next light green, then yellow. With your dotter do white ornaments, allow them to dry and add color. If you don't have star rhinestones, an *asterisk* makes the perfect tree topper! Be creative with garland, presents and more!

BRUSHES & TOOLS YOU NEED:

- FAN BRUSH
- DOTTER

PAINT COLORS YOU WILL NEED:

- WHITE
- DARK GREEN
- LIGHT GREEN
- YELLOW
- PINK
- BLUE
- LIGHT PINK
- BROWN



To complete this Home Study Program:

1. Take the quiz
2. Fill out the evaluation survey
3. You can download your certificate right from your "my courses" page. If you don't have access to a printer, no worries download it to your computer and print it out later.

Our goal is to create a program that will help each of our students in this great field of Nail Technology. We truly hope you enjoyed this program!

Tammy & Gert

CONGRATULATION **YOUR FINISHED!**

NOW IT'S TIME TO PRACTICE ON A
NAIL TIP OR A MODEL!



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