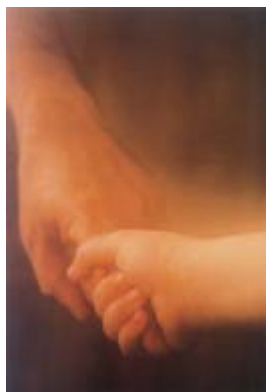
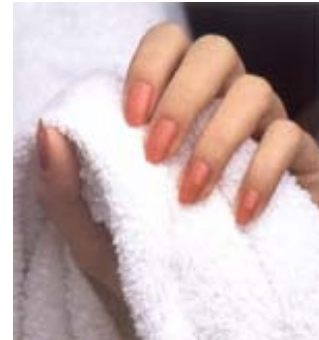


## The Mavala Manicure

In collaboration with our Manicure Schools in England, France and Belgium, we have developed a basic nail care and beauty routine to help you obtain positive results in the shortest possible time.

A complete Mavala manicure should be ideally done once a week.

Who ever said that nail care is only for women? It is just as important that men and children develop good nail-grooming habits.



### Nail Care for Men

Since men's nails are prone to the same problems as women's, all Mavala treatment products apply. Basically, the manicure for men is the same as for women, except for the following:

1. Men prefer their nails short in length and natural in tone.
2. The nails are often a little thicker and harder, so the rough side of the emery board can be used.
3. Regular use of Pink Buffer will stimulate circulation and gives the nails a natural smooth shiny surface.

### Nail Care for Children

Cutting children's nails is not easy. However, when their nails become too long or harder, children risk scratching themselves and nails can break or be damaged. Mavala suggest their Baby Nail Scissors which are curved and round-ended, especially adapted for babies and children to make this delicate job easier.

Children should be taught nail grooming from an early age. Cleanliness is most important, followed by periodic buffing and regular cuticle care.

We suggest that they regularly apply MAVALA HAND CREAM or even MAVALA CUTICLE CREAM and help them to master the techniques of shaping their nails with an emery board to deter nail nibbling. However, if they continue to bite their nails, put a stop to that fast with MAVALA STOP nail biting deterrent.

The younger you take care of your nails, the greater are the chances of keeping them healthy and strong when adult.

### The Manicure

1. Remove old polish from the nails by holding a cotton pad soaked with nail polish remover firmly against the nail for a few seconds. Then wipe off with a single stroke. Repeat the process until all traces of polish are gone. Remove stubborn polish around the cuticles with a cotton-wool-covered cuticle stick dipped in remover or with the CORRECTOR for nail polish.



2. Shape the nails with an emery board. Lightly stroke form the edges of the nail toward the centre, holding the board under the edge of the nail and at a slight angle. Bevel for a smooth finishing touch and check for any remaining roughness. Avoid filing deep into the corners of the nails as it weakens them.



3. Apply CUTICLE REMOVER around the nail contour. Wait one minute and gently roll back the skin with a cuticle stick wrapped in cotton wool, working away the dead tissue to form a neat outline. Then pass the stick under the nails for a final touch-up.



4. Wash hands thoroughly and brush the nails with a soft manicure brush. Dry hands properly. Clean your nails with a cotton-wool dampened with Nail Polish Remover. Nail polish will not adhere properly if any oily film remains on the nail plate. If desired, polish with buffer for a very smooth nail surface. It also stimulates the root of nails and provides an elegant shine.



5. If nails are soft or tend to break easily, this is the point at which to apply a small amount of MAVALA SCIENTIFIQUE penetrating nail hardener to the tips of the nails, being careful not to let it touch the cuticle or skin. For an optimal result, we recommend to use it only once or twice a week. Allow it to dry before going on with your manicure.



6. Brush on MAVALA 002 protective base coat to cover the entire nail surface. Let dry for a few minutes. It will remain slightly "tacky" to the touch which enables the polish to adhere better. If nails are fragile, use MAVALA BARRIER-BASE. Both products protect the nails from absorbing pigment contained in nail polish and lengthen the life of your manicure.



7. MAVALA's comprehensive range of nail enamel offers you a large palette of colours suitable for all tastes. Why not try something original and create a personal shade by using coats of different colours?



**\* See more further on**

8. Shake or roll the bottle of nail enamel before using. For nail polish to adhere properly, apply in two or three thin coats. Click on colour application technique below.



9. Lightly brush on coat of COLORFIX to protect against chipping and abrasion and to give an incomparable brilliance.



10. Finally, put on a coat of MAVADRY Nail Polish Dryer. In just one minute your nails are touch dry and the colour is enhanced.



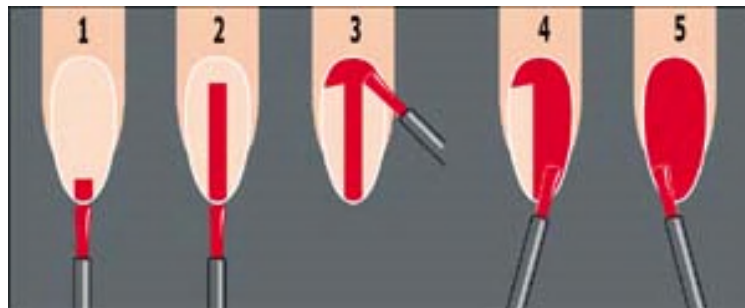
## \* Nail Polish Preparation

Before applying nail polish, shake the bottle well as some colours tend to separate or settle. The small stainless steel balls found in the bottom of many bottles help keep the mixture uniform in colour and consistency and facilitate smooth application.

## Nail Colour Application Technique

Always protect the nail plate with a base coat, MAVALA 002 or BARRIER-BASE, and allow it to set before applying polish. Use long, even strokes when applying nail polish; avoid dabbing. The second coat will cover missed areas. Dip brush into polish and wipe off excess on bottle neck (only inside to avoid sticking of cap onto the bottle).

1. Test consistency of polish on nail tip before beginning.
2. Begin by applying polish down to the centre of the nail in one stroke, from base to tip, leaving a small space between polish and cuticle.
3. Apply polish to cuticle base, stopping just short of the cuticle.
4. Lift brush and stroke one side of nail from base to the tip, avoiding the cuticle.
5. Stroke other side of nail from base to tip. If colour has touched the cuticle or skin, wait until the polish has dried and remove with a cotton wool wrapped cuticle stick dipped in nail polish remover, or use MAVALA's handy CORRECTEUR pen which is designed for this purpose.



## Tips:

- Apply nail polish in thin layers. It will dry quicker and hold longer.
- To make your manicure even last longer, apply COLORFIX top coat and / or MAVADRY following the final coat of polish and allow to dry thoroughly. An additional coat of COLORFIX applied every second day will extend the life of a manicure.
- Avoid leaving open the nail polish bottle too long and store it in upright position.
- Keep the bottle neck always clean, so that opening stays easy.
- Always screw tight the cap on the bottle after use.

## Fantasy Nails

These are fun - great for a party! Some professional manicurists specialize in what is known as "nail art" and the results can be spectacular. The do-it-yourself nail artist is advised, however, to keep it simple.

Various arrangements of stripes and dots can be achieved by using a cotton-tipped cuticle stick saturated with nail polish remover or, easier yet, MAVALA CORRECTEUR pen.

Subtle or dramatic graduations of colour are possible by applying the same colour in different densities or by using different but related colours. Combinations of contrasting colours, or cream and pearlized colours, can create other decorative effects.

For still more elaborate decoration, decals can be applied to the nail over a protective base coat. A top coat is important for durability and protection. For a festive effect, sprinkle metallic or coloured "glitter" over the base coat while it is still quite sticky, let dry and apply two layers of top coat to "fix". Metallic polishes can give a rich, "precious metal" look to the nails. Let your imagination be your guide!



## How to enhance the shape of your nails

There is no firm rule as to the form nail polish should follow on the nail. The simplest way is to cover the entire nail surface, but this may not best enhance your hands. The important thing to remember is that, whatever shape you choose, the free edge is neat and clean and the cuticles are completely free of polish. Here are some ideas to help you visually improve the shape of your nails.

### Short, square nails

**Shape:** In order that the length of the free edge is not out of proportion, the nail must not be too long. Keep the top fairly straight, slightly rounded at the sides, but be careful not to file too deeply at the edge.

**Polish:** If you are using a coloured enamel, leave a narrow strip on either side free to elongate the nail. This will require practice. Try also colouring under sides of the free edge with MAVALA Nail White Crayon and adding a coat of



transparent polish, or using one of our French Manicure Kits.

### **Fanned or triangular nails**

**Shape:** Following the shape of the fingertip, file the nail into an oval; do not allow it to project far beyond the tip.

**Polish:** Leave a narrow space between polish and cuticle to visually lengthen the nail.



### **Long, almond-shaped nails**

**Shape:** This is the ideal nail shape and can be allowed to grow as long as you wish. File into an oval shape, but without a point which is unesthetic.

**Polish:** The entire nail can be covered with polish, or leave the half moon at the nail base free of polish. This is difficult to do and requires practice.



### **Long, rectangular nails**

**Shape:** This nail shape is equally attractive long or short. For a strong look, file the free edge flat across the top leaving the sides straight.

**Polish:** Cover the entire nail with polish, or leave a narrow strip free of polish up each side for dramatic effect.



### **Round nails**

**Shape:** This nail is as long as it is wide so let the free edge grow and shape into an oval to elongate the nail. Avoid a too long free edge.

**Polish:** To make the nail look longer, leave a strip up either side free of colour.

