

MIRABELLA

SUMMER 2017

HAIR EXTENSIONS

Friend or Foe? An in depth first-hand look at the good, the bad, and the unexpected.

IS MICRONEEDLING REALLY AS SCARY AS IT SOUNDS?

**FOOD NETWORK
STAR ALEX
GUARNASCHELLI**
DISHES ON
HER FAVORITE
SUMMER RECIPE
FOR MIRABELLA
READERS

MIRABELLA EXCLUSIVE

America's favorite body positivity activist and founder of the No Shame Campaign, Whitney Thore shimmies and shakes her way into our pages and hearts.

Mamma Mia!

The Contemporary Queen of the World and 3 time Emmy winner Mia Michaels gets candid about body issues, finding herself and building her "Unicorn Empire."

NAJA's Nail Salon No-No's



In my opinion, there are very few situations in life that can't be somewhat rectified or alleviated with a good mani/pedi. I know I'm not alone when I say that I actually enjoy answering my copious amounts of emails when I have a fresh mani to look at throughout the process. I may never know if it's because of how the polish of choice ever so perfectly drapes itself over my entire nail or the shininess of the top coat (because anyone who knows me can vouch for my affinity for shiny things); and quite frankly, I'm ok with not knowing the exact reason why this is one of my favorite activities. The feeling of euphoric bliss that I get from the moment I open the door to the salon till the second that I open it again to leave, is enough for me!

Although sadly, not everyone can say they always have positive experiences at nail salons. There are many underlying dangers that one wouldn't really think of...and I'm not talking about the unfortunate dilemma of picking the wrong color here, I'm talking funguses, diseases, infections and so much more. However- Mirabella Magazine has got you covered! Our resident nail guru and super fab contributor Naja Rickette gives us some of the biggest warning signs and red flag raisers when it comes to nail salon cleanliness, practices and the best ways to avoid any unnecessary mishaps.

[1] It's best not to shave your legs the day of your appointment. Shaving too close to your pedicure may result in microscopic cuts and openings creating a potential source for infections. Nail techs don't care about your leg stubble. Safety should always be your top priority. Plus, getting a scrub during a pedi is great because exfoliating before shaving is best for smooth skin results.

[2] When you open the door (or even just pass by) and the pungent aroma of acrylic or other products smacks you in the face and makes you go cross eyed, you should leave immediately. If the salon does not have proper ventilation equipment for the odor and dust, they could also be using poor quality or low grade products.

[3] If there is dust, nail clippings or clutter all around you, that is a red flag (and pet peeve) for me. Salons are supposed to be sanitary, organized and professional places to beautify yourself. Why would you sit in a dust infested and cluttered environment?!

[4] A major red flag for me is if the tech is rummaging thru drawer after drawer or getting up to look in other stations to find implements. All tools should be sanitized and pre-packaged prior to your visit. Pulling out a clearly used file or buffer is high on my gross and unnecessary list.

[5] The first sign of pain (or even drawing blood) is a MAJOR no-no. It often reveals you're in the presence of unskilled technicians. A mani/pedi should never hurt. There should be no skin pulling, cutting, or pushing resulting in pain.

[6] When removing excess polish, a brush or orange wood stick is ideal. If the technician is using their own thumbnail or an orange wood stick with visible color paint on it (not from you) that is not a good sign.

[7] Using products that are sold at restaurant supply stores instead of beauty supply stores. You all know I'm talking about cheese graters here! Scraping feet with tools not intended for that specific purpose cuts

the skin in such a way that causes more trouble than it's worth. Cutting the skin like this causes it to go into "emergency mode" resulting in the skin growing back quicker and thicker for protection.

[8] My main pet peeve (when it comes to service) is when cold lotion is squirted directly onto the leg or arm in a straight line. I call it "hotdogging" because that's how you put ketchup on a hotdog. Lotion should be put in the tech's hands first and warmed up by them rubbing their hands together. Then, and only then, should it be applied to the customer's skin.

[9] Using visibly soiled towels to clean/wipe down the station. Even though it's just being used to wipe down after use, the towels used for every process throughout your visit should be clean to ensure proper sanitization.

[10] Make sure there is a place for you to dispose of your toe separators and disposable slippers. Usually it's a bin located near the door or next to the trash barrel. It's important because they are disposable for a reason. They should not be recycled or re-used on another client.

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