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CELEBRITY NAIL ARTIST
Naja Rickette Dishes

*Declutter
It All
This Fall*

PAIRING HAIR WITH NAILS

by Naja Rickette



After a long day, many people enjoy sipping on a glass of wine. A relaxing way to unwind from a long workweek can also be spent with close friends and great food paired with a bottle of wine.

A fun fact about me: I went to culinary school straight out of high school and worked as a chef before venturing into the beauty world and becoming "The Nail Guru" to the stars. Combining flavors and pairing foods with other foods or wine is one of the best skills a cook can have. It's the delicate combination of flavors, whether complementary or opposing (think sweet & salty) that delights the taste buds. It's called Culinary Arts for a reason—it is an art to know how to fuse flavors, to present them beautifully, and to pair food and/or wines that heighten the whole experience.

The same holds true for beauty. Beauty is an art. Fashion is all about pairing. We love to pick out the shoes that put that final seal on an ensemble or apply that lip color and put on statement earrings that truly complete the total look. This same approach comes in handy when choosing nail polish colors. After all, the way my trained eyes see it, just as you dress your feet with shoes, your body with clothes, your face with makeup, you dress fingernails with color.

Yes, the dilemma is often, "But what color?!?" because the dressings on our nails do not come on and off daily like our makeup or shoes. We keep nail looks for three days to two weeks. In today's fast-paced world, committing to a color for seven days is almost a semi-permanent choice, haha!

Along with food and wine, another really fun pairing is hair and nails. Have you ever thought about basing your nail color choice off of your hairstyle? I have. As part of the elite glam squad for many celebrities, that is our job. As a collective, the team consisting of hairstylist, nail artist, makeup artist and clothing stylist all work together to create a LOOK. I love to pair a nail look with a hair look!

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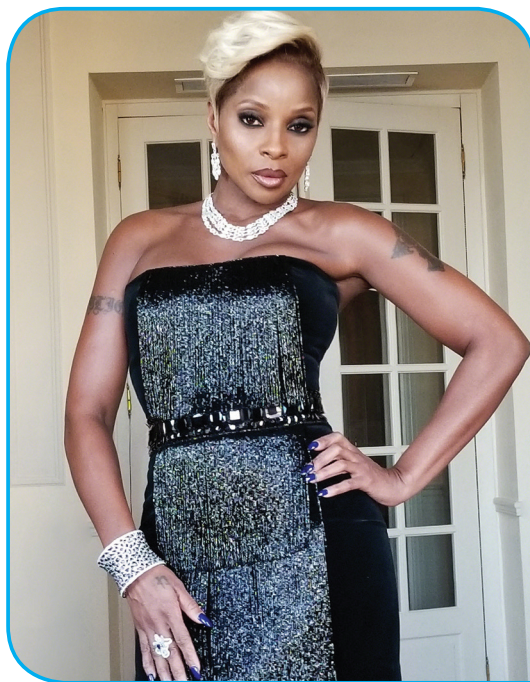
For my personal daily fashion, I get my nail flair by applying a pop of color to the underside of my nails. This does, in effect, complement my hair. You see, I have two-toned hair, so two-toned nails really tie the whole look together. If you have a nail length that is long enough to put some color back there, try it out! You will be amazed by how this little detail, and often overlooked area, will have people stopping you with compliments on your nail fashion.

Short, fierce hairstyles are in this season, so be prepared to pack a bold punch with your nail color. Mary J. Blige is going lighter blonde and has a short, blown back style that really screams confidence. Pairing this hairstyle with deep, rich dark hues on the nails is a winner. Think Bordeaux, deep-red wine or rich-dark chocolate brown.

Wavy bobs, loose curls just hitting the shoulders and braids are having a moment on many heads as well. So hmmm, what about the nails? Great nail polish colors for the braid look—whether it be loose, wispy braids, an intricate braid design or a full head of braids—are earth tones, like mauve browns or taupes, and they pair excellently. You can also have fun this season trying an olive color on your fingertips. Think mossy green.

The bob (one of my favorites) is versatile because it can be worn pin straight, asymmetrical or wavy. These looks are paired well with smooth, gray shades. A classic red nail will also pack a punch or try to step out of your box and rock a soothing sky blue with a hint of gray undertones on your digits.

So pull out your wine glass, pour yourself a glass of wine paired with cheese, great friends or good food, and have a discussion about what nail polish colors to pair with your hairstyle of the moment!



Photo/Makeup: D'Andre Michael @dandremichael

Hair: Ursula Stephen Styling: Jason Bolden Nails: Kimmie Kyees



Photo courtesy of RD MultiMedia