

THE NAIL STRUCTURE & CONSISTENCY

The 6 Pillars worksheet

part of The Nail Shapes & Structure Masterclass program

Welcome to the first video,

where I'm covering the *6 pillars of perfectly structured nails*, which (when fully understood and executed) will allow you to become more consistent in creating amazing nails. (Not to mention an O.M.G nail tech tag 😊).

By improving them all, you'll not only increase your confidence level, so working on any type of nail and creating any shape will be fun, not a challenge; but also, you'll have doors open to so many opportunities the nail industry offers.

So, all those people you follow and admire.... Why not become as good and famous as them yourself one day? Hmm...?

And yes. IT'S POSSIBLE! 😊

So, do your assessment and stick with me to the end of the video series, to learn more and find out more about the Masterclass too.

Love, Ela

Nail Experts Academy by Ela Loszczyk

This is your self-assessment to establish where you are at with your techniques and how well you're able to execute them.

It's the first step in improving your skills and gaining clarity.

(But - don't be too harsh on yourself and try to base your answers on facts, not emotions. OK? OK! So, take a look at the nails you're currently wearing, or on the images of nails you've done, and then assess by looking at them with a fresh eye.)

The 6 Pillars of perfectly structured nails are:

1st Pillar - _____

2nd Pillar - _____

3rd Pillar - _____

4th Pillar - _____

5th Pillar - _____

6th Pillar - _____

Self-assess your understanding and ability to execute the following: (1 meaning zero understanding/ lots of problems; 10 – no problem here)

1st Pillar — nails are well etched, the free edge filed off, no cuticle or pterygium left

on the nail surface, cuticle nicely removed; clients experience no lifting; I can prepare the nail with a hand, or e-file; it doesn't take a lot of time.

1 2 3 4 5 6 7 8 9 10

2nd Pillar — form is customised every time and it's well customised; applied

accordingly to the nail shape and natural nail, free edge closed accordingly to the shape being created, form fits well under the natural nail; is properly and securely closed; is attached to the finger and not moving during the product application; customisation and application doesn't take a lot of time.

1 2 3 4 5 6 7 8 9 10

3rd Pillar — product is applied smoothly, fast and at the correct thickness; ability to

pick and work with the correct bead size; the mix ratio is correct; not much filing needed at the end; cuticle area is well executed and skin around the nail plate is free from the product; application is well balanced accordingly to the shape being created and natural nail type.

1 2 3 4 5 6 7 8 9 10

4th Pillar — every nail is pinched; pinching is done at the right time and the right

area; you feel confident to pinch using various tools.

1 2 3 4 5 6 7 8 9 10

5th Pillar — you do have filing techniques for various shapes; you pick and follow one

technique when filing a particular set; you feel confident using a hand file; you feel confident using an e-file; filing doesn't take you too much time; you're fully aware of the differences between the nail files and grids and/or between the e-file bits; filed nail is smooth, has a good thickness and looks natural.

1 2 3 4 5 6 7 8 9 10

6th Pillar — each nail is finished to a high standard; you're able to apply gel polish

extremely close to the cuticle area without touching it; nails look and feel smooth; you're confident with the nail art techniques and are able to execute them well; nails last until the next appointment without any lifting, chipping or breaking.

1 2 3 4 5 6 7 8 9 10

Techniques and skills

My strongest point is: _____

I'm nearly there with: _____

I need a lot of work with: _____

Timing

My timing: _____

I'm fast with: _____

I'm very slow with: _____