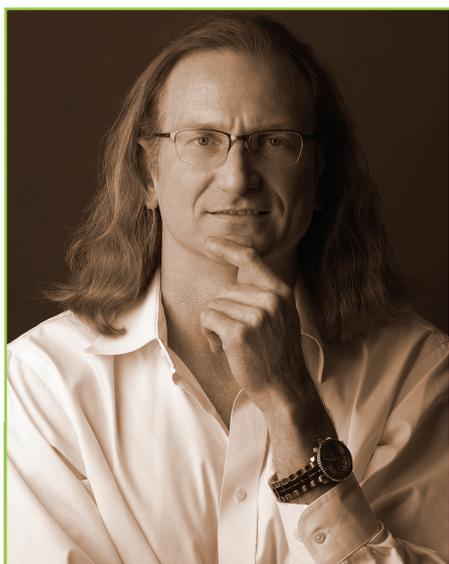


THE SCI-FILES



DOUG SCHOON

Doug Schoon is an internationally recognised scientist, author and educator with over 30 years' experience in the cosmetic, beauty and personal care industry. He is a leading industry authority known for his technical and regulatory work and is co-chair of the *Nail Manufacturers Council (NMC)*.

Doug was CND™'s chief scientist and head of the R&D laboratory, QA, and field testing/evaluation departments for almost 20 years and has authored several books, video and audio training programmes, as well as magazine articles about salon products, safety, and practices for salon professionals.

In 1986, Schoon founded *Chemical Awareness Training Service (CATS)* – the beauty industry's first safety training company. This was followed by his book, *Nail Structure & Product Chemistry*, 1st and 2nd editions, which have become essential reading for nail professionals, with a new edition out soon. He runs *Face-to-Face with Doug Schoon*, an internet learning series that focuses on nails, nail products and services, and has taken this format to paper with the release of two books.

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Watch Doug's internet series on nails, nail products and services at www.faceoffacewithdougshoon.com

Globally renowned scientist and nail expert, **DOUG SCHOON**, explores the ideas and concerns surrounding nails, techniques and products

RISKS OF THE 'RUSSIAN' MANICURE

Some manicurists are teaching what I see to be as a highly risky technique that has several names, including the 'Russian', 'Equipment' or 'E-File' manicure. I believe this is a potential threat to the entire industry.

This manicure technique is considered invasive and promotes the intentional cutting and/or abrasion of the living skin surrounding the nail plate. It is claimed that the nails look prettier, but that's a poor reason to jeopardise a client's health when safer ways to perform a manicure exists.

Cutting/abrading will damage skin and create the very problem manicures are supposed to solve; more damaged skin that later must be cut or abraded away – like a dog chasing its own tail! Nail salons are already under intense scrutiny and don't need the media or salon-bashing activist groups using this as another reason to avoid them.

Some justify their actions claiming to use only sterile or disposable implements, believing this prevents infections. Wrong! Whenever the living skin is cut or abraded, the damaged area is more susceptible to infection for many hours – even days – and will remain so until the damage heals. A proponent argued, 'I've never heard of that happening.' Of course not! Not many would openly admit they cut a client's skin and caused an infection, yet I've seen this occur many times. Also, damaged skin is more susceptible to irritation or permanent allergic reactions. This is especially worrisome since many who use this technique place nail coating

products directly against the skin, further increasing the client's risk for adverse skin reactions.

Another asked that if it's such a risk, why are so many doing it? I say, 'Fools rush in where angels fear to tread!' Just because some do this, it doesn't mean it's safe. This method should not be taught to the masses via internet videos, yet, some are jumping on the bandwagon without considering the consequences to their clients or their business. I do not think that so-called certification classes are the answer. Many students of these courses

will ignore much of what they learn and teach their way to others, who will also do it their way. Soon, the precautions will be forgotten. This could have unforeseen consequences that could harm clients and may be disastrous for the reputation of the nail industry.

Interestingly, many who do these invasive services claim they do it the safe way and others do not, but isn't that the pot calling the kettle black? Besides, using an e-file to smooth this skin is considered microdermabrasion and in many regions is restricted only to those with special licences beyond nail technician licencing.

Never intentionally cut or abrade the skin around the nail plate, as it's trouble waiting to happen. Also, never place any nail coating product directly against the skin, especially damaged skin, as this increases the risks of skin irritation and permanent allergies to these products, which leads to more trouble. Protect and pamper the skin around your client's nails; don't invade it. Explain to your clients and friends why they should avoid this as well. **S**

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