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The hottest manicures this season

Anushree Basu Bhalla, TNN | Jun 25, 2014, 03:08 PM IST

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The hottest manicures this season (Thinkstock Photos/Getty Images)

A blissful session of manicure not only uplifts your spirits instantly but the finishing touch of a trendy nail polish is a sure-shot route to instant gratification. Here are some of the season's uber-luxe and personalised manicures therapies and on-trend nails that are enticing the discerning clientele.

Treatments for the hands: This summer, ice-creams have found their way to your manicure regimen. The therapy uses bath creamers-cum-soap fizz balls in ice-cream flavours that goes from black-currant, strawberry, and rose, to vanilla and butterscotch. Here's how it's done --

The hands are dipped in lukewarm water containing the flavoured fizz ball which melt instantly and releases nourishing minerals and aromatic oils that soften the cuticles and leave the hands smelling scrumptious. Whatever flavour you choose, the subsequent exfoliation, polishing and massaging will also be done in scrubs and creams of the same flavour. Give the ice-cream manicure (Price: Rs1200 plus taxes; 45 minutes) a try at the Bliis salon by lifestyle brand Ravissant, located at New Friend's Colony market in New Delhi.

To cure very dry skin, try the new paraffin wax manicure in which the warm wax, containing essential oils and vitamin E, is applied all over the hands with a brush and left for 15-20 minutes. The wax exfoliates

the skin, removes grime, and nourishes the skin to promote skin cell regeneration. Drop in at 1010 The Nail Spa, located in Mehar Chand Market in New Delhi for the paraffin wax manicure (price: Rs2150 plus taxes; 50 minutes).

The shape issue: In terms of nail shapes, while squares and ovals are the classic and more practical, edgy fashionistas are favouring stiletto (very pointy, gel-based stick-on nails) and almond (pointy but slightly rounded shape on the sides) shapes. But if feeble nails are causing a hindrance in flaunting these statement nail shapes then give gel manicure a try that is available at most up-class salons. Falling in between regular nail polishes and artificial (or stick-on) acrylic nails, gel nail polishes are applied like a regular polish and is then cured under an ultraviolet (UV) light, upon which it hardens and sets. But be mindful of too much usage of gel manicures as the high acetone and ethanol levels in gel manicures and increased exposure to UV rays during the procedure can be a cause of worry.

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The hottest manicures this season



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Nailing the colour code: "Texture, created by embellishments, is the big trend this season. Embellishments like beads, crystals, and even lace are gaining momentum, while the traditional nail art trend is winding down," says British-Indian celebrity make-up artist Natasha Nischol.

In the spirit of this trend British beauty brand Ciate has introduced three textural manicure kits - Caviar Manicure kit; that comes with a base colour and another bottle with microbeads; Velvet Manicure Kit, featuring crushed velvet to be sprinkled on top of a base coat; and Shell Manicure Kit with tiny pieces of real sea-shells to be used as embellishments. You can check them out here at Sephora (kits start at Rs1500).

Lovers of understated prim can opt for the reverse French manicure (also known as half-moon manicure where the white is painted near the cuticle) in solid sorbet shades. Or else go for neon shades in punchy green, pinks, and yellow, or create ombre hues by blending neons with solids.

From indulgent luxury manicures to quick-stop option, manicures and nail beautification aren't just an after-thought in a beauty regimen anymore, it's a fashion statement that can make or break a look.

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