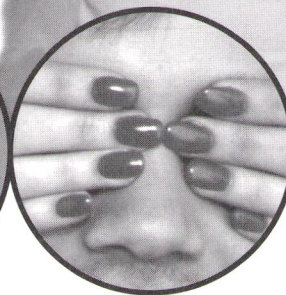


American*Looks*

THE NCA'S SOURCE FOR INFORMATION, INNOVATION AND IDEAS



NCA's Americas' 2003 Design Team



BY **natural-
DESIGN**



NCA's Spring/Summer 2003 Collection

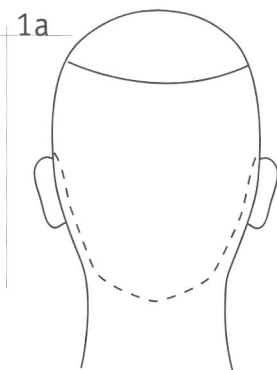
LADIES LONG



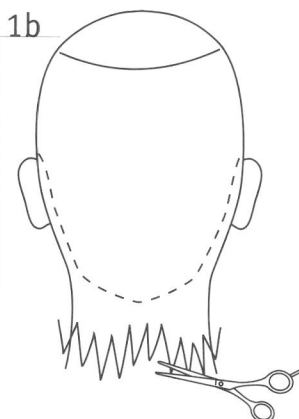
before

- 1a. Part along the crestline to divide the interior from exterior lengths.
- 1b. Comb exterior hair down into natural fall and cut to desired length (suggested 4.5"-5" below nape hair line).
2. Starting at the right temporal area, take vertical sections (1 -1.5" wide) and comb downward at a 45 degree angle. Twist the hair until you see the length pop out. With hair twisted, fan the ends and cut a deep V shape into them.
3. The first section in each temporal area needs to be twisted toward the face. The section behind each ear needs to be twisted away from the face. Continue to use this technique as outlined through the exterior lengths.
4. Release top section. Create a center part from hairline to occipital area and part from ear to ear.
5. Starting at the right front section of the head, take 1" -1.5" wide vertical sections from center part to just below the crestline. Use the same "twist and cut" technique. The section closest to the face should be twisted toward the face.
6. In the crown area, use pivotal partings. Continue to cut using same technique. If there is a guide needed, use a small amount of hair from the previously cut section.
7. Optional Fringe: Whether twisting asymmetrically toward the side or symmetrically in the center, cut a deep "V" into the fanned ends to create the line.

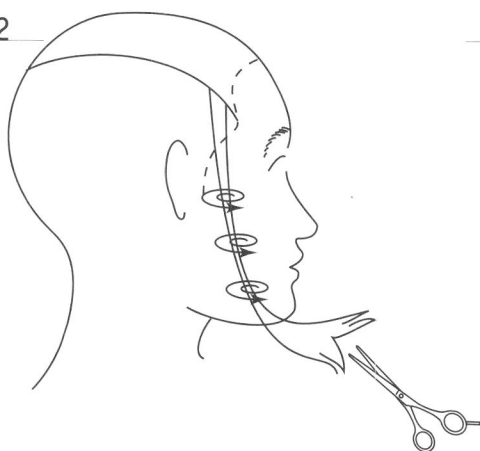
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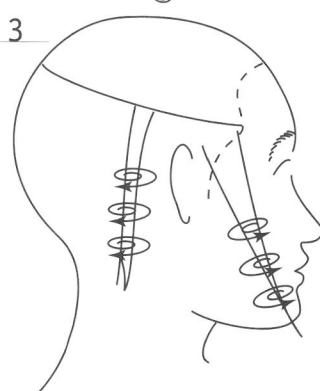
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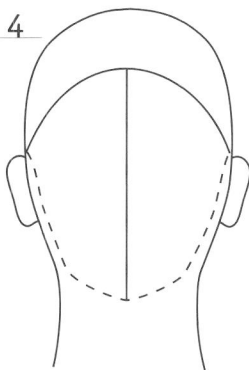
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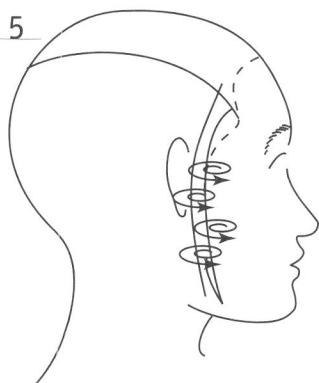
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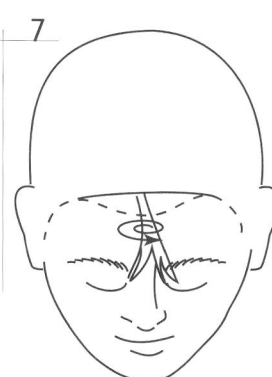
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7



LADIES MIDLENGTH



before

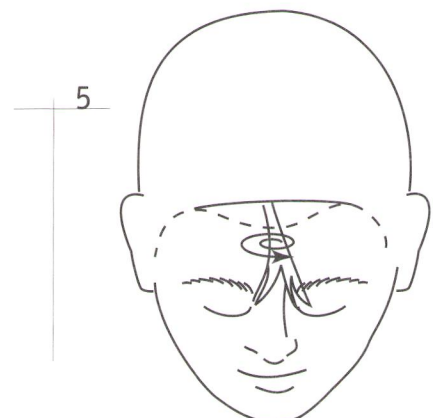
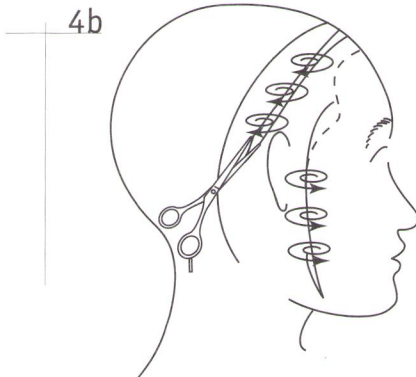
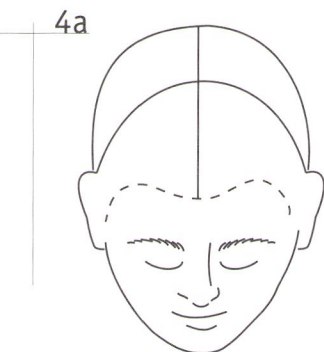
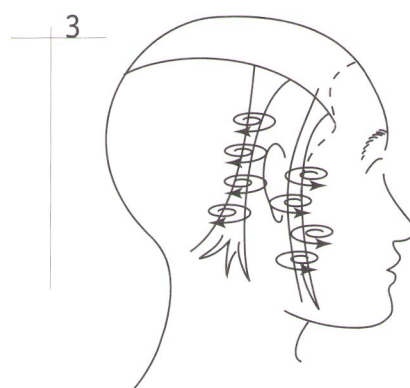
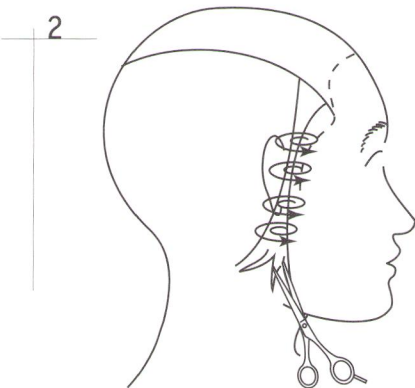
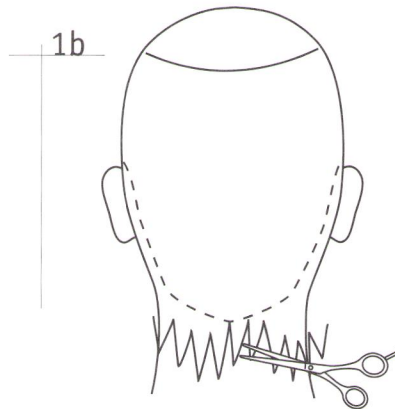
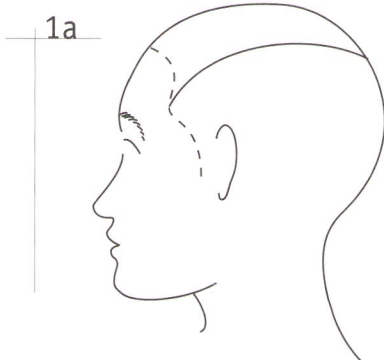
- 1a. Part along the crestline to divide the interior from the exterior lengths.
- 1b. Comb exterior hair down into natural fall and cut to desired length (suggested 2.5" - 3" from nape hair line).
2. Starting at the right temporal area, part out vertical sections (1-1.5" wide) and comb downward at a 45 degree angle. Twist the hair until you see the length pop out. With hair twisted, fan the ends and cut a deep "V" shape into them.

The first section in each temporal area needs to be twisted toward the face. The section behind each ear needs to be twisted away from the face.

3. Continue to work toward the opposite side.
- 4a. Release the interior lengths. Create a center part from hairline to occipital area and part from ear to ear.
- 4b. Starting at the right front section of the head, take vertical sections (1-1.5" wide) from center part to just below the crestline. Use the same "twist and cut" technique. The section closest to the face should be twisted toward the face.

Through the crown area, continue to cut using pivotal sections as outlined. If there is a guide needed, use a small amount of hair from the previously cut section.

5. Optional Fringe: Whether twisting asymmetrically toward the side or symmetrically in the center, cut a deep "V" into the fanned ends to create the line.



LADIES SHORT



before

1. Part the hair across the top of the head, from ear to ear. Part out 1.5 inch sections horizontally at the nape.
2. On the right side of the nape, part vertically, using 1-1.5" subsections. Project the hair 90 degrees from the head. Twist away from the face, fan the ends, and cut a deep "V" into them, cutting the hair to 1" - 1.5".

Continue from right to left, working up the back of the head until you get to the occipital. Use this length as a traveling guide.

3. Release the remaining hair. Using pivotal partings through the crown area, comb the hair downward at a 45 degree angle. Twist the hair close to the head using a small amount of hair from a previously cut section as a guide, and cut a deep "V" into the fanned ends.

- 4a. At right temporal area, part above the crestline.

- 4b. Taking 1" - 1.5" vertical partings, comb hair downward at a 45 degree angle. Cut using the same "twist and cut" technique. Place your finger at mid-ear to ensure desired length. Continue same technique through the sides using vertical partings.

- 5a. Part out a 1" wide section through the center top of the head. Divide this panel in half, front and back.

- 5b. Divide this panel in half, front and back. Comb the back lengths straight up, and with fingers parallel to the floor, horizontally point cut using the previously cut crown lengths as a guide.

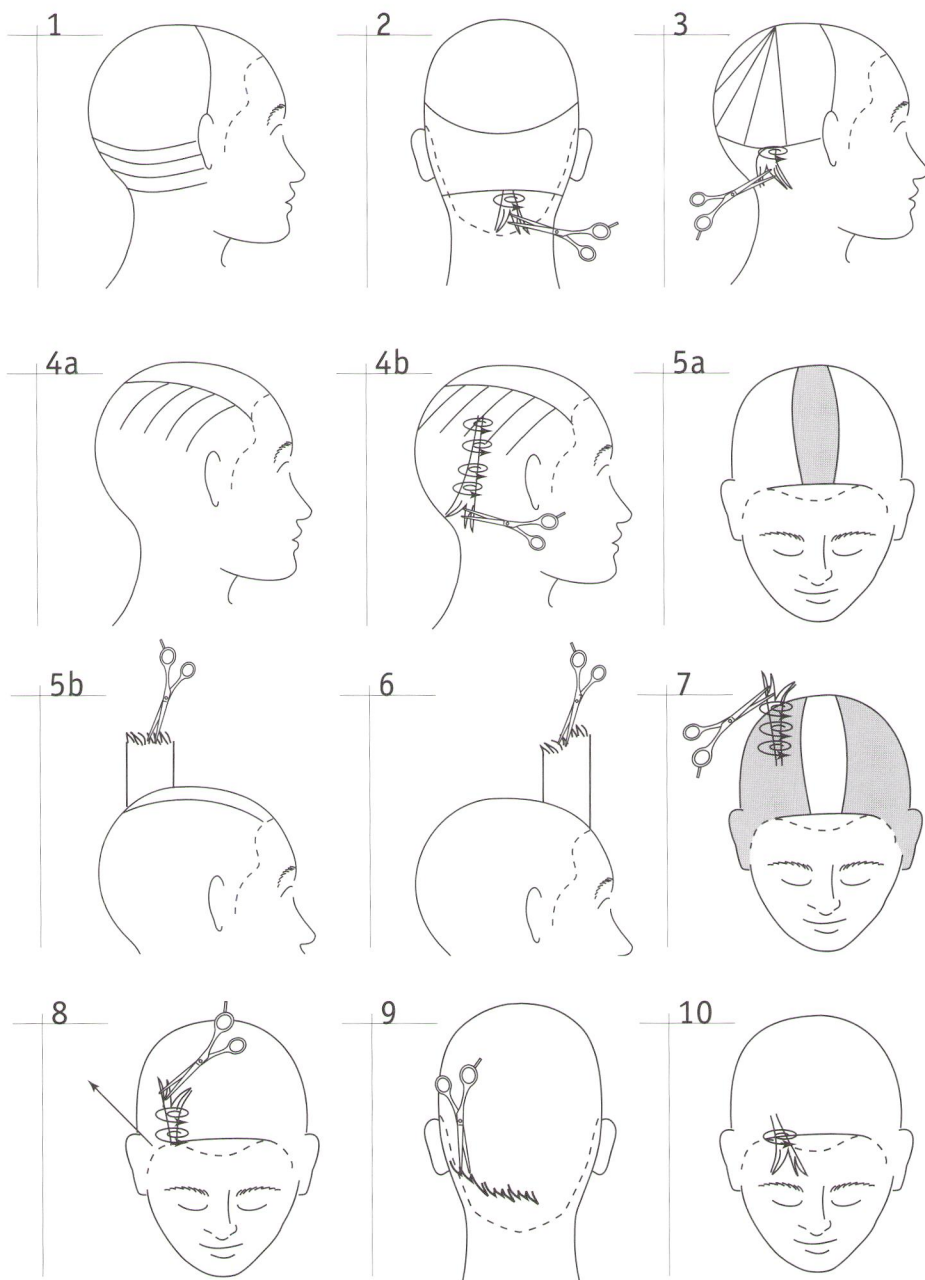
6. Comb the front lengths straight up from the head. Angle the fingers to maintain length and cut.

7. Vertical partings are used through the panels that remain on either side of this center top section. Comb the lengths straight up, twist the hair, and cut a deep "V" into the fanned ends using center panel as a guide.

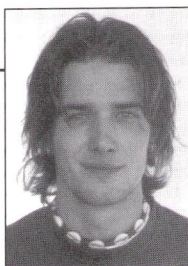
8. The lengths surrounding the face should be combed back at a 45 degree angle before twisting and cutting. This will maintain the length through this area.

9. Define the perimeter line of the haircut with point cutting, and slide cut through the nape for more contour as desired. Point cut occipital as needed.

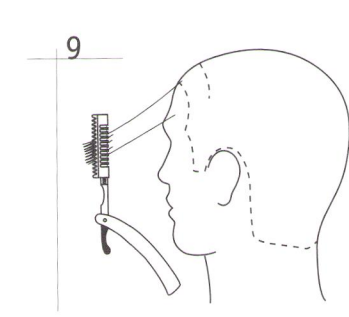
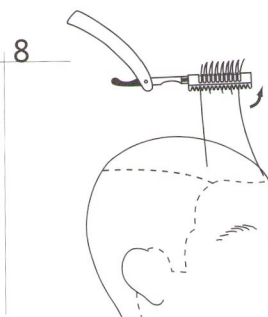
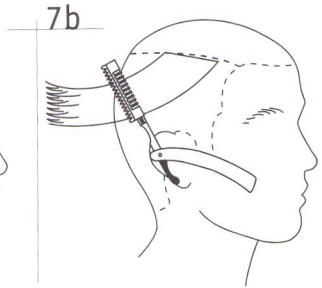
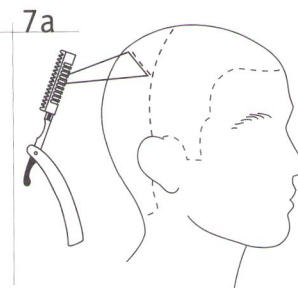
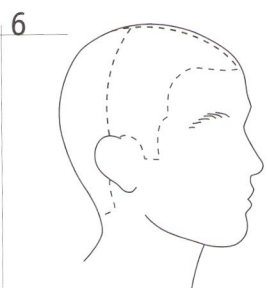
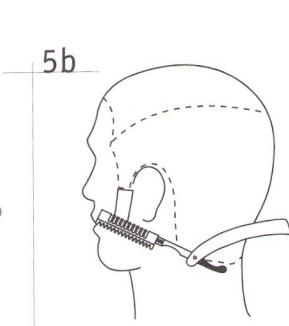
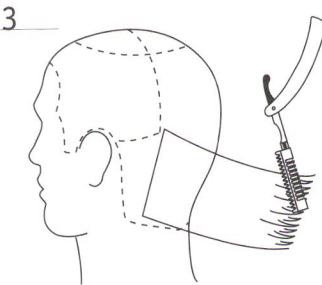
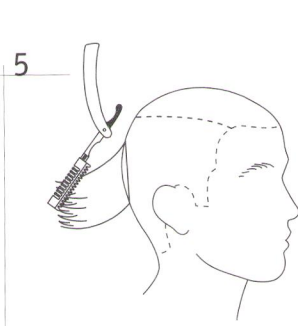
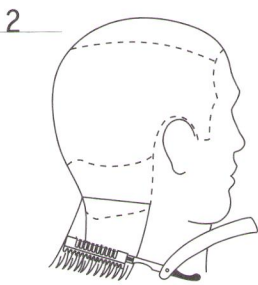
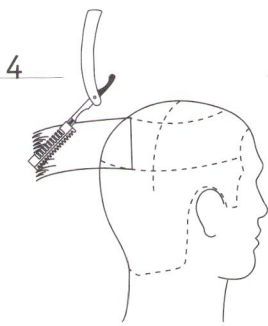
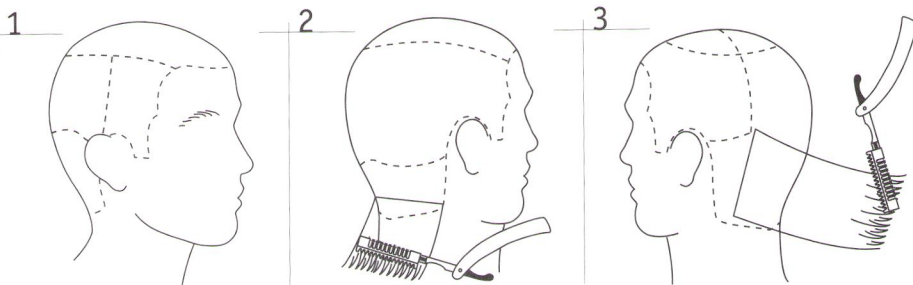
10. Optional Fringe: Whether twisting asymmetrically toward the side or symmetrically in the center, cut a deep "V" into the fanned ends to create the line.



MEN'S LONG



before



1. Create a horseshoe parting at the crest area; then section horizontally across occipital bone to top of each ear. Subsection vertically from the crest area to top of each ear.
2. Release a 1" horizontal section in the nape, distribute in natural fall, and cut straight across to establish the length.
3. Standing behind the head, take 1/2" vertical subsections from nape to occipital, and direct back to a vertical "plane" and razor cut.
4. Work upward into the next panel from the occipital to the crown, using this same technique.
- 5a. Standing at side of head, use hair from behind ear as guide, take 1/2" vertical subsections and direct hair toward you and cut in same manner. Repeat on opposite side.
- 5b. Define sideburn and side perimeter.
6. Release the interior lengths and subdivide with a center part from the front hairline to crown and the back of each ear across the top of head.
7. Use the previously cut hair from the crest area as a stationary guide, work through these interior sections using horizontal partings. Direct all lengths to the stationary guide and cut. Use horizontal partings to work across top of head.
8. Elevate top lengths and use a "peeling" technique to blend and texturize.
9. At the fringe area, cut lengths to bridge of the nose, holding hair straight off base parting.
10. Texturize as needed to further soften the edges and interior.

SKINCARE/MAKEUP FOR MEN

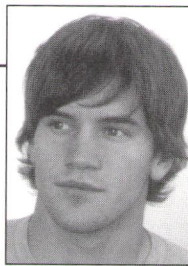
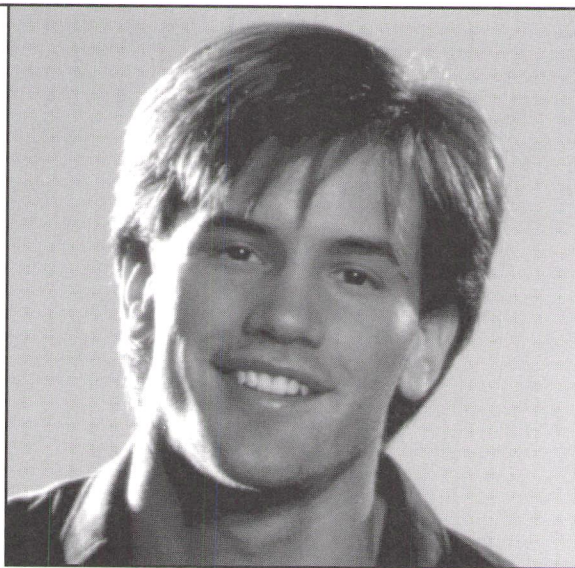
Tinted moisturizer to even out skin tone and condition the skin.

Use bronzer for that sun-kissed look

Clear mascara to emphasize the eyes.

Trim brows and apply brow gel to tame unruly brows.

MEN'S MIDLENGTH

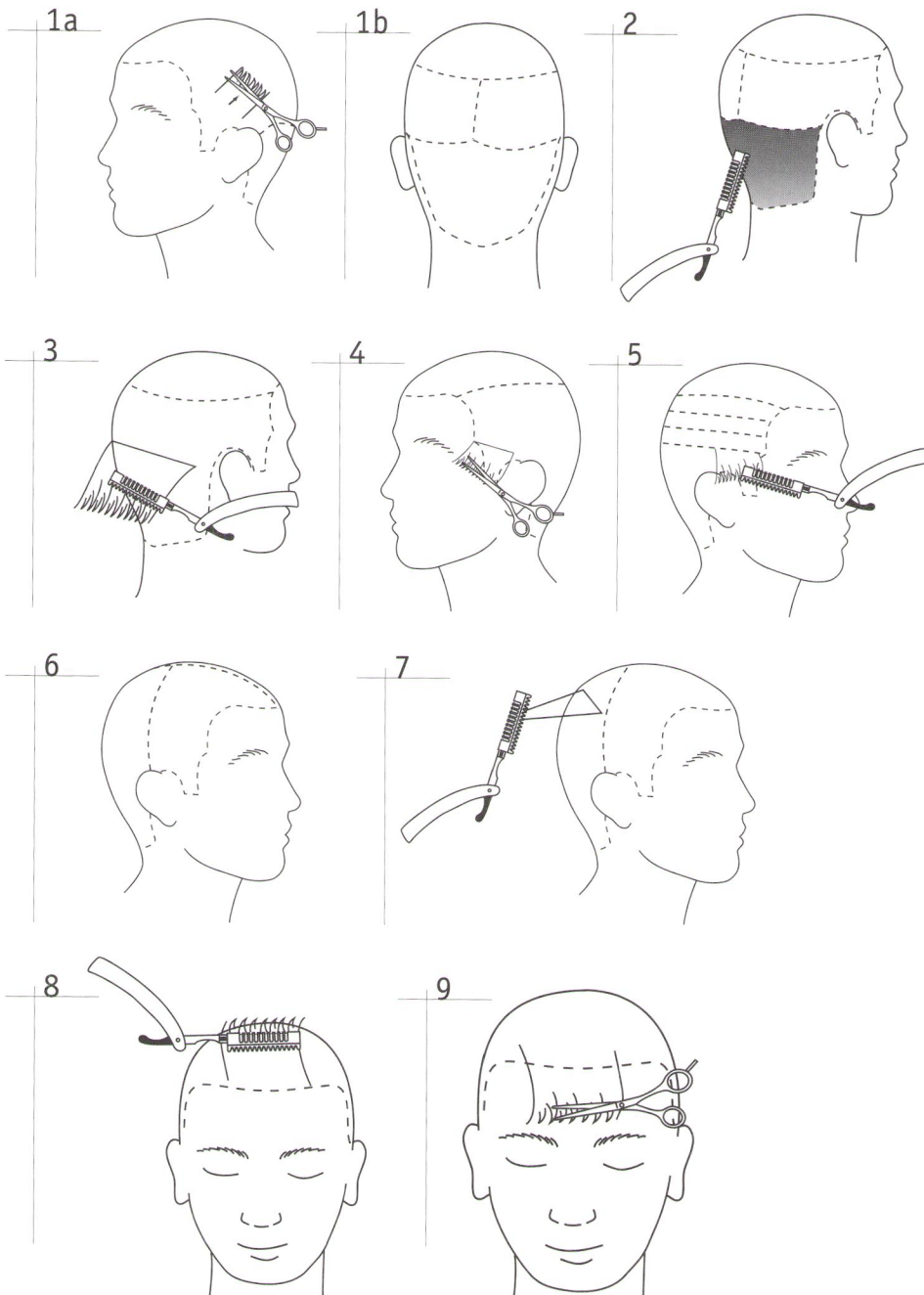


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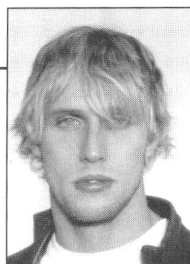
- 1a. In nape and temple areas, part out curved sections 1"- 2" above hairline to be "under-cut" from 1/4" to 1/2" in length if desired.
- 1b. Create a horseshoe parting at the crest area; then section horizontally across occipital bone to top of each ear. Subsection vertically from the crest area to top of each ear.

The undercutting technique is optional. It is done with a scissors-over-comb technique. Cut hair in these sections from 1/4" to 1/2" in length using clipper or scissor over comb technique.

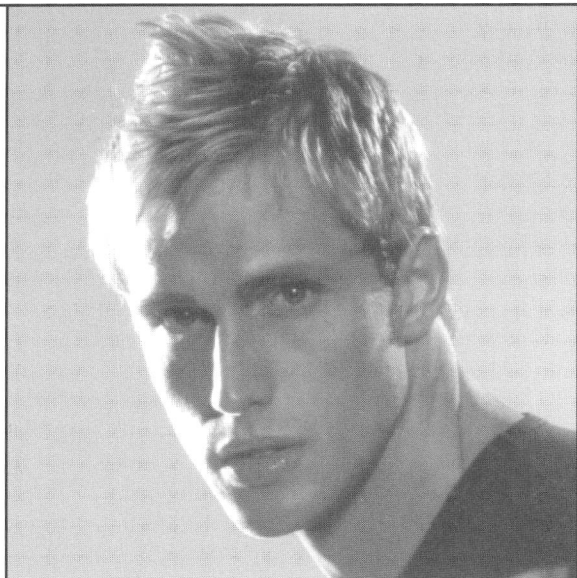
2. Beginning above previously undercut section in nape, release 1" horizontal subsections and razor cut at low elevation to desired length (bottom hairline) to create graduation. This also establishes a guideline to use through back area.
3. Continue to work upward into the next panel. Release each section, distribute the hair perpendicular to the part, hold at a low elevation to the stationary guide (the last cut section from last panel) and cut.
4. The sideburn area is tapered to create a close-fitting contour.
5. Work through the remainder of the side with horizontal partings. Distribute the hair perpendicular from the part, hold at a low elevation and razor cut to create the line and shape. Repeat on the opposite side.
6. Release the interior lengths and subdivide with a center part from the front hairline to crown and the back of each ear across the top of head.
7. Use the previously cut hair from the crest area as a stationary guide, work through these interior sections using horizontal partings. Direct all lengths to the stationary guide and cut.
8. Elevate top lengths and cut using a "peeling" technique to blend and texturize the edges.
9. Cut the fringe using a low elevation. Texturize the overall cut as needed/desired.



MEN'S SHORT

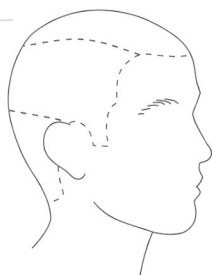


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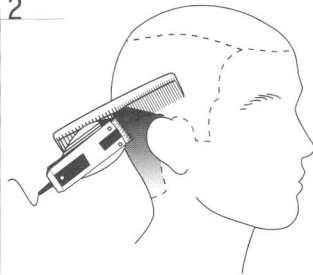


1. Create a horseshoe parting at the crest area, then horizontally part out the nape area. Sub section vertically from the crest area to the top of each ear.
2. Release the nape section and cut with clipper over comb technique to 1/2" length.
3. Release back section and continue with clipper over comb technique gradually increasing to 3/4" length at the crest area.
- 4a. Continue into the side areas using the back area as a traveling guide.
- 4b. Define the perimeter, keeping the edges soft by lifting the hair to trim underneath.
5. Release top section and cut a center guide from the crown to the front hairline holding hair straight up, with hands parallel to the floor. Note the rectangular shape that has been created.
6. Using center panel as a guide, cut remaining top hair in horizontal sections, point cutting for texture, following the round contour of the head.
7. Blend the top lengths to the sides and back using a texture shear over comb.
8. Texturize top with "rolling razor" technique in an upward fashion.
9. Cut the fringe using a low elevation. Texturize the overall cut as needed/desired.

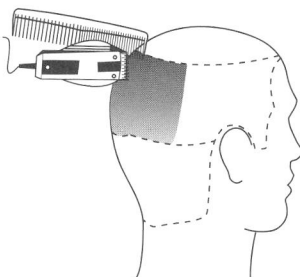
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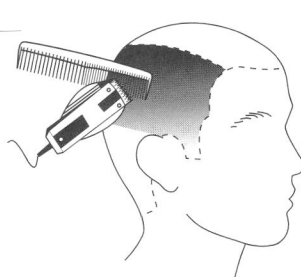
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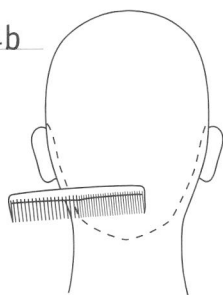
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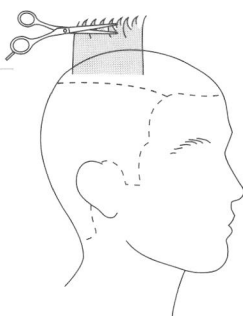
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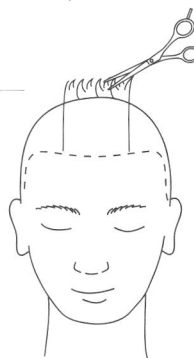
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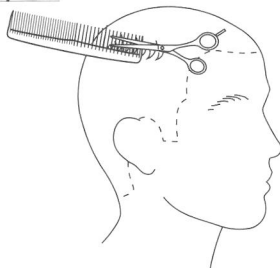
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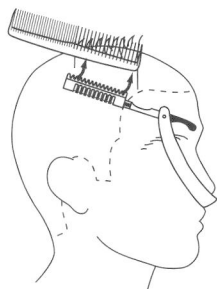
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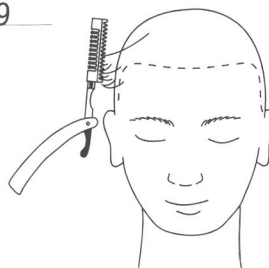
7



8



9



GEL FRENCH MANICURE OR PEDICURE



Supplies:

U-V Gel Light (or U-V bulb and bulb adapter to work with table lamp)

White gel and clear* U-V gels of choice (*pink gel may be substituted for clear)

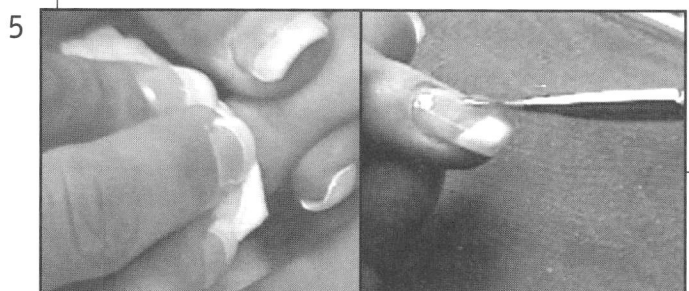
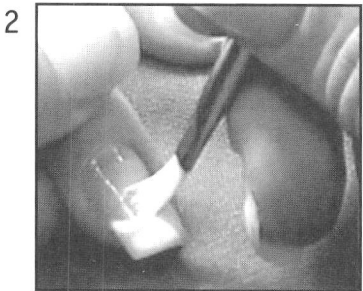
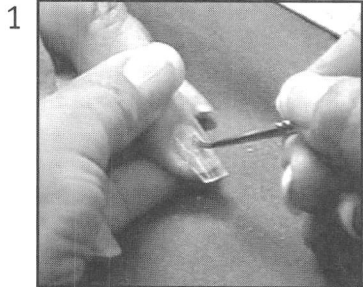
Primer of choice, or a bonding gel, or other adhesive promoter as needed

Tips and/or forms if desired to extend length

99% alcohol or gel cleanser, and lint free wipes

Gel brushes (2)

Normal nail tech station supplies (files, buffers, etc.)



1. Prep nail (Including top application if desired) and apply primer or bonding gel sparingly.
2. Apply white free edge gel and swipe "smile" line. Cure in light.
3. Apply 1st coat of gel thinly to nail bed and cure.
4. Apply 2nd coat of clear gel to entire nail and add arches. Cure. Repeat for 3rd coat layer w/arches and cure again.
5. Wipe gel residue layer from nails. Do finish work and apply gloss coat.

Note for Pedicures: Toes will usually only need 1 or 2 thin coats of clear gel after the white gel, and will usually not need any arching added (unless you are doing corrective enhancements rather than just overlays).

- a. Do normal prep for a pedicure (buff, cuticles, shape toenails, etc.)
- b. Remove shine from entire nail surface.
- c. Apply a primer and let dry or a gel bonding and cure.
- d. Proceed as above for fingernail color gel application.

Color Gels

Fingernails (with gels, wraps or acrylics)

1. After completing application and finish work of enhancements, buff and dust thoroughly.
2. Apply gel similar to clear gel gloss coat application and cure. It may take one or two coats, and some may need a separate gloss gel. Be sure to pull the gel completely out and over the free edge to encapsulate and allow for some shrinkage of the gel as it cures.
3. Cleanse as with other gels.

Color Gels Art

After application of color gel, do not cleanse tacky layer. Apply designs as desired with other colors, and cure. This layer may be sealed with a clear gel, or left as is. To complete, cleanse to remove the tacky surface. Rhinestones, fabric, and other objects may be encased between layers of gel for special effect.

MAKEUP

This Spring/Summer, makeup will be soft and natural, using the colors of the sunrise and sunset.

1. For a bronze suntan, use sunless tanners.
2. Prepare skin by cleansing, toning, and moisturizing.
3. Apply foundation of choice according to skin type (tinted moisturizers with SPF work great).
4. Brows should be shaped and well groomed.
5. Using color palette of choice. Apply to eye according to shape of eye.
6. Apply mascara.
7. Apply bronzer for a sun kissed effect (checks, forehead, chin, nose).
8. Apply lip gloss or tinted lip conditioner to lips.

