

StyleSpeakTM

The salon & spa journal



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FACE 2 FACE

Know more about
Bina Punjani, an
ace hairstylist

STAR & STYLE

MTV Europe Music
Awards 2016 red
carpet looks decoded

Party Prep

Lowdown on salon management
during party season

Bizarre Beauty Treatments

Therapies that couldn't get
weirder than this

WHAT'S HOT & NOT

A lowdown of the latest
hair, make-up and nail
trends this season

the
Party
issue



HAPPY NAILS

Polished – The Boutique Nail Studio is all set to change nail fashion and care in Bengaluru

Words | Bindu Gopal Rao

Located in the plush area of Indiranagar, Polished – The Boutique Nair Studio was founded by the young and vivacious Neela Bopaiah. Step into the studio, and you are immediately transported to another world. An exclusive space dedicated to hands and feet, Polished is the perfect pampering escape from bustling city life.

The Concept

"It is a perfect urban escape and not just a regular place to get standard

manicures and pedicures. Polished has special lines of services and internationally acclaimed toxic-free products, inclusive of regular polish and gel polish colours, fresh from the catwalk; nail enhancements and extensions; all income passé spa treatments, reflexology and bespoke nail art," says Neela.

The interiors of this space are done up in tones of gold and a dash of rich pink which give it a nice cozy feel. There are rows of nail polishes in all

shades from Sally Hansen, Essie and Bio Sculpture Gel arranged around the space. The best part – all products are free of the toxic trio (dibutyl phthalate, toluene and formaldehyde) and all products and treatments are free of skin irritations and allergic reactions.

The Treatment

Since I had only an hour, I was recommended the Essential Nails treatment that includes a regular mani/pedi treatment. My therapists, Tom and Chon started with my hands and feet respectively.

The first thing they did was to apply an anti-fungal to cleanse my hands and feet. Post this, an acetone free nail remover was applied to take off any nail polish on the nails. The therapists then checked with me about my preferences in terms of length of nails and shape, and accordingly cut and filed them. Then the cuticle remover was applied on the inner side of the nails and my hands and feet were soaked in warm water.

Post a second round of anti-fungal spray, the cuticles were then pushed



back slightly (not too much as it can increase nail dryness) and extra cuticles were cut. A little brush was used to remove any particles from the nail and then the nails were buffed. For the pedicure, my heels were also brushed to do away with all of the dry skin. After this my hands were cleaned with warm water and dried completely. This was followed by a massage which relaxed both hands and feet completely. The nails were again cleaned with remover to ensure that any traces of moisturizer or moisture were removed.

extensions and gel polishes. It is a chip-free gel overlay salon treatment that lasts for two to three weeks. This damage-free, nourishing treatment protects and enhances natural nails. The overall time for the gel process is about 2 hours," says Neela. The 'Little Miss Polished' is a new service for kids and nail paints are free of chemicals and washable.

This is certainly the place to head to if you wish to pamper your hands and feet. Highly recommended – go for it! **SS**

FACT FILE

Name of the Spa: Polished – The Boutique Nail Studio
Established: 23 September, 2015
Founder: Neela Bopaiah
Area/Size: 1600 sq. ft.
Number of estheticians: 6
Signature Treatment: Gel treatments, Spa Range of treatments for hands and feet and Nail Art
Timings: 11am – 8pm
Address: #1206, 2nd Floor, Mannan Arcade, 100 ft. Road, Indiranagar, Bengaluru