

# Island Girl Newsletter

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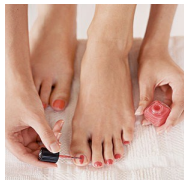
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**Happy Holidays everyone!! And a chilly, winter welcome to all of our awesome island readers! It's that wonderful time of year, where we gather 'round the fire, sipping hot chocolate and cozying up with loving family and great friends. But, let's not forget about...the shopping, the wrapping, the baking, the planning...phew! This is a busy time of year! And between all that you gotta keep your fingers and toes in top shape for all those holiday parties, too! We know you don't have the time to be running into the salon every five minutes to touch up your polish, or fix a chipped nail. So this month I'm here to teach you everything you need to know to help make your salon results last longer between visits! And, give you the insiders scoop on what polish colors are hot this holiday season!**

**Home maintenance is key in making sure your mani's, pedi's, and tans look like you just stepped out of the salon well into the days after you actually got them! These few easy tips will help you save time, money, and stress after a visit to the Island Girls!**

### Pedicure Tips:



When choosing a polish for your pedicure, it's always a good idea to either buy the color you choose, or pick one that's similar to a color you have at home; that way you can touch up any unexpected chips! Keeping a foot file in the bathroom and giving the bottoms of your feet a gentle file about once a week after a shower will help prevent calluses from getting out of control in between pedicures! It's also a good idea to have some kind of exfoliant on hand, either a sugar scrub or salt (we prefer sugar). Give your feet a nice soothing scrub every once in while, and they'll feel silky smooth for days! And finally, lathering up with lots of lotion and cuticle oil will help keep skin and nails soft and supple 'til your next salon visit!

### Manicure Tips:

If you're worried about your nail polish chipping before that party you're hosting next Saturday here's a tip, choose a light color or go with a classic french mani, that way if any chips do occur they'll be less noticeable. Also, grab yourself a bottle of a good, strong top coat (we suggest Seche Vite) and apply one coat every couple days. And always make sure you wear gloves when cleaning, gardening, or doing the dishes!! If you keep nails a little bit on the shorter side, you'll be less likely to run into problems with snags and breaks, so keep a glass file handy and every couple days just give them a gentle file to keep them from getting too long. Last but certainly not least, giving the tips of your fingers a daily dose of cuticle oil is the best way to help prevent nails from getting too dry, and those pesky hangnails from appearing!



### Airbrush Tanning Tips:



The key in maintaining an airbrush tan is to remember just that; that it is not a real tan! It can be scrubbed off! So make sure that you shave any unwanted hair the day before, as the razor could scrape your newly applied tan right off. And when taking a shower don't get overly scrubby with the loofa! Before you go in for your tan, use a gritty body scrub to slough off any dead skin cells, your tan will stick much better that way and will last much longer because of it. And remember that a spray tan is only temporarily staining your skin, it is not a real tan. So please, if you go out in the sun, do not think that you are protected from harmful UV rays. Keep that SPF slathered on at all times!

**Winter colors to warm up your fingers and toes!**

There is no color that screams winter quite like bright red does! Whether it's a rich ruby, a deep wine, or a glittery garnet; red has been the go-to color for the holidays for as long as we can remember! "I'm Not Really a Waitress" and "Bogota Blackberry" have always been personal favorites of ours! But that's not to say that it's your only option, oh no! A glittery gold is very festive while holding a glass of champagne, and a shimmering light silver looks just like the snow falling outside! And don't forget, every year O.P.I releases a special limited edition holiday collection! This year they're celebrating the new Muppets movie with a set



of 12 fun, glittery, muppet-inspired polishes to spruce up your holiday mani's and pedi's! We're super excited about "Getting' Miss Piggy With It"!

*Who says it's better to give than to receive?*

*We say you should have both! This year, when you give an Island Girl gift certificate to someone special, you'll receive one of our amazing glass nail files to keep all for yourself! -Santa*

**Come Party With us!!**

**On January 7th, 1-5pm, join us for our client appreciation party! There will be snacks and drinks, free paraffin dips, a food drive, drawings for FREE services, and a special out of town visitor (I wonder who that could be??) So be sure to save the date, cuz we hope to see you all there!!**



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Call or email to book  
your appt today!

**We can't believe it's the end of the year already! Thank you to all of our amazing clients for making 2011 one of our best years ever, we feel so blessed to have called you all our clients, and our friends these past six years! Now everybody go enjoy this holiday season, and we'll see you in 2012!!**