



MANI MORE

Nothing feels as good as getting your nails done but, if you're wondering what type of manicure to go for or how to maintain upkeep, here's the downlow. By **Karen Alfonso**

Have you ever gone to a salon and been confused about what to get beyond the standard manicure? There's a whole bunch of options to suit every

budget and lifestyle. **Sousha Lanah**, Nail Technician – The White Door India, elaborates on the different types of manicures you can opt for so that you can make an informed decision.

1 TYPES OF MANICURE

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STANDARD MANICURE

This is the most basic type of manicure, focused on the bare minimum to achieve your hygiene needs. It involves cutting, filing, cuticle work, and regular polish application. The idea here is to ensure that your hands are well groomed and neat.

2 FRENCH MANICURE

A French manicure can usually be done with regular or gel polish to mimic the 'your nail but better' look. It involves applying a transparent nail base colour, one or two shades lighter than your natural nail colour, with a thin white colour applied only to the tips, giving the illusion of naturally-healthy nails. It is preferred by many for its classic and chic appearance. Extensions might also be used for extra length.

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3 ACRYLIC MANICURE

Acrylic nails are great for individuals who are looking for length, longevity, and a more cost-effective option for great-looking nails. Acrylic nails offer users more options to customise their nail shape, length, and style as per their preference. There is, however, more potential impact on nail health on removal as compared to gel nails. >

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4 GEL MANICURE

Many prefer gel manicures due to their glossy finish that mimics natural nails. These manicures are administered on one's natural nail bed or on gel extensions for extra length. The manicure offers the illusion of perfectly-groomed nails for weeks on end without much upkeep. You might experience some staining and your natural nails will keep growing, which can be fixed with a gel refill.





CAT EYE MANICURE

This is a popular nail art technique that uses magnetic polish to manipulate the design of the nail colour with a magnet. The magnetic particles align to give movement, depth, or a specific design such as a heart. The nail art gives the nails a dynamic look with different movements and the angle at which it is viewed.



DIP POWDER NAILS

These are a combination of gel and acrylic nails that involves applying an adhesive base and dipping the nails into an acrylic dip powder. Slightly more expensive than a gel or acrylic set, these tend to be more durable and resistant to damage than gel nails. These are also easily removed without too much damage to the nail bed.



RUSSIAN MANICURE

The Russian Manicure has made the rounds on TikTok recently with polarising opinions on technique and risks. It is a dry manicure that involves using an electric drill to remove the cuticles and excess skin around the nail bed. This gives the manicure a cleaner look but comes with the risk of infection.

MAINTAINING YOUR NAILS

Constant filing, picking at your cuticles, and applying nail polish on your nails without a base coat can make your nails brittle and dry. **Kanchan Punjani**, beauty and makeup trainer – Jean Claude Biguine Salons, Mumbai and Pune, says, “Dry, brittle nails are more prone to breakage, so keeping your nails moisturised is key. Regularly apply hand creams or cuticle oils, especially after washing your hands. These products help prevent moisture loss and keep your nails and the surrounding skin soft and flexible. Ingredients such as jojoba oil, almond oil, and vitamin E are particularly nourishing for nails.”

She cautions against aggressively cutting or picking at your cuticles, as this can expose the nail matrix to infection. Instead, she recommends gently pushing back your cuticles after a bath or shower when they are softened. This preserves the protective barrier around your nails and promotes healthy growth.

And, yes, you could be filing your nails the wrong way too. Kanchan explains, “Using the right filing technique is crucial. Always file your nails in one direction to avoid weakening the nail structure.

Choose a gentle nail file; coarse ones can cause micro-tears, leading to splits and breaks. When it comes to nail shape, rounded or squoval nails are generally less prone to breakage than long, pointed styles.”

