

NAILED IT!



Gemma is so elegant that I knew I had to create something that was not only on theme but would also match her style. I suggested doing rainbow-coloured crystals going down each finger. It was the perfect amount of peekaboo colour and bling

Polish your manicure skills and brush up on summer's biggest nail trends By Gabrielle Johnson

It's the season to show some skin and let your nails shine! Whether you're into neon brights, dazzling bling or muted metallics, there's a trend for every temperament. Celebrity nail artist Betina Goldstein gives us the scoop on summer's most red carpet-worthy manicures.

Gradient nails are all over Instagram. This trend will transcend into different colours and textures on each nail. Or one hand can be one colour while the other hand is something else



GRADIENT NAILS

For an easy DIY manicure that's also on-trend, may we suggest a gradient mani? It requires nothing more than five different nail polish colours; give each nail its own shade and voilà! Instant cool.



SinfulColors Nail Polish, \$3, drugstores and mass-market retailers



MANI CAMP

Los Angeles-based Betina is no stranger to celebrity digits. She's worked with countless A-listers, including Julianne Moore and Salma Hayek, but her most memorable gig is also one of her most recent: she

designed *Crazy Rich Asians* star Gemma Chan's spectacular nail art for the camp-themed Met Gala in May (left). "I created an ombré crystal design with individually placed gunmetal diamond-back Swarovski crystals going down each nail," says Betina.

CLOCKWISE FROM LEFT: THEO WARGO; INSTAGRAM (2); MATTEO VALLE (2)



NINETIES NEONS

Stores are filled to the brim with fluorescent clothes this summer, but if you just want a hit of neon, you can make the same statement with your nails. While neons

really pop against a (faux) tan, it's important to remember that your hands, like your face, require sun protection. "I always like to keep hand cream with SPF in the car and one in my bag," says Betina. "This way I always remember to reapply."

Sally Hansen Miracle Gel Neon Collection in LemonChillo, \$12, drugstores and mass-market retailers

Laspa SPF 30 Moisturizing Mineral Sunscreen, \$40, laspanaturals.com



Essie Nail Polish in Tangoed in Love, \$10, Shoppers Drug Mart and salons



Tom Ford Soleil Nail Lacquer, 01 Soleil, \$44, holtrenfrew.com



Dior Vernis #026 Sun Glow, \$34, Hudson's Bay and dior.com

MOLTEN METALLICS

"Metallics are the new nude for summer," declares Betina. "They go with everything and catch the sunlight when you're lying poolside or at the beach." Give your nails a modern shape with rounded corners and slightly curved tops. "This elongates the fingers even if you have short nails," she says. And with all eyes on your hands, you'll want to keep them healthy and hydrated.



Use a body scrub or hand polish at least once a week to remove dead skin. You can also mix argan oil with your hand cream for added moisture. But the biggest thing I always urge people to do is switch to an oil-based nail polish remover. Acetone dries out not only your nails, but the skin surrounding the nail

Beautycounter Hand Cream in Citrus Mimosa, \$21, beautycounter.com



The Body Shop Almond Nail & Cuticle Oil Pen, \$12, thebodyshop.com

Best Foot Forward

Nail artist Leeanne Colley, owner of Toronto's Tips Nail Bar, shares her top tricks for getting sandal-ready feet:

Step 1: Cut and File

"It's always best to use a toenail clipper with straight blades, which will make your nails less jagged," says Leeanne. After clipping, shape the nails and smooth away any sharp edges with a file.

Step 2: Exfoliate

"Buff away dead skin and calluses using a foot file," says Leeanne. "Keep it in the shower; 30 seconds per foot, twice a week, is all you need."

Diamancel Diamond File for Foot Calluses, \$48, sephora.ca

Step 3: Moisturize

"Choose a moisturizer that contains shea or cocoa butter and apply it to your feet every day after you shower," says Leeanne. Don't forget to moisturize between your toes, too.



Suncoat Plant Based Nail Polish Remover, \$15, Suncoat Natural Nail Polish Remover Gel and Balm, \$14, suncoatproducts.com

