

# **Olive & June's At-Home Manicure 101**

National Webinar Transcript

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Presented by:



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Aimee Sax:

Okay. Thank you, everyone, for joining. I know a few people are still signing on, but we're going to go ahead and get started because we want everybody to have time enough for your manis today. Thank you so much for joining Sharsheret for Olive & June's At-Home Mani 101. Today, we'll learn how to paint our nails like the pros because we know that going through treatment can cause some nail issues like dry cuticles, brittle nails, and discoloration. We know that going to the salon isn't usually an option for people going through treatment, and for those of you not going through treatment, we know the salon might not be an option because of the pandemic or today's snowstorm.

If you're anything like me, having your nails painted can do so much for your mood and your self-esteem. Olive & June has taught me how to paint my nails so well that I almost don't miss the salon. And their polishes, tools, and techniques are actually perfectly geared towards so many of the issues faced by women going through treatment. So pardon me for kvelling for a second, but getting to bring Olive & June to Sharsheret feels almost too exciting because they're two of my biggest loves.

So before we begin, a few housekeeping items. Today's webinar is being recorded and will be posted on Sharsheret's website along with a transcript. Participants' faces and names will not be in the recording, but if you would like to remain private today, you can turn off your video and rename yourself, there are instructions in the chat how to do that, or you can call into the webinar as well. You may have noticed all the participants were muted on entry. Please keep yourself on mute throughout today's webinar. If you have any questions, you can put them in the chat box either publicly or click Sharsheret in the chat box and submit a private question. We will do our very best to answer all the questions, and any questions not answered during the webinar will be answered by email this week or in the next week. We recommend that you keep your screen on speaker view so that you will be able to see Aviva's nails and techniques clearly. You can find this option in the upper right corner of your screen.

As a reminder, Sharsheret has been providing telehealth services to the breast and ovarian cancer communities for almost 20 years, and the pandemic has not changed that. We continue to be there for each and every one of you. One of our many programs to help women and families navigate the cancer experience that may be of particular interest for those on today's webinar is our Best Face Forward kit, which comes with paraben-free makeups and lotions to help combat the cosmetic side effects of treatment. Just like painting your nails can be a mood boost, so can an eyebrow stencil and makeup that comes in the kit. As always, our support is 100% free and confidential.

As we move into the webinar itself, I also want to remind you that Sharsheret is a national not-for-profit cancer support and education organization and does not provide any medical advice or perform any medical procedures. The information provided by Sharsheret is not a substitute for medical advice or treatment for specific medical conditions, so please don't use this information to diagnose or treat a health problem. Always seek the advice of your physician or qualified healthcare provider with any questions that you might have regarding a medical condition.

Okay, let's get to it. We're so lucky to have Hannah and Aviva of Olive & June with us today. Hannah is Olive & June's Director of Customer Care, and Aviva is an amazing graphic designer who has designed a lot for Olive & June and teaches many of their mani masterclasses. As they talk, I'll share a few tidbits here and there about nail health during and after treatment.

Aviva:

Awesome.

Aimee:

Oh, and I see we're celebrating a birthday today. Happy birthday, Rebecca.

Aviva:

All right. So I am going to flip my screen.

Hannah:

All right. And today we're going to be using our at-home mani system, so it has all the tools you need to get a perfect salon-quality mani at home. We'll talk through every tool that Aviva uses, just so if you have your system or if you have tools that are similar to it at home, you can take notes and make sure that you are getting the best mani that you can. We start with shaping. We use a flat-edge clipper. Sometimes, the clippers that you find at a Walgreens or a CVS have that curve to it, so that's really great if that's the exact shape that you want. But if you have square nails or if you want more of an oval or an almond shape, it's kind of hard to obtain that with a clipper that already has a shape to it. So ours is flat and it's smaller. It gives you a lot more control, and Aviva's just taking off very microscopic clips with that clipper. You can use it to take off a lot of length if you want to, but, really, we just like you guys to start really slow and small because you can always take off more. Obviously, you can't put more back on.

Aimee:

And especially if your nails are having issues due to treatment, cutting them short or keeping them trimmed is really helpful because imperfections show up less in short nails.

Hannah:

Yes. And you can see, too, Aviva has a really beautiful mani that I'm obsessed with right now on. But we do, regardless, always shape with our old polish on. So it's okay if you have bare nails for today, but next week when you're painting and you get on a regular cadence, just make sure that you shape with that old mani still on without removing it before shaping because it gives you kind of an intro into what the final mani will look like and helps you focus more on your overall shape versus the evenness of the whites of your nails, which can sometimes differ by nail. They grow at different rates.

Aimee:

Yeah, this was a huge shift for me because my nail beds are a little crooked. Whenever I went into the salon, I had to explain that because sometimes I would walk out with crooked nails, and so this was a huge, huge game-changer for me.

Hannah:

Yes, it makes a big difference.

Aviva:

I usually have one hand of polish on and the other to not because this is the hand that I'll take pictures with. So if you're wondering why I only have one hand of polish, I recorded a tutorial just on this hand. Sometimes, you only need just one hand of polish.

Hannah:

And just like Aviva's doing, looking at it and pausing and going at different angles is really helpful so you're not just always looking from the top down. It's really easy to see the sides of your nails and make

sure you got everything even when you close your fist and bring it closer to your face. So come up for air as often as you need, especially as you're starting out.

Aimee:

We got a great question in the chat that I know we're going to get to when we start polishing, but Robin asked, "Any tips for using your non-dominant hand?"

Hannah:

Yes. Go very slowly. Shaping takes the longest amount of time, and you just want to make sure that in this part you don't have any distractions. So our box is made to hold your cell phone if you want to FaceTime someone, watch a video, listen to a podcast or music. But during shaping, when you're just starting out, especially with your non-dominant hand, you want to be completely focused with zero distractions and just go really, really slowly and make sure, like we showed, you're looking at it from different angles, just to make sure your hand isn't blocking out something important like the sides. We do one hand during these classes because if we were shaping both hands and going as slowly as we recommend, this would be a very long class.

Aviva:

Three-hour class.

Hannah:

Yeah.

Aimee:

We got another question about why not use the file to shape?

Hannah:

We will. It's the next step. So now Aviva is done clipping. We clipped 90% of the shape, and now we use the file for the remaining 10%. The file is going to be very slow and methodical and go in one direction at a time. This prevents you from stripping and peeling your nails. When you go back and forth in a saw-like motion really quickly, you're weakening your nail and actually causing more peeling and damage to it. So Aviva is going slowly, and she's going in one direction, which is really just perfecting the shape that she created with the clipper without damaging her nails.

Aimee:

Right, and this-

Hannah:

And if you're using ... Oh, go ahead.

Aimee:

I'm sorry. This is so perfect for people who are having brittle nails due to chemo treatment or other treatments because they're already brittle, and so this, again, was a huge game-changer for me, learning to go in one direction and slowly with the file, because what do we typically do with a file? Go really

hard. So starting with the clipper and then moving to the file is really good for people with brittle nails. And Tina-

Hannah:

Totally.

Aimee:

... has said in the chat, "These are the best clippers I've ever used," so I love that.

Hannah:

Oh, that's so great.

Aimee:

Then we have another question, "I had to step away, but how do you cut your nails for a square shape? Do you have any tips for that?"

Hannah:

Yeah. The file is a straight edge, so it makes a square a lot easier. But you would essentially go in with one clip, like Aviva is showing that she would, but she won't, and then use the file to continue to shorten it down a little bit and then also get the sides. Your file is a dual grit, so when you're using it at home, the ampersand side is softer. It's for your manis and for shaping. The all of your mani side is a little more tough and course. That's for your pedis or if you want to remove nail art, stickers, gel before you sunk it in acetone or anything like that.

Aviva:

Or glitter.

Hannah:

Yeah, glitter, exactly.

Aviva:

You'll see I have some glitter residue on mine.

Hannah:

You would use that side.

Aviva:

Yes.

Aimee:

We also got a question about buffing the nail, which I know we will get to in just a minute after we take the polish off.

Hannah:

Yes.

Aimee:

So, Alicia, hold tight, and we will get to that in just a minute.

Aviva:

And the shape I'm doing right now is more of an oval, rounded shape, so I like to pull back the skin and just get in there to make it as elongated as possible. Then round it off at the top so that there's no straight edges. Round is a really good shape for if you don't want it to chip as quickly because there's not any sharp edges to get caught in your sweater, for example, or anything like that.

Aimee:

I totally agree, and I think that's also something that's a really good tip for those going through treatment because I was a square with rounded edge nail for life, I thought, and then when I started to get really obsessed with Olive & June, all the pictures are really a lot more of that rounded or almond or oval shape. It's funny because now we know that Olive & June's leader/founder has now switched to square, so I feel my brain is kind of breaking a little bit. But I agree. I used to break nails all the time, and since I switched to the rounded shape, it makes such a big difference. If your nails are more likely to break due to treatment, then switching to a rounded shape, even if you're used to a square shape, might be a really great option. So, yes, we're already getting questions about cuticles, which is a huge issue for those going through treatment as well, and we will get to cuticles, I promise. Is there a better angle to use when you have really short nails?

Hannah:

Yes and no. So you can see when Aviva's filing, she goes at it from an angle instead of coming at it from the top as much. When you go from the angle, you're going to get less of your skin and really just position it in between your nail and the skin before you file versus trying to get the top part of it so much. The sides are the part that's usually forgotten during filing, but they make a big difference overall, especially if you have short nails.

Aimee:

Mm-hmm (affirmative), absolutely. So we got a question about is it healthy or not to use polish, and there's a lot of questions about that when I was doing research on all the different nail changes that come up with treatment. The number one goal is to be as healthy as possible and to help your nails as much as possible, so non-toxic polish like the polish from Olive & June, which is ... Is it six-free or seven-free? I can't remember.

Hannah:

We're seven-free, which means that-

Aimee:

Seven-free.

Hannah:

... our formula doesn't have the top seven most common toxic ingredients usually found in nail polish. We're also a vegan formula and cruelty-free. So it's extremely gentle. Our nail polish remover pot that Aviva will use next to remove her older mani is acetone-free, so it's also a more gentle formula. As you're starting off at home, we really wanted to create something that wasn't going to be very toxic on your nails or unhealthy to be around so frequently. So as you're learning and you're messing up, you can dip as frequently as you need to in this nail polish remover pot and it won't strip your nails of any health. Our polish as well, it lasts a really long time, but it won't cause any type of nail damage.

Aimee:

Right, and that's huge for people going through treatment. The number one thing was no acetone, no acetone, no acetone. Also, Olive & June does have Flora Complex in their EC color, which is really good for giving you that healthy nutrient in your nails to help them get a little healthier. So there you can see it.

Aviva:

EC.

Hannah:

Yes.

Aviva:

I've really gone through this a lot. I always use this when I feel like my nails are brittle. This is also a great tip for putting underneath any sort of polish that might stain your nails or even just as a base coat, even though Olive & June does have base coat built in. I even wear this plain. I use it as a base for my nail art. This is the best.

Aimee:

Yeah, so that ... If you're worried about putting polish on, that's a really great option. But, also, if all you want to do is buff your nails and not put polish on, that's a great option for anybody who's just wanting to be as natural as possible. So we have a couple questions-

Aviva:

It's like no-makeup makeup.

Aimee:

What was that?

Aviva:

It's like no-makeup makeup.

Aimee:

Absolutely.

Hannah:

Yeah.

Aimee:

Absolutely. A couple people are asking. The color is called EC, and there we go. Melissa just put it in the chat. Thank you, Melissa.

Hannah:

So now Aviva is going to dip her nails into the nail polish remover pot. You don't want to use a pumping motion. You just want to either spin the bottle or spin your hand back and forth because it is a sponge, so just to have it last as long as possible, you don't want to rip it with your nails. It is acetone-free like we talked about and super gentle but very effective at removing your polish. We put it in this jar so that as you're learning at home, you don't need to worry about messing up your other nails with cotton balls soaked in remover because we're going to make mistakes. This way, you have total control, so if you just mess up one nail, you can just dip it in and start over, and it's no problem. It takes a couple seconds.

Aimee:

Somebody's asking about the two sides of the file, which is which?

Hannah:

Yeah. So the ampersand side is the softer side. You can feel it with your finger. Then the other side is coarser, and that's for your pedis. So ampersand side is for manis. It's softer.

Aimee:

Then we've gotten a couple questions about if your nail splits, how to cut and file without causing more splitting. Do you have any tips for that?

Hannah:

If it's a one-time split situation, then we would recommend just gently buffing it with our buffer, painting with EC and top coat, and sitting tight until it gets better. But if this is a repetitive thing that's happening, we would recommend getting it checked out with a dermatologist and make sure there's no type of allergic reaction or situation happening that's causing that to occur.

Aimee:

Absolutely. And that can also sometimes be exacerbated by treatment, so you can also mention that to your chemo nurse or your doctors or anybody on your treatment team, and they might have some ideas for that as well.

Hannah:

So now Aviva's nails are prepped and ready for cuticle care. One thing that's not in our box is a cuticle pusher or cutter, and that's because if you lose control or if you get distracted by just a second when using one of those tools, you can really cut yourself and cause infections. But you have a lot more control when you're using your thumbnail, and we all have one, so it's the perfect tool to use for this. Once a week, we recommend pushing your cuticles back. Aviva's not applying a ton of pressure here, just going slowly and using her thumbnail to push the cuticle back towards the base of her nail bed.



Hannah:

This is really going to train your cuticles how you want them to grow, and if you keep up with this, over time, you'll see that you really have to do it less frequently and when you do it, there's a lot less to push back. At first, you'll see that there's a lot of white, puffy residue at the bottom of your nail, and we'll address it in just a second. But as you keep up with it, as Aviva obviously does because she teaches these classes three times a week for us, then there's really not a lot to push back.

Aimee:

Right. And we did have a question about when we get to cuticles, what can we heal the splits if we have some in our cuticles? We will definitely get to that at the end, so stay tuned, Diane. Yeah, now the buffer, which really is a big game-changer for me.

Hannah:

Yes. So Aviva will now come in with her buffer. It's the same grit on all sides. She's just going in a gentle, circular motion on her nail bed but really focusing on that puffy skin that she just pushed back at the base of her nail. This is kind of like your magic eraser for any cuticles that you missed with your thumbnail, and it's really just smoothing out your nail bed and getting it prepped and ready for polish. If you have peeling at the tips of your nails, you can go in a downward motion, never up because that will actually exacerbate it. But if you go down, it will help prevent the peeling from increasing. When using this tool, you just want to apply very gentle pressure and not stay in the same location for too long because it is a gentle buffer but if you over-buff, you'll feel that sensitivity in your nail bed, which you want to avoid.

Aimee:

And especially if you're going through treatment. We got some questions about hang nails. I know the cuticle serum that we get to at the end also helps with those. I've definitely noticed fewer in my nails since I started using it. But how do you deal with those?

Hannah:

So you want to use your clipper to clip off any part that's hanging off. If you have to pull at it or tug at it, it's not ready, so you would just want to hydrate and moisturize your hands. But like Aviva's showing, anything that's ready to come off and sticking up and can be easily grabbed by the clipper, you can use your clipper to clip it off.

Aimee:

Yes, and this is also really ... The cuticle philosophy that Olive & June has is perfect for those going through treatment because that's a really big possibility for infection. If you're clipping your cuticles, those can create open wounds, and so doing it this way, buffing that off and things like that, can really help.

Hannah:

Exactly.

Aimee:

We also got a question about who to contact if they have a question about their order.

Hannah:

Just email [hello@oliveandjune.com](mailto:hello@oliveandjune.com). That's our customer care team. That's my whole team, and we will get back to you in one to two days.

Aimee:

Thank you.

Hannah:

Of course. So now Aviva is just going over any last portions of her nail that need smoothing. If you realize that you have some kind of floaty, hair-like pieces at the tip of your nail from the file, you can use this to smooth them over. This is a part of a mani where you're looking at your hands and there's residue and build up on it and you really want to go wash your hands, but this is a totally dry mani. The main reason is that water causes your nail beds to expand, and when you paint on an expanded nail bed, you have excess polish on it. So eventually, when it constricts back to its normal size, that polish will chip off. You'll be upset because you spent an hour investing in this perfect mani, and now it's chipped after a couple days.

Hannah:

So even though there is a lot of dust and residue on your hands, we're not going to wash them. Instead, you're going to grab your nail polish remover pot, again making sure that you close it in between each step, even though we do reach for it a couple times during this mani, because it can evaporate since it's acetone-free, and you're just going to give each finger a little spin through again, which will remove that residue and get you ready to paint.

Aimee:

Absolutely. And we had one question about the nail buffer. It sounds like Tina's a little confused about the nail buffer and asked if we should stay off the top of the nail.

Hannah:

No. You can use the buffer on your nail bed and use it at the tips if you have peeling. It just needs a couple seconds on the nail, though, so if you think that ... You can overdo it if you stay in one section for too long, so at first just do little circles, a couple seconds per nail, and that's all you need.

Aimee:

Perfect.

Hannah:

So now Aviva will just do those little extra credit steps. She'll dip her clean-up brush into the nail polish remover pot and just give her nails and underneath her nails one quick once-over, really prepping them and making sure everything is off. After you do this step, you don't want to touch your face or your hair or your clothes or your snack or anything like that because there is oil everywhere and you want to make sure that there is no barrier in between your nail and polish, that it really can adhere to that and stay on for a long time.

Aimee:

Judith asked, "Doesn't it get dirty in that pot?"

Hannah:

It doesn't. Aviva, how often do you paint, three times a week?

Aviva:

Sometimes more.

Hannah:

Yeah. No, we recommend changing out your pot every two to three months, but you won't notice any type of residue in there. It's very minimal.

Aviva:

Yeah, I switch off between two to three. I have one for my glitters, I have one for my dark colors, and then one for my neutrals and lights. It might seem excessive, but it's the best way to prolong the life of any of your remover pots.

Hannah:

Mm-hmm (affirmative).

Aimee:

For someone who doesn't paint my nails three times a week, one at a time usually works well enough for me.

Aviva:

I'm crazy.

Aimee:

No, you're living the dream, I think, is really what it is.

Aviva:

I like to experiment a lot.

Aimee:

Yeah. We have another question about any hints to prevent longer nails from cracking below the nail line because cutting it shorter is not possible until it grows out past the quick.

Hannah:

I mean, again, it would go back to if this is just a one-time thing that happened and it cracked and it broke. Then we would recommend trimming it shorter and just doing a lot of hydration, cuticle care, a shaping, and giving it a week or two to reset. But if you're noticing that it's happening over and over again, it is also that our nails have a happy length, so even if we would prefer them to be longer, they can get weaker if we grow them too long, and they'll tell you that. So you can kind of feel their strength, and then if they grow a little bit longer and you're pressing against them and they bounce back a little

bit, they're too long and they're just too weak to hold onto that length. Make sure you're finding that and gauging it and keeping them at their maximum length. Otherwise, they'll break and it will be pretty painful.

Aimee:

Absolutely.

Hannah:

Okay. So now Aviva has prepped her nails, and she is ready to paint. Olive & June figured that the most common problem with painting your nails at home was painting with your non-dominant hand, which is why we invented the Poppy. All of our polish has an over-cap. You just pop it off. It's not a twist. It pops off, and it reveals the inner cap underneath it. That is what Poppy is going to hold onto. So we like to line up our Poppy with the wider side of our brush because our brush is designed ... It's pretty wide, and it's flat. It does a lot of the work for you and allows you to paint in as few strokes as possible, which is awesome.

Hannah:

So you'll find that wider side of the brush, line up your Poppy. It has an ampersand on it. You'll just line that up with the wider side of the brush and allow a little bit of that white inner cap to poke through the bottom. If you push it on too fast and too hard, it will eat that inner cap because Poppy wasn't just designed to fit on Olive & June. It's designed to fit on Essie, OPI, Deborah Lippmann, anything that's in your cabinet already. And how we like to polish, too, is to load up one side of the brush with polish and keep the other side bare.

Aimee:

And why do you recommend never shaking the polish bottle?

Hannah:

We don't shake the polish bottle because it causes bubbles. If you want to warm it up in your hands, you can just gently roll it. So now for our first coat, this is our biggest tip, we start in the center of our nail and allow the brush to fan out, pulling down towards the base and then pulling up. This gives you a lot of visibility into the bottom of your nail because you'll notice when you go to a salon, they'll always make sure that you don't have a pool of polish at the base of your nail. That's called flooding your cuticle, and it's caused by just having too much polish at the very base of your nail. It has nowhere to go. So this way, by starting in the center, you have a lot more visibility and control when it comes to the base of your nail. You don't want to get to a fully opaque coat on your first coat. It will take forever to dry, and it will bubble. So we can see Aviva's nail bed through this first quote, and it's really streaky. That's perfect. That's exactly what we want to see.

Aimee:

And we chose winter white today in honor of all of our colleagues in New Jersey who are having their first snowstorm.

Hannah:

Mm-hmm (affirmative). So she wipes one side of the polish onto the bottle. It might take you a little bit of time to figure out how much polish is needed per nail. That's a normal learning curve. Then we do one down the middle, and then we grab the sides, and, again, really allowing that brush to fan out and do most of the work for you because polish can have a little bit of an attitude when it's being maneuvered too much. It can get kind of gloopy. So by just doing it in two to three, four strokes per nail, you're preventing a lot of that build-up.

Aimee:

Diane asked, "Could you repeat please how the cover revealed what you are using?"

Hannah:

Yeah.

Hannah:

So our polish has an over-cap. You just pop it off underneath, and it has its inner cap. Then you'll put Poppy on underneath that. So let me grab my Poppy. It's right behind me. Okay.

Aimee:

And yes. Someone asked if this is their brand of nail polish. Yes, this is Olive & June HD.

Hannah:

So you find the wide side of the brush. This is the skinny side. It's almost not visible if you're looking at it from the side. The wider side, and then once you find that wider side, then you'll just put Poppy on it, having a little bit of the inner cap poke through, and you're ready to paint because it fits really comfortably in your hand like you would hold a pencil. And, usually, we ask for five to 10 minutes in between each coat. Our polish is thicker than most, since it has the base coat formulated in it. But because we're doing a masterclass right now and we only have you guys for a certain amount of time, we go a little bit more quickly. You can clean up in between coats, like Aviva's doing now, with your clean-up brush. So anything that got on the sides of your nail, you can go ahead and clean it up, or you can save it to the end. It's your preference. Then we'll begin the second coat.

Aviva:

Cleaning up in between each coat just kind of forces me to wait to let the polish dry as much as possible.

Hannah:

Yes.

Aviva:

Even though I go back in and clean up after the second coat, too, it's just my little extra thing, and it's fun for me.

Hannah:

And make sure, just like you did with your nail polish remover pod, that your bottle of polish is sealed pretty tightly when you're waiting in between coats, since it's obviously designed to dry with air exposure. We don't want it to over-dry when it's in the bottle.

Aimee:

Someone asked if there were directions for the Poppy. I know you've explained it, but I think they're ... Oh, yeah, and how do you line up the Poppy? So let's just explain it one more time.

Hannah:

Sure. So you'll pop up the over-cap, which reveals the inner cap, and then you'll take the polish brush out and find the wide side of the brush. Then you'll gently place it back into the bottle and just hold onto the cap so you remember that side, come in with the flat side of Poppy, and wiggle it on back and forth, leaving a little bit of the white inner cap poking through. Then you take it out, and it's lined up. It fits comfortably in your hand, and you can paint with it. In between coats, you can twist it back on tightly and come back and use it again. Then when you're done, it just pops off.

Aimee:

I won't tell any names, but one of my colleagues at Sharsheret who I turned on to Olive & June once put her Poppy a little too far down, didn't leave that white part out, so she learned that the hard way. But she eventually was able to get it out. But you all were very nice and said, "If you really can't get it out, we'll send you a new one." But she was able to get it out and didn't need a new one.

Hannah:

Good, I'm glad. So now Aviva's coming in with her second coat, and we don't start in the center of our nail for the second coat because we've already laid the foundation. We do start at the base of our nail and come up. Depending on what shade you're using, maybe this coat will be opaque and maybe you need to do a third coat. You can do as many coats as you want to of Olive & June polish. You just want them to be thin. If you feel like the polish is taking forever to dry, it's because the coat is too thick, and we'd recommend at that point dipping in the nail polish remover pot and starting over.

Aimee:

We also got a question about would you recommend doing one hand at a time?

Hannah:

It's up to you. We have some people that teach our masterclasses that do a full right hand and then take a break and go on to the left hand. When I'm usually doing it, I do both at the same time, and I think, Aviva, you do, too, for the most part-

Aviva:

Yeah.

Hannah:

... when you're not teaching. Yeah.

Aimee:

And how long does polish usually last before you should throw it out, and how do you know when it's time to throw it out?

Hannah:

Polish will tell you when it's ready to be thrown out. If it's unopened, it will last forever. But if you're opening it and using it, it kind of depends on how frequently you're using that shade, if you've kept it open while you were allowing it to dry. But it will just feel very thick and kind of gummy. When you pull the polish brush out, it might even be a little sticky, and then you'll know it's time for a replacement. We sell all of our polish ala carte on our site for eight dollars, so it's always super easy to get a new one.

Aimee:

And it's also sold at Target.

Hannah:

Yes.

Aimee:

Yeah.

Aviva:

I love passing by the Olive & June section at Target.

Hannah:

Me, too. I always clean it up.

Aviva:

I actually need a new white, so today is perfect for that anyways. I'm kind of on my last leg of it. I need a third coat, so I'm just going to wait a little bit and clean up again anything, and then I'll do a third, last, thin coat just to make it fully opaque. White can be tricky. If you're painting white with me today or if you have ever painted white, white can be tricky. The important part is to do thin coats, and then you can just build it up as much as you want.

Hannah:

And we are dipping the clean-up brush in the nail polish remover pot to clean up in between.

Aimee:

And you want to be careful to lower it in slowly to not get the bristles all ...

Hannah:

Mm-hmm (affirmative). Exactly.

Aimee:

I see, "Can the nail polish be preserved for a long time? In other words, will it ever expire?" So, yes, when it starts to get thick, as Hannah was saying. And keeping it closed in between coats, I know, has been a lesson I learned from you all that's really, really helped. How do you know when to start coat two?

Hannah:

You'll want to wait five to 10 minutes in between coats. If it's a more sheer color or a lighter color, then five minutes is fine. If it's a really dark red or a black, purple, burgundy, that type of color, it has more pigment in it, so you'll want to wait closer to the 10 minute mark. So now Aviva is doing her third and final coat of HD, our winter white, and, again, does it the same way as she did her second coat, starting at the base and doing it in as few strokes as possible.

Aimee:

We were also asked, "How long will this last before chipping off?" I have to share. I did my Hanukkah ombre mani myself on the first night of Hanukkah and I don't have one chip a week later. I've learned from Olive & June that adding a top coat to your practice every few days can really help extend the life of any manicure and make it shiny again. But I haven't done that, and it still looks really great, in my opinion.

Hannah:

Yeah. Yeah, it kind of depends on your prep. If you follow all of these steps and you are just paying attention and carving out the 45 minutes to an hour for your weekly mani, you'll see that it lasts a really long time, usually five days or more, without chipping. But if you skip a step, if you wash your hands, if you don't wait the full five to 10 minutes in between coats, you'll see that it doesn't last as long. The effort that you put in will be the results that you get out of it.

Aimee:

Absolutely. We got a couple questions about how long does it usually take to completely dry.

Hannah:

It depends on the color and your thickness that you painted, but usually about 20, 25 minutes until you can do something like change your clothes, put your hair up in a bun, stuff like that.

Aimee:

But I will say the new Dry Drops-

Aviva:

Yes, we will-

Aimee:

... changed my life, and I can now do a mani at night without worrying that I'm going to totally mess it up when I get ready for bed.

Hannah:

Absolutely.

Aviva:

A really good tip if you're doing your nails at night and you don't ... You know how sometimes if you go to sleep with a mani that's not completely dry or you think it's dry and it's not, don't top coat if you know you're going to go to sleep soon and then just do top coat in the morning, and it will smooth out any sheet creases you might get from overnight.



Aimee:

Right. And someone else is asking, "What is the difference between the two nail polish remover pots on the website?"

Hannah:

We have one that's just for manis, and then we have one that can also be used for pedis. It has a sponge at the top of it, so you can just use that so you're not trying to dip your toes into this pot.

Aviva:

That would be really funny.

Hannah:

I know.

Aimee:

I was really excited when that came out because before, to do my toes, I was sticking a cotton swab into my nail polish remover pot and shaking it up to get the cotton swab all saturated. Robin asked if these instructions are available online.

Hannah:

Yeah, and we also host masterclasses three times a week with a schedule on our site. But we have tons of YouTube videos, tons of videos on our Instagram and Facebook page as well. So now Aviva will come in with her top coat. You can use Poppy on your top coat if you want to, but since it's clear, it's not super necessary. You just want to do a thin coat. If you do something too thick, you'll see bubbles again with your polish. So just coming in with a thin coat and covering her entire nail with this top coat, it makes it really glassy and kind of look like a gel finish. We recommend top coating every two to three days. This really seals in your mani, keeps it really shiny, and helps prevent chipping as well.

Aimee:

We're getting some more questions. I love this question, but I don't think you're going to tell us any answers. I think people are going to have to wait for the next line to drop. But what are the spring 2021 nail colors trends that you anticipate?

Hannah:

Oh, good question. Aviva and I are actually sworn to secrecy on stuff like that, but if you don't follow us on social media, definitely do because we drop a lot of hints there and our founder is unable to keep a secret. So as much as we have to keep one, she cannot.

Aimee:

So if you watch their Instagram Lives when Sarah Gibson Tuttle does them, she definitely drops some hints.

Hannah:

Yes.

Aimee:

Are there different kits with different products inside?

Hannah:

Mm-hmm (affirmative). So we have our mani system, which is all the tools you need. You can get it with one polish, or you can get it with six polishes. We have our pedi system, and then we have our complete system, which is both mani and pedi.

Aimee:

Great. Maureen asked if she's touching up with oil or removing mistakes with the polish remover, and she is dipping that clean-up brush into the polish remover pot, so cleaning up any mistakes with that.

Hannah:

Yes. So now Aviva will come in with her Dry Drops. These are not a part of the system because maybe you feel like you don't necessarily need them, but they are available for purchase on our site separately. Just one to two drops per nail, depending on how large your nail beds are, and this will make her polish dry to the touch in 80 seconds. It doesn't mean that they are completely, completely dry, so, again, we wouldn't recommend to try to go put on skinny jeans right now or put on really thick socks or anything. But she can definitely get in the car, get in her bag, put her seatbelt on, everything like that, and her nail polish is dry to the touch and it won't move. It's formulated with jojoba oil, so it's really hydrating. Anything that falls off your nail and onto your hands, you can definitely just rub into your skin and around the nail bed like she's doing, and that will be a really hydrating formula for your hands.

Hannah:

In our boxes, we also have our cuticle serum. If you do Dry Drops, it's not necessary that you do that on the same day. But cuticle serum, a fresh one takes about 10 clicks to get started, and then it's two to three clicks per hand after that. You just want to outline your nails two to three times a day with that, and it will prevent hang nails and really just provide a lot of hydration to typically a really dry part of your hand.

Aimee:

Absolutely. We also got a question about ridges in the middle of each nail. Will the buffing help that?

Hannah:

Ridges are hereditary and something that none of us can really avoid because they will happen over time. Our polish is self-settling, so most people find after three to four coats of Olive & June polish, you can't see their ridges through the formula. You don't want to over-buff ridges because the top part of it is actually the healthier part of the ridge and beneath it is a little more weak. So if you buff that away, you'll feel the sensitivity in your nail bed. You can gently buff, but we would recommend, really, just sticking with three to four coats of polish. If you need a ridge filler, Olive & June doesn't have one yet, but we do recommend using one if you can still see the ridges.

Aimee:

And if you use EC as your color, do you still need a top coat?

Hannah:

It's up to you. We would recommend it, just because we recommend top coat with everything. But that's totally up to you.

Aimee:

It'll keep it from chipping a little bit more, right, because-

Hannah:

Yeah.

Aimee:

I've heard from your Lives that they're formulated to go together, so it's like-

Hannah:

They are.

Aimee:

... the second part of the system.

Hannah:

Exactly.

Aimee:

And do you use the Dry Drops between coats or just at the end?

Hannah:

Just at the very end. Since there is oil in it, you don't want to be painting over it.

Aviva:

I'm also going to use hand serum, which is a third level of moisture, which I love. This is the best stuff ever. So I do one to two pumps per hand, and then you can rub it into your hands and your cuticles also. It's so fast-drying and not sticky. This stuff is amazing.

Aimee:

I also got a private question, and I know the answer, and I love the answer, so I'm excited somebody asked this. Who are Olive & June? How did the company get the name?

Hannah:

Olive & June are our founder Sarah Gibson Tuttle's grandmothers' names, so that is what the company is named after. Sarah is very much involved in the business, goes live on our Instagram multiple times a week, and is very available if you DM her to help with manis or pedis anytime. So she's very invested.

Aimee:

Absolutely. And all of the colors are also named after powerful women that she's come into contact with or is friends with, so that's really lovely, too.

Hannah:

Yes.

Aimee:

For pedicures, how do we manage hard calluses? At some salons, they use a gel, and it removes it. So do you have anything to help with that?

Hannah:

Our pedi system has a foot file that we recommend using once a week very gently, and it also has a foot serum that we recommend applying in the morning and at night. You don't want to get rid of calluses. They're there to make walking a lot more comfortable. If you over-buff that and get rid of it and have really baby soft feet, it can be kind of painful for a couple days. So you don't want to completely remove them, but our system has everything that you need to just keep overall pedi care and health.

Aimee:

Absolutely. And can you explain why there's no Olive & June base coat?

Hannah:

The base coat is formulated in the polish, so it's just a two-step process, polish and top coat. You don't need a base coat unless you feel like your nails really stain when you do brighter or darker colors, and in that case, then you would just use our EC polish as your base.

Aimee:

Absolutely. "If I wear polish too long, especially on toenails, my nails get these white splotches after removing the polish. Why does this happen, and how can I prevent it?"

Hannah:

So nail polish on your toes lasts a really long time because it's not coming into contact with anything. You do want to change it out every couple of weeks, just because your nails need time to reset, but, also, you need to push your cuticles back, you really need to pay attention to the health of your nails versus just their appearance. So when we allow polish to lock onto our nails for too long, it's not getting any air, we're not caring for it, we're not pushing cuticles back, it's growing. There's just stuff happening underneath the surface. So that's why we recommend either a weekly or a bi-weekly cadence of both your manis and your pedis.

Aimee:

Awesome. Thank you. Someone said, "Beautiful. You make it look so easy." And one other-

Hannah:

She does.

Aimee:

And Vachya said, "Thank you for this. It was amazing to do this live, coming from someone who was diligent about getting manis prior to COVID, and I have been using Olive & June since the pandemic started." So that's so cool. That's-

Hannah:

Perfect. That makes us so happy to hear.

Aviva:

I was also such a salon girl before and-

Hannah:

Me, too.

Aviva:

Converted.

Aimee:

Yep.

Hannah:

Absolutely. We have tons of education on our site if you have further questions, lots of saved videos and tutorials on our Instagram as well. We're obviously always available through email or DM, private message if you have questions about any of the tools or you want to review any of the steps. That's what we're here for.

Aimee:

And does Olive & June ship internationally?

Hannah:

We ship to Canada, but we don't ship anywhere else internationally yet.

Aimee:

Yet. Amazing. Well, thank you both so, so much-

Hannah:

Thank you.

Aimee:

... for sharing your expertise with us and the whole team at Olive & June for their gift of a free polish for each of our callers. Please take a moment to fill out the brief evaluation survey that is linked in the chat box now. Evaluations really do inform our future programming, so thank you so much for that. We'd love for you to stay connected with Sharsheret via social media, where we post about events like these, program updates, and fun ways to get involved. I especially want to mention it because right now we

are running an amazing Chanukah giveaway campaign on both Facebook and Instagram where we are giving away amazing items for every night of Chanukah, including an Olive & June manicure system.

Aimee:

So if you felt like that was out of your price range and you just did the free polish and now you just watched this and you're like, "Wait, I need all those tools," go ahead ... Even though that was a few nights ago for Chanukah, you can enter any night of Chanukah, as many nights as you'd like, as many times as you'd like. Just make sure to follow all the instructions because there are some little things like saving the post and filling out a form, so just make sure to read the entire caption so that you follow all the directions so that you can enter. You have until December 22nd to enter as many times as you'd like, and that is when winners will be announced.

Aimee:

I also want to thank our sponsor for today's webinar, the Siegmund and Edith Blumenthal Memorial Fund. Please never forget that Sharsheret is here for you and your loved ones during this time. We provide emotional support, mental health counseling, and other programs designed to help you navigate through the cancer experience. Everything we do is free, completely private, one on one, and our number is 866-474-2774. You can also email us at [clinicalstaff@sharsheret.org](mailto:clinicalstaff@sharsheret.org). Our social workers and genetic counselor are available for every single one of you. You are our priority, so please never hesitate to reach out. We're all going to get through this together.

Aimee:

Finally, I want to let you know that we have several exciting webinars on a range of topics planned over the next few months. We have our Sharsheret National Book Club on January 7th, where we'll be talking about the book *Beat Breast Cancer Like a Boss*, moderated by Ali Rogin and in conversation with Joan Lunden and Jill Kargman. On January 12th, we'll be talking about cancer brain fog, sometimes called chemo brain, but it really isn't about chemo. So come learn more about that and how to cope with it. Please check out our website regularly to see what topics are coming up. You can also access the recordings and transcripts of all past webinars on our website. Thank you again, Aviva and Hannah.

Hannah:

Thank you.

Aimee:

This was so wonderful and honestly a dream comes true for me. Bye

Hannah:

Thanks so much, everyone.

Aviva:

Thank you, all of you.

Hannah:

All of you, bye.

## About Sharsheret

Sharsheret, Hebrew for “chain”, is a national non-profit organization, improves the lives of Jewish women and families living with or at increased genetic risk for breast or ovarian cancer through personalized support and saves lives through educational outreach.

With four offices (California, Florida, Illinois, and New Jersey), Sharsheret serves 150,000 women, families, health care professionals, community leaders, and students, in all 50 states. Sharsheret creates a safe community for women facing breast cancer and ovarian cancer and their families at every stage of life and at every stage of cancer - from before diagnosis, during treatment and into the survivorship years. While our expertise is focused on young women and Jewish families, more than 15% of those we serve are not Jewish. All Sharsheret programs serve all women and men.

As a premier organization for psychosocial support, Sharsheret's Executive Director chairs the Federal Advisory Committee on Breast Cancer in Young Women, Sharsheret works closely with the Centers for Disease Control and Prevention (CDC), and participates in psychosocial research studies and evaluations with major cancer centers, including Georgetown University Lombardi Comprehensive Cancer Center. Sharsheret is accredited by the Better Business Bureau and has earned a 4-star rating from Charity Navigator for four consecutive years.

Sharsheret offers the following national programs:

### The Link Program

- Peer Support Network, connecting women newly diagnosed or at high risk of developing breast cancer one-on-one with others who share similar diagnoses and experiences
- Embrace™, supporting women living with advanced breast cancer • Genetics for Life®, addressing hereditary breast and ovarian cancer
- Thriving Again®, providing individualized support, education, and survivorship plans for young breast cancer survivors • Busy Box®, for young parents facing breast cancer
- Best Face Forward®, addressing the cosmetic side effects of treatment
- Family Focus®, providing resources and support for caregivers and family members
- Ovarian Cancer Program, tailored resources and support for young Jewish women and families facing ovarian cancer • Sharsheret Supports™, developing local support groups and programs

### Education and Outreach Programs

- Health Care Symposia, on issues unique to younger women facing breast cancer
- Sharsheret on Campus, outreach and education to students on campus
- Sharsheret Educational Resource Booklet Series, culturally-relevant publications for Jewish women and their families and healthcare Professionals

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