

“Ji Baek combines impeccable taste with clear-eyed practicality. When Ji talks, beauty editors listen.”

— Linda Wells, EDITOR IN CHIEF, *Allure*



rescue your nails

a do-it-yourself guide to
perfect fingers & toes

rescue[®]
beauty
lounge

by Ji Baek

smart fixes for everyday problems • cuticle cures • perfect polishes
• learn to love your feet • the no-fail nail-biting cure • and more!

Ji Baek

Rescue Your Nails



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Skip the spa and give yourself an in the home manicure—to Ji Baek, the high-energy owner of New York's an ideal author to show just how.s hottest nail salons, the Rescue Beauty Lounge—s important to take vitamins, file regularly, and moisturize constantly; the fitness of the nail and the surrounding pores and skin—to InStyle, the caution of the nail, with step-by-stage illustrated directions to attaining professional-quality home manicures and pedicures, including tools, techniques, lotions, polishes;and here'Harper's Bazaar, utilized by designers and stylists, patronized by actors, fashionistas, professionals, and more—presents the definitive guide to beautiful hands and feet. Emphasizing natural beauty, cleanliness, and simpleness, it covers the technology of the nail, and why it'written about from Lucky the dressing of the nail—shapes, colours, and designs;Vogue how exactly to heal split fingernails, brittle nails, and ingrown fingernails, and care for common problems like calluses and sunspots.



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Rescue Your Fingernails = Invaluable Reference! While I expect my nail salon to keep sanitary conditions, it is completely needless to sterilize nail tools that get used only by me in the oven before each time I take advantage of them (they won't become sterile by this method anyway). Basic Nail Care Guide I really love this book since it calls for the reader through the basics of nail treatment and teaches all the things you should know about your fingernails. Glad to be out of that neverending file and fill cycle. great book I actually haven't finished it since I simply got this but so far so good. Practical; Not only did I find the intro to become witty and humorous (although the first few pages were ripped out of my library copy-what does that tell you? There are no requirements for elegant products, as she tells you how to make your personal concoctions, and she breaks down basic steps that most pros assume you know.), but the guidelines were refreshingly simple, while still obviously coming from a pro. As I get acquainted with performing all the right steps to perfect manicures and pedicures at home, We am keeping the reserve next to my kit in the toilet, since I do not want to miss any techniques when performing them. Thanks to Ms. Baek, I could now perform my nails-and have them fully dry- in 30 minutes. I'm not really afraid of my foot anymore. And my manicure? The book is well done from cover to cover. Handy for the Amateur I can see how this might be a little beginner-leveled for the experienced manicurist; however, I am certainly a newbie in sophisticated nail treatment. The book gives good simple instructions on looking after your nails, photos of nail forms, some recipes for spa-like remedies, etc. I don't trust everything the author insists on either, but I also don't believe that matters. I recommend it to anyone who cares about their fingernails and really wants to either learn from scratch (in the event that you know little to nothing at all) or if you would like to add to your knowledge (if you know some but want for more information). In my case, my nails are like flimsy paper so they would tear conveniently and I didn't really know how to file them for ideal health. Become your own best manicurist and pedicurist I picked up this book at my local Borders store and, after skimming through it, We became instantly hooked at just how it engages the reader in the complex subject of self-achievement of the perfect manicure and pedicure. to the attention to detail and believed behind every color of nail polish in her line, with one specifically called "Underwear", that instantly caught my attention and cannot wait to try - a neon white which can be worn only or underneath other shades to "spark" their brilliance in a unique way. book is good for starters This book gives basic information regarding equipment and techniques. great book for nail care i'm quite lucky to possess naturally long and healthy fingernails, still i enjoyed studying the information in this book. Thanks to the step-by-step guidelines, which are accompanied by excellent graphics and photos, you can finally say good-bye to the days of ugly looking hands and feet, as Ms. It had been then when she launched herself into research for her dream of learning to be a "nail stylist" (of sorts). there are numerous good photos and step by step of manicures and pedicures. Originally from South Korea, Baek was a musician who eventually got a condition in her fingers which precluded her to continue playing. Baek's new book, "Rescue your nails" may be the surefire ticket to amazing, self-made manicures and pedicures. Throughout it, there are discussions on color theory, equipment of the trade (including a very practical grocery list), suggestions and considerations for selecting a nail spa, and also Ji's very own, proven plan for NBA (Nail Biters Anonymous). A few things that I picked up from the book go from Baek's insistence in sterilization of the various tools after each use, even when the usage has been at our very own home - the theory made me set you back my own manicure-pedicure kit and sterilize it right then and there (something, I'm ashamed to state, I had by no means done before); I've always been a fan to do my own nails and hardly ever go to a salon; An added gem may be the section on NBA ("Nail Biters Anonymous" as she calls it) a foolproof program that I am currently trying to rehabilitate my inseperable-from-his-thumbnail brother. The writer claims in the cover that she can save the

reader up to \$1,080 each year in nail treatment. I have tried the techniques and they feel - and appearance - extremely professional. As for the savings, well. Every page of the book is filled with information you can actually use to make your hands and feet look better.. There's nothing here whoever has ever go through a magazine or a nail blog doesn't already know. With glossy photographs and an easy to learn layout, nail professional Ji Baek has given us the "magic formula" to always getting the most glamorous-looking hands and foot. the author explains every aspect of nail care and attention imaginable. She operates the "Rescue Beauty Lounge" shop in NEW YORK, and has her own make of nail polish, bath collection and tools. she also addresses complications like corns. A Practical How-To Instruction from a trusted Perfectionist It's true that there are really just two or three 3 worthwhile books on nail care and fingernails. It can have sections on choosing nail polish color, etc. i was so inspired after studying it that i provided myself an excellent home pedicure and i'm going to commit to doing it more often. well-written and illustrated. she emphasizes the need for exfoliation and moisturizing. I was wishing it would give more detailed instructions on offering a manicure or pedicure, and how exactly to use even more of the less common tools. Five Stars Awesome book.. This little book has given me a fresh hobby, something which has made me fall in love with myself, yet again! I'm significantly disappointed in this book I'm seriously disappointed in this reserve. it is just an added bonus. If you're looking, as I was, for some tips on how to get flawlessly polished fingernails, skip it. The written text that addresses application amounts to less than two pages and is completely worthless. It's such as this publication was written for somebody who has resided her entire life completely unaware of the actual fact that she actually *had* fingernails, but offers just discovered them by the end of her fingers and doesn't know what they are. Unless that's you, this reserve is worthless -- a complete waste of money. I seriously would spend one hour painting my nails-nail polish is usually fun, but not THAT fun- merely to own it chip in about the same time! If you can't get past the opinionated stuff or you're looking for something more masterful, you might get frustrated, but if you're just looking for some simple guidelines I believe this is a great book. I ended up spending a small fortune on acrylic nail manicures over the years because I believed I couldn't "consider" a traditional manicure. This book shows me that easily take care of my fingernails (outlined in easy-to-read-and-apply details), I can do house manicures that save me cash and my fingernails, if not actually long and hard, do appear and feel great plus they grow to a longer length than I could ever obtain in the past. Those acrylic manicures were not helping my nails anyway (although I under no circumstances contracted fungus (common), the technician's required filing of the complete nail is really bad for nails). I really love nail art as well, but what's the idea if the polish doesn't last, ideal? Ji Baek gets the reader to understand why nail treatment is a ailment. I gained a fresh philosophic viewpoint on my nails and I continue steadily to improve my technique as I obtain practice. I loved the full page colour images that illustrate the step-by-step guidelines on how to execute a full salon-quality mani-pedi in the home. Good ideas. I examine it before bed every evening. I also could hardly ever figure out how to file my nails properly- adding salt to the wound when my manicure literally shredded to pieces! I love this book. As essential as she thinks lotion is everyday, I must say i wanted to just learn more about how to trim my nails and the region around them in a wholesome way and Personally i think she does an excellent job with that. The writer really knows her stuff. Although filled with good information about how to do a manicure I found I knew everything beforehand. In case you are brand new to the at home manicure, you may find it useful. I would have given it 4 superstars but there is a disgusting amount of gemaphobe guidance in here. About a year . 5 ago, I quit on the idea of having a DIY manicure that could last greater than a day. It's also very wasteful to suggest I get rid of a nail document that is used only one time. If wasteful, non-environment friendly guidance and

germaphobia don't bother you, and if you're not used to the at home manicure you will probably find this book useful. I was browsing in my library one day when I came across this reserve, by the famed manicurist Ji Baek, the first to open up a spa dedicated entirely to nails. my foot feel great today! Okay for manicure newbies I am doing my nails for a lot of years and wished to consider my manicures to the next level. Five days solid. I recommend it to anyone who would like to improve the look of their hands and nails. however, I had never achieved such wonderfully clean and professional results until now. This is normally one of them. There are sections on skincare, etc. , which is not what I was looking for. as another reviewer commented much of what is here's "good sense" but i still discovered it a good reminder with some fresh information.



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