



CNDTM
SALON WELLNESS

we are
OPEN

Dear Nail Professional,

At CND, we care about YOU, the nail professional, as well as your clients, business, and colleagues.

SALON WELLNESS has ALWAYS been a top priority at CND since our founding in 1979, and we are committed today, more than ever, to elevated practices.

Salon wellness demands careful practice of what we call **UNIVERSAL SANITATION & SERVICE PROTOCOLS**. All aspects of these practices are universal and standard procedure for all nail professionals. We urge you to adopt these principles as your everyday commitment to your client, your profession, and most importantly, to yourself.

To help you return back to the salon after COVID-19 with confidence, please see the PREP For the FUTURE checklist enclosed, which outlines heightened general guidelines now recommended by regulatory agencies. Please get more information for specific guidelines required by your state/country.

They include:

- Proper Hand Washing
- Disinfection & Sterilization
- Salon Do's and Don'ts
- P.P.E.
- Source Capture Ventilation
- Professional Confidence

We hope this will help prepare you for a safe and successful return to the salon and for long-term salon wellness!

All our best,

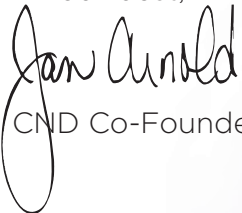

CND Co-Founder



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S A L O N W E L L N E S S

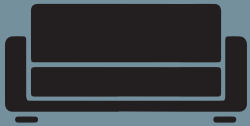
P.R.E.P.
FOR THE FUTURE
COVID-19 RECOVERY PLAN

Prepare the Salon



Clear Out The Clutter

Toss magazines, leaflets, nic-nacks and unnecessary items.



Create Space

Reorganize salon furniture and workstations to promote social distancing.



Rethink Reception Consider utilizing the waiting space for touch-free retail or additional workspace.



Stock Up!

Purchase 2-3 month supply of products to cleanse & disinfect the entire salon regularly, including P.P.E. for clients and staff BEFORE opening.



Deep Clean

Ensure you have the proper cleaning supplies to cleanse and disinfect the entire salon area regularly.



Develop a Plan

Create and communicate the cleaning protocol for staff. Train all on protocols and service procedures.

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Reinstate Appointments



Establish A Schedule

Determine work days/ hours before scheduling clients. Allow adequate time between service to properly cleanse and disinfect. Stagger appointments and staff to manage occupancy.



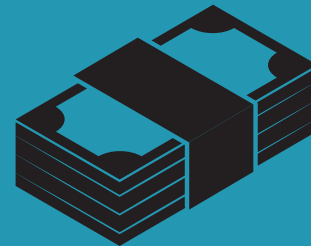
Inspire Confidence

Provide new business protocol and expectations to clients prior to reopening to ensure they feel safe and are prepared.



Confirm Appointments

Contact all clients to inform them of your reopening plan and elevated safety protocols. Explore scheduling apps to limit in-person contact.



Charge Accordingly

Make sure to incorporate additional time and expenses into service fee and communicate this price list to clients in advance.

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Enhance Safety Protocols



Social Distance Guidelines

Ask clients to arrive solo.
Recommend clients wait outside or in car until their service is ready to commence.



Stay-At-Home Policy

Enforce a supportive “stay-at-home” policy that encourages client and employee to stay home if they have a fever or feel ill.



Contactless Payment

Explore online options to limit in person cash transactions, e.g., Apple Pay and Zelle.



Communicate Expectations!

Place signage where it can be easily seen by all clients on entry, informing them of your safety guidelines for reassurance.



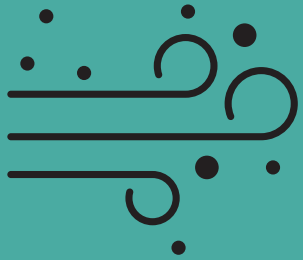
Set Limitations

Ask clients to limit bringing personal items to the salon. Prohibit the use of cell phones, eating or drinking in the salon.

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Perform Safe Services



Keep Air Clean

Invest in a source capture extraction ventilation system that's appropriate for your salon space.



Use Personal Protection

Clients should arrive wearing a mask. Be prepared to provide a new one for them.



Practice Universal Sanitation

Create the environment where strict safety guidelines are observed and provide a positive experience for the client.



Use Quality Systems

Choose a brand partner that can deliver quality product, support and education. High quality systems produce calculated results for safe use, longevity of wear, and easy removal.

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Universal Sanitation

SERVICE PROTOCOLS

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Hand Washing

Cleaning with soap and water to remove surface pathogens is the first step to ensure client safety. Both nail professionals and their clients should wash hands with soap and water for at least 20 - 30 seconds before and after every service.

5-Point Cleansing Method

Wet hands under warm running water to cover all surfaces of the hands. Leave water running during this procedure. Place enough liquid hand soap in the palm of your hands to cover all surfaces of the hand.

1. **PALMS:** Begin to rub your palms together to create foaming bubbles in the palms.
2. **INTERLACED STRAIGHT FINGERS:** Rub the right hand over top of left hand with interlaced fingers. Repeat with the left hand over top of right hand with interlaced fingers and then palm to palm, with interlaced fingers.
3. **BACK of FINGERS:** Place the back of fingers in opposing palms with fingers interlaced and clean rotationally. Repeat on the other hand.
4. **THUMBS:** Rub right thumb rotationally clasped in left palm and repeat on the other thumb.
5. **FINGERTIPS:** Rotate fingertips in the palm backwards and forwards to clean fingertips on each hand.

Rinse hands thoroughly under warm running water. Dry hands with a single use disposable towel, turn off water, open the trash bin using this towel, and throw it away.

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Hand Sanitizing

Apply **CND™ COOLBLUE™** after hand washing to ensure proper sanitation.

COOLBLUE™ is a 60% alcohol-based hand cleanser and an excellent retail product for clients to take home.



P.P.E. Personal Protection Equipment

PREVENT THE TRANSMISSION OF GERMS

P.P.E. is no longer an option in the salon—it is a requirement.

Knowing how to use P.P.E. correctly will be critical in providing a clean and safe environment for the nail professional, their clients and for the entire salon.

Experts warn that misusing any of this protective gear could potentially expose you to just as many germs as you would contact without it because the masks and gloves themselves collect viruses if they're not cleaned or changed frequently.

Remembering the 3 basic components of P.P.E. is easy. Just start from the top down, from the eyes to the mouth and down to the hands.

It includes:

- **Safety Eyewear**
- **Facial Masks**
- **Gloves**

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P.P.E. PERSONAL PROTECTION EQUIPMENT

SAFETY EYE WEAR - is important to keep out pathogens, debris, dust, and vapors from the eyes during the nail service.

- Protective glasses must have both front and side protection and should be large enough to fit over regular glasses or readers.
- Regular glasses or readers do not replace the need for safety eye wear.
- Once the safety eye wear is properly in place, it's important to not touch or adjust them once hands are clean and gloves are on.
- Clean the safety eye wear with alcohol or disinfectant wipes.

FACIAL SHIELDS

Wearing a **Face Shield** can serve as an additional layer of protection OVER safety eye wear and facial masks. They DO NOT replace the need for safety eye wear and facial masks. Shields will also help prevent the pro from touching their face during the service. These shields are inexpensive and can be cleaned with alcohol or disinfectant wipes.

SNEEZE GUARDS/TABLE SHIELDS

Sneeze guards and table shields DO NOT replace the need for safety eye wear and facial masks. These will provide an additional layer of protection, just as the facial shield will.



P.P.E. PERSONAL PROTECTION EQUIPMENT

FACIAL MASKS - Must always be worn by nail professionals and their clients.

- **N95** masks are the best in preventing the inhalation of dust and are preferred by medical professionals who come into close contact with patients. These are not critical for use in the salon.
- **Surgical, disposable, or cloth masks** with the ties or ear loops are most comfortable in the salon. Manufacturer instructions for regular cleaning or disposal must be followed carefully. Masks should be changed at the frequency recommended by the manufacturer.

Placing and Wearing a Mask

- Before putting on a mask, clean hands thoroughly with soap and water using the 5-point cleansing method, followed by **CND™ COOLBLUE™**.
- Place the top of the mask over the bridge of the nose and pinch this area to be sure it fits snugly to the bridge of the nose and the tops of the cheeks. There should be no gap between the top of the mask and your face.
- Pull the bottom of the mask under the chin and give it a tug to be sure it is firmly in place.
- Place your glasses and safety eyewear over the top rim of the mask, to prevent steam from fogging your eye wear when working. You can also opt for the anti-fog mask which help to prevent this problem.
- Notice that the sides of the mask *will* have gaps, which will serve as air-vents during use.

During service, AVOID:

- touching the mask; if you do, clean your hands with **CND™ COOLBLUE™** or soap and water.
- removing the mask during the service.
- hanging the mask from your neck, on equipment, or on furniture.
- placing the mask on your head.

Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.

Removing a Mask

- Remove the mask from behind (do not touch the front of mask).
- Discard immediately in a closed trash can with a plastic liner.
- Clean hands with either an alcohol-based hand rub or soap and water.



P.P.E. PERSONAL PROTECTION EQUIPMENT

GLOVES - must be worn as an essential part of salon sanitation when delivering the professional nail service.

- Wash hands properly before putting on gloves. Gloves do not replace proper hand washing.
- Nail professionals should put on their new pair of gloves in front of the client after hand washing and sanitizing.

Tips on choosing the right gloves:

Nitrile gloves offer protection from bodily fluids, providing a barrier that prevents infection, cross-infection, or cross-contamination. There is a vast selection of nitrile gloves in different sizes, colors, and pack sizes. Most nitrile gloves are also powder-free, offering protection for those with sensitive skin and preventing any contamination from the powder.

A few facts about gloves:

- Disposable gloves must be discarded after each client.
- Avoid touching your mouth and eyes while wearing gloves.
- Assure that gloves fit snugly to avoid slipping or lack of grip during the service. Be especially cautious when wearing gloves and using an e-file. Keep the e-file away from the glove to avoid catching during use.

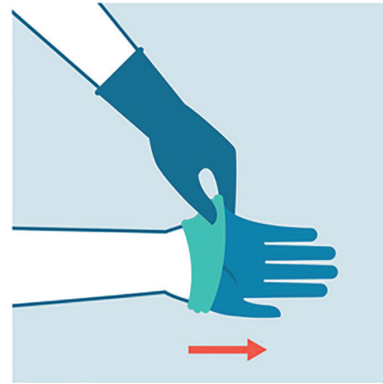


P.P.E. PERSONAL PROTECTION EQUIPMENT

HOW TO REMOVE GLOVES SAFELY



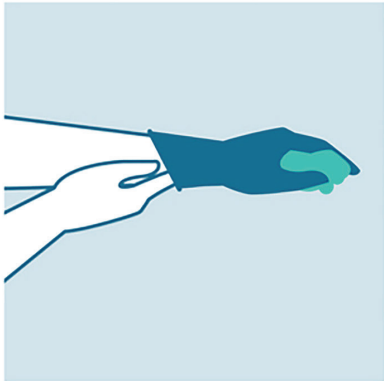
GRASP THE OUTSIDE OF THE GLOVE
IN THE WRIST AREA



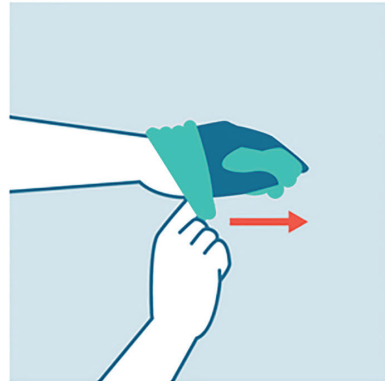
PEEL THE GLOVE AWAY FROM YOUR
BODY, TURN IT INSIDE-OUT



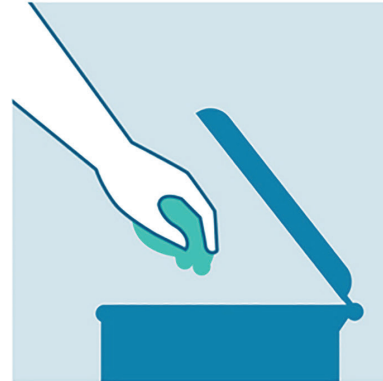
HOLD THE INSIDE-OUT GLOVE
IN THE OTHER HAND



SLIDE YOUR FINGERS UNDER THE
WRIST OF THE OTHER GLOVE



PEEL THE GLOVE AWAY FROM YOUR
BODY, TURN IT INSIDE-OUT, LEAVE
THE FIRST GLOVE INSIDE THE SECOND



DISPOSE THE GLOVES SAFELY



WASH YOUR HANDS

Disinfection

KILL PATHOGENS ON A SURFACE

Proper disinfection after cleaning kills surface pathogens and is almost as effective as sterilization. Only products that can prove they are bactericidal (kills bacteria), virucidal (kills viruses), and fungicidal (kills fungi) are appropriate for salon use. Follow manufacturer's directions to ensure the disinfection system is performing properly. Disinfectants are for non-porous tools and surfaces, not the skin.

To properly disinfect implements:

1. Clean all implements by thoroughly scrubbing them with a clean brush, liquid soap and warm water until all visible debris is removed.
2. Rinse away all traces of soap with clean, lukewarm running water, and dry with a disposable towel.
3. Completely immerse implements in disinfectant for the required time (follow manufacturer's directions).
4. Wash hands with liquid soap, rinse well, and dry with a disposable towel.
5. Remove implements from disinfection solution with tongs, rinse well in water if required, and wipe dry with a disposable towel.

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Disinfection

KILL PATHOGENS ON A SURFACE

To properly disinfect large surfaces:

1. Sanitize with a cleanser compatible with the surface being cleaned. Check label to be sure the cleanser is correct — (e.g., wood or glass) to remove debris.
2. Spray with the appropriate EPA-registered disinfectant. Always follow label directions.
3. Evenly wet with the disinfectant and allow to remain wet per the disinfectant contact time before wiping dry with a disposable towel.
4. Avoid inhaling any mist from spraying, and do not get the disinfectant on hands or skin.

Sterilization

DESTROYS ALL LIVING ORGANISMS

Proper sterilization destroys all living organisms on a hard (non-porous) surface.

Sterilization can be achieved in the salon with an **autoclave** that uses high temperatures and steam.

- Once disinfected or sterilized, implements should be stored in a sanitary manner (a labeled, lined drawer or container storing only clean implements).
- As a ceremony of sterilization, open the drawer or container in front of the client to reinforce using properly disinfected and sterilized implements.

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Ventilation

SOURCE CAPTURE EXTRACTION

PROTECT THE “BREATHING ZONE” of the nail professional and the client with source capture extraction ventilation at the nail table.

Capture vapors, dust, and mist immediately at the source so they don't become inhaled or make it past the workstation and into the salon.

The benefits for both nail professional and client are two-fold:

- Contaminates in the breathing zone are reduced, which helps to assure proper air quality in the salon and helps to eliminate sensory irritation, such as burning eyes, scratchy throat, runny nose, headaches.
- A clean environment provides a more pleasant and comfortable experience at the nail table and in the salon.

Locate professional ventilation experts who specialize in installing source capture extraction systems in salon environments.

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Salon **DO's**

DO Protect Your Client's Health: Practice all guidelines for social distancing, appointment management & payment, P.P.E., universal sanitation, safe service protocols, source capture ventilation, and overall salon wellness.

DO Work Safely with Chemicals: Understand how to properly work with chemicals in accordance with local regulations. Keep an SDS (Safety Data Sheet) for all products and have them available.

DO Use Quality Product Systems: Professional products should be used as a system, starting with preparing the nail, through application, to home care.

DO Store Products Properly: Keep products in their original containers with lids tightly closed and store them in a cool, dark cabinet.

DO Prevent Overexposure: Overexposure is a hazard caused by prolonged and/or repeated contact above safe levels.

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Salon **DON'Ts**

DON'T Smoke, Eat or Drink in the Salon

U.S. Federal OSHA (Occupational Safety and Health Administration) guidelines state that smoking, eating or drinking in the same area where potentially hazardous chemicals are used should not be permitted.

DON'T Ignore Vapors & Mist: Use source capture extraction ventilation to keep the breathing zone air clean.

Don't Ignore Dust:

- NO dust is good to breathe.
- Small particles float in the air 30-40 minutes.
- Proper use of NIOSH-approved dust masks (i.e., N95) work best to prevent dust inhalation.



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Personal Confidence

COMMUNICATE

Communication to clients and staff is vital to keep everyone safe and instills confidence.



Place signage in the window and stations notifying clients of cleaning protocols.



Schedule regular staff meetings to address changes in protocols and procedures. Allow team to provide feedback (what works/doesn't) and ask questions.



Update your website or social media with any modifications to salon hours, safety guidelines and actions implemented to keep clients and staff safe.



Personal Confidence

BE WELL

Self Care & Personal Wellness for the mind, body, and spirit connection. Our best defense against illness is to stay healthy. Take time to care of yourself, as being our best helps us to better care for others.

Interpersonal Development feeds your EQ (Emotional Quotient), which is the essence of good communication.

Continuing Education increases skills in all areas of service, care, and business. Stay current on changing state/local salon guidelines to stay on top of requirements.

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Referral & Links



**World Health
Organization**

<https://www.who.int>



<https://www.cdc.gov>



<https://www.viroxprobeauty.com>

BARBICIDE

<https://barbicide.com>



<https://aerovexsystems.com>

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