

# Replace your nails in the hands of an expert

Go ahead.

Indulge yourself.

In exchange for one hour of study time and \$10 of extra cash, you can place your fingers in the hands of an expert manicurist. Or, if you are really brave, you can get a pedicure.

The professionals at Eugene's Institute of Sculptured Nails will file and soak your nails, push back your cuticles, massage your hands and arms with heated lotion and, finally, paint your nails.

Presto, change-o, beautiful fingers.

However, if you are a chronic nail-biter or suffer from cracked or broken nails, modern "sculptured" nails (so called because they are actually sculpted on the

hand) might be for you.

The popularity of these artificial nails has increased immensely in the past five years, according to Cari Betz, a manicurist at ISN.

Some of the sculptured nails are made from an acrylic, while others from a resin product.

"I don't consider them fake nails," says Betz. "They are acrylic but they look much more natural than the kind you buy in the drugstore."

A set of sculptured nails costs about \$35 and lasts for approximately three years. The real expense is evident in the maintenance costs: \$17 and up every three to six weeks for filling at the base of the nail, cleaning

and painting.

Pam Christensen, a manicurist at Robert's Townhouse in Eugene, prefers the resin nails, claiming they are even more natural-looking than acrylics. "They're much smoother," she says.

Sculptured nails can be any length and don't have to be colored.

Both Christensen and Betz agreed that while working women rather than students usually take advantage of sculptured nails, everyone should treat themselves to a manicure at least once.

"You can come in here and sit for an hour and be pampered and walk out with nice nails. Women like that," says Betz.

According to Betz, pedicures, which cost

around \$15 depending on the salon, are even more therapeutic than manicures. "People neglect their feet. You are much more likely to put lotion on your hands than your feet," she says.

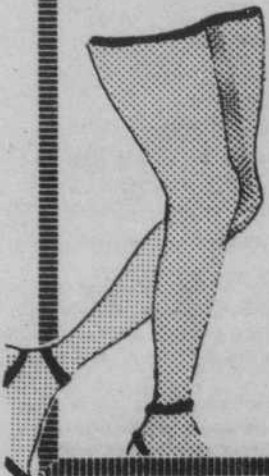
The ISN is decorated in plushy pinks with lots of plants and thick shag carpet just the place for a bit of R and R.

The most chic nail color, according to Monica Damron-Ladd, owner of the ISN, is mauve. So is striping. She described a technique where the nail is painted two colors with a diagonal stripe; burgundy and mauve with a black stripe, or two shades of red with a gold stripe.

"People love it," she said.

Kim Carlson

## Color up the winter with bright, bold accessories



### Shoes and Socks

Do it in style with opaque pantyhose in winter hues of wine, gray, black, navy, white, \$2.99; also textured hose in a variety of colors, \$3.59 at Lerner's on the Downtown Mall.

Great colored knee hi's to coordinate or contrast in violet, wine, cornflower blue, gray. At

Woolworth's for 69 cents.

Knee socks in polka dots, stripes, solids, \$1.69-\$2.69; anklets with lace cuffs in burgundy, hot pink, baby blue, yellow, \$1.59. Pom pom socks in three-packs, assorted colors, \$3.89, all at Lerner's.

Tennis shoes are a bright accessory for students on a shoestring this season. Don't overlook fashion colors turquoise and pink for \$5.99, also reliable white for \$4.99 at Woolworth's.

### Belts and Sashes

Wide fabric-smooth and quilted sashes in vibrant shades including purple, fire engine red, fuchsia, \$6.99. Also right in

style are the hot pink and black dice print on white background from Geoffrey Beene, \$2.98, at J. Jacobs, upstairs in Valley River Center.

Belts from skinny to wide, black, purple, red, shocking pink, some with contrasting colored holes. Super wide vinyl belts in bright pink, yellow, with contrasting holes; checkered fabric belts in many colors. All from \$2.98-\$6.98 at J. Jacobs.

### Ties, Scarves

Silk ties add a touch of class in olive, navy, and earth tones, pindots and solids. \$5.00 at the Emporium.

Scarves in prints and solids in every col-

or imaginable, many widths and lengths. \$2.99 at J.C. Penney, Valley River Center.

Bowties to complete any look, in special three-packs, \$2.00 at Lerner's.

### Hats

Straw hats with wide brims and matching bows are making a comeback. Great accent item in turquoise or blue, \$3.98. Also a fun fashion discovery, newsboy caps in checkerboard patterns, turquoise or white with black, \$6.98 at J. Jacobs.

Jill Homan

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