

## OMBRÉ NAIL ART

**Ages:**  
12-14

**Description:**  
Participants will learn how to do ombré nails (also known as gradient nails).

**Time:**  
30-45 minutes

### Materials Needed:

- Nail polish (2 colors)
- Makeup sponge (or kitchen sponge)
- Nail polish remover
- Scotch tape (optional)
- Q-tips (optional)







## Instructions

Nail art is a fun way to express your creativity on your nails! Today you'll learn how to do ombre nails, where 2 (or more) colors blend into each other, often going from a light color to a darker color.


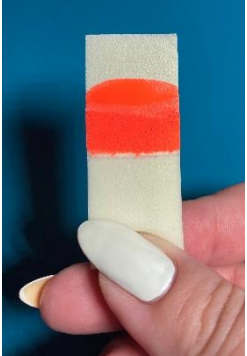
**Let's get started!**

## Nail Art Guide




Follow the steps below to complete your nail art masterpiece!

<b>2-Color Ombre Nails!</b>	<b>Time:</b> 30-45 minutes <b>Skill Level:</b> Beginner	
<b>Step 1</b>	Remove any existing nail polish with nail polish remover.	
<b>Step 2</b>	If you have a base coat, apply that first.	
<b>Step 3</b>	Pick a nail polish color that you'd like to use as the base for your design. This should be the lightest polish out of the 2 colors you chose. Paint 2 coats and let your nails dry for 5 minutes.	

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<p><b>Step 4</b></p>	<p>This particular design can get a little messy. To help prevent nail polish from covering your cuticles, you can put tape around your nails to protect them. (You may also see nail artists on Instagram or YouTube using liquid latex to help protect their cuticles).</p>	<p>View this short 1.5-minute YouTube tutorial to see how to place tape around your cuticles!  <a href="https://www.youtube.com/watch?v=r8nEJsWeVpM">https://www.youtube.com/watch?v=r8nEJsWeVpM</a></p>
<p><b>Step 5</b></p>	<p>Now it's ombré time! Take your makeup sponge and put a few coats of your lightest polish directly onto the sponge. (Should be roughly half the length of your nails, as your lightest color will cover half your nails, and your darkest color will cover the other half). If you don't have a makeup sponge, you can also use a regular kitchen sponge—just be sure that it is a new, unused one (note: you won't be able to use it as a regular sponge when you're done!).</p>	
<p><b>Step 6</b></p>	<p>Next, put a few coats of your darkest polish onto the sponge. Be sure to overlap the two colors.</p>	
<p><b>Step 7</b></p>	<p>Begin sponging the polish onto your nails by gently pressing the sponge against each nail 3-4 times (I recommend only working on one hand at a time).</p>	

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<p><b>Step 8</b></p>	<p>After the first layer that you sponge on, you'll notice that the color is still fairly pale. This is normal! We'll be adding a few more layers to continue building up the color.</p>	
<p><b>Step 9</b></p>	<p>Wait about one minute before starting on your next layer of ombré in order to let the first layer dry a bit.</p>	
<p><b>Step 10</b></p>	<p>Repeat the same process of applying both polishes to your makeup sponge, and sponge on another layer.</p>	
<p><b>Step 11</b></p>	<p>Continue adding layers (remember to wait a minute in between layers!) until you're happy with the level of color. I usually do 3-4 layers.</p>	

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<p><b>Step 12</b></p>	<p>If you didn't use tape to cover your cuticles (and even if you did!), you probably have a lot of polish around your nails! One way to clean this up is to dip a Q-tip into polish remover and carefully remove the polish around your nails, being sure not to remove the polish ON your nails!</p>	
<p><b>Step 13</b></p>	<p>Once your ombré is done, seal your nails (and protect them!) with a topcoat.</p>	
<p><b>OPTIONAL</b> Once you become comfortable with the ombré process, you may decide that you'd like to add a design on top of your ombré. Some of my favorite additions are included here:</p>	<p>Palm Trees</p>	
	<p>Leopard Print</p>	

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	Zebra Print	
	Leopard/Zebra Print	

## ACTIVITY RECAP

### Discovery Questions:

- Which colors did you pick for your design? What additional elements would you add next time—zebra print? Leopard print? Something else?
- How can creative/artistic activities like this help with stress? What are some other creative/artistic activities that you enjoy?
- What are some other items around your house that you might be able to use as improvised nail art tools? What are some other designs that you could do next time?
- With a parent/guardian's permission, share with us what you think of the Easy DIY Nail Art on our Instagram page with the tag @girlsincindy.

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