



Nail Tips

WHAT CAN I DO FOR DRY BRITTLE NAILS?

First, soak the nails in warm water then smooth the tops and edges by riling them in the same direction from the sides towards the center with the fine side of an emery board. Do not use a clipper since this tends to cause a tearing action on the nail and promotes breaking. Apply a small amount of your base coat to the bare nails that are free of any cream or oil. Use two coats of your base coat and allow it to dry completely between coats. Follow this step with two coats of your favorite shade of nail color. Again, allow enough time to elapse between the applications for drying between coats.

Seal your nail with two additional coats of a clear top coat. You may wish to choose one of the newer brands that contain an acrylic hardener. Each following day add another top coat to the nail. Reapply color first if your manicure begins to chip. Each week completely remove your nail polish and reapply as directed. Make certain that you select an acetone free polish remover.

WHAT SHOULD I DO FOR MY CUTICLES?

The cuticular rim serves a very important purpose in nail health. It prevents germs and yeast from reaching the delicate tissues where a nail is formed. It is very important not to destroy this area. If you wish to achieve a more rounded appearance to the cuticle, this may be done safely and slowly. Each day after the fingertips have been softened by soaking in warm water for several minutes, the cuticle may be gently and bluntly pushed back from the nail plate. The best and safest way to achieve this effect is by covering the nail with a soft fabric. Next grasp the fingertip between the thumb and index finger: The thumb should be firmly pressed against the soft fabric covering, then push the thumb towards the base of the nail exerting gentle pressure on the cuticle that surrounds the nail. This will gradually stretch the fibrous band causing it to thin and expose more of the nail base to create an oval shape. Do not use a "cuticle pusher."

WHAT SHAPE SHOULD MY NAILS BE?

The shape of your nail should be flattering to your hands and should closely match the shape of the cuticle. Nails that are slightly rounded at the top with straight sides make the hands look more elegant. This shape also gives extra support to the nails since the sides are kept straight and not filed away. A nick on the side can be repaired by rounding off both sides and slightly squaring the nail off as it grows out.



HOW LONG SHOULD MY NAILS BE?

Make a fist. If your nails make an impression into your hand, they are too long. Nails do not have to be long to be beautiful, and they should be functional.

WHAT SHOULD I DO TO MOISTURIZE MY NAILS?

The new nail forms from the edge at the base of the cuticle. This area is very sensitive to dryness. For severely dry nails, we recommend a 10-15 minute soak each day in a mixture of equal amounts of bath oil and water. Following this soaking, a moisturizer such as Ultramide may be applied. Severely dry nails may require a prescription strength moisturizer. If desired, the cuticle may be shaped as instructed after the daily moisturizing soak. We also recommend additional moisturizing applications every time the hands are exposed to water.

WHAT ELSE CAN I DO TO PROTECT MY NAILS?

Wear gloves or mittens in the winter to minimize moisture loss. Wear rubber gloves when you do household chores and wear cotton lined gloves when you garden. Do not use your nails to open, scratch or peel objects. Learn to type and use word processors and computers with the pads of your fingers rather than the tips. Remember to always use an acetone free nail polish remover when changing your manicure. Also, make sure that you do not change the complete manicure more than once a week. You may wish to reapply the color about every third or fourth day rather than waiting for the color to chip. Develop habits of preserving a manicure by protecting your nails at all times. One way to do this is to pretend that the nail color is always wet.

HOW LONG WILL IT TAKE BEFORE I SEE RESULTS?

Remember that the nail that you see today has already been formed. If it has been severely damaged, it may be necessary to have the nail grow out and be replaced with new stronger healthier nail tissue. This process may require 3-6 months before you see significant improvement. Do not get discouraged. If you feel that your nails are not making appropriate progress, please check with us for additional suggestions.