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## Category: Common Nail Care Problems

### Subcategory: Nail Care Conditions

#### **Tip: Common Nail Conditions**

Some nail conditions are harmless, others are signs of a more serious health problem. For example, yellow or green discoloration in your nails may be the result of a respiratory problem like chronic bronchitis, or from swelling of your hands (lymphedema). If you've had a heart attack, or other severe illness that limits the blood flow through your body, you might see indentations that run across your nails, called Beau's lines. These lines appear when growth at the area under your cuticle is interrupted by lack of oxygen or blood flow to the area. If you notice that your nail problems are associated with other signs and symptoms of an illness, make an appointment with your doctor to get it checked out.

## Category: Nail & Cuticle Treatments

### Subcategory: Nail & Cuticle Treatments

#### **Tip: Care For Your Nails As You Care For Your Body**

According to salonweb.com "Fingernails absorb water 100 times faster than your skin does. And they lose moisture just as fast as they absorb it." So caring for your nails can be more demanding than caring for your hands or body. Make sure to drink plenty of water and use a good nail hydrator or creme to keep your nails strong and sturdy.

#### **Tip: DIY Manicure: Secrets From The Salon**

If your do-it-yourself manicure didn't turn out the way you hoped, don't blame the nail polish! Top manicurist Eugenia Viner, of the Aida Thibiant Salon, in Beverly Hills, California, says that the condition of your nails and cuticles makes all the difference in your manicure. Here are some common manicure mistakes to avoid, according to Viner (courtesy of Ladies Home Journal): Mistake #1: Filing nails in the wrong direction. Don't saw your nails; instead gently file them down at an angle to the nail, file from left corner to center for a few strokes, then from right corner to center. Mistake #2: Neglecting cuticles. Rough, ragged cuticles can lead to painful hangnails. Put a dab of rich cuticle oil on your cuticles after showering and before bed. Mistake #3: Cutting cuticles. Your cuticles act as a barrier against bacteria - clipping your cuticles increases the risk of skin and nail infections. Instead, dip your hands in warm water and push your cuticles back with a washcloth or soft Q-Tip. Mistake #4: Skipping base coat. Without a base coat, your nails can become stained or dried out from your polish. Always use a moisturizing base coat on clean, dry nails and let the base coat dry before applying polish. Mistake

#5: Leaving polish on too long. Nail polish has a tendency to dehydrate nails and once the polish begins to chip, it can peel away a layer of the nail. It's good practice to remove nail polish once a week, wash your hands and reapply nail polish for a fresh and cleaner look.

**Tip: Dry and Cracked Feet**

Is the skin on your hands and/or feet always cracking and dry? This could be from lack of hydration. Most people forget to put lotion/creme on their feet, which is where the skin is the roughest. Daily use of a moisturizer with cocoa butter, shea butter, aloe, vitamins A, B, C, and E, even chamomile can relieve some of the driest skin out there. Make sure to exfoliate your skin weekly and moisturize daily.

**Tip: Easy Way to a Beautiful Manicure**

Want an easy tip on how to get the best manicure? Try doing your nails an hour or two before bedtime. Take a hot shower in the morning. The steam will cause the nailpolish on your cuticles and fingers glide right off. Because you used a topcoat the nailpolish on fingernail itself will stay. This in turn makes nails look perfect for any occasion.

**Tip: Extra Moisture For Hands and Feet**

Are your fingernails and hands quenching for thirst? Try going for a paraffin treatment with your next manicure and/or pedicure. In a paraffin treatment, your hands are dunked in liquid hot wax and sealed on with plastic gloves, which are sometimes followed by warming mitts. Use of a good moisturizer is key before placing hands or feet in paraffin. The heat opens the pores so the moisturizer can really sink into the skin of your hands and feet. The paraffin treatment is left on for 10-15 minutes. Removing the paraffin is enjoyable; it's reminiscent of kindergarten days when peeling glue off your fingers was fun.

**Tip: Make Your Polish to Last Longer**

Want your nail polish to last and your nails to feel stronger? Try using a very light top coat on nails daily to prevent chipping of polish. The top coat also works to harden nail tips to avoid cracking and breaking. Make sure to remove nailpolish and reapply when necessary.

**Tip: Relax While Letting Your Nails Grow**

Want to improve the length of your nails? According to beautifulnails.com, a great hand massage "will boost circulation and encourage nail growth." Who wouldn't want to relax and get optimum results for their nails at the same time? Men, you can do this one, too!

### **Tip: Stop Biting Your Nails**

Are you a frequent nail biter? You probably know how bad it is for you without anyone having to inform you. There are clear and colored nailpolish's available at major drugstores that contain ingredients used to combat nail biters. These various ingredients, including cactus extract, taste bitter. You can also buy cremes and lotions for nails that contain bitter-tasting ingredients - use them daily to stop biting habits. Remember: chewed up nails are not attractive.

### **Tip: Taking Care Underneath Your Nail**

An important aspect of nail care is taking care of the skin underneath the nail. Nail fungus and nail disorders are common, but if left untreated can cause the nail to separate from the bed of the skin. Nail fungus occurs more in the toe nails than in the hands, because the feet are generally more exposed to dirt and germs through sneakers, shoes, grass, streets, and more. To cure any infections or fungus in your nails, you should: - Washing your feet with soap and water daily and dry thoroughly. - Wear rubber shoes or shower clogs in communal areas - Wear everyday shoes that have sufficient toe space and avoid shoes made of synthetic materials. - Alternate pairs of shoes to allow them to air out and get out of wet shoes immediately. - If you wear socks and your feet sweat, always bring an extra pair of socks with you and change socks twice a day. - Use drying powders to help keep your feet dry, but avoid corn starch, which feeds any bacteria or fungi that may be present.

## **Category: Nail and Hand Lotions**

Subcategory: Nail and Hand Lotions

### **Tip: Great Foot Care**

As just seen in Allure magazine and recently reviewed in Lucky Magazine, Sally Hansen, famous for her nail products, has just come out with a new "Just Feet" line. This line comes with everything and anything needed to get and maintain sandal-friendly feet. From callous removers to masks, there is a product your feet are waiting for you to try. Want to see other's reviews? Many fashion magazines allow readers and consumers to comment on the products they review through online forums and discussion boards.

### **Tip: Nourishment For Your Skin and Nails**

Nails should always be cared for properly, and an important way to start is through skin care. What's the best product for your skin? It varies based on your likes and dislikes, and skin sensitivity, but no one can dispute the power of shea butter. Shea butter is a

solid fatty oil made from the nuts of Karite Nut trees that grow in West and Central Africa. Shea butter is so beneficial, it's not only used in beauty products but also found in foods and can be used for cooking. Shea butter contains vegetable fats that promote cell regeneration and circulation, making this substance a healer for troubled skin. Try a moisturizer with shea butter and/or cocoa butter, as these have the best results.

**Tip: Save Your Hands**

Want those dry, cracked hands to look fabulous again? Try using a hand exfoliator (a body exfoliator will work the same) daily followed by a heavy moisturizer with shea or cocoa butter. Results will be seen in as little as three days! Keep hands and nails clean and dry and replenish moisture at night and in the morning.

**Tip: Sensitive Skin Scared to Try New Things?**

Is your skin so sensitive that you haven't changed your moisturizer in a long time for fear of a reaction? Here is the biggest tip for sensitive skin types: No fragrance. Check with your local beauty supply store for Ahava Dermud Intensive Nourishing Hand Creme, which is great for sensitive skin types and at the same time replenishes lost moisture. There is no fragrance, and it also includes aloe vera which is great for all skin types. Be sure to ask your beauty specialist for other recommendations so that you can try sample products at home before buying.

**Tip: Vitamin E and Hand Creme**

Hand cremes with Vitamin E are gentle enough for babies, and can also ease the pain of a workman's hand. Dry rough hands and nails benefit from Vitamin E because it is a natural antioxidant, which means it aids in preventing further environmental damage to the skin while moisturizing at the same time.

## Category: Nail Care Products

Subcategory: Nail Care Products

**Tip: Acetone Nail Polish Remover**

Are your nails artificial? Is your nail polish coming off and you need to touch up before you can get back to your manicurist? Make sure to use a nailpolish remover WITH acetone. Acetone will quickly remove polish from artificial nails without drying out your natural nail. Make sure to put a color back on nails so they look like your own again.

**Tip: Different Kinds of Footfiles**

**Avenue You Tip:** Feet need filing, too. Your feet take a good beating everyday, and a regular nail file won't soothe the calluses and rid your feet of dead skin. Foot files can be used wet or dry, and are most beneficial when used with a foot scrub after a warm foot soak. Like a regular nail file, a foot file will go soft after regular use so make sure to accommodate your foot file with replacement pads.

### **Tip: Investing in a Manicure Kit**

**Avenue You Tip:** Having the right nail care products for your home or travel manicure kit is essential for the healthy upkeep of your nails. Nail care products range from nail files to nail cutters. First determine if your kit will travel with you, or if your home manicure kit will stay at home. Nail care products can be found in regular or travel sizes for ease of carry. Make sure to include your favorite nail color in your manicure kit.

### **Tip: Nail Clippers Can Make, or Break, Nails**

**Avenue You Tip:** All nails are different, so make sure you're equipped with the right nail clipper for your nails. Before using your nail clipper, dip your nails in warm water to loosen up the cuticles and then push back the cuticle lining. Then, use your nail clippers to cut your nails to the desired length.

### **Tip: Nail File For Artificial Nails**

Not all nails are created equal, and neither are nail files. Do you have artificial nails? Make sure to use the right type of nailfile. Artificial nails are much tougher and stronger than natural nails and need a rougher file. These types of files can be found in any drugstore or beauty supply store. Make sure to maintain your manicure by keeping a file near you in case you get a snag...you don't want the artificial nail to rip off!

### **Tip: Quick Relief For Feet**

Looking for an easy way to rid tired feet from aching? Try using a foot spray, which can be found at beauty supply stores like Aveda, The Body Shop, H2O, Bath and Body Works, and even at your local drugstore or online retailer. These sprays can be stored in the refrigerator for a cool spritz of re-hydration and invigorating relief of tired/achy feet.

### **Tip: Spas For Your Feet**

Tired of dry and cracked feet? Plenty of products are now on the market to soothe your tired toes, and they are especially for feet. Try looking for a foot mask; one that has a clay base to detoxify. Also look for ingredients like aloe, vitamins, cocoa butter, eucalyptus and/or peppermint oil, as these tend to soothe achy feet along with intense

moisturizing effects. Are you on your feet for the majority of the day and need a way to recoup for the next morning? Try using a soak especially for feet. Ingredients like aloe, vitamins, and essential oils such as bergamot, eucalyptus, and peppermint can be used in the tub or in a foot spa. A foot spa can be found at any major drugstore and is made specifically for tired feet.

### **Tip: The Best Seche**

Seche, pronounced "Se-Shay", is a spa-like line of nail care products that are tested and developed specifically for the caring of finger and toe nails. Known for their amazing topcoat that prevents chipping and peeling, the Seche line also includes nail polish and nail care solutions enhanced with aromatherapies, essential and botanical oils, AHA and vitamins. Be careful with Seche, though, it's fast-acting!

## Category: Nail Hardeners

Subcategory: Nail Hardeners

### **Tip: After Acrylic**

Taking acrylic nails off can be damaging to your natural nail. Make sure you have necessary relief nearby to help coat your frail nails after removing the acrylic. Look for product lines that carry specific formulas to care for newly removed nails. Products like OPI, Seche, Barielle, and Nailtek are just a few that have a package to bring nails back to it's natural state.

## Category: Nail Polish

Subcategory: Nail Polish

### **Tip: Changing The Appearance of Your Nails**

Did you know that certain colors of nail polish can make your hands look larger or smaller? Darker colors like deep burgundies and plums tend to make the nail and finger appear shorter and wider. While lighter colors make the nail and finger appear long and lean. Who knew nail polish worked like your wardrobe?

### **Tip: Correction Pens For Nails**

Always try to do a great manicure/pedicure at home but can't stop getting polish on cuticles and fingers? Worry no more. There are plenty of correction pens that are easy to use and cheap to buy that erases nailpolish where it is not wanted. Let polish dry on

nails at least one hour before using these correction pens. Correction pens can be found at your local drugstore, beauty supply store or online retailer.

**Tip: Create Your Own Color**

Tired of wearing the same color nail polish? Try mixing two of your favorite colors together for a new color. Or, use a sheer frost color on top of your favorite nail polish color for a different effect. This creates a unique color that no one else will have but you!

**Tip: Great Colors for Natural Nails**

Avenue You Tip: Not sure what nail polish color to go with? View the online color charts of your favorite nail polish brands and compare the likes and dislikes of the different nail polish colors. Nail colors from OPI, Essie and others also have matching lip liners and lipsticks that coordinate with the nail polish colors.

**Tip: Keep Nails Looking Their Best**

Nail polish always chipping? Can't figure out why? Make sure you are using thin and even coats of polish. Always use a base coat, let dry, then two coats of polish, applied thinly and let dry. Then apply top coat, even and thin, over polish color. Using quick and thin strokes of color will keep nails looking their best.

**Tip: Storing Your Nail Polish**

Ever wonder why your mom kept more nailpolish in the refrigerator, next to all the food? Nailpolish will actually last longer being stored in a cool, dry place, like the refrigerator. Keep caps tightly secured and polish will not become thick as quickly as stored elsewhere.

**Tip: Using a Base and Top Coat**

Avenue You Tip: You can use a top coat once a day for ultimate shine and strengthening. Keep a bottle of nail polish top coat on your nightstand or in your desk drawer at the office and give yourself a boost of shine once a day.

## Category: Nail Polish Brands

Subcategory: Nail Polish Brands

**Tip: Fast Drying Top Coats...Too Good to be True?**

According to Valeriia.com, fast drying nail polishes "...have a percentage of isopropyl

alcohol (IPA)." IPA can cause nailpolish to dry fast but become flaky and peel quickly. A regular top coat that dries within 10 minutes works better and helps polish last longer.

### **Tip: Maintain Healthy, Natural Nails**

The foundation of your nail is important to keep healthy. But do you know the steps to maintaining a perfect nail? It starts with understanding the anatomy of your nail, which is imperative to maintain healthy, natural nails. - The Nail plate: The plate is the part of the nail that's most visible, and usually the hardest part of your nail. - The Nail folds: The skin around your nail that frames your nail plate. - The Nail bed: Your nail bed is the skin beneath the nail plate. - The Cuticle: Your cuticle is the tissue that overlaps your nail plate at the base of your nail. It protects the new keratin cells that slowly emerge from the nail bed. - The Lunula: The lunula is the whitish portion of your nail, often in a half-moon shape, at the base of your nail underneath the plate.

### **Tip: Man-E-Cure Nail Products Exclusively For Men**

Men should take just as good care of their nails as women do. Men can effectively clean up their nails, cuticles and skin around their nails in a little amount of time, and look good. As seen on Essie.com, "Man-E-Cure leaves a subtle, matte finish, for a natural look. Tolulene and Formaldehyde Free gives the appearance of well groomed nails, a necessity for professional men."

### **Tip: Nails Alive Helps Grow Strong Nails**

Avenue You Tip: Your nails need more than a coat of polish to keep them strong and healthy. Nails Alive put everything together in one kit for you, including a nail harder, a polish dryer, and a base coat. Now find your favorite nail color to use in concert with your nail care protection kit, and you're on your way to heathier nails.

### **Tip: Nails Alive Helps Grow Strong Nails**

With everyday living including typing on the keyboard, washing dishes, gardening and even environmental issues, maintaining the strength of brittle nails is difficult. Nails Alive is a product line known for strengthening weak and brittle nails. Manufactured from Formula 10, a 25-year-old company devoted to developing of nail care treatment products, Nails Alive offers a variety of choices to heal your nails from base coats to top coats and everyday strengtheners. You can purchase nail hardener products from Nails Alive through your beauty source store or through an online beauty supply site. Make sure to use these products ritually as this will aid in significant healing and promote healthy new growth.

### **Tip: Prolonging the Life of Nail Color**

Keeping your nail color on can be as difficult as maintaining the strength of your nails. Just as individual nails are different, so is the base coat that helps your nail color stay on longer. According to MSN Shopping, here are a list of the top five best selling base coats for your nails: OPI Natural Nail Base Coat; Nail Fortifying Base Protein Seche Base Ridge Filling Base Coat Nails Alive Thicken Up Sally Hansen Diamond Strength Diamond Shine Base Coat Available at major salon spa's and beauty supply stores.

### **Tip: Tanning Can Cause Yellow Nails**

Are you noticing your fingernails and toenails are turning yellow after tanning? Try Essie Sun-E Tanning Bed Top Coat. As seen on Essie.com, "This is the ultimate nail polish shield that protects nails from yellowing and discoloration due to tanning bed UV exposure." Make sure to protect nails just like your eyes and other sensitive areas.

### **Tip: Who is Essie?**

Climbing to the top of the nail care market is Essie, a line of nailcare inspired by the fashion designs of Calvin Klein, Anna Sui and Jean Paul Gaultier. With a focus on cute, fun and flirty, Essie nail colors designed with the ultimate girly outfit in mind. Names like "Bikini With a Martini," and "Spaghetti Strap" are meant to make women feel sexy and sassy during summertime, according to the Essie website. Need a new shade for those hot summer nails? Take a look at Essie's new colors for this season and you'll never forget the color your wearing.

### **Tip: Why Natural Nails Turn Yellow**

Curious why your nails have a stained yellow look? According to professionals in the industry biz, wearing dark nail polish can be the answer. Darker color polish can cause a chemical reaction between the nail polishes coloring agent and the nail plate, according to nail queen Sally Hansen. This can happen in a matter of days or weeks of wearing the nailcolor. If you love your darks, but don't like the yellow-look, use a light buffer to rid nails of yellowness and use a base coat rich in vitamins to reduce the yellowing of nails.

## **Category: Natural vs. Acrylic Nails**

Subcategory: Nail Care Tips

### **Tip: Nail Care Myths**

Life is hectic enough, who has time to get manicures on a regular basis? Here's a hint: you don't need to pay for regular manicures to keep your nails in good shape. Here are some more common nail myths you can forget about: There's no need to: \* Indulge in

acrylic nails \* Forego regular household chores \* Avoid colored nail polish Well cared for nails are the result of regular maintenance, without having to take up too much of your time. Here's a trick: Keep a nail file, some hand cream and a bottle of clear nail polish on the table by your bed. For you work-a-holics, keep the same products in your desk drawer. If the tools are within reach, you're likely to remember to use them.

### **Tip: Nail Care Myths**

Avenue You Tip: Here is one nail trend that is fact, not fiction: Applying a base coat to your nail helps keep your nail stronger and keeps polish lasting longer. Keep a base coat for your nails with your other nail supplies so you don't forget!

## Category: Seasonal Nail Trends

Subcategory: Seasonal Nail Trends

### **Tip: Best Bets For Cuticles**

According to fashion magazines, most manicurists agree that beautiful nails begin with proper cuticle maintenance. Here, three products manicurists suggest for your cuticles, according to Ladies Home Journal. -Almay Organic Fluoride Plus Well-Groomed Cuticle Scrub (\$7) is a cleansing gel that helps to soften hard, dry cuticles. -Sally Hansen Get Healthy Nails and Cuticles Multi-Vitamin Creme (\$7), with vitamin C, pro vitamin B, and protein, hydrates cuticles and strengthens nails in one step. -OPI Avoplex Nail and Cuticle Replenishing Oil (\$11) is rich with avocado oil, a natural skin smoother; oil seals in moisture.

### **Tip: Bling For Your Nails**

Avenue You Tips: Don't loose your bling! If you're applying crystals, studs or jewels to your nails, make sure you secure them with a sticky top coat. Take care of your nail bling with additional nail care accessories including nail tools, nail files and nail treatments.

### **Tip: Great Colors For Summertime Nails**

Summer is here and bright colors are back! Try using the hottest new pinks and corals, on your toes only if you're not that daring, and let those nails shine. Make sure to use a base coat, two coats of polish (applied thinly), and a top coat. Reapply topcoat daily to prevent chipping and keep nails tough.

### **Tip: Great Colors For Summertime Nails**

Avenue You Tip: Stay current with the latest trends and fall colors from your favorite nail care professionals. Brands like OPI and Essie nail polish send marketing materials and sample seasonal colors to beauty professional suppliers before the actual launch date of their new seasonal line.

**Tip: Nail Polish: An Easy Way to Accessorize**

Avenue You Tip: Many nail collections come complete with matching lip colors. OPI offers lip gloss, lip stick and lip liners to accentuate each new line of nail color. If you love the new Mexico color line from OPI, you're going to love the lip line with names like "My Chihuahua Bit!" and "Pink-o De Gallo."

**Tip: Nails Are an Accessory to Fashion**

Bernadette Thompson, manicurist to celebs including Madonna and Kate Hudson, says the stars are adapting the new wave of nail art. Nails have become an important accessory to your wardrobe for the seasons, and with an average cost of \$14 for a basic manicure, this is one accessory that most can afford to indulge in once a month. "The well-manicured woman is expressing how she feels about herself and how she wants to be perceived by others." --Meredith Perez and Dorie Edelstein

**Tip: Nails Are an Accessory to Fashion**

Avenue You Tip: Following the nail trends of the stars? The number one celebrity nail trend is the manicure. If you aren't able to pay for a manicure once a month, consider purchasing a home manicure kit for do-it-yourself nail care.

**Tip: Valentine's Day Idea's For Nails**

Valentine's day and not a lot of cash? Get into the mood by creating a look of love on your fingernails! Bright reds always work, but try adding stencils or using white polish to draw heart's of love on the tips of your nails. Get in the mood with "love colors" like reds, pinks and purples.