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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Artificial nails – For Perfect Nails Every Day**

**By Dr Bianca Tavares**

False or artificial nails are the perfect solution for many "nail events" in your life. They are a perfect solution for replacing a broken nail. They are great as a temporary fix until your own nails grow out. And they are there – instantly. What is more, they can be applied yourself at home and, provided you select the right size and do something creative to eliminate the plastic look, they can appear entirely natural and convincing.

False nails can be applied professionally in the salon, or you can apply them at home using widely-available nail enhancement kits. They come with their own adhesive and are easily cut and shaped to the style you want.

So, assuming you want to fit the nails yourself, how do you get started? Here are the six simple stages:

1. First, clean and dry your own natural nails. Then file and shape them in preparation for attaching the artificial nails.
2. Then – very important – choose the right size artificial nail for each finger. File the edges if necessary to get an exact fit.
3. Now spread a thin layer of nail adhesive over the whole area of your natural nail that will be in contact with the artificial nail.
4. Position the artificial nail such that it is very close to, but not touching, the cuticle. Then apply a light pressure to the top for a short time to allow the glue to take hold and set.
5. Once the nail is set firmly in position, file off any rough edges.
6. Apply two coats of nail varnish of the color you require, then finish off with a layer of topcoat to seal it.

## Artificial nails – For Perfect Nails Every Day

It's recommended that you don't wear artificial nails for more than a few weeks at a time – say a month maximum. Then remove them and give your natural nails a chance to breathe and refresh their growth.

It's also important that you always use proper nail adhesive and never just ordinary glue you might find around the house.

To remove artificial nails, soak them in a non-acetone polish remover until they start to dissolve and come away. It's very important to avoid acetone and other chemicals with an acetone-base. They will damage the surface of the nail, affecting the shine and also thin and weaken the nail plate.

Also, don't try to peel off the artificial nails without first soaking them in polish remover, and certainly never, ever try to break them. This could result in serious damage to your own nails below.

Following the simple steps and guidelines given here, wearing artificial nails will be not only a simple and trouble-free process but also a delight to behold!

You can find more information on

acrylic nails

by Bianca Tavares in her regular contributions at

Makeup Girl's Makeup Tips

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### **Acrylic Nails: A New Trend In Nail Care**

**By Rachel Lynn**

Acrylic nails are made in many shapes and colors. The designs are catered to the customer's taste. The acrylic nails are applied especially for special occasions, but there are also many women using acrylic nails daily, like a part of their regular beauty routine. Short, brittle nails are often a disadvantage and applying new long and strength nails is sometimes a good initiative.

Some people are biting their nails; it is a habit difficult to break. Applying acrylic nails make this habit harmless; many people can forget about biting nails then. Those artificial nails pasted onto the real nails are improving the hand's aspect and are protecting the owner from biting. Your new nails will even compliment your hand jewelry. The materials are hard enough and impossible to chew. It is easy to split or break natural nails; artificial acrylic nails, pasted on the real ones, can protect the natural nails. Maintaining natural nails can be, for many people, difficult enough. The artificial nails must be maintained bi-weekly; it is a more comfortable and quick way to have beautiful nails all the time.

## Artificial nails – For Perfect Nails Every Day

Nail technicians are recommending caring artificial nails like the natural ones. This means to not expose the acrylic nails to water for long time. The water can seep in between the natural and acrylic nails, causing problems and maybe infections. If the nails are applied using high quality materials, the user can go about their usual routines without worry, but they must wear rubber gloves when they are washing dishes,

Most nail technicians do believe that any damage caused due to the fixture of acrylic mails could lead to unwanted problems for natural growth of nails.

Acrylic nails are made mixing a powder and a liquid. Nail technicians shape into place and paint the nails using this mixture. Here is a nice beauty related site

<http://www.beautycap.com>

. The liquid

recommended by the best professionals' artificial nails technicians is Ethyl Methacrilate, or EMA. It is more expensive than Methyl Metacrylate, or MMA, commonly used because it is cost-effective. MMA is connected to series of harmful side effects, like skin irritation, or irregular nail growth. Most nails artists urge the clients to use EMA, because its quality is superior. Some excellent materials, proper pasted nails and appropriate care insure the women that their nails will enhance their hands with elegance, style and safety.

Once care and maintenance are in place, the problem is to have an appropriate nail color, design and trend. French manicure is a very popular design: a simply natural nail color and white tips. The color complements any out fir, so this combination is very popular. Some clients are daring to play with color, so the nail artists are creating a plethora from designs, from stars to teddy bears.

Some clients prefer to add a little sparkle in addition to the color, design and trends. There are inserts that can be imbedded right into the acrylic. Tiny gems and stickers' that come in a large range of shapes, design and colors are the most common. There is also another current: the nail piercing. The nail is pierced by a nail technician with jewelry. This procedure is impossible on natural nails.

A nail application service takes about an hour. To realize the acrylic nail maintenance to the nails salon takes usually about twenty minutes. The visit must be done bi-weekly. the maintenance being cost-effective and brief.

Rachel Lynn enjoys working with:

<http://www.ourmelateam.com>

<http://www.mywebsharing.com>



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