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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!

Manicure at Home

By Kenia Morales

Manicure at Home

by: **Kenia Morales**

Steps to a manicure:

First trim or shape nails.

Soak both hands in warm soapy water for 3 to 5 minutes.

Push cuticles back gently with towel or cuticle pusher " stick".

Rub hands with a homemade scrub or any other scrub lotion to exfoliate skin.

Try giving yourself a manicure at least once a week to for great lookin hands.

Kenia Morales is the publisher of online magazine

<http://kpatra.com>

"For Every Aspect of Today's

Woman. Visit her site to find a variety of women related issues and topics".

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What Is A Manicure?

By Heather Colman

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