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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!**

**Nail Care Techniques**

**By Susan Christy**

Do's and Don'ts of Nail Care

1. Do's

- " Leave your nails without nail polish once in a while atleast inorder to allow them to breathe.
- " Keep a pack of hand lotion or cream near the kitchen sink and use it each time after washing your hands.
- " Wear gloves while doing housework or gardening and rub some hand cream or lotion before putting on the gloves.
- " Apply oil to your nails whenever possible inorder to strengthen them.
- " Include ample quantities of calcium and vitamin A in your daily diet.
- " Keep your manicure set clean inorder to prevent any infection.
- " Have a professional manicure done atleast once a month.
- " Prolonged exposure to the sun is not good for nails and a lot of swimming will dry them. This can be encountered by keeping the nails and cuticles well moisturised.
- " Before doing chores like dusting or gardening, first dig the nails into a soap bar. This prevents dirt from getting embedded under them and also make them easier to clean later.
- " To keep nail polish intact in the bath, smoothen a little skin cream on it before going for a bath.

## Nail Care Techniques

" If a nail breaks, we can get, professional help in fixing 'false' nails. Otherwise, try to file them down. If the break is bad, remove all the polish from that nail and mend the break with a small piece of cello-tape, cut to fit. Then re-apply polish.

" If nails are brittle and break or split easily, keep them oiled.

### 2. Don'ts

" Don't use your nails on a job that can be done just as well with a pair of scissors, pliers or a hammer

" Don't file nails when they are damp.

" Don't cut cuticles

" Don't wash clothes or dishes in very hot water

" Don't bite or chew your nails.

" Don't clean your nails with a sharp metal instrument – use a nail brush and orange stick instead.

" Don't be seen with chipped nail polish – it is a sign of careless grooming.

" Don't leave your hands in detergent for long.

" Don't peel-off your nail polish as you wish to – always use a nail-polish remover.

[http://www.feelconfident.co.uk/nail-treatments-c-23\\_65.html](http://www.feelconfident.co.uk/nail-treatments-c-23_65.html)

### Hand

#### care products

1. Nail Polish Selection. Whenever we use nail polish, we should select the shade carefully. Deep toned polish looks good on long and slender nails. Pale colours make short nails look longer and they also look good on small, delicate-looking hands.

2. Nail- Length Decision. As regards the nail-length, not everyone can manage long nail. If we do a lot of typing or housework , play the guitar or are a sports freak, long nail are not for us.

File rather than cut as cutting weaken the nail and cause it to flake. File in one direction only from sides to centre, using the softer side of an emery board, not a metal file. Aim for a rounded tip: the shape at the tip should reflect the shape at the base to make a perfect oval.

## Nail Care Techniques

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### USEFUL TIPS FOR BEAUTIFUL HANDS

" If your elbows have been darkened, apply a mixture of lemon juice mixed with milk cream. Wash off after 30 mts.

" To get rid of elbow darkness, you can also apply a mixture of cucumber juice and lemon juice ( in equal quantities). Wash off after 15 mts.

" If there is a lot of hair on your hands, apply a smooth paste of gramflour and oil on them. Wash off after 30 mts.

" Massaging hands with almond oil is most ideal inorder to maintain them in a good condition.

" If the hands are stained or discoloured, rub a little lemon juice or hydrogen peroxide on the stain after washing and before drying the hands. This lightens the stain.

" For big hands, wear exotic bracelets high on the arm and wide ornamental rings.

" Slim, small hands call for daintiness in the choice of jewellery and nail polish shade. Narrow bracelets and rings with delicate elongated settings look the prettiest.

" To suit small square hands use small and simple jewellery.

" On wrinkled hands, use rich cream after steaming the hands

" As one matures, one tends to get freckles on the hand. Use a good bleaching cream for this. Although the results are temporary, they are quite effective.

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Hand

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Author Susan Christy is an experienced beautician. She has been working on beautifying People in UK Since 10 years. Her

beauty care tips

have

helped many people. She is presently with Feelconfident UK

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### **Getting To The Truth About Nail Fungus**

**By Heather Colman**

Nail fungus is something most people know very little about. We may see a few different advertisements or commercials about nail fungus treatment and prevention, but we really do not know what nail fungus actually is. Nail fungus is a fungal infection of the nail also known as onychomycosis in the medical world.

Studies show that while nail fungus is a common occurrence, it will typically infect the toenails. Very seldom will nail fungus attack the fingernails. Further studies show that approximately twelve percent of the U.S. population has some sort of nail fungus and it is typical with age. People aged 40 and older are the most susceptible to nail fungus. Like many other forms of affliction, nail fungus is hereditary; it seems to run in families. Some others may be more susceptible to nail fungus as well such as those who have a suppressed immune system due to certain diseases or treatments. People who have been diagnosed with AIDS, have received transplants, are undergoing cancer treatments are at risk.

In order to determine if you have nail fungus, you must make an appointment with a dermatologist. They will scrape your infected nail and submit it for microscopic examination. The nail will be carefully examined with a microscope and, occasionally, cultured, to determine what type of fungus is growing in the nail. Your dermatologist will determine if you have nail fungus and which type you have. Dermatophytes are nail fungus found in the toenails. Yeast is the type of nail fungus found in the fingernails.

If your dermatologist has diagnosed either type of nail fungus, he or she will prescribe one of many varieties of treatments available to combat the infection. In treatment of nail fungus, there are prescriptions such as gels, creams, and lotions that may be affective in treating mild cases of nail fungus. For particularly harsh cases, your dermatologist may prescribe oral medication to clear the problem. In extreme cases, the doctor may remove the nail, either the section that is infected or the entire nail to assist in treatment of the nail fungus.

The good news about nail fungus is, if you do get it, it can be treated fairly quickly. There are also steps you can take to avoid getting the infection or avoid getting it again. Talk to your dermatologist, he or she will provide you with the necessary information you need about nail fungus and how you can prevent it.

This article is Copyright © 2006, Heather Colman. Find more nail fungus resources at:

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