



Nail Care Tips & Tricks



I often get asked for advice on taking care of nails. What's the best Cuticle Oil or Nail Strengthener? Therefore I thought I would share useful hints and tips to help you.

One Direction...

When filing your nails, always go in one direction and avoid a "sawing" motion. This will help keep nails strong and will help to prevent tears and splits. My other tip; is always invest in a good quality file, it may not sound much, but it's like anything, the tools we use are key.



Cuticle Oil...

It's important to keep nails and cuticles hydrated. This avoids the temptation to "pick" at any dry skin around the edges. I LOVE Solar Oil from CND for this, it contains Vitamin E and Jojoba Oil and nails love it! Try to apply cuticle oil at least once a day, my trick is to keep it by your bed, you can then apply last thing at night, giving it time to absorb.

It's All About The Base...

When wearing the your favourite nail colour, always apply a good quality Base Coat. This helps to avoid staining (especially on darker shades) and also helps adhere the polish to the nail. Bonus tip; Finish it off with an equally good quality Top Coat to help keep your polish looking shiny and chip free.

Give Me Strength...

There are lots of Nail Strengtheners on the market, but my personal favorite is Nail Envy by OPI. They have customised formulas to help you strengthen and grow your nails.

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Add Some TLC...

Our hands go through a lot, so I recommend to wear gloves when washing up in order to help protect nails and hands. Use a moisturiser after washing your hands, to prevent them from drying out and becoming sore. (This is especially important during the Winter months)

What's In A Shape?...

By keeping short nails slightly more square, you are helping to keep them stronger. This works really well if your nails are naturally a little weak or fragile. There's a pin over on my pinterest board which gives you more ideas about different nail shapes and what your shape says about you. Pop over and see which one you are [here](#)...x

Treat Your Nails As Jewels...

...Not tools! Wearing gloves when cleaning or doing the garden will help protect not only your nails, but hands too. Nails can usually come off worse against ring pulls on drink cans to, so my tip; always use the side of your finger when opening these.

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I hope this has been useful and given you some easy tips that you can use in order for you to take care of your nails.

If you would like any more help or information on anything I have featured or you just fancy a chat, then I would love to hear from you.

You can pop over to my [Facebook](#) page; or feel free to drop me an email; nina@bebeautifulhairandbeauty.co.uk.

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