



NAIL CARE RECOMMENDATIONS

Commonly Asked Questions

Q: Why do my nails continue to chip, peel and crack when I drink lots of milk and take calcium supplements faithfully?

A: Your nail structure is usually inherited. Nails are made up of keratin proteins, not calcium, which is why ingesting calcium doesn't have any effect on your nails. Most nails that chip, peel or crack are suffering from a lack of moisture or indicate a general nutritional deficiency.

Q: What can I do for my weak or brittle nails?

A: The best way to strengthen weak nails is to apply a nail protein strengthener. This should be done daily or according to the manufacturer's directions. Nails should be manicured weekly at home or in the salon. Brittle nails do best when kept moisturized. Nails contract with moisture loss just like wood, thus your nails need to be properly hydrated and protected from the elements.

Q: I have ridges in my nails. What causes this condition?

A: Vertical ridges can be genetic, a sign of age, or could indicate a disorder within the body such as poor nutrient absorption or an iron deficiency. Certain types of medications such as estrogen can also cause the nail to form ridges. Horizontal ridges usually occur as a result of physical stress or an injury to the nail bed.

Q: Why are my nails so yellow? How do I stop this?

A: Nails usually yellow from the tint in polish. The best way to stop this is to wear a good base coat under polish. If the yellowing occurs while wearing clear polish or a French Manicure, it is due to UV exposure. A topcoat with a UV inhibitor is recommended. Thick yellow nails are a common side effect of injury, diabetes or liver disorders. Consult a physician for a thorough diagnosis.

Natural Nails

Your nails help protect the ends of the fingers and toes from trauma. Over the last hundred years, nails have become an important cosmetic feature.

Manicures and Pedicures have become an important tool in the care of your nails, hands and feet. Basic manicuring or pedicuring should be done weekly at home. It is also recommended you seek the service of a professional nail technician every 2-3 weeks for manicures and 4-6 weeks for pedicures.

Recommended Home Maintenance

1. Remove any old nail polish.
2. Shape the nail using a fine grit nail file (180 grit or higher) or diamond cut file.
3. Clean under the "free edge" of the nail with an orangewood stick.
4. Apply cuticle cream to the cuticle area and massage in for two minutes each hand.

5. If applying polish or nail strengthener, wipe the nail bed free of all oils using alcohol or acetone on a cotton pad. This helps the polish adhere better. If not applying polish or nail strengthener skip to #7.
6. If applying nail strengthener, follow instructions provided by your product manufacturer or nail technician. If applying polish, apply base coat, desired polish and topcoat, allowing each layer to dry between applications.
7. Finally, apply a moisturizing cream or lotion to the hands and cuticles. Cuticle cream or cuticle oil and a moisturizer should be applied daily as part of your evening regimen.

Artificial Nails

Artificial nails were designed for the woman who wants all ten nails looking beautiful at the same time. Today you have the option of choosing a permanent French Manicure, polished or a natural clear polished look. Your lifestyle determines the length of the nails and the frequency of salon visits.

Recommended Artificial Nail Maintenance

Option I

Biweekly nail appointments; one being a fill and the other being a refresher sand and polish or reseal. These are done on an alternating basis.

Option II *(most popular)*

Fill or Forever French fill done approximately every 2-3 weeks as desired

Causes of Artificial Nail Lifting

- Insulin, diuretics, heart and thyroid medications.
- Occupational use and misuse of the nail.
- Allergy and sensitivity to products.
- Some cleaning products.

Tips for All Types of Nails

- Polish should be thinned with nail polish thinner not polish remover. Remover breaks down the cohesiveness of the polish.
- Quality base coat and topcoats help minimize polish chipping and cracking. Some topcoats are designed to be used daily.
- For severe stains under the nails, try using Efferdent denture cleaner and a small soft toothbrush.
- Do not remove your polish more than once a week. Nail polish remover causes the nail to dry out, becoming dehydrated and more brittle.
- Use cuticle cream or oil and moisturizer daily.
- Wear gloves when using harsh chemicals or gardening.
- Use the pads of your fingers when grasping items.
- Apply a topcoat every other day to polished nails.
- Avoid applying pressure to the tips of nails.

Follow-Up Recommendations

Products

Services

Special Instructions



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