

7 SECRETS TO GAIN

Beautiful Healthy Nails



fresh therapies
natural hand & body care

7 Little Secrets To Gain Beautiful Healthy Nails

The foundation to healthy, beautiful nails is a healthy nail-care routine that starts on the inside. Take care of the basics and your nails will be stronger and more able to withstand daily life:

1. Your nails need **nutrients**: protein, healthy fats, calcium and water. Make sure these are in your diet. Choose whole plant-based foods and organic produce whenever possible.
2. Keep your nails **clean**. Dirty fingernails are NEVER a good look. Wash your hands using the twenty-second rule, and take care to make sure the soap lather gets under the nail tips. Use a nail brush if needed. Rinse well and pat dry.
3. Your hands work hard, so it follows that your nails do too: keep them **hydrated**. Use a gentle, natural moisturiser several times a day. If you have time, give each nail a sweep at the cuticle with your thumb or finger.
4. Have **the right nail tools** and keep them clean. At the very least you need your favourite type of nail file, an orange stick and a pair of scissors or clippers.
5. Whether they are short or long, gently **file your nails** on a weekly basis. This keeps them in a smooth even shape, and helps you avoid snags and splits.
6. **Be gentle** with your nails. Never use a sawing motion with your file, and don't push back the cuticles when they are hard and dry. Resist the temptation to pick, pull or bite, doing so will only make it worse. Do NOT use your nails as tools! Seriously, it isn't worth the risk.
7. If your nail polish is chipped, **take it off**. Bare but well looked after nails look far better than damaged polish. Trust me, I'm a nail expert!

I hope you found this guide useful. For more info on how to have Beautiful Healthy Nails and the Fresh Therapies Natural Hand & Body Care range, visit our website:

[FreshTherapies.com](https://www.freshtherapies.com)