



# 5 TIPS FOR FABULOUS NATURAL NAILS

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## DRINK PLENTY OF WATER

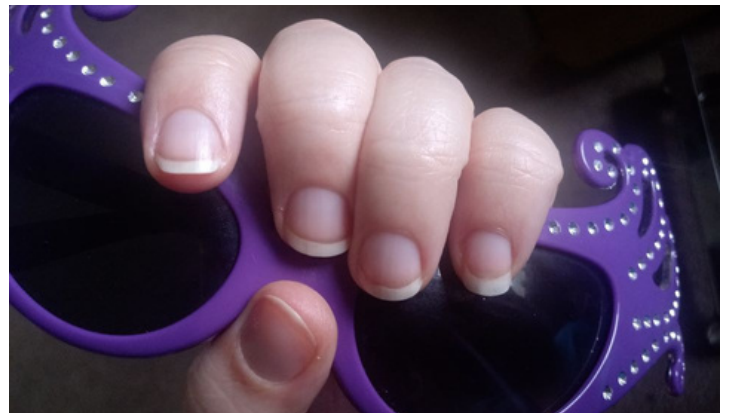
Hydrate your nails from the inside. Drink at least 8 glasses of water per day. Your nails and body will thank you.

## EAT HEALTHY

Getting all the right nutrients and vitamins daily can make your nails long and strong.

Foods rich in vitamin B12, A , & C, as well as Iron, are excellent help to make your nails strong.

Foods like salmon, beef, eggs, nuts, avocado, citrus, leafy greens should be staples in your healthy nail diet.



# AVOID TOO MUCH WATER

I know what you are thinking.. I just told you drink plenty of water. Internal water is great for your body and nails, but external water is what you want to try to limit exposure to. When your nails get wet during hand washing, bathing, dishes, etc, they absorb 1/3 their weight in water. This makes them weak and fragile. So, how can we avoid allowing our nails to absorb so much water during these everyday, routine activities? The next few tips can help with that.



# USE GLOVES

When washing dishes or using harsh cleaning solvents. Protect your nails from over exposure to water and chemicals that can weaken your nails.



# USE A GOOD QUALITY OIL

When washing your hands, soaps strip your nails of the much needed oils. So you need to replenish that moisture using a nail oil. A nail oil with Jojoba oil is best, because Jojoba oil can actually absorb into the nail plate, provided much needed moisture. Oil also helps slow down water absorbing into the nail plate. Oil 2-3 times daily to keep nails well moisturized. Also, doing a 1-2 hour oil soak each week can help replace lost moisture and condition surrounding skin.

*Hollywood* 🍍 *Nails*



# **BONUS TIP!**

## **How nail polish can help promote strong, healthy nails.**

Nail polish is a form of plastic so, it acts as protectant for the fingernail, helping limit water absorption. Since nail polish is a form of plastic, it is also porous. The pores are small, but still large enough to allow a nail oil (with Jojoba) to move through and into the nail plate. In turn, the oil keeps the polish conditioned and flexible to bend with the nail, helping prevent the polish from chipping.

What you use to remove nail polish is just as important. Using a non-acetone remover is best to help keep your nails (and skin) healthy. Acetone is a harsh chemical that is very drying to the skin and nails. Using acetone can increase brittleness, peeling, and splitting, as well as irritation to the cuticle area and surrounding skin.



I hope these tips help start you on your journey to long, strong, healthy fingernails. If you'd like more, please follow my page Holliewood Nails on Facebook (@HolliewoodNails32561) or @befabulous\_hollie on Instagram.

Feel free to reach out to me anytime if you have any questions.

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