

15 Tips for Maintaining Healthy and Strong Nails

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Recommended Beauty and Fashion Tips

15 Tips for Maintaining Healthy and Strong Nails ?

Our nails play a crucial role in our overall appearance and can be considered as the crowning glory of our hands. However, keeping them healthy and strong requires effort and proper care. Here are 15 practical tips to ensure your nails are always in tip-top shape:

1 Keep your nails clean and dry to prevent the growth of bacteria and fungus. Dry them thoroughly after washing your hands or taking a shower.

2 Trim your nails regularly and shape them with a gentle file. Avoid using metal files as they can cause damage and weakening.

3 Apply a strengthening nail polish or a clear base coat before applying colored polish. This provides an extra layer of protection and prevents yellowing.

4 Avoid using your nails as tools. While it may be tempting to use them to open a soda can or peel off a sticker, it can cause breakage and weaken the nails.

5 Wear gloves while doing household chores or gardening. Chemicals present in cleaning products and prolonged exposure to water can damage your nails.

6 Massage your nails and cuticles with a nourishing oil, such as almond or jojoba oil, to promote healthy nail growth and moisturize the surrounding skin.

7 Maintain a well-balanced diet rich in vitamins and minerals that support nail health. Include foods like eggs, nuts, leafy greens, and fruits in your daily meals.

8 Avoid excessive use of nail polish remover, as it can dry out your nails. Look for acetone-free removers or try natural alternatives such as lemon juice or vinegar.

9 Protect your nails from extreme temperatures and harsh weather conditions by wearing gloves or applying a protective coat of clear polish.

? Take breaks from nail enhancements such as acrylics and gel manicures. Over time, these treatments can weaken your natural nails, making them prone to breakage.

11 Keep your nails at a moderate length. Extremely long nails are more likely to chip, snag, or break.

12 Avoid biting your nails or picking at your cuticles. These habits can lead to infections and weaken the nail bed.

13 Use a gentle touch when filing your nails. Applying too much pressure can cause them to become weak and brittle.

14 Opt for nail products that are free from harmful chemicals like formaldehyde, toluene, and DBP (dibutyl phthalate). These chemicals can cause damage to your nails and overall health.

15 Lastly, schedule regular visits to a professional nail technician or dermatologist

who can provide expert advice, treatments, and assess any underlying nail conditions.

By following these 15 tips, you can maintain healthy and strong nails that will make you proud to show off. Remember, healthy nails not only enhance your look but also reflect your overall well-being. So, invest a little time and effort in taking care of your nails, and you'll be rewarded with beautiful and resilient nails that are the envy of all! ?

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