

# [10 Tips] Easy And Natural Nail Care Tips – Therapeutic.com.pk

**Nail care:** Care of the fingernails and toenails. Many nail problems are due to poor nail care. Recommendations for maintaining nail health include keeping nails clean and dry to keep bacteria and other infectious organisms from collecting under the nails, cutting nails straight across with only slight rounding at the tip, using a fine-textured file to keep nails shaped and free of snags, and avoiding nail-biting. Here are some simple tricks and tips that will help you do so. Take a look.

## 1. Keep Your Fingernails Dry And Clean

Before you do anything, it's important to make sure your nails and the skin around them are thoroughly dirt-free. Then remove all traces of your last color with an acetone-free remover (anything else unnecessarily dries out your nail). When you need to wash dishes, it is best to protect your fingernails with gloves. You also need to ensure that the skin around the nails is clean and dirt-free too. Mostly Doctors, recommends applying soap to a toothbrush, then gently scrubbing your nails and skin. This will remove dirt and exfoliate any dead skin without the need for harsh, drying chemicals or expensive scrubs.

## 2. Stop Biting Your Nails

Biting your nails causes a lot of damage. In addition to making your nails look pathetic, the contact with your saliva makes them weak and brittle. It also harms your cuticles. Also, putting fingers in your mouth transmits the dirt and germs from your fingers to your mouth.



### 3. Top It Up With A Top Coat

A top coat helps your nail color last longer. It also adds a shine to your nails and prevents them from chipping off easily. You can choose from a range of top coats depending on the look you are going for - if you want a matte finish, choose a matte top coat. A good nail trick is to apply a top coat to your nails every few days to help keep your manicure stay on longer.



*Top Coat*

### 4. Protect your nails with a base coat



*Protect Nail*

Painting your nails at home is no excuse to cut corners by skipping the base coat. Mostly Doctors points out that this step not only protects the nail from being stained by the polish, but also helps the color look more saturated and opaque with just one coat. And if you really want to take things to the next level, Doctors suggest adding a coat of clear gloss between each layer to add extra shine and protection.

### 5. Avoid using harsh polish

Nail polish typically contains very toxic chemicals such as toluene, dibutyl phthalate, dimethyl and diethyl phthalates, camphor, and formaldehyde. Fortunately, companies such as OPI, Orly, Sally Hansen, and Revlon make some polishes that do not contain these chemicals, but make sure you read the label carefully before purchasing. You can also buy water-based polishes, which don't last as long but are the safest option out there.



*Harsh Polish Nail*

## 6. Wear gloves when doing dishes

Whenever you're cleaning with harsh chemicals, gardening, or doing anything that involves soaking or dirtying your hands, Mostly Doctors insist that wear rubber, vinyl, nitrile, or plastic gloves — some of which have a cotton liner. Cleaning dishes in hot, soapy water sans gloves can weaken the nails, while getting them caked with dirt from gardening will require a level of cleaning that you want to avoid wherever possible. Similarly, when weather is chilly, remember to wear a pair of mittens or gloves so that the cold air and wind don't undo the hard work you did moisturizing, leaving you with dry, flaky, scaly skin.



## 7. Avoid Using Gel And Acrylics

Gels and acrylics are no doubt super pretty but sadly cause immense damage to the nails. Avoid them entirely, if possible. The acrylic powder contains a lot of chemicals and roughens the nails and causes dents in them. The drying mechanism in gel manicures causes harm to the skin around your nails. A smarter alternative for this would be to choose press on ones if you are hellbent on this particular nail look as they are less harmful and easy to apply.



*Gel & Acrylic*

## 8. Cut Nails Straight Across

Cut your nails evenly to avoid any in-growth. Do not let your nails grow too much. Always keep them

leveled and even for a neat look. Growing nails too long makes them long and curved and causes issues like broken skin and ruptured cuticles. Best to cut them short and round them.



*Cutting Nail*

## 9. Eat well

Diet is very important to maintaining healthy nails. Protein is crucial, as are omega-3 fatty acids. Eating foods with vitamin B reduces brittleness; zinc gets rid of white spots; iron prevents ridges from forming; calcium keeps them strong; vitamins A and C prevents dullness and drying. Drink plenty of water to stay hydrated.

## 10. Always moisturize your hands and nails



*Hands*

You wouldn't go to sleep without moisturizing your face, so why should your nails be any different? Nail artist and expert likes to use a mix of almond and avocado oils to keep cuticles and nails hydrated while she gets some shut-eye, but any nutrient-rich oil or moisturizer will do. In a pinch, you can even use a dab of lip balm.