

Beauty Tips

Keep Your Nails Looking Like Jewels, Not Tools

(NAPSA)—Let's face it, your nails may need a hand, especially if you're juggling a career, children or household activities.

The fact is, it's natural to use your nails as tools to perform a variety of tasks, from opening medicine bottles to scraping off price tags. Although it may seem convenient at the time, it can ruin your nails.

Typing, gardening, laundry, cooking and dishwashing can all be bad for hands and nails. Aside from these physical stressors, detergents, dish soaps and cleaning products tend to make nails soft. Even enjoyable activities such as swimming in chlorinated pools, tennis and golf can damage nails.

To help keep your nails nice, consider these handy tips on nail care:

- Wear cotton-lined rubber gloves while doing the dishes or other household activities.
- Use a base coat prior to polishing your nails. It can keep them from yellowing, especially if you tend to go for darker colors.
- Moisturize with a rich, hydrating lotion to keep your hands and nails soft and smooth.
- Give yourself a mini hand massage daily to relieve minor aches from working with your hands.
- Take the advice of dermatologists who recommend supplementing your diet with a 2.5-mg dose of pharmaceutical-grade biotin to put your nails on the road to



GIVE YOUR NAILS A HAND—A B-complex vitamin may help mend brittle, chipping or peeling nails.

recovery and rejuvenation. Biotin, found in products such as Appearance[®], helps mend brittle, chipping or peeling nails. The biotin lets healthy nails grow from within. It works to stop the problem of weak, brittle nails with a once-a-day therapy.

"A biotin supplement can help prevent nails from surrendering to the wear and tear of everyday tasks," says dermatologist Mark Kaufmann, M.D. "It takes about three to six months to see an improvement in nails."

People don't realize how much nails actually do to make life more enjoyable and functional. Treat them kindly by keeping them in tip-top shape. This means being good to your nails, from the inside and the outside.

Appearance[®] can be found in the nail care section of CVS, Walgreens and Eckerd stores nationwide.

To learn more about nail care, visit www.appearance.com.