Top Secrets to Successful Hands and Nail Care by James

Article published on April 23rd 2012 | Health

Your hands and nails are a major part of your overall look. You can have the best clothes, the best accessories, and the hottest, trendy makeup, but if your hands and nails are not cared for properly, the entire look goes down the drain. Taking care of your nails and hands are important, not only for sanitary reasons, but also for beautification as well.

Here, we will discuss a few of the top secrets to proper and essential hands and nail care.Successful Hand and Nail Care Tip #1 â€“ Wash The first rule to making sure your hands always look great is to wash them. Washing your hands with the right type of soap can keep your hands clean and healthy looking, not to mention ridding them of harmful bacteria at the same time. Make sure you use a soap that is gentle on the hands, yet tough on dirt. Bar soap works great for cleansing, but it can lead to drier hands.

Successful Hand and Nail Care Tip #2 â€“ Nail Brush Nail brushes are essential to keeping your fingernails clean and healthy looking. Be sure that you try to use the nail brush each time you wash your hands. While the brush is cleaning your fingernails, you are also getting a real treat, your fingers will love the feel and so will you.

Successful Hand and Nail Care Tip #3 â€“ Use Lotions and Hand CreamsOveruse and frequent washing can dry your skin, particularly the hands. Therefore, be sure that you use lotion or hand cream as a follow up to washing your hands. Either one of these products will keep your hand moisturized, eliminating dry skin, as well as keep your hands feeling silky and soft throughout the day. All of this means great looking hands and nails.Successful Hand and Nail Care Tip #4 â€“ Avoid Nail Biting If you are a nail biter, now is the time to take steps to break that habit. Nail biting creates infections, uneven, and ragged nails. In some extreme cases, nail biters can bite their nails down past the skin, which creates and unsightly look.

There are many remedies and over the counter products for nail biting that you might want to consider.Successful Hand and Nail Care Tip #5 â€“ Polish While this is no real secret, it is our last tip. Keeping your nails polished with your favorite color will always keep your hands and nails looking great. You can paint the nails yourself or treat yourself to a manicure, making sure your cuticles look great, your nails are even and beautiful, and you give yourself a treat at the same time.

"Top Secrets To Successful Hands and Nail Care " is a courtesy of BeautyItems.com, a beauty supply catalog, and a beauty salon directory.

Article Source:
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BeautyItems is a beauty directory that includes a Philadelphia beauty salons and a hands nails tips.

Article Keywords:

hand care, nail care, nail brush, hand cream, lotion, moisturizer, fingernails, nail biter

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