

Maintaining Your Nails

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Chapter 1. Importance

Having a nail care routine is important.

By keeping your cuticles healthy you will grow strong nails.

By regularly filing nails you will grow longer nails.

By using a protective base coat you will protect your nails.

Chapter 2. Maintaining Your Nails

By regularly maintaining your nails you will always have healthy, strong nails.

Maintain your nails once a week.

To maintain your nails:

1. Remove the old polish.
2. Soak your cuticles in cuticle remover.
3. Use a wooden pusher and a cuticle shave to remove old cuticles
4. File nails using proper form.
5. Add a protective base coat to your nails.
6. Soak cuticles in cuticle oil.

Related concepts

- [Importance \(page 1\)](#)

Related reference

- [Nail Basics \(page 3\)](#)

Chapter 3. Nail Basics

General information about nails.

Recommended Products

- OPI
- Orly
- Deborah Lippman
- China Glaze

Terminology

Word	Definition
Cuticle	The cuticle is the semi-circular layer of almost invisible dead skin cells that "ride out on" and cover the back of the visible nail plate while the eponychium is the fold of skin cells that produces the cuticle .
Nail Bed	The formative layer of cells underlying the fingernail or toenail.
Cuticle Shave	A cuticle shaver is an instrument with metal prongs, which are used to trim any over hang skin around nails, over grown cuticles . The trimmer needs to be used carefully and gently as to not damage cuticle skin.
Wooden Pusher	A cuticle pusher is a simple nail tool used to perform manicures and pedicures. It pushes the skin from your cuticles back and away from your nails to help your nails grow stronger. Wooden pushers are best because they do minimal damage to the nail bed.
Cuticle Remover	You use cuticle remover to remove the dead skin around your nails. It gives your fingernail a chance to breathe, and it avoids your skin from growing with the nail.