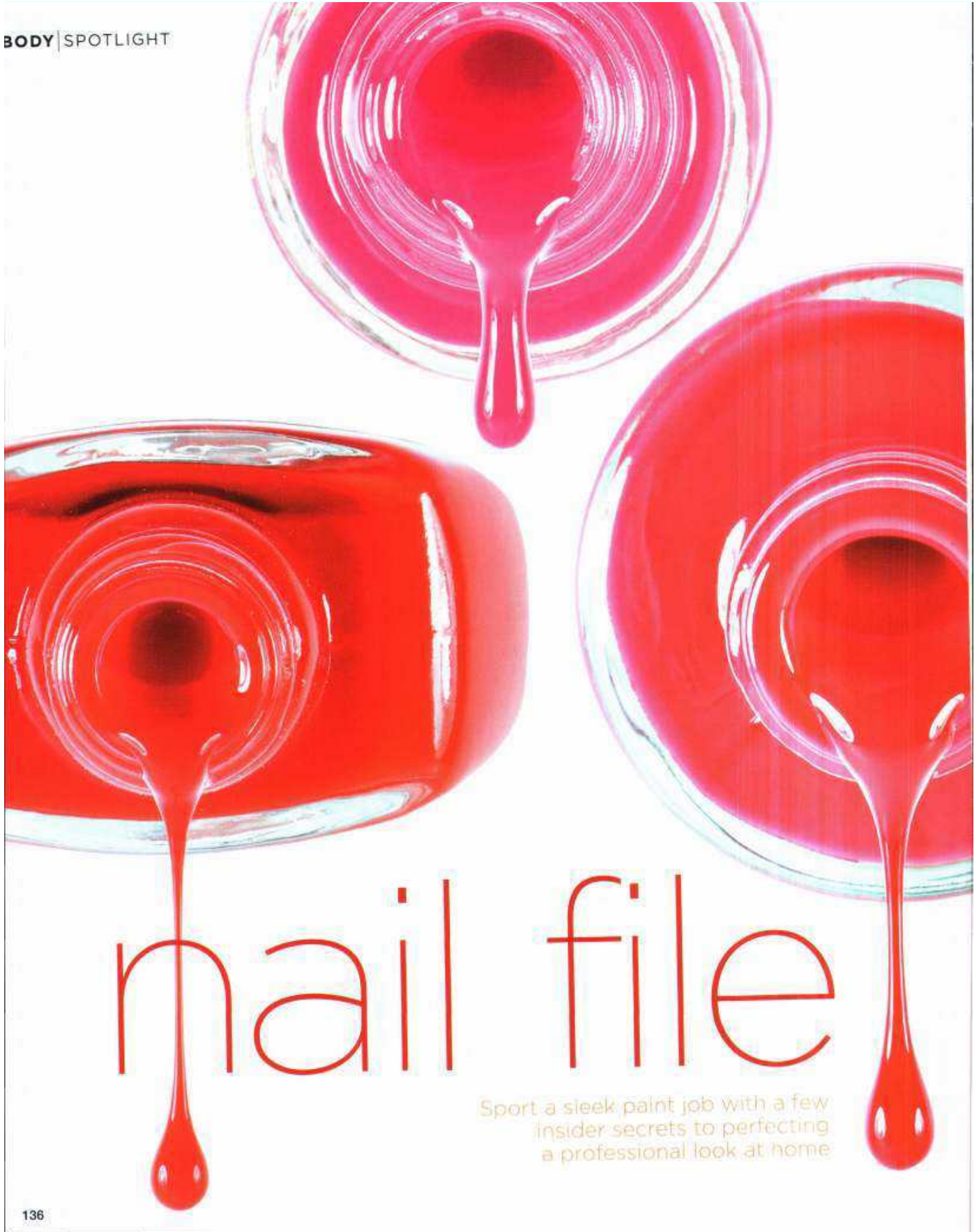




BODY SPOTLIGHT



# nail file

Sport a sleek paint job with a few insider secrets to perfecting a professional look at home




**MANICURE MUST-HAVES**

1. Australis See Ya Later Nail Polish Remover, \$4.95.
2. Manicare Emery Board, \$2.95 for a pack of eight.
3. Dove Visible Beauty Hand Cream, \$5.49.
4. Cutex Cuticle Sticks, \$1.85 for a pack of four.
5. Revlon Nail Nourishing Oil, \$14.95.
6. Manicare 4 Way Buffer, \$8.20.
7. Sally Hansen Double Duty Strengthening Base & Top Coat, \$14.95.

# MANICURE 101

Flaunt flawless fingers in five simple steps.

**fix a chip**  
 If you have damaged your polish, nail expert Dana Caruso recommends filling in the spot with a drop of matching colour and letting it dry for a few minutes. Then, dip a cotton bud in remover and lightly rub it on the area where the old polish meets the new layer, carefully blending them together. Finish with a swipe of top coat over the entire nail to seal.

TIM ROBINSON

**1. PREPARE**  
 Wipe off old varnish with a non-acetone nail polish remover. Next, apply a few drops of cuticle oil and massage it into your nail beds. Soak your hands in warm water for a few minutes to soften your skin. Then, dry them and gently push back your cuticles using an orange stick. Hydrate your skin by massaging on a nourishing cream.

**2. SHAPE UP**  
 Before considering a colour, make sure your nails are well groomed. Using a fine-grained emery board (metal files can be too harsh), file by gently running the board across

the top of your nails, always in the same direction. For a polished result, keep them short and square-shaped with slightly rounded edges.

**3. GET EVEN**  
 Take a buffing block and smooth away any ridges. This will prepare the surface for painting and stimulate the nail plate to provide a high-shine result. Go gently though, as overly vigorous buffing can thin your nails. Finish by cleaning up with a little more polish remover to remove any last traces of dirt or oil.

**4. COLOUR IN**  
 Always apply a base coat first. It lengthens the life of

your manicure and will protect your nails from absorbing the pigment in the polish. Next, take your desired shade and paint each nail with three thin even strokes from base to tip, starting at the centre and then filling in either side. Wait a few minutes and repeat the process with another coat. Correct any mistakes with a cotton bud dipped in nail polish remover.

**5. GLOSS OVER**  
 Finish off with a slick of top coat. It guards against chips and cracks, while boosting lustre. If you're in a hurry, speed up the process by applying a quick-dry version. ▶

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**DOS & DON'TS FOR A PERFECT PEDICURE**

Dani Caruso, of the Nail & Skin Care Institute, Coty USA, shares her secrets for faultless feet

**Do:** Prepare your toes before applying colour. Be sure to soak, shape and scrub prior to polish.  
**Don't:** Clip or file nails into a round shape. Keep them square with slightly rounded edges to prevent ingrown toenails.  
**Do:** Soak your feet for approximately five minutes to soften cuticles, and then gently push them back.  
**Don't:** Cut your cuticles, unless they are damaged. They will only grow back harder and stronger.

**Do:** Slough away dead skin by massaging your feet regularly with an exfoliating scrub. For more stubborn areas like your heels, use a pedi-paddle.  
**Don't:** Let dry feet and cracked heels get the better of your pedicure. Massage a rich cream into your skin, concentrating on your the balls of your feet and arches.  
**Do:** Use toe separators for an even polish application and to prevent smudges.

**Don't:** Forget to apply a base coat or nail hardener to prevent stains.  
**Do:** Allow plenty of time for drying to guarantee a mark-free, high-shine finish.  
**Don't:** Leave coloured polish on your toes for weeks at a time, so you can avoid damage and discolouration.  
**Do:** Try a super-hydrating treatment. Apply a nourishing moisturiser and then put on cotton socks before you go to bed.



**colour class**

Unsure about which shade will leave you with the most flattering finish? Caruso suggests warm pinks and vibrant reds are perennial favourites, as their undertones complement both warm and fair skin tones alike. Remember, the colours on your hands and feet don't need to match; consider a bright shade on your toes and a low-maintenance shade on your fingers. Shown above left: Revlon Nail Enamel in Sheer Nude, \$10.95

**3 WAYS TO MAINTAIN YOUR MANI**

- 1. Always** wear rubber gloves when cleaning or washing. Prolonged exposure to water will leave your nails soft and breakable.
- Don't** overexpose your nails to UV light - it saps their natural oils.
- Stop** filing your nails into the corners, this weakens them, making breakage more likely.

**PEDICURE TOOL KIT**

- 1. Revlon 2-Way Laser File, \$9.95
- 2. Eildé Too Nail Clipper, \$5.65
- 3. Manicare Ceramic Stone Foot File, \$9.45
- 4. Premium Spa Protopin & Coconut Sugar Body Scrub, \$14.95
- 5. Pricorani Beauty Essentials Toe Separators, \$3.89
- 6. Cutex 2 in 1 Base Coat, \$7.90
- 7. Revlon Liquid Quick-Dry Top Coat, \$15.95



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