

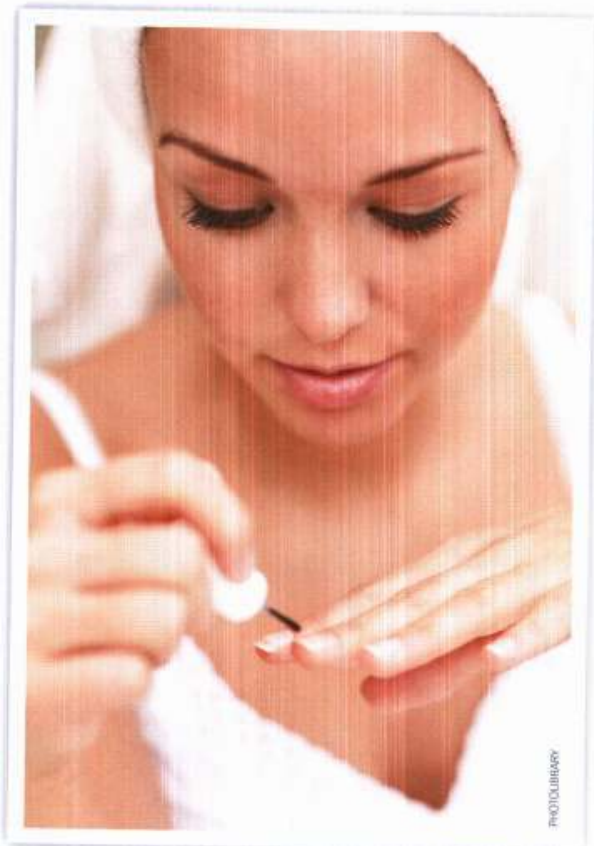


beauty

Nail it

MAY BEAUTY BUYS

Healthy hands and nails are a reflection of inner wellbeing. Treat your hard-working hands to a little TLC with this month's selection



Sally Hansen Mega Shine, \$11.95
 This top coat dries nail polish from base to top in just 60 seconds and contains special UV inhibitors that prevent polish from fading or discolouring.



OPI Nail Polish in Dim Sum Plum and Meet Me Star Ferry, \$19.95
 A brilliant, chip-resistant, professional formula available in over 270 fashion-forward colours.



Manicare French Manicure Pen, \$16.50
 This double-ended pen will help you achieve the perfect French manicure every time.



Burt's Bees Cuticle Cream, \$14.95
 A 95 per cent natural cuticle treatment containing sweet almond oil, cocoa butter and lemon oil that moisturises your cuticles, leaving them soft and healthy.



China Glaze Fast Freeze Quick Dry, \$18.95
 An express finish to dry nails in 60 seconds. The super-fast drying formula gives a super shiny finish and forms a protective seal to prevent chipping and breaking.





Max Factor Nailfinity in Gilded Ruby, \$11.95

A long-lasting polish that clings to nails, giving them a lustrous, freshly-applied look day after day. The high-gloss, long-wearing formula protects against chipping, peeling and cracking.



Crabtree and Evelyn Jojoba Oil Conditioning Hand Wash, \$26.95

A soap-free, pH balanced gel for gentle cleansing to leave hands and nails feeling soft and refreshed.



Ulta3 Nail Colour, \$2

Affordable, long-lasting, salon-quality nail polish with over 80 shades to choose from.



Rimmel London LYCRA® Pro Nail Polish, \$9.95

This nail polish features a maxi brush for easy application and a LYCRA® formula, which promotes chip resistance and superior shock absorption.



Manicare Cutipeel, \$13.50

Gently massage away dry cuticle and dead nail cells, leaving nail surfaces feeling soft and smooth.



Dr LeWinn's Revitanail, \$29.95

Used daily as a base coat or top coat, Revitanail Nail Strengthener helps to eliminate peeling, flaking and chipping.

7 TIPS FOR HEALTHY NAILS

- 1 You are what you eat. Eating a diet rich in protein, iron and essential fatty acids will help nourish your nails from the inside.
- 2 Supplements for strong nails. Taking a hair, skin and nail multivitamin or silica supplement is an easy way to improve the condition of your nails.
- 3 Use gloves. Make sure you use gloves when doing the dishes or cleaning. This will prevent your hands from being damaged by harsh chemicals.
- 4 Cool nails. To extend the life of your nail polish, keep it in the fridge. This is a great way to prevent clumps and thickening.
- 5 Deep treatment. Slather your hands in hand cream and put on a pair of light cotton gloves. Leave on overnight for a nourishing hand treatment.
- 6 Give it a rest. Give your nails a break from nail polish every few weeks. This will give your hands time to recover from the harsh chemicals in nail polish and remover.
- 7 Don't peel it. Avoid peeling or chipping at old nail polish, as this can also remove the top layer of the nail. Use a conditioning nail polish remover instead.