

Nail Know How: Your Ultimate Guide

Keeping everything in shape is never easy, but fortunately, our nails don't need a special diet to stay in great condition! Follow The Comb Magazine guide to bust the myths and really nail it.

MAINTAIN THAT MANI

There are hundreds of products that can help you to maintain neat nails. From strengthening nail solutions to base coats, you should stick to routine. File, shape and buff first, then apply a cuticle product to help keep them in check. Next, apply a nourishing basecoat to help your color polish last longer. Once dry, apply a high quality nail color. The variety is endless – from matte to gel finish, you should pick a non-chipping product. Use a drying system or a nail dryer spray to speed up the process.

Finally, apply a top coat to make that mani last. What nail bar?

So. Many. Files... Four-sided, Glass, the list goes on – there is a huge variety of products on the market to help whip our nails into shape. For natural nails, a fine-grit cushion file is gentle yet effective. The higher the grit number, the smoother the file.

Coarse files (80-100 grit) are best for acrylic nail extensions. Medium files (180 grit) are best to shape extensions of medium thickness, like most tips and wraps, and to shape the free edge of toenails.

Fine files (240-600 grit) are best for removing small bumps, ridges or discolorations and for shaping the free edge of natural nails.

"AVOID METAL FILES AS THEY ARE HARSH AND CAN EVEN SPLIT NAILS – AIN'T NOBODY GOT TIME FOR THAT!"

Ultra-fine files (600-2400 grit) are used for buffing and shining all types of nails. Files come in a variety of materials including padded cushion files, glass, mylar and ceramic.

CUTI-CUTI

Prevent hangnails and give your cuticles some love by massaging cuticle cream, oil or lotion into the nail mantle and cuticle itself. Then, use a cuticle stick to gently push it back, eliminating the need to trim them.

ALL ABOUT THAT BASE

A good basecoat is a little thicker than a top coat, so it's a good idea to invest in both to get the best result. Apply one layer of basecoat, two coats of your choice of color polish and finally one topcoat for the perfect, chip free manicure.

SPEEDY NAIL GROWTH

Despite constant scientific studies steadily being released, there is still no "sure thing" to make nails grow faster. Nail vitamins, cuticle conditioners and nail strengtheners can all help to promote healthy nail growth.

