

Do's and don'ts for healthy nails

Fingernails are composed of laminated layers of protein called keratin which grows from the area at the base of the nail under your cuticle. Healthy fingernails are smooth, without pits or grooves. They are uniform in color and consistency and free of spots and discoloration.

Here's what you need to know to keep your fingernails strong and healthy-

Do's

- **Dry and clean:** This prevents bacteria, fungi and other organisms from growing under your fingernails. Do wear cotton lined rubber gloves when washing dishes, gardening, cleaning or using harsh chemicals.
- **Trimming and filing:** Use clippers or manicure scissors to trim your nails regularly. It is easier to trim and file when nails are soft, such as after bathing.
- **Moisturizing:** While using hand lotion do not forget to rub the lotion onto fingernails and cuticles too.
- **Apply nail polish:** A thin coat of clear nail polish protects your nails from drying out.
- **Consider supplements:** Brittle, pale and dull nails are a sign of nutritional deficiency. Supplement can provide you with essential nutrients which can strengthen your nails from within.



BIONA is a nutritional supplement which provides vitamins, amino acids and biotin that improves nail strength, increases nail plate thickness and synthesizes lipids that binds nail plate keratinocytes.

Do's and don'ts for healthy nails

Don'ts

- Abuse fingernails: To avoid nail damage, don't use your fingernails as tools to pick, poke or pry things.
- Bite your fingernails or pick at your cuticles: These habits can seriously damage the nail bed and allow bacteria or fungi to enter and cause infection.
- Pull off hangnails: You should carefully clip off hangnails instead of pulling it off.
- Overuse nail polish remover: Limit your use of nail polish remover to once a week. Choose the acetone-free variety because acetone causes dryness.
- Ignore problems: If you have any nail problem from long time and it's not going away then do consult your doctor for an evaluation.



Brought to you by the makers of **BIONA**

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