

Nail News from Kathi's Hands and Feet

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Some Common Sense Tips:

Hair Color: Wait 24 hours before shampooing your hair after coloring. Color needs to be absorbed into follicles. The day before coloring, wash your hair with a clarifying shampoo to rid it of oil and mineral buildup.

Teeth Whitening: Avoid red wine, berries and tomato sauce after teeth whitening for 48 hrs. Your enamel is more prone to staining during the first 2 days. Eating raw vegetables acts as a natural tooth brush and enhances the production of saliva to wash away sugars and food debris.

Brow Shaping: Let brows grow out 3-4 weeks before having them shaped. Exfoliate with SOS Dead Sea Salt prior to having them shaped. This gets rid of dead skin cells and pops up stray hairs for removal.

Manicure Maintenance: Don't soak nails in water. Water causes the nails to swell and when they dry out your polish pops off or cracks. Use oil to moisturize. Use a buffer to smooth the surface of the nail; it will gently remove ridges and help polish to adhere better. Buff nails from underneath and up to rid them of snags and rough edges without taking down the length. Clean nail with alcohol to remove oil and debris. Save your tips by applying a clean nail topcoat or polish across the tips every 2-3 days and once down the length of the nail every 3-4 days.