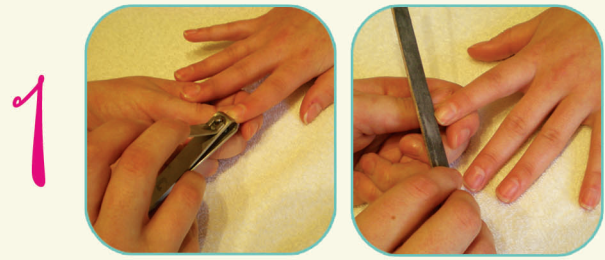


# Step-by-step guide to a perfect manicure

Hi girls, I thought you'd like to know how the fab Lola at Eden Hair and Beauty did my nails. You don't have to do all the steps, of course, but have fun following as many of them as you like.



1

Cut and file the nails into a nice shape. To prevent peeling and splitting, only file your nails in one direction (not back and forth!)



2

Put cuticle cream onto the base of each nail and then soak hands in warm water.



3

Dry the hands, and use a light moisturiser to nourish the nails. If you're giving a friend (or even a cute boy) a manicure, now's the time to treat them to a gentle hand massage.

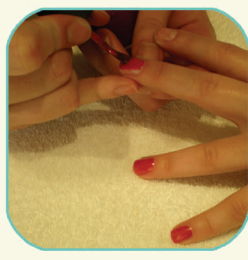


4

Next use a natural orangewood stick to remove the old cuticles. Some salons use a metal cuticle pusher, like the one pictured here. These are best used by professionals, as you can damage your nail if they aren't used properly, and and they should be sterilized between uses.



5



Apply a base coat, and then two coats of colour. Use a cotton bud soaked in nail polish remover to tidy up any stray bits - not that there were any when I had my professional manicure, of course, but there definitely are when I do my own nails at home!



6

Use a top coat to give the nails a glossy finish and help prevent chipping.



7

Finally, apply quick-dry spray (or if you're at home, do the Nail-Drying Dance, which involves waving your hands around a lot and blowing on your nails!)

These handy pics have been provided by the gorgeous girls at Clarice House Health and Beauty Spa.