

Sally Beauty Supply

Beautiful Accessory: 10 Fabulous Fingernails

(NAPSA)—For a special occasion or just to look terrific every day, one of your best potential assets is a beautiful set of nails. The best way to get them, of course, is a luxurious manicure at



Kristi Fuhrmann

a professional salon. Finding time in your busy schedule, however, can be a bit of a challenge.

When you need beautifully groomed nails, but it is still days until your next salon appointment, you can follow these steps to give yourself a manicure, says Kristi Fuhrmann, Sally Beauty spokesperson and MTV makeup and hair artist.

“Doing your manicure at home will take a little time and care, but with today’s nail care products, you can achieve a polished look until your next salon visit,” she says.

If your nails aren’t as strong and healthy as you’d like, visit your nearest Sally Beauty Supply for treatments that will nourish and strengthen. Nail Life Treatment Revitalizer for Nails and All Season Nails Botanical Nail Strengthening Complex both strengthen nails and repair damage such as splitting, softening and cracking.

Try out a “love-ly” new nail color that will make your nails look sensational. Try fashionably pink or red shades of professional quality Finger Paints nail lacquer such as “Drawn to You,” “Sculptured Scarlet” or “Hue are You.”

To give yourself a manicure,

follow these six simple steps:

1. Shape nails with a fine grit emery board, moving the board in one direction only. If nails need to be shortened, use a coarser grit board for shortening and finish with the fine grit board.

2. Soak finger tips in warm water with Originals Bubble White 5-Minute Effervescent Nail Cleaner to soften cuticles, cleanse and whiten nails.

3. Massage a good cuticle oil such as Nail Selectives Cuticle RX into cuticles, then push back cuticles with an orange stick or cuticle pusher. Snip away any hangnails with Tweezerman Stainless Cuticle Nipper.

4. Wash hands and scrub nails.

5. Apply a base coat such as Finger Paints Base or Beauty Secrets Ridge Filler depending on your needs.

6. Apply two coats of color, then finish off with Rush Quick Dry Topcoat to prevent chipping and extend wear. Note: Some topcoats also work as polish dryers to help stop smudging.

Kristi Fuhrmann is makeup and hair artist for MTV and a spokesperson for Sally Beauty Company, the world’s largest distributor of professional beauty products. Through her work with MTV stars, she creates many of the hottest looks in beauty. If you have a beauty question, please e-mail Kristi at asksally@sallybeauty.com. To find a Sally store near you, call 800-ASK-SALLY or go to www.sallybeauty.com.