

Beauty Tips

Your Hands Speak A Language Of Their Own

(NAPSA)—Hands don't lie. They express our thoughts and feelings often more than words can say. Many people, however, underestimate the amount of information their hands reveal.

Says Elisa Ferri, manicurist to celebrities and supermodels, and author of *Style on Hand*, “Just like a good haircut, healthy, glowing skin, and a fit body, well-groomed nails and hands are a fundamental part of looking and feeling your best. Anyone with well-cared-for hands looks finished and feels more confident.”

Perhaps the most significant truth hands reveal is our age. According to a recent Olay survey on aging, hands were cited as one of the top give-aways of age.

Ferri's tips can help you keep your hands in tip-top shape:

- Hands exposed to heated office environments and moisture draining elements need to be hydrated throughout the day with an anti-aging moisturizer. Olay Total Effects Hand Visible Anti-Aging Moisturizing Treatment reduces the appearance of fine lines and other signs of aging and contains a sunscreen to help protect hands from sun damage.

- Spending the day typing and writing can cause hands and fingers to cramp up. Improve circulation and keep hands relaxed by massaging them in between sessions at the computer or after strenuous activity. Stretch out fingers and wrists to ease tension or fatigue.

- Nails and cuticles are vulnerable to the same drying elements



With proper care, your hands will speak a sweet and friendly language all their own.

hands are, so they need the same care and attention. Olay Total Effects Nail and Cuticle Moisturizing Treatment has rich moisturizing oils to keep brittle nails and broken cuticles at bay. This convenient twist and click pen is slim and easy to take everywhere.

- Treating yourself to a weekly manicure is important to good grooming. Use a moisturizing body wash such as Olay Complete Moisturizing Body Wash to soften cuticles. Push cuticles back with a cuticle stick, and then file and buff the nails. Follow with a nail strengthener as a base, two coats of your favorite nail color, and a final top coat to prevent chipping.

For additional information on Olay skincare products, visit www.olay.com.