
The Beauty Spot

Your hands and feet get more bashing than anywhere else on your body, yet are frequently neglected; so this month we look at how to take care of both.

It's so important to wear gloves whilst cleaning, washing up and gardening. All year round I recommend using a hand cream with SPF15 to protect from environmental damage, age spots and to help to maintain moisture and elasticity of the skin. I always have one in my handbag, by my bed and in the kitchen; it's good to apply hand-cream two or three times a day.

Let's Nail It

There is no substitute for beautifully natural nails but for most of us it takes a lot of care and attention to achieve this. At The Beauty Room, I use Jessica nail products, which are the best I've ever used for care and long-lasting nail colour. Home care can be a simple routine depending on your nail type. A dry nail will feel powdery and may have slight yellow colour, this nail needs moisture and protection to prevent it breaking. Nails that flake and peel have too much moisture, so avoid putting your hands in water too often, as it will make them worse, use a protective nail coat designed for this nail type and wear gloves. With this nail type you must avoid filing; instead cut them, as filing causes the flakes to peel more. Cuticles are also important as this is where your new nail growth comes from and any damage here will show on the nails. Don't cut cuticles, as this will encourage them to grow over. If this has happened, get a manicure to sort them out and use a cuticle cream containing zinc to shrink

them back. Only trim anything that is dead. Keep the nail-plate free of cuticles using a soft nail brush to gently remove dead cuticle. This will also encourage nail growth. Done daily, you will see an improvement within two weeks.

Finally, when you wear nail colour always use a base coat to protect the nails from the colour and from drying; please note, base coats only protect for two weeks so remove nail varnish after that time. To keep nail colour lasting, use two coats of colour after your base coat, then a coat of top-coat, reapplying this every two days will keep nail colour lasting longer.



These Feet are Made for Walking

Don't neglect the feet that carry you around all day long, reward them by taking care of them. Nail care for your feet only differs slightly from the advice I've given for your hands. Cut nails straight and just below the tip of the toe to avoid in-growing nails. If you do a lot of sport or walking keep them shorter to stop them breaking and hurting, also they will thicken to protect themselves if they are being pushed on too much against footwear. For home care, use pumice daily in the bath or shower to remove the hard skin that builds up on feet, afterwards always use a heel cream or even body lotion to then keep them soft and supple. Look after your feet and they'll look after you when you really need them too!

Next month I will be offering advice on keeping you skin looking younger.

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