

Seven (Finger)Tips for Vibrant Summer Nails in 2023

By Jamie Hancock



Red and White Manicure with Love Print by Designecologist, Image Sourced from Pexels

I normally work in Music, but had a bit of time on my hands this spring and decided to turn my attention to writing, which I've always enjoyed. I saw a job advert for 'Freelance Writers' and applied. Of a list of subjects, I was asked to specify my preference and felt the option closest to my knowledge and experience was 'Art'. The result was being sent a trial assignment on writing about summer nails. My first thought was I'd have to decline on account of never having considered a manicure or pedicure. But, I mulled it over. With an interest in fashion and trends, bolstered by research and immersing myself in the topic, I meekly decided to write, and, well, here we are.

It's summer; time to brighten up and show off those nails - the gloves are off (literally)! But it's not just a time for manicures. With the heat, shoes are swapped for bare feet or sandals, which means pedicures are in order too. So, we'll also be dipping a toe (excuse the pun) into toenail care! It's no nail-biting ordeal! Our tips will help you unveil your summer nails with confidence. So, let's take a look at fingernail and toenail beauty and art, putting the finishing touches to your sartorial elegance and sophistication this summer. After all, your creative style and fashion sense influence the way you see yourself and feel in your own skin.

Tip One - First Clean and Dry Your Nails

Looking after your fingernails and toenails starts with washing and cleaning your hands and feet. You can simply use soap, water and a soft nail brush.

After washing your hands and fingernails, ensure they're properly dry.

In addition to using soap, water and a nail brush, when washing your feet, try adding rosemary oil to your bath or a bowl of warm water for a foot bath. Rosemary oil has anti-bacterial properties and is an odour deterrent. Afterwards, ensure your feet and toenails are properly dry.

Properly drying your hands, feet and nails and ensuring your towels are washed and changed frequently will help avoid getting a fungal nail infection in your fingernails and toenails.

Tip Two - Hydrate Your Hands, Feet and Nails

Hydration is key to strengthening fingernails and toenails.

After washing your hands, hand cream can help replace natural oils. Hands and fingernails should be moisturised regularly.

The skin on your feet, particularly the skin on the soles of your feet, is thicker and dryer than that of the rest of the body. For this reason, it's worth using a water-based cream. Massaging it into your feet and toenails straight after washing them, while they're still warm, will allow for better penetration and hydration.

Tip Three - Buff Your Nails

You can buff your nails using a nail buffer, giving them a natural shine and stimulating blood circulation.

Use separate buffers for fingernails and toenails as this is cleaner and helps prevent the spread of bacteria. Make sure to sanitise your nail buffers after use.

Tip Four - Shape Your Nails

Cut your fingernails in a neat curve and file the nails in one direction rather than back and forth as this will cause the nails to partially splinter and flake off.

Cut your toenails straight across to prevent ingrowing toenails. Using nail clippers, not scissors, will aid in cutting straight across your toenails. Then file down the edges. Again, file in one direction rather than back and forth.

Tip Five - Prepare Your Nails for Polish

While it's good to use moisturiser for hands, feet, fingernails and toenails, you'll need to wash and dry them before applying polish as any residue of creams and oils on your nails will mean the polish is less able to adhere to your nails.

Tip Six - Colour and Shine

It's beneficial to apply a base coat to your fingernails and/or toenails first. Doing this'll help the subsequent coats of polish stick to your nails more effectively and make the polish last longer. After applying the base coat, apply two thin coats of polish. A cool, cobalt blue is one of the biggest nail colour trends at the moment. Try it for a vibe of effortless style and chic that suits all skin tones.



Blue Nails by Beatriz Fernandes, Image Sourced from Pexels

Tip Seven - Diet, Supplements and Marigolds for Continued Nail Health

To maintain healthy nails or repair damaged or weak, brittle or flaking nails, you can make sure certain foods are a part of your diet, take supplements and avoid exposure to household cleaning fluids.

A balanced diet with plenty of fruit, vegetables, water and whole grains is important for good nutrition. But, if you want to hone in on specific foods for nail health, then those with a high level of **biotin**, a B complex vitamin, can help strengthen nails. Such foods include almonds, eggs, salmon, spinach and sweet potato.

You can also take biotin as a supplement. It's thought that the minerals iron, magnesium and zinc can improve nail health. And ditto for vitamin C. These can all be taken as supplements too.

Finally, a good way to protect your fingernails, if your hands are regularly in water and/or you often use household cleaning fluids, is to wear rubber gloves, such as Marigolds.

Nailed it!

These tips are just scratching (sorry) the surface of nail care. We encourage you to delve in deeper. There's plenty on the topic out there for public consumption, from articles in The Sunday Times Style Magazine to a plethora of online resources and everything in-between. After all, the trend for nail care is up, with, for example, the global nail polish market predicted to reach USD 25.8 billion by 2030. And looking after nails isn't just for women. More men than ever are having pedicures, which includes toenail care. So guys, put your best foot forward! For those who are worried, embrace the metrosexual in you and revel in the splendour of a viral Instagram post!



Male Pedicure, Image Sourced from Pixabay