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## top tips to bulk up weak nails

by laurel pantin september 24, 2009



With all the focus on rehabbing summer-stressed hair, and keeping hair strong, we often overlook fingernails! Nails are made of the same stuff as hair, and when mistreated will dry out and break, just like your strands. So, we turned to Claudia Vieira of SalonCapri in Newton Highlands, MA for her tips on how to strengthen nails and prevent breakage.

**On a daily basis use a nail strengthener.** Every two days, remove the strengthener and reapply. My favorite nail strengthener is by Nail Tek. This should be worn alone, without a polish.

**If you don't need to have your nails painted, keep them bare** for a few days/weeks. This allows your nails to breathe. If you're constantly applying and re-applying polish, your nails get dried out. It's important to let the nail bed breathe every so often in order to keep it healthy.

**Don't leave your nail polish on for too long.** When your nail polish chips, take off the polish. Keeping the same polish on your nails for too long will stain them and dry them out. The nail bed gets weaker/drier from nail polish chemicals and therefore, will become weaker as the polish wears off and as time goes on.

**Try to invest in natural nail polishes or visit a salon that offers a natural/eco-friendly manicure.** SalonCapri offer the Oeco-friendly manicure, which uses nail polishes that contain no harmful ingredients such as formaldehyde. My favorite go green nail polish is by SpaRitual. Nail polishes with chemicals in the ingredient list dry out nails. Over time, the result of these chemicals in nail polish is brittle nails.

**Invest in a great basecoat to add strength to your nails before polishing them.** My favorite basecoat is Essie Millionails Natural Nail Strengthener. You can apply polish over it and it won't make it chip!

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