

# AGE-DEFYING TIPS

## for the Hands and Feet

Babying your face is not the only way to maintain your youthful appearance. Hands and feet, like your décolleté, also can show tell-tale signs of aging. Here are some helpful tips for keeping hands and feet looking youthful.

**Keep yourself well moisturized.** As you age, your skin begins to thin and become dry, so it is especially important to keep your skin well hydrated. Apply a collagen-rich lotion that absorbs and penetrates into the skin daily on hands, feet, and any other part of your body that feels dry.

**Visit your nail technician regularly.** Don't let too much time go by between nail appointments. Visit your nail technician at least every two weeks for a manicure and at least once a month for a pedicure.

**Keep your nails well protected.** Just as skin becomes thin and dries out with age, nails tend to become more brittle. Protect them from the damaging effects of the sun by applying a top coat with a built-in sunscreen. And don't forget about polish, which helps protect nails as well. Moisturize nails and cuticles with a daily dose of cuticle oil. Your nail tech may also recommend a moisture-replenishing nail treatment.

**Maintain a youthful glow.** As we get older, it's not uncommon for brown spots to start appearing, especially on our hands. And all those years in the sun can make hands look more wrinkled than you'd prefer. Ask your nail tech for a skin-lightening treatment you can use at home, which will help diminish the look of age spots. Also, don't forget to

apply sunblock to protect your delicate skin from the harsh effects of the sun.

**Take care of your feet.** Toenails receive daily abuse through ill-fitting shoes and moisture. Always dry your feet well and check between the toes for cracks and dryness, which allow bacteria to grow, increasing the risk of infection.

Use a nail brush and a mild scrub to gently remove build up and dead skin cells from your feet. If your feet are susceptible to infection or perspiration, apply talc containing cornstarch or baking soda. Cotton socks will also help to absorb moisture and draw it away from the foot area.

**Take your hands and feet for a dip.** Even if you're not scheduled for a nail appointment, you may want to stop by the salon for a quick paraffin dip, especially if you suffer from arthritis or have very dry skin.

**Baby your nails.** While you should leave most of the work for your nail technician, you can file your nails at home. Always use a fine-grit file, which can range from a 240-400 grit, and gently file in one direction. Never file

nails in a back-and-forth motion, as this can cause your nails to fray and split.

**Keep bacteria away.** Half of people over age 65 suffer from fungal infections on their feet. Help prevent that by using an antimicrobial cuticle oil and base coat to protect against yeast, fungus, mold, and bacteria.

**If you're sick, stay at home.** If you have a contagious skin or nail disease, wait until it clears before visiting the salon again. If symptoms persist, make an appointment with a dermatologist.

**Know what you have.** Allergic reactions to nail products are uncommon, but it's important to be able to detect if you have one. Allergic reactions are characterized by redness, itching, and swelling around the nails, or irritation around the eyes and mouth. Call your doctor if you develop any of these symptoms.

### Personal Recommendations:

---

---

---

---

### Attention nail technicians:

Client handouts are a great way to educate your client and keep her coming back for your skill and expertise. Feel free to make copies of this page to give clients. For a personal touch, attach your business card here before making copies.