



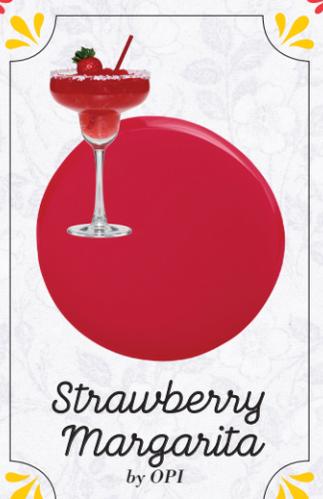
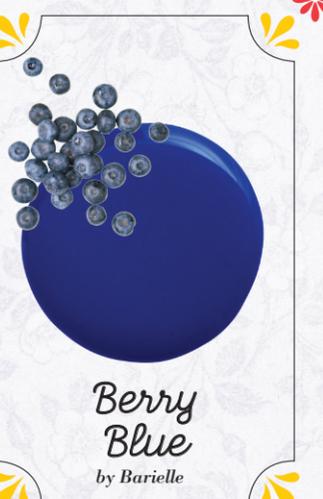
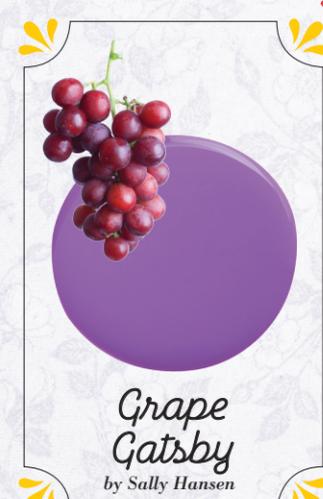
# Sweet Mani!

Give yourself a salon-style manicure  
right at home.

 **Ree loves** a glossy manicure but you'll rarely see her with painted nails: She's constantly cooking, tending to the dogs and shuttling kids in every direction, which means a fresh coat of polish can be fairly short-lived. What's a hardworking woman to do? Read on for some tricks for keeping a manicure in shape.

# Sugarcoat It!

Treat yourself to one of these fun food-inspired colors for your next manicure.

 <p><i>Freedom of Peach</i> by Sally Hansen</p>	 <p><i>Tiramisu for Two</i> by OPI</p>	 <p><i>Lemon Fizz</i> by China Glaze</p>	 <p><i>Gelato on My Mind</i> by OPI</p>
 <p><i>Green Tea Ice Cream</i> by 100% Pure</p>	 <p><i>Strawberry Margarita</i> by OPI</p>	 <p><i>Berry Blue</i> by Barielle</p>	 <p><i>Cherry Berry</i> by JINsoon</p>
 <p><i>Grape Gatsby</i> by Sally Hansen</p>	 <p><i>Double Dip</i> by Salon Perfect</p>	 <p><i>Melt Your Popsicle</i> by Orly</p>	 <p><i>Mojito Madness</i> by Essie</p>

NAIL POLISH COLORS: LARA ROBBY/STUDIO D. INSETS: TIRAMISU: J MUCKLE/STUDIO D., GREEN TEA ICE CREAM: SHUTTERSTOCK, ALL OTHERS: GETTY IMAGES.

## EASY AS 1,2,3!

Give your hands the pro treatment.



### 1 SHAPE YOUR NAILS

Clip and file your nails to the desired length and shape. Avoid filing in a back-and-forth sawing motion. Instead, file from the corners toward the center in one direction. Use a buffer to smooth the nail surface.



### 2 TREAT YOUR CUTICLES

Apply cuticle oil, give your cuticles a few minutes to soften, then use a cuticle pusher or an orangewood stick to gently push them back. Trim hangnails with cuticle nippers, but do not cut your cuticles—this can lead to infection.



### 3 PREP AND POLISH

Wipe your nails with a cotton ball to remove excess grease and oil. Apply a base coat to protect your nails from staining. Paint on two thin layers of polish, allowing the color to dry completely between coats. Finish with a top coat.



## Make Your Mani Last!

Essie manicurist Michelle Saunders shares her best tips.

### Find the right length

If you're consistently working with your hands, keep your nails short and round so the edges don't accidentally get caught and break.



### Care for the cuticles

Apply cuticle oil every day. The extra dose of nutrients will hydrate the nails and help prevent chipping.

### Seal the edges

Apply an extra swiipe of polish and top coat to the tips of your nails; they can chip easily from texting and other everyday activities.

### Beware of soaking

When nails are wet, they absorb water and expand. As they dry, they contract, causing polish to chip and peel. Try to avoid prolonged water exposure.

### Double the top coat

Once your polish dries, add two layers of top coat to lock in the color. Reapply a top coat every other day.



## Tools of the Trade



Keep these nail essentials in your at-home mani kit.

- 1 Revlon full jaw cuticle nipper, \$10; target.com
- 2 Pushy and nail cleaner, \$18; tweezerman.com
- 3 Beauty 360 emery boards, \$4 for 24; cvs.com
- 4 Sally Hansen Clean Cut classic nail clipper, \$3; target.com
- 5 Diamond Cosmetics 3-sided manicure block (buffer), \$1; ulta.com