



Keep Your Toes Sandal-Ready

Sizzling temperatures have set in across the country, which means that women are baring their feet to stay cool. From flip-flops on the beach to open-toed heels in the office, summer is sandal season.

To keep your toes sandal-ready all season long, let's take a look at some myths and facts about healthy nails from Creative Nail Design.

Perhaps you've heard the adage that eating gelatin, which can be found in products ranging from gelatin desserts to jelly and marshmallows, helps nails grow. There's no need to stock up on gelatin snacks, because this "fact" simply isn't true. There is no scientific evidence to prove that gelatin helps nails grow.

If regular pedicures just don't fit into your schedule or budget, consider these myths and facts before treating yourself to an at-home pedicure. Although rumors abound that you shouldn't use a back-and-forth motion to file your nails, this motion is fine as long as you're using a fine-grit file.

When shaping your nails, aim for a rounded-square shape. Square nails can create sharp edges that can hurt surrounding toes, so trim the corners at 45-degree angles to avoid injury.

If you're changing polish, use an acetone nail-polish remover. Even though non-acetone removers are available — which implies that acetone polish is bad for your nails — acetone-based removers are best. They remove pigment from the nail, leaving no residue or stain.

And speaking of removing nail polish, you don't need to remove enamel from the nail from time to time to let them breathe. Polish actually helps protect nails, preventing them from becoming dry and brittle.

Now, you have no excuse for not baring your toes this summer. Find a bright summer shade, and treat yourself to a pedicure.

Write to Barbara Barontini in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to itsawomansworld@gmail.com.

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