

# Charlottes Lockdown Beauty Masterclass

## Hand and Nail Care in Lock Down



This far into lockdown I would think everyone's hands are feeling dry from all the sanitiser and washing, and everyone's nails are most likely bare, and probably feeling dry and brittle as well.

I am going to give you a few tips to get your hands feeling nourished, and nails looking and feeling healthy again. I am not a doctor though, so if you think it is a medical problem, such as fungal nail, or eczema, please seek medical advice first. I have tried to advise the use of products that either everyone will have in the house, or that should be easy to get hold of and inexpensive.

### Hands

**My top tip:** My best tip for hydrating the skin on the hands and overnight transformation is Vaseline. The way I find it works best, is before going to bed covering your hands in Vaseline, putting on some rubber gloves, or wrapping your hands in cling film (if you don't have rubber gloves). Then for comfort whilst sleeping, I put some wool gloves on top. Leave this on all night. When you wake up in the morning, wash your hands and you will have lovely hydrated and smooth skin.

This also works great on the feet, for softening hard skin and helping to heal cracks. Just be super careful in the bath or shower in the morning, to make sure you don't slip.

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I know not everyone will want to wear gloves whilst sleeping, so you can do this without the gloves. You will just have to apply a very small amount of Vaseline and probably do it every night.

As the heat generated from wearing gloves, allows the product to penetrate deeper into the skin it works better, plus you are not losing any of the product onto your bed sheets. I would normally do this once or twice a month, but given the current circumstances you could probably do this once, or twice a week.

### Alternatives:

- **Olive oil:** This is one of the best home remedies for dry hands and dry skin, because it is high in fatty acids and antioxidants. This can soothe dry skin all over the body very well. It is also simple to use, and most households will have some at hand.  
You apply extra virgin olive oil on the skin as a thin layer, for 7 minutes before showering, or washing your hands with fresh water. You can also dab it onto many areas of the body, like legs, face, hands, elbows, knees, etc.  
If you have dry patches on your legs, knees, elbows, etc, where the skin is tougher, you can combine brown sugar with the olive oil; rub this mixture on your affected skin for several minutes before taking a shower. This is a great natural and gentle skin exfoliator.
- **Milk:** Contains soothing and anti-inflammatory properties, which can eliminate itchy and dry skin. Also, the lactic acid in milk can moisturise your skin and will improve your skin's complexion.  
You can use a cloth or cotton pads, soak in cold milk, apply onto your skin for 5-7 minutes, and then wash off with lukewarm water.  
You also can mix 2 tablespoons of milk, some lemon juice, and some drops of rose water, rub the mixture on the affected areas for 7 minutes, and then wash with cold water. You can do this method twice per day to get the best results.
- **Moisturiser:** try and use a moisturiser that is specifically for hands and nail. These tend to be slightly thicker in consistency, allowing them to hydrate and protect the skin for longer. They are also made with the relevant nutrients required to have the desired effect.

### Nails

A lot of people neglect their nails, or treat them badly. We are also really bad at using our nails, as tools.

Whilst most of us will have bare nails, this is the best time to take care of them and give them some much needed TLC.

### Don't:

- **Bite nails** – This can cause trauma to the nails in many ways. Doing this can cause the nail to split, crack and make the nails weak. It can also cause ridges in the nails. Once you have damaged the nail in this way it can be permanent.

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- Flick nails, or pick at them. Much like biting, the vibrations that you send down the nail by doing this, can cause damage to the nail bed.
- File the top of the nail - This can cause the nails to become very weak and thin
- Cut the cuticles. Although nail technicians do this, we are trained to know how much to leave and how far to push them back without causing damage. If you feel like your cuticles are really overgrown, try purchasing a cuticle remover cream instead of pushing or cutting. If you cannot find a cuticle remover just leave them alone until a professional can take care of them for you.
- File nail like you're sawing – when filing the nail use a long sweeping action. If you file back and forth this can cause damage to the nail.
- Allow cleaning product to have prolonged contact with nails – by not wearing gloves when cleaning, the chemicals used will dry out the nail and skin. This will cause them to become weak and break/ flake off.

### Do:

- **Use oils on the nail** – as above, olive oil is full of fatty acids and antioxidants. It is highly nourishing and will leave the nails super shiny and hydrated. You can use a cuticle oil, or olive oil.  
A nice way to give your nails a treat, is to wash your hands, then warm some oil in a little bowl and dip your fingers in and soak for 15 minutes. Dry your hands off. You can do this up to twice a day, if needed.  
If you don't want to soak them, you can apply a small drop to each nail and then massage into the nail and cuticle.  
You could also mix some lemon juice into the mixture to boost nail growth and strength.
- **Lemon Juice** – this is a great cleanser and can help to get rid of discolouration.  
You would apply this, by mixing one teaspoon of baking soda in a small bowl of water and add one tablespoon of lemon juice. Then soak your nails for about 10 minutes. If you don't have baking soda you can use two teaspoons of salt instead.
- **Coconut oil** – this works well for healthy nail growth. It contains important nutrients to keep your nails moisturised and strong. It also strengthens your cuticles, which play a key role in nail growth. Massage into cuticles and nails daily.
- **Orange juice** – this is great to boost your nail growth. It is full of vitamin C, which encourages the production of collagen and keeps your nails healthy. It also has folic acid, which is essential for nail growth.  
Soak your nails in fresh orange juice for at least 10 minutes. Rinse them off with warm water, pat dry and apply some moisturiser. You can do this once daily, until you are satisfied with the results.
- **Keep nails short** – keeping your nails short will prevent any unnecessary breaks and damage to the nail. By keeping your nails short now, when no one else is going to see them and you can't go get your nails done professionally, it will help your nails to become stronger and break less so that hopefully when we are allowed out again, you will have the strength in your natural nail to be able to grow them.

### Summary

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Treat your hands and nails with kindness, be gentle with them. Your nails are mostly keratin like your hair. Whenever you wash your hair, you shampoo and then condition it. So, whenever your hands come into contact with soap and water, moisturise them.

Keep looking after those hands!

**Charlotte**