

Beautiful nails for the holidays

Very long fingernails, the daggerlike nails are out. Some salons have given up doing nail tips or even nail wraps with linen and silk because of possible damage to the nails.

"What's in are new procedures and new techniques designed to promote and perpetuate the health and strength of the nails," said Sharon Reed, owner and operator of Bloomie's Face and Body Salon in Farmington Hills.

"Our clients are learning how to develop long and strong healthy nails in about six weeks time now. The woman who has problem nails can have lovely nails for the holidays," she said.

REED PASSES along "Bloomie's

Nail Tips" used by the manicurists in her salon in Orchard 12 Plaza.

"They come from Jessica Vautour, who is Nancy Reagan's manicurist and who trained our manicurists here," Reed said. "All of the suggestions are applicable to every woman for every-day home care."

• Contrary to what you may have heard, do soak your nails before clipping and shaping. It will help to prevent chattering the nails. After shaping, soak again to soften the cuticle.

• To help prevent peeling and flaking, use only the tip of an emery board. And file only in one direction toward the center of the nail.

• When a long-nail breaks, trim back the others, or come to Bloomie's and have it transplanted back on. Shorter nails will never catch up. As they grow, the stress will be on your longer nails, and it creates a vicious circle. Uneven nails of any length are simply unattractive.

• The squared nail shape is fashionable, and also serves the purpose of strengthening the nail. The more the nail is shaped on the oval, the less strength the nail will have.

• Never file the top of your nail, even if it is damaged. It may cause or perpetuate serious damage to the nail bed.

• Filing the sides of your nails too deeply or close to the nail bed will weaken the nail. Properly, the file should rest at an angle against the side of the nail and the side of your finger.

• Use toenail Nippers instead of clippers to clip your finger nails. They are more gentle to the nail. Take off only a little of the nail at a time.

• Never use a metal cuticle pusher — it may damage the cuticle and matrix of the nail which is where the health of your nail is centered. Use an orangewood stick to gently push back cuticle.

• Cuticle oils are frequently harsh and caustic to the cuticle. Use specially formulated creams or rich hand creams and massage into the cuticle at least once or twice a day. You'll see great results.

• Cut or trim as little cuticle as is absolutely necessary. Trim only the most ragged cuticle and pull pulling toward the end of the fingertip.

• Be sure to use a non-acetone polish remover and never soak the nails in polish remover.

• Never use polish remover to thin your polish.

• Keep the polish bottle neck and cap scrupulously clean to prevent polish from thickening.

• To help prolong the life of your polish, store it in the refrigerator.

• Never shake a bottle just before polishing, air bubbles will form that may cause your polish to flake and peel.

• To shake your polish, turn it upside down and roll the bottle between the palms of your hands.

• Never leave polish on nails longer than two weeks. A chemical breakdown occurs in the polish that may damage the nails.

• It is a myth that nails cannot breathe with nail polish on them. Sever-

al coats of polish help to strengthen and protect your nails.

• Apply both base coat and top coat to the underside of your nails for added strength.

• Freshen your manicure with top coat the next day, and then again a few days later.

• To speed drying, dip your fingertips in ice water. But remember it takes hours for several coats of polish to dry completely.

• If you nick your polish or get an imprint in the nail while it is still drying, run the tip of your tongue over the area to help smooth it. Or take an orangewood stick dipped in polish remover — gently rub it on the nicked polish, and then apply a top coat to help smooth it out.

• If polish gets on your skin, dip an orangewood stick in polish remover and tidy up around the nail.

• Do finger exercises. Pinch your fingers together or press one fingernail between two fingertips to bring a blood supply to the fingertip, nail bed, and cuticle. Do this daily and you will see wonderful results in strengthening your nails.

Very long, daggerlike nails are out, and not in the least becoming.

With only a little effort, you can have naturally beautiful nails that will give you the grace and charm of the perfectly well-groomed woman.

Drinking milk early may protect against osteoporosis later

Drinking milk during childhood and teenage years is known to be important for growth and development. But it also may protect against osteoporosis in later years, say University of Pittsburgh researchers, Dr. Rivka Black and colleagues.

The medical investigators measured bone mass in 255 white postmenopausal women and asked them whether they "always," "sometimes" or "rarely" drank milk during childhood, adolescence and adulthood. Bone mass was significantly greater in the women who reported drinking milk with every meal during childhood and adolescence than in those who consumed milk less frequently in early years, said the researchers in their article published in *American Journal of Clinical Nutrition*.

Osteoporosis, or age-related bone mass, is a major public health problem in the U.S. Bone fractures experienced by osteoporotic individuals, mostly postmenopausal women, not only lessen the quality of life but increase risk of death.

A major factor determining susceptibility to osteoporotic fractures in menopause is skeletal mass. Both peak skeletal mass reached in early adulthood and bone mass lost during adulthood influence the amount of skeletal mass at menopause, explain Sandler and associates. The greater the peak

bone mass and/or the smaller the amount of bone lost, the less risk of osteoporosis.

MOST OF THE efforts to prevent and treat osteoporosis have focused on decreasing adult and postmenopausal bone loss. However, if bone already is lost, it cannot be replaced. Therefore, increasing skeletal mass at the time it reaches its peak in early years clearly protects against osteoporosis and fractures in later years, suggest these University of Pittsburgh researchers.

About 99 percent of the body's calcium is in bones. When calcium intake is inadequate, calcium is removed from bones to maintain blood calcium levels. This loss of calcium from bone is largely responsible for adult bone loss and eventually osteoporosis.

Milk and other dairy foods are the main dietary source of calcium.

"The effects of milk consumption in childhood and adolescence on bone density may manifest as higher bone density decades later in menopause," Sandler said.

The investigators speculate that milk intake during early years not only increases peak skeletal mass but helps to establish lifelong favorable nutritional habits, which in turn may decrease adult bone loss.

Prize is \$100,000 house

"Support Haven" is the theme of the fund-raiser that will culminate with a drawing for a \$100,000 English Tudor Colonial, three-bedroom house in Waterford.

Raffle tickets at \$20 each are being sold to benefit Haven, a shelter for abused women and children. Haven also operates Oakland County's only 24-hour crisis line specifically for sexual

abuse and domestic violence calls.

The house to be raffled is on a fully landscaped lot on a private road, at 2940 Garfield Street. The winning number will be drawn Dec. 23.

Directions to the house or raffle tickets are available by calling Diane Delate, at Waterford Senior Citizens Drop-in Center, 618-6100, during working hours, or 666-3452 evenings.

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