

THE YEAR-ROUND NAIL DEFENSE MAP

Protecting Your Nails from Environmental Stressors

SECTION 1: THE IF/THEN PROTECTION CHART

If the Situation is...	Then do this...
Freezing Temperatures	Wear gloves + use heavy ointments
Swimming (Chlorine/Salt)	Apply cuticle oil before entering water
Cleaning/Dishwashing	Always wear lined rubber gloves
High UV/Sun Exposure	Apply SPF to hands and nail beds

SECTION 2: THE GLOVE GUIDE

- **Cotton-Lined Rubber:** Best for hot water and harsh detergents.
 - **Nitrile/Latex:** Best for precision work and gardening.
 - **Silk/Cotton Inserts:** Wear under winter gloves for extra moisture retention.
-

SECTION 3: THE HYDRATION SCALE

Adjust your product thickness based on the humidity around you:

- **Low Humidity (Winter/Desert):** Use Balms and Salves (Beeswax/Shea based).
 - **Moderate Humidity:** Use Creams and Lotions (Water/Glycerin based).
 - **High Humidity:** Use Lightweight Oils (Jojoba/Vitamin E based).
-

QUICK TIP:

Nails are 10x more absorbent than skin. If your hands are in water for more than 10 minutes without protection, your nails will swell and weaken. **Dry hands = Strong nails.**