SEO Template for new content

Target keywords: long natural nails, gel polish, gel nail polish, how fast does a nail grow, get nails, why do my nails grow so fast, how fast do nails grow, how to make your nails grow overnight, how to grow long nails fast

Page title

• Optimal title length: **55 characters**

• Add at least one of your target keywords to your <title> tag, don't use each target keyword more than 1 time: **long natural nails, gel polish, gel nail polish, how fast does a nail grow, get nails, why do my nails grow so fast, how fast do nails grow, how to make your nails grow overnight, how to grow long nails fast**

Meta description

• Optimal meta length: **160 characters**

H1

• Add all your target keywords at least one time: **long natural nails, gel polish, gel nail polish, how fast does a nail grow, get nails, why do my nails grow so fast, how fast do nails grow, how to make your nails grow overnight, how to grow long nails fast**

Text

• Try to acquire backlinks from the following domains: [fact.directory](http://fact.directory), [allhealth.pro](http://allhealth.pro), [ansaroo.com](http://ansaroo.com), [find-fashion-now.com](http://find-fashion-now.com), [chipnation.org](http://chipnation.org), [secouchermoinsbete.fr](http://secouchermoinsbete.fr), [asriportal.com](http://asriportal.com), [snewsi.com](http://snewsi.com), [buu.ac.th](http://buu.ac.th), [answersmeta.com](http://answersmeta.com), [technopagan.org](http://technopagan.org), [suning-inter.com](http://suning-inter.com), [playgamesitalia.com](http://playgamesitalia.com), [family-medical.net](http://family-medical.net), [futurist.ru](http://futurist.ru), [index.hr](http://index.hr), [womenbeautycare.net](http://womenbeautycare.net), [answeregy.com](http://answeregy.com), [findquestionanswer.com](http://findquestionanswer.com), [zocdoc.com](http://zocdoc.com)

• Enrich your text with the following semantically related words: **grow long, overall health, polish remover, nails grow faster, fingernails grow, nail plates, nutritional deficiencies, toenails grow, nails to grow, medical advice, warm olive oil, nail strengthener, nail polish remover, natural nails, long nails, nail bed, grow overnight, lemon juice, nail growth, nails overnight**

• Focus on creating more informative content. Recommended text length: **931.0**

• Make sure that your text is easy to read with the Flesch-Kincaid readability test. The readability score should be: **61.93145272365926**

• Add at least one of your target keywords: **long natural nails, gel polish, gel nail polish, how fast does a nail grow, get nails, why do my nails grow so fast, how fast do nails grow, how to make your nails grow overnight, how to grow long nails fast**

When your content has been published, [launch a SEO Ideas](https://www.semrush.com/features/seo-ideas/?utm-source=sct&utm-medium=template) campaign to check if your content complies with all on-page SEO factors and discover what else can be done to give your content a SEO boost.

Analyzed top-10-ranking rivals for your target keywords

long natural nails

1. <https://www.pinterest.com/torionog/long-natural-nails/>

2. <https://www.youtube.com/watch?v=hvSnHKmi8bE>

3. <https://www.allure.com/story/dua-lipa-strong-natural-nails>

4. <https://www.reddit.com/r/longnaturalnails/>

5. <https://www.tiktok.com/discover/long-natural-nails?lang=en>

6. <https://www.facebook.com/LongNaturalFingernails/>

7. <https://www.nailslong.com/hand-models.php>

8. <https://www.instagram.com/nglnails2018/?hl=en>

9. <https://www.istockphoto.com/photos/long-natural-nails>

10. <https://intothegloss.com/2014/05/how-to-grow-long-nails/>

how fast does a nail grow

1. [https://www.healthline.com/health/beauty-skin-care/how-to-make-your-nails-grow-faster#:~:text=Fingernails grow about 3.5 millimeters,can affect the growth rate.](https://www.healthline.com/health/beauty-skin-care/how-to-make-your-nails-grow-faster#:~:text=Fingernails%20grow%20about%203.5%20millimeters,can%20affect%20the%20growth%20rate.)

2. <https://www.healthline.com/health/beauty-skin-care/how-fast-do-nails-grow>

3. <https://health.howstuffworks.com/skin-care/nail-care/health/how-fast-do-nails-grow.htm>

4. <https://fingernails2go.com/10-facts-you-didnt-know-about-nails/>

5. <https://www.lorealparisusa.com/beauty-magazine/beauty-tips/beauty-trends/how-long-does-it-take-for-nails-to-grow>

6. <https://www.vitalproteins.com/blogs/beauty/how-long-does-it-take-for-nails-to-grow>

7. <https://www.medicalnewstoday.com/articles/320061>

8. <https://www.scienceabc.com/humans/fast-nails-grow.html>

9. <https://experthometips.com/how-to-get-long-nails>

10. <https://bestlifeonline.com/fingernail-growth-rate/>

why do my nails grow so fast

1. <https://www.healthline.com/health/beauty-skin-care/how-fast-do-nails-grow>

2. <https://www.oregonlive.com/advice/2021/06/dear-doctor-what-does-fast-nail-growth-mean.html>

3. <https://www.quora.com/Why-do-my-nails-grow-so-fast-Im-getting-tired-of-cutting-and-filing-them-all-the-time-Is-there-a-way-to-slow-it-down>

4. <https://bestlifeonline.com/fingernail-growth-rate/>

5. <https://newsnetwork.mayoclinic.org/discussion/fingernails-are-a-window-to-your-health/>

6. <https://themocracy.com/why-do-my-nails-grow-so-fast/>

7. <https://www.dollarshaveclub.com/content/story/why-do-my-fingernails-grow-faster-than-my-toenails>

8. <https://yourfitnessguides.com/why-are-my-nails-growing-so-fast/>

9. <https://fingernails2go.com/10-facts-you-didnt-know-about-nails/>

10. <https://www.wired.com/2014/08/wuwt-nails/>

gel polish

1. <https://www.ulta.com/gel-nail-polish?N=278j>

2. [https://www.amazon.com/gel-polish/s?k=gel+polish](https://www.amazon.com/gel-polish/s?k=gel%20polish)

3. <https://shop.valentinobeautypure.com/collections/gel-polish>

4. <https://www.beyondpolish.com/collections/gel-polish>

5. <https://www.sallybeauty.com/nails/nail-color/gel-polish/>

6. <https://kiarasky.com/collections/gel-nail-polish-colors>

7. [https://www.amazon.com/uv-gel-polish/s?k=uv+gel+polish](https://www.amazon.com/uv-gel-polish/s?k=uv%20gel%20polish)

8. <https://weheartthis.com/best-gel-nail-polish/>

9. <https://www.glamour.com/gallery/best-gel-nail-polish>

10. <https://bndnails.com/collections/dnd-duo>

how to make your nails grow overnight

1. [https://www.medicinenet.com/how\_do\_you\_make\_your\_nails\_grow\_overnight/article.htm#:~:text=Olive oil penetrates the nail,and leave them on overnight.](https://www.medicinenet.com/how_do_you_make_your_nails_grow_overnight/article.htm#:~:text=Olive%20oil%20penetrates%20the%20nail,and%20leave%20them%20on%20overnight.)

2. <https://www.youtube.com/watch?v=X6jI41yr_6c>

3. <https://www.youtube.com/watch?v=2Zd8NgRP9Q0>

4. <https://womensbeautyoffers.com/tips-for-nail-growth-naturally/>

5. <https://www.pinterest.com/pin/370069294352269250/>

6. [https://medium.com/@lisianacarter/how-to-make-your-nails-grow-faster-overnight-cedecd7a3023](https://medium.com/%40lisianacarter/how-to-make-your-nails-grow-faster-overnight-cedecd7a3023)

7. <https://www.makeupmuddle.com/how-to-grow-your-nails-overnight-with-vaseline/>

8. <https://www.makeupmuddle.com/how-to-make-your-nails-grow-overnight/>

9. <https://naildesigncode.com/how-to-grow-nails-overnight/>

10. <https://www.quora.com/How-does-Vaseline-help-your-nails-grow-overnight>

how fast do nails grow

1. <https://kidshealth.org/en/kids/your-nails.html>

2. <https://www.healthline.com/health/beauty-skin-care/how-fast-do-nails-grow>

3. <https://www.healthline.com/health/beauty-skin-care/how-to-make-your-nails-grow-faster>

4. <https://fingernails2go.com/10-facts-you-didnt-know-about-nails/>

5. <https://www.lorealparisusa.com/beauty-magazine/beauty-tips/beauty-trends/how-long-does-it-take-for-nails-to-grow>

6. <https://experthometips.com/how-to-get-long-nails>

7. <https://health.howstuffworks.com/skin-care/nail-care/health/how-fast-do-nails-grow.htm>

8. <https://www.vitalproteins.com/blogs/beauty/how-long-does-it-take-for-nails-to-grow>

9. <https://www.medicalnewstoday.com/articles/320061>

10. <https://www.scratchmagazine.co.uk/feature/the-science-of-nails-how-they-grow-what-makes-them-grow-faster/>

how to grow long nails fast

1. <https://www.healthline.com/health/beauty-skin-care/how-to-make-your-nails-grow-faster>

2. <https://www.byrdie.com/how-to-grow-nails-fast-4773958>

3. <https://www.cosmopolitan.com/style-beauty/beauty/a34124212/how-to-grow-nails-faster/>

4. [https://www.wikihow.com/Grow-Long,-Strong-Nails](https://www.wikihow.com/Grow-Long%2C-Strong-Nails)

5. <https://www.elle.com/uk/beauty/nails/a19686863/how-to-make-your-nails-grow-longer-stronger/>

6. <https://www.mindbodygreen.com/articles/how-to-make-your-nails-grow-faster>

7. <https://www.nykaa.com/beauty-blog/your-ideal-guide-on-how-to-grow-nails-faster/>

8. <https://www.pinterest.com/pin/41728734031629759/>

9. <https://www.newbeauty.com/8-ways-to-grow-your-nails-fast-according-to-experts/>

10. <https://experthometips.com/how-to-get-long-nails>

gel nail polish

1. <https://www.ulta.com/gel-nail-polish?N=278j>

2. [https://www.amazon.com/gel-polish/s?k=gel+polish](https://www.amazon.com/gel-polish/s?k=gel%20polish)

3. <https://www.beyondpolish.com/collections/gel-polish>

4. <https://www.beyondpolish.com/collections/dnd-gel-nail-polish-duo>

5. <https://kiarasky.com/collections/gel-nail-polish-colors>

6. <https://www.sallybeauty.com/nails/nail-color/gel-polish/>

7. <https://dtknailsupply.com/collections/opi-gel-colors>

8. <https://www.walmart.com/browse/beauty/gel-polish/1085666_3592123_5608885_9258123>

9. [https://www.amazon.com/uv-gel-polish/s?k=uv+gel+polish](https://www.amazon.com/uv-gel-polish/s?k=uv%20gel%20polish)

10. <https://www.byrdie.com/best-gel-nail-polishes>

get nails

1. <https://getnails.ro/>

2. <https://www.yelp.com/biz/get-nails-culver-city>

3. <https://www.instagram.com/getnails2015/>

4. <https://booksy.com/en-us/136540_get-nails-spa_nail-salon_134766_kissimmee>

5. <https://www.facebook.com/getnailsspa/>

6. <https://www.facebook.com/GetNails.net/>

7. <https://www.groupon.com/biz/atlanta/get-nails>

8. <https://getnaildspa.com/>

9. <https://getnaildnailspa.com/>

10. <https://www.pinterest.com/pin/nails-get-nails-acrylic-nails--356065914268804771/>

See how competitors write about targeted keywords:

**why do my nails grow so fast**

**1.** <https://www.healthline.com/health/beauty-skin-care/how-fast-do-nails-grow>

average rate.
 of 3.47 millimeters (mm) per month, or about a tenth of a millimeter per day. To put this in perspective, the average grain of short rice is about 5.5 mm long.
 If you happen to lose a fingernail, it may take up to six months for that nail to completely grow back. The nails on your dominant hand grow faster than the rest, as do the nails on your longer fingers.
 Your fingernails also grow faster during the day and during the summer.
 Although it may sound like there’s no rhyme or reason to how your nails grow, there are a few basic factors that affect the speed of growth. Read on to learn more about these factors, as well as what you can do to make them grow faster.
 What factors affect how quickly your nails grow?
 The nails on your dominant hand are said to grow faster simply because you use your dominant hand more. This increases your risk for trauma, like catching your nail on a snag or hitting your nail with a hammer.
 If trauma does occur, your body naturally sends more blood and nutrients to the area to help repair it. This influx of nutrients may speed up nail growth.
 2007 study.
 study published in 1980.
 At age 23, Dr. William Bean observed that his left thumbnail grew at a rate of 0.123 mm per day. By the time he reached age 67, this rate had dropped to 0.095 mm per day.
 Hormones.
 experience.
 have been shown.
 to result in rapid nail growth during pregnancy, but decrease the rate of nail growth during lactation.
 Outside of pregnancy, puberty is usually the most tumultuous time for your hormone levels. Nail growth is said to peak during puberty and decline as your hormone levels balance out with age.
 have an impact.
 thyroid disease.
 If you have diabetes or other circulatory issues , make sure you monitor your nails closely. Make an appointment with your doctor if you experience a nail injury or notice anything unusual.
 associated.
 with a faster growth rate. This may be because biting causes trauma to the nail, stimulating circulation in the nail bed.
 This also supports the theory that frequent nail clipping makes your nails grow a little faster. Regular clipping doesn’t carry the same risks as nail biting, so if you want longer nails, clipping is the better route.
 What about your toenails?
 Your toenails grow much slower than your fingernails. They grow at an average rate of 1.62 mm per month.
 And if you lose a toenail, it can take up to a year and a half for it to completely grow back. That’s three times as long as it would take your fingernail to regrow.
 This is because your toenails are generally subjected to less trauma than your fingernails. Although you may stub your toe here and there, this temporary burst of circulation won’t have a lasting impact.
 How to make your nails grow faster.
 Although there aren’t any scientifically proven methods to make nails grow faster, there are a number of ways to increase the overall health of your nails.
 The following methods will help strengthen your nails and prevent them from breaking, allowing them to remain long as you grow them out:.
 2007 study.
 found that taking 2.5 milligrams of biotin every day reduced breakage and increased overall nail health.
 experts.
 say to avoid prolonged use, as they can actually break down the nail over time. You should limit or avoid strengtheners that contain formaldehyde or formalin.
 can increase.
 Groom your nails. Keeping your nails clean is key to overall nail health. Use a clean pair of clippers to trim them regularly. Once a week should be enough. Keep your cuticles pushed back or trimmed, too. And don’t forget to moisturize!
 The bottom line.
 From the time of year to how old you are, there are a number of factors that affect how fast your nails grow. Although most of these factors are outside of your control, you can help the process along by practicing good nail hygiene.
 If you feel like your nails are growing unusually slow — or are experiencing discoloration or other symptoms — talk to your doctor. Your symptoms may be tied to nutritional deficiencies or another underlying condition. Your doctor can help determine why this is happening and advise you on any next steps.
 Healthline has strict sourcing guidelines and relies on peer-reviewed studies, academic research institutions, and medical associations. We avoid using tertiary references. You can learn more about how we ensure our content is accurate and current by reading our editorial policy .
 10.1111/j.1473-2165.2005.00313.x.
 10.1001/archinte.1980.00330130075019.
 fao.org/docrep/t0567e/T0567E07.htm.
 clinicalcorrelations.org/?p=8159.
 10.1111/j.1473-2165.2007.00290.x.
 10.4103/2F0300-1652.107549.
 mayoclinic.org/healthy-lifestyle/adult-health/in-depth/nails/art-20044954?pg=1.
 health.harvard.edu/newsletter\_article/does-having-ridged-and-split-fingernails-mean-im-unhealthy.
 ijdr.in/article.asp?issn=0970-9290;year=2012;volume=23;issue=5;spage=680;epage=682;aulast=Sachan.
 ncbi.nlm.nih.gov/pubmed/17763607.
 10.1111/j.1468-3083.2009.03426.x.
 Medically reviewed by Debra Sullivan, Ph.D., MSN, R.N., CNE, COI.
 If you want nails that grow faster, you can start by taking good care of your body and using the following tips.
 Medically reviewed by Cynthia Cobb, DNP, APRN, WHNP-BC, FAANP.
 Although genetics play a big role in determining the size and shape of your nail beds, there are plenty of ways to make your nail beds (and your….
 Your fingernails can say a lot about your health, and nutrient deficiencies may affect your nails' appearance. Here are 8 important vitamins and….
 Medically reviewed by Graham Rogers, M.D.
 Have you ever noticed little depressions in your fingernails and toenails? This is called nail pitting. Here's why it happens and what you can do….
 Medically reviewed by Cynthia Cobb, DNP, APRN, WHNP-BC, FAANP.
 The proximal nail fold is the skin that borders the bottom of your nail. It keeps the nail in place and protects it as it grows. Learn more about its….
 Medically reviewed by Cynthia Taylor Chavoustie, MPAS, PA-C.
 Your fingernails can reveal a lot about the state of your health. Conditions ranging from stress to thyroid disease may be causing changes in your….
 Medically reviewed by Graham Rogers, M.D.
 Have you ever noticed little depressions in your fingernails and toenails? This is called nail pitting. Here's why it happens and what you can do….
 Medically reviewed by William Morrison, M.D.
 Medically reviewed by Carissa Stephens, R.N., CCRN, CPN.
 For best results, you should see a doctor as soon as possible to have your subungual hematoma drained. Let's look at the timeline for healing:.
 Medically reviewed by Carissa Stephens, R.N., CCRN, CPN.
 Do Not Sell My Info.
 © 2005-2022 Healthline Media a Red Ventures Company. All rights reserved. Our website services, content, and products are for informational purposes only. Healthline Media does not provide medical advice, diagnosis, or treatment. See additional information .
 © 2005-2022 Healthline Media a Red Ventures Company. All rights reserved. Our website services, content, and products are for informational purposes only. Healthline Media does not provide medical advice, diagnosis, or treatment. See additional information .

**2.** <https://www.oregonlive.com/advice/2021/06/dear-doctor-what-does-fast-nail-growth-mean.html>

Published: Jun. 26, 2021, 6:48 a.m.
 While poor health can slow nail growth, fast nail growth doesn’t necessarily mean good health. (Jake May | MLive.com)Jake May.
 DEAR DR. ROACH: If your fingernails grow really quickly, are you basically a healthy person? -- V.V.M.
 ANSWER: This is an urban legend. Every person has a speed at which their nails will grow that is largely genetically determined, and a person in good health will grow nails at that speed.
 Certain medical conditions, such as malnutrition and thyroid disease, can slow down nail growth. Nail growth is fastest at about age 10, then slows down a bit over the lifetime. Pregnancy may speed up nail growth temporarily. A supplement, biotin, which is a B-type vitamin, does increase nail strength and growth rate in people with brittle nails, but my clinical experience is that its effects vary quite a bit person to person.
 This is probably because most people get enough biotin in the diet, so a supplement doesn’t really add much. Incidentally, biotin makes the thyroid laboratory tests appear abnormal, but does not actually affect thyroid levels.
 While poor health can slow nail growth, fast nail growth doesn’t necessarily mean good health.
 DEAR DR. ROACH: I take 2.5 mg Eliquis twice daily. I also take 100 mg levothyroxine an hour or two before the Eliquis in the morning. During the day, I try to take vitamins. After dinner I take 20 mg Lasix, as I don’t like running to the bathroom if I am not at home. At bedtime I take my Eliquis along with Cartia and metoprolol. How far from the time I take the meds and vitamins should I take the Lasix? -- S.L.
 ANSWER: I ran all your medications through a drug interaction checker and found no major issues. Both diltiazem (Cartia) and metoprolol can slow the heart rate, and the Cartia can slightly increase the blood level of the apixaban (Eliquis). Finally, very high doses (usually 80 mg or more) of furosemide can increase thyroxine levels of the blood. However, none of these is likely to cause problems, so you can take the medications at whatever time is convenient, as long as your doctor doesn’t want you taking it at a particular time.
 I would caution you about calcium, which can reduce absorption of thyroid medication.
 Your pharmacist probably has a similar program to mine to check for interactions, but pharmacists have great expertise in medication interactions and are your first resource for asking questions like this.
 Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu or send mail to 628 Virginia Dr., Orlando, FL 32803.
 If you purchase a product or register for an account through one of the links on our site, we may receive compensation.
 Registration on or use of this site constitutes acceptance of our User Agreement , Privacy Policy and Cookie Statement , and Your California Privacy Rights (User Agreement updated 1/1/21. Privacy Policy and Cookie Statement updated 7/1/2022).
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 The material on this site may not be reproduced, distributed, transmitted, cached or otherwise used, except with the prior written permission of Advance Local.

**3.** <https://www.quora.com/Why-do-my-nails-grow-so-fast-Im-getting-tired-of-cutting-and-filing-them-all-the-time-Is-there-a-way-to-slow-it-down>

We have no data for this page, because it isn't accessible for our crawler.

**4.** <https://bestlifeonline.com/fingernail-growth-rate/>

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 Our content is fact checked by our senior editorial staff to reflect accuracy and ensure our readers get sound information and advice to make the smartest, healthiest choices.
 If you have any concerns about the accuracy of our content, please reach out to our editors by e-mailing [email protected] .
 While you probably don't pay much attention to them outside of basic cosmetic maintenance, scientists have long been fascinated with human fingernails and toenails . Not only do they contain useful information about your diet and can be used for DNA analysis, but they also have an element of mystery. For instance, have you ever noticed that you clip your fingernails far more frequently than your toenails? Well, researchers still don't know exactly why the nails on your fingers grow at a different rate than the ones on your toes. However, a study published in the Journal of the European Academy of Dermatology and Venereology found some interesting information about your nails, including the fact that your fingernails are growing at a faster pace than what previous studies found decades ago. Read on to find out the factors that influence the rate at which your nails grow , and for more foot facts, check out This One Thing Could Finally Fix Your Smelly Feet, Study Says .
 The study, which monitored the nail growth of 22 healthy young adults in the United States, found that in a month's time, the average fingernail grew 3.47 millimeters. The average toenail, on the other hand, only grew 1.62 millimeters. And to learn even more about your fingertips, check out 17 Things Your Nails Can Tell You About Your Health .
 Interestingly, the study found that the nail on your smallest finger grows slower than the rest of your fingernails. When it comes to your feet, your big toe's "great toenail" grows faster than the rest of your toenails . And for another fact that may influence your grooming habits, Here's What Happens When You Only Brush Your Teeth Once a Day .
 The researchers behind the nail growth study found that both kinds of nails tended to grow faster in men than they did in women, though the difference was fairly small. And for more helpful information delivered straight to your inbox, sign up for our daily newsletter .
 Another one of the factors the study linked to faster growth rates was age. Younger adults showed the fastest rate of growth, with it tapering off over time . The study also found that people who bite their nails, a common habit known as onychophagia, tended to have nails that grew faster than those that didn't. And for more on the habits you need to ditch when it comes to your body, check out 20 Surprising Ways You're Damaging Your Body .
 Things Your Nails Can Tell You About Your Health.
 September 17, 2020.
 The Body Part You Shouldn't Wash in the Shower.
 October 8, 2020.
 20 Surprising Ways You're Damaging Your Body.
 The Best Holiday for Each Zodiac Sign.
 Relationships.
 Body Language Signs That Mean They're Into You.
 Travel.
 The 10 Best Gardens in the U.S.
 5 Ways to Manage Gray Hair Changing Texture.
 Video Shows a Man Rescuing Injured Alligator Using a Rope.
 Things Your Nails Can Tell You About Your Health.
 September 17, 2020.
 The Body Part You Shouldn't Wash in the Shower.
 October 8, 2020.
 20 Surprising Ways You're Damaging Your Body.
 Get Our Newsletter.

**5.** <https://newsnetwork.mayoclinic.org/discussion/fingernails-are-a-window-to-your-health/>

Dear Mayo Clinic:.
 I have heard that a person's fingernails reveal a lot about their health. Is there any truth to that? What types of changes would indicate health problems?
 Answer:.
 It's true. Your fingernails are a window to your health. Some nail changes are natural. But others can signal health concerns, especially changes in nail color and growth patterns.
 Your nails are part of your skin. They are made up of layers of the protein keratin and grow from beneath the base of the nail under your cuticle. As new cells grow, older cells become hard and compacted and are eventually pushed out toward your fingertips.
 Healthy nails are smooth, without ridges, grooves, spots or discoloration. Nails can develop harmless conditions, such as vertical ridges that run from the cuticle to the tip of the nail. Vertical ridges often become more prominent with age. Nails can also develop white lines or spots as a result of injury, but these grow out with the nail and do not cause problems.
 In some cases, a change in your nails may be caused by stress in your body. For example, if you have a high fever, a serious injury or infection, or another severe illness, your nails may stop growing for a while. That's because, due to the extra demands placed on it, your body shifts energy away from the low priority of growing nails. When your nails start growing again, you may notice horizontal lines across your nails. These are called Beau's lines, and they show where the nail growth stopped temporarily. Beau's lines grow out eventually and are not a cause for concern.
 There are a number of nail changes, though, that can signal an underlying medical problem. A change in your nail color requires attention, especially if your nails start to turn yellow or red or if stripes or dots of color appear on your nails. Color changes could be the result of a nail fungus or, in some cases, they may be a sign of skin cancer. Conditions like liver failure and kidney problems can also change your nail color, turning nails white or yellow at the tips or near the cuticles. Yellow nails can be the result of a respiratory condition, such as chronic bronchitis, as well.
 Clubbing of your nails — when your nails curve much more than usual — is often a sign of low oxygen levels in the blood and may be related to lung disease. Clubbing can also be the result of heart disease, liver problems or inflammatory bowel disease. Another nail condition, called spoon nails or koilonychia, involves nails growing in a pattern that looks like a ski jump. Spoon nails can be a sign of iron deficiency anemia.
 Other nail changes that could be a cause for concern include dimpling, indentations, splitting or pitting of your nails. Any of these changes could point to one of dozens of skin disorders that can affect the nails. For example, psoriasis, a common skin disease that causes skin cells to rapidly build up; lichen planus, an inflammatory condition that can affect your skin; and dermatitis, another inflammatory skin disorder, can all show up in your nails.
 This is just a sampling of the most common conditions that may have an impact on your nails. Overall, there are hundreds of medical conditions, disorders and diseases that may cause nail changes. So if your nails change or start to look abnormal, talk to your doctor or see a dermatologist to investigate the underlying cause and find out if any treatment is needed.
 World Bronchiectasis Day targets chronic, progressive lung disease.
 A chronic, progressive lung disease is attracting new global attention. Today marks the inaugural World Bronchiectasis Day, an awareness day set for July 1 each [...].
 ¿Pueden los fibromas uterinos afectar el embarazo? Una experta de Mayo Clinic lo explica.
 Phoenix, Arizona. Un fibroma uterino es un tumor benigno, o no canceroso, en la parte muscular del útero. Aunque los fibromas sean frecuentes, en algunas [...].
 Cáncer y salud mental: Experto de Mayo Clinic desvirtúa mitos.
 ROCHESTER, Minnesota. La experiencia con el cáncer es diferente en cada persona que lo padece y todas las emociones son válidas e importantes, independientemente de [...].
 Mayo Clinic Q and A: Back pain.
 DEAR MAYO CLINIC: It seems like everyone I know has some type of back pain. My husband and I both suffer from back pain but mine [...].
 Science Saturday: Biomanufacturing 101 — Understanding a new era of therapeutics.
 Advancing cellular discoveries from clinical trials to commercial therapy is a cornerstone of Mayo Clinic's strategic emphasis on biomanufacturing. The long-term vision is to provide new [...].
 Mayo Clinic Minute: Solving back pain problems.
 Millions of Americans suffer from back and neck pain. Luckily, there is a wide range of options to treat it.
 Expert explains how inflammatory bowel disease, irritable bowel syndrome differ .
 LA CROSSE, Wis. — Receiving a medical diagnosis can be difficult. You may only hear parts of the conversation as you start to think about [...].

**6.** <https://themocracy.com/why-do-my-nails-grow-so-fast/>

Lifestyle.
 Do your nails grow fast? If so, you’re not alone. The human body is a master at growing new cells. The nail fold, which is where your nail grows, is home to thousands of red blood cells. This means that the faster your nails grow, the more rapidly your body is able to manufacture more nails! This makes sense — if you’re constantly growing new nail tissue, your nails will grow faster and stay healthier. However, the process isn’t always this simple. Why do my nails grow so fast? What are the causes of my accelerated growth? What can I do to slow down my fast-growing nails? Read on to find out the answer to these questions and more!
 Why do my nails grow so fast?
 The nail fold is home to a lot of cells. The nail fold is where your nails grow, and it’s also home to thousands of red blood cells. This means that if you’re constantly growing new nail tissue, your nails will grow faster and stay healthier.
 1. The Nail Fold.
 To understand why your nails grow so fast, you must first understand what the nail fold is. The nail fold is where a new growth of nail grows from. The nail fold is home to thousands of red blood cells, which means that the faster your nails grow, the faster your body is able to manufacture more nails!
 2. The Nail Plate.
 The nail plate is what the nail fold grows from. The nail plate, or matrix, contains all of the stem cells that will eventually become new nails. This means that if you have fast-growing nails, it’s likely because you have a healthy matrix — and not just because you’re growing quickly!
 3. Getting Enough Vitamin D.
 Vitamin D plays an important role in growing healthy nails. People who get less than 30 minutes of sun exposure daily are more likely to have fragile or brittle nails — and this can be caused by low vitamin D levels in their bodies! Just like other parts of your skin, your nails require vitamin D to grow. The best way to get more vitamin D is through exposure to the sun!
 4. Getting Enough Nutrients.
 Your body needs a lot of nutrients for healthy nail growth. Many people don’t get enough vitamins and minerals in their diets, which can lead to slow or brittle nails. You should eat a diet rich in fruits, vegetables, and whole grains to help ensure that you’re getting all the nutrients your body needs for healthy nail growth!
 5. Having Healthy Skin.
 Your skin is home to all of the stem cells that will eventually become new nails, so if there are any problems with your skin (such as eczema or psoriasis), it could be causing your nails to grow slowly or not at all! If you have any sort of skin allergy, sensitive skin, or dry skin, try switching up how you apply moisturizer throughout the day so that it doesn’t get in the way of your nails’ growth!
 6. Getting Enough Protein.
 Proteins are very important for healthy nail growth. If you’re not getting enough protein in your diet, your body will start to break down its own proteins to produce amino acids that it can use for cell growth and repair. If you’re not eating enough protein, it could slow down your nail growth!
 7. Having Healthy Nails.
 Your nails are home to millions of cells that will eventually become new nails, so if there are any problems with them (such as fungal infections or brittle nails), they could be causing your nails to grow slowly or not at all! If you have any sort of skin condition such as eczema or psoriasis, try changing how often you wash your hands so that it doesn’t get in the way of your nails’ health!
 Cut Down On Nail-Related Activities.
 Nail-related activities like biting your nails, nail-biting, and picking at them are the main causes of your nails growing faster. You can do a lot to minimize or stop these behaviors.
 Cut Back on the Nail Products.
 Many nail products contain chemicals that can cause nails to become weak and brittle. If you use products that contain these chemicals, you could end up with more fast-growing nails. Use only natural formulas for both your cuticle cream and nail polish.
 Get Regular Professional Manicures.
 Regular manicures help keep healthy nails in great condition by keeping them clean and preventing them from becoming too long. They also help with the growth of new nail tissue by removing old cells that could be harboring bacteria and causing infection in your nail bed (the area between your cuticle and the tip of your finger). When you get regular manicures, it’s important to make sure that you get a clean and sanitized manicure.
 Eat a Healthy Diet.
 Your diet can make a big difference in how fast your nails grow. If you’re not getting enough vitamins and minerals, you’re more likely to have nail problems like brittle nails, dry skin, and yellowing nails. Vitamins A, C, D, and E are all important for healthy skin and nails. Getting enough of these vitamins in your diet will help keep your nails strong and healthy.
 Get Regular Massage.
 Regular massage helps keep your muscles strong and flexible, which is important for healthy nail growth. You can also use a deep tissue massage on your hands to help reduce the stress that causes them to grow faster than normal.
 Get Regular Exercise.
 Exercise helps with the strength of the muscles in your body, which means that they’ll be able to do more work before they fatigue or get injured! Exercise also keeps you fit so that you have more energy which means that you’ll have more energy to keep up with your nails.
 Are My Nails Grown For A Reason?
 Your nails grow faster because of a lack of calcium.
 One reason why your nails grow faster is because of a lack of calcium. Calcium is vital for healthy, strong, and flexible nails. It’s also important for the growth and health of bones, teeth, and muscles. Calcium is typically found in dairy products (milk and milk products), vegetables, nuts and seeds (especially almonds), dark green vegetables (such as spinach), and fish (such as salmon).
 Your nails grow faster because of a lack of vitamin D.
 The second reason why your nails grow faster is that you may be lacking in vitamin D. Vitamin D serves many functions in the body, including helping the body absorb calcium from foods. Without enough vitamin D, your body can’t absorb enough calcium to keep your nails strong and healthy!
 Your nails grow faster because you have an overproduction of estrogen.
 If you have an overproduction of female hormones such as estrogen, your nails may grow faster. Estrogen is the hormone that makes women’s breasts grow during puberty, and it also plays a role in the growth of nails. If you have an overproduction of estrogen, your body will naturally produce more estrogen than it needs for normal functions.
 Vitamin B2 is the second most abundant vitamin in the body after vitamin A. Vitamin B2 plays a vital role in cell metabolism within the body and is necessary for cell growth and repair. Without enough vitamin B2, cells are unable to function properly and can’t keep up with rapid nail growth!
 If you’re curious about why your nails grow so fast, you should investigate the root cause. But if you can’t seem to slow them down, it might be best to get a better understanding of how nails grow in the first place. Knowing the truth about nails and how to fix them may help you ease your mind and have more manageable nails!
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**7.** <https://www.dollarshaveclub.com/content/story/why-do-my-fingernails-grow-faster-than-my-toenails>

No, you’re not going nuts — your toenails really do grow much more slowly than your fingernails . According to a study performed at the University of North Carolina, fingernails, on average, grow 3.47 millimeters a month. Toenails, on the other hand (or foot, rather), grow only 1.62 millimeters per month. Why fingernails are a speedier bunch, however, remains something of a mystery.
 There are two plausible theories, though. The first has to do with “terminal trauma,” which, despite how it sounds, has nothing to do with taking the airport shuttle. It essentially means that the more you use a digit, the quicker the nail grows: Your body assumes your fingernails are being worn down by the constant use of your fingers — scratching, typing, picking your nose — so it calls for speedier growth to make up the difference. Meanwhile, your toenails are safe and sound in the comfort of your shoes.
 The second theory suggests that the rate of nail growth corresponds directly with the amount of blood flowing through the digit. Since your hands are closer to the heart than your feet are, more blood is flowing through your fingers than through your toes. Thus, longer fingernails . These theorists also point out that nails in general grow slower in cold weather, when blood flow would be restricted.
 Bottom line, we’re not entirely sure what the real reason is. But we do know that if you’re thinking it’s because you bite your toenails more than you do your fingernails, you might want to have a good long think about your life choices.

**8.** <https://yourfitnessguides.com/why-are-my-nails-growing-so-fast/>

by Fitness Guides Staff.
 Why Are My Nails Growing So Fast? Nails grow at a rate of about one millimeter per month. This means that nails typically grow to be about 10-15 centimeters long over ten years.
 In this blog post, we will discuss why your nails might be growing faster, what you should do if they are, as well as some other interesting facts about nail growth!
 Which fingernail grows the fastest?
 Why Are My Nails Growing So Fast All Of A Sudden?
 Are Fast Growing Fingernails A Good Sign?
 Certain biological conditions can cause your nails to grow more quickly, such as having a thyroid condition that causes hyperthyroidism.
 It is also possible for the nail to grow faster due to rapid weight loss or an illness like diabetes.
 If these are not factors in your situation, it does not mean there aren’t other things causing this change!
 There could be another reason entirely unrelated to any of those mentioned above; sometimes, changing one’s diet and trying new things (especially vitamins) may bring about a quicker growth rate.
 What should I do if my nails are growing too fast?
 If you notice that your nails are growing much more rapidly than normal, it is a good idea to see your doctor.
 There could be underlying medical causes for the quick growth, which should be addressed as soon as possible!
 Why are my nails growing so fast?
 As the nail grows from our finger, it needs to be cut down once every few weeks for us to keep them at a manageable length.
 Otherwise, they will grow too long and break off at their tips when we bend or flex that hand.
 Why Are My Nails Growing So Fast.
 Suppose you find your nails have grown beyond what can comfortably be clipped by scissors. In that case, it’s time to visit a professional manicurist with access to special tools such as clippers with curved blades specifically designed for this purpose!
 What factors affect how quickly your nails growing?
 It can depend on several factors such as the person’s age, gender, health or lifestyle. It will also depend on how often you use your hands for specific tasks, making them grow faster than average.
 Age.
 The elderly tend to have thinner nails that grow more quickly than those of a younger person.
 That’s because the nail bed is not as wide and can’t produce enough keratin for strong, long fingernails.
 For example, my father has thin nails, but he takes care of them by filing them every day, which I think is the right way to do it.
 Most people will find that their nails grow faster when they are younger, but this slows down as you get nearer to middle age and your growth hormones start reducing in production.
 So if you’re over 40 years old, then chances are your nails won’t grow quite as quickly as they once did.
 Gender.
 There are some differences in how nails grow between men and women. Women’s nail beds tend to be wider than men’s, so their growth is slower.
 What Factors Affect How Quickly Your Nails Growing.
 In addition, there can also be variations for the same sex depending on things like ethnicity or health status – for instance, if you have thyroid problems, your nails will probably grow more quickly.
 Hormones.
 Nails grow faster when you are younger. However, as you get nearer to middle age, your growth hormones start reducing in production, slowing down the rate of nail growth.
 If you’re over 40 years old, then chances are your nails won’t be growing quite as quickly as they once did.
 Is nail growth a sign of good health?
 Healthy nails can grow long and strong. If your nails have started to thin, this could be a sign of some health problems such as diabetes or iron deficiency.
 Healthy nails will also often show white lines. They were known medically as “Beau’s lines” in the nail bed when they were pushed back close to the skin surface by pressure for several days, usually caused by injury or inflammation from an infection.
 Do fingernails grow faster as you age?
 Some people believe that fingernails grow faster as we age. But there’s no evidence to back this up, and the opposite may be true.
 If you’re over 40 years old, your nails might not grow quickly due to a decrease in production which slows down the rate of nail growth.
 why do my nails grow so fast ?
 It’s not just your nails; and it’s all of you! Your cells are constantly regenerating and replacing themselves with new ones.
 This process is called mitosis. Mitosis causes our hair to grow, our skin to renew itself, and even our fingernails to regenerate quickly.
 What foods make your nails grow?
 Certain foods can make your nails grow more quickly. For example, milk and dairy products have high levels of biotin, a nutrient that contributes to nail growth.
 What Foods Make Your Nails Grow.
 Eating oily fish like salmon also increases the amount of biotin in your body, so you may want to consider including this and other nutritious food items in your diet.
 What vitamins help nail growth?
 Many vitamins can help your nail growth, but not all of them will work for everyone.
 Some experts say that the best way to get enough nutrients is through a healthy diet, including foods like dairy products and eggs, which contain high levels of biotin.
 Others recommend supplements and those containing vitamin B12 or iron, essential for producing healthy nails.
 Both experts agree that eating more green vegetables is also a good idea to get additional vitamins, minerals, and fiber, which will help with nail growth.
 It’s important for your hair and your fingernails to eat foods rich in protein, such as eggs or milk products, daily.
 Iron is also essential to healthy nail growth and should be taken in supplement form if there are any deficiencies.
 For years, many people have used vaseline to grow their nails acceleratedly. It’s important not just for your hair but also for your fingernails to eat foods rich in protein, such as eggs or milk products, every day.
 Iron is also essential to healthy nail growth, and it should be taken inoulnd be taken in supplement form if there are any deficiencies.
 A few swipes of vaseline will coat and hydrate the nail bed, which speeds up growth by improving blood flow to the area.
 It also acts as a protective barrier from outside substances that may damage or dry out nails with repeated exposure.
 Which fingernail grows the fastest?
 Nails are always growing, but the forefinger and thumbnails grow faster than others. The nails on your fingers and toes grow as a response to the constant shedding of old cells.
 pictures of fingernails.
 The nail grows at an average rate of about one millimeter per month, meaning it takes around six months for fingernails or toenails to grow out by just over an inch. However, this growth can speed up by stimulating the nail bed.
 A fingernail can take anywhere from three to nine months, depending on which one you’re talking about.
 It’s important for your hair and nails to ensure you’re eating a balanced diet with plenty of protein.
 If you’ve recently become the proud owner of a set of insanely long nails, you might be worried about what’s happening.
 In particular, your nail growth concerns may revolve around whether or not your nails are causing pain in your fingertips.
 However, it is important to remember that rapid nail growth does not always have to be a health concern — it can also simply be due to an upswing in hormones like estrogen and progesterone.
 Why Are My Hair And Nails Growing So Fast All Of A Sudden?
 Before we discuss why your nails are growing too fast, it is important to understand the details of the growth cycle of hair and nails.
 Nails grow as a result of a nail matrix that is located in the nail root. The nail root is an area in the skin underneath each fingertip and has several important functions.
 The first function of the nail root is to produce cells that will eventually become part of your fingernail.
 As these cells grow in the nail root, they gradually reach the tip of your finger, where they harden and form your fingernail.
 Why Do My Fingernails Grow So Fast?
 So why do fingernails grow so fast? The reason may have to do with the fact that the nail matrix is a lot like a muscle.
 Nails start as soft, flexible, and small. As they continue to grow, they become hardened and thicker, and at this point, they act more like fibrous nails than short claws.
 Fast Growing Fingernails Means What?
 Some people, particularly women, are suddenly experiencing rapid nail growth and noticing that their nails have become more brittle and tend to break easily.
 What this means, in turn, is that the possibility of experiencing an ingrown toenail becomes more likely.
 When your nails grow too rapidly, the skin around the nail does not have time to grow and expand quickly enough for the nail to grow without becoming ingrown.
 Why Do My Fingernails Grow So Fast?
 If you’ve recently noticed that your fingernails have been growing too rapidly, it is possible that the reason has to do with your hormones.
 The most common cause of rapid fingernail growth is the production of estrogen and progesterone in a female’s body.
 What Does It Mean If Your Nails Grow Fast?
 If you are a woman, the reason you have noticed an upswing in your fingernail growth may be an upswing in the hormones (specifically, estrogen and progesterone) in your body.
 The other reason why nails grow so fast may have something to do with the fact that the nail matrix has more muscle-like features than most people realize.
 Are Fast Growing Fingernails A Good Sign?
 If you’ve recently become the proud owner of fast-growing fingernails, it is important to remember that nails do not always grow fast.
 But it is also important not to get too excited. Nails grow at different rates: some people can grow new nails faster than others.
 The trouble is that rapid nail growth has also affected many cats and dogs, so if you’ve recently become the proud owner of a set of fast-growing nails.
 It is important to remember that this is not always a good sign. Fast Growing Nails Is A Sign Of Health Problems.
 Is it an infection? Is it a fungus? What should I do?
 If you’re worried that your fingernails are getting too long, it’s important to remember that fingernails tend to grow at different rates. Some people can grow new nails much faster than others.
 Sometimes, a nail that grows too fast is a sign of a problem. It would help if you never ignored it.
 You shouldn’t just ignore your long nails if you notice them because there are many reasons why your nails might grow faster than they should.
 The Bottom Line.
 Nails grow faster in the summer because they get more light and moisture exposure. The extra oxygen from going barefoot also helps nails grow!
 If you want your nails to be a little longer, try using nail polish that contains vitamin E or calcium, as it will help strengthen them.
 You may have noticed that your fingernails are growing much quicker than usual this season? It turns out there’s a pretty easy explanation for this phenomenon.
 We hope these insights can help you get back on track so that next time someone asks, “why do my nails seem to be growing so fast?” you’ll have an answer ready right away.
 FAQ.
 How To Grow Nails Fast With Salt?
 To make your nails grow faster, you can take vitamin supplements or apply vitamin-enriched nail polish to stimulate the cells in your nails. Fill a small bowl with clear salt and put it in the sun for 20 minutes.
 Then, wash your hands with soap and water to remove the salt from your nails. After 10-15 minutes of this process, apply your favorite nail polish and wrap it with plastic wrap for 24 hours. Repeat this daily, every day. You want new nails!
 Why Do Nails Grow Faster With Acrylic?
 Nails grow faster with acrylic because it has plasticizers that help nails grow to a certain length and then stop, promoting new nail growth.
 How To Grow Nails Fast With Toothpaste?
 If your nails grow slowly, you can try tooth past to grow nails fast. Mix your favorite toothpaste with food coloring and apply it to your nails to promote new growth.
 Why Do My Nails Grow Faster In Water?
 A nail grows faster in water because the nails are thinner and more flexible in the water. So if you have a problem with nails growing, you can apply this water method.
 How to grow nails fast in 1 hour?
 You should try this fast method if you have a problem with growing nails. Take a large bowl of pure water and pour it into the microwave. This will create steam in the bowl, which has an unknown effect on our nails.
 3 Simple Ways to Kickstart Your Fitness Journey.
 Are Hickeys Bad For Your Breasts & Hickey On Breast Meaning.
 3 Simple Ways to Kickstart Your Fitness Journey.
 Are Hickeys Bad For Your Breasts & Hickey On Breast Meaning.
 3 Simple Ways to Kickstart Your Fitness Journey.
 Are Hickeys Bad For Your Breasts & Hickey On Breast Meaning.

**9.** <https://fingernails2go.com/10-facts-you-didnt-know-about-nails/>

Fingernails grow an average of 3.5 millimetres per month. The rate your nails grow at is affected by a number of things, including your age, gender and hormones. It’s rather unfair but men’s nails tend to grow faster than women’s, with the exception of women’s growing faster during pregnancy. Your nails may also grow faster after an illness and you many have noticed your nails grow faster in the summer than in the winter. Rather strangely however the longer your fingers the faster your nails grow and the nails on your more active hand grow faster than on the other. Your middle nail grows the fastest and your thumb nails the slowest.
 2. Your diet affects the health of your nails.
 Eating foods to help your hair shine? Nails and hair are both made out of the protein keratin. Eating healthy foods and vitamins will help strengthen both your hair and nails, while a junk food diet will lead to peeling nails and split ends.
 3. Your nails can tell the story of the rest of your health.
 Believe it or not your nails can give dermatologists clues about the rest of your health, a serious disease could be uncovered by a fingernail examination. Blue discolouration can be a sign of lung cancer while yellow discolouration can be related to a respiratory disease. Indentations across your nail may just be caused by damage, however if they appear for no reason they could indicate zinc deficiency, diabetes or a high fever. Your nails may even be causing the problem, nail problems account for 10% of all skin problems!
 4. Exams or a stressful job can affect your nails.
 Some people cope with stress by chewing their nails but that’s not the only reason stress could be damaging your nails. Stress and the associated lack of sleep can divert your body’s nutrients and energy away from growing healthy nails and hair. It’s called beauty sleep for a reason!
 5. Nails DON’T keep growing after death!
 You may have heard the rumour that your nails and hair continue to grow once you die. Well, it’s WRONG! Nails need blood to grow, so they can’t possibly grow after death. The rumour exists because skin shrinks after death making nails appear longer. Moving on from that morbid point….
 6. Storing your polish in the fridge will help…LIES.
 No doubt you’ve heard somewhere along the line that keeping your nail polish in the fridge will help it last longer or bring it back to life. WRONG AGAIN! Putting your nail polish in the fridge exposes it to drastic temperature changes which can ruin the smoothness of the polish. Nail polish will keep best if it’s stored at room temperature, in a dry atmosphere and in the dark. A drawer in your bedroom is the best place for it, just make sure the lid is secured tightly to avoid air getting in.
 7. Your cuticles are there to protect you.
 Cuticles stop germs and bacteria getting into and damaging your nail bed. Try not to cut your cuticles. Care for them by applying moisturizer and pushing them back to avoid an overgrown look.
 8. White spots have nothing to do with calcium intake.
 White spots on your nails are a sign of minor injury to the nail while it is being formed, people who bite their nails are more likely to have them for this reason. These spots could be a sign of a minor infection or even due to an allergic reaction to nail polish.
 9. Nails can grow to baffling lengths.
 Eww, the longest nail recorded belonged to a man in India and was 48 inches long! While we are all for growing a long set of healthy talons this doesn’t bear thinking about.
 10. Coco Cola is capable of dissolving a nail.
 Water is great for your overall health including your nails, whereas fizzy drinks like Coke are not so good. In fact Coco Cola is kind of scary. If you place a piece of nail in a bottle of Coca Cola it will dissolve within 4 days, that’s how corrosiveness it is! If you need any more reason to swap coke for water, this is it!
 Find out more about our products by getting in touch HERE.
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**10.** <https://www.wired.com/2014/08/wuwt-nails/>

What's Up With That: Your Fingernails Grow Way Faster Than Your Toenails.
 I like to clip my nails, because I’m addicted to the rewarding little tink of the clippers. Instead of being content with a finely manicured set of man hands, I crave more tinks. Without fail, I’ll kick off my sneakers in hopes of clipping away my toe talons, but instead of tinks, all I make is a loud sigh, because my toenails […].
 To revist this article, visit My Profile, then View saved stories .
 I like to clip my nails, because I'm addicted to the rewarding little tink of the clippers. Instead of being content with a finely manicured set of man hands, I crave more tinks. Without fail, I'll kick off my sneakers in hopes of clipping away my toe talons, but instead of tinks, all I make is a loud sigh, because my toenails are rarely long enough to groom.
 What's Up With That?Each week, we'll explain the science behind a strange phenomenon that you may be wondering about, or may be hearing about for the first time right here. If you've seen or heard of something you'd like us to explain, send us an email . View the entire collection .
 Why Your Best Thinking Happens in the Shower.
 Why It's So Hard to Catch your Own Typos First, in order to understand why nails grow, you first need to understand how they grow. Nails begin in the nail matrix. This is the pale, half-moon shaped section peeking out from under your cuticle (though it's usually hidden on smaller nails). This specialized tissue churns out skin cells at a manic pace and promptly cannibalizes them for their keratin—a tough, fibrous protein that gives skin its leathery texture. As the dead, keratin-rich cells pile up in the matrix, they push the nail along towards the tip. The nail is attached to the skin below, called the nail bed, which grows along with it (occasionally you can see excess growth from the nail bed—called solehorn—coming out from under the nail).
 Humans and other primates have nails and not claws because we have hands, and not paws. As LiveScience explains , most mammals have claws for climbing, scratching, and digging. However, as primates evolved long fingers for grasping branches, claws flattened into nails. Nails are still pretty good at scratching and digging, though I would not recommend using them to scramble up a tree trunk.
 We owe a lot of our knowledge about nail growth to scientists doing controlled experiments on themselves. For much of the 20th century, a physician named William Bean at Walter Reed Army Medical Center in Washington, D.C. tracked his fingernail growth . Starting at age 32, Bean scratched a line on his nail from where it emerged at the cuticle on the first day of every month. Then he measured how far these lines traveled. (For accuracy, he had a small dot tattooed just above his cuticle, which he used as a baseline.) After his first twenty years of observations, he discovered his rate of nail growth had slowed by more than a month. This led him to believe that blood flow and metabolism were linked to the rate of growth.
 Inspired by Bean, an Oxford dermatologist named Rodney Dawber did his own experiment after his left ring finger was jammed in a rugby match. Based on some turn-of-the-century research he'd read, Dawber believed that the growth rate of any nail depends on "terminal trauma," an ominous-sounding term that just refers to how often a fingertip is used. A splinted finger, he reasoned, would get a lot less fingertip use. Accordingly, he hypothesized that the nail on his splinted finger would lag behind the rest of his fingernails.
 For the three months it was splinted, Dawber's left ring fingernail grew 25 percent slower than the three months after he took the splint off. Dawber acknowledged that the injury itself might have affected the growth, but he noted that the damage was limited to his tendon, not the blood vessels or bone. He also noted (as had many others) that the fingernails on his dominant right hand grew faster than his left, while his toenails on both feet grew at the same speed.
 Neither Dawber's nor any subsequent study exposed the biological mechanism for the different growth rates. But, Dawber's conclusion—that our fingernails grow in response to how much their corresponding fingertip is used—is the generally accepted explanation. And it makes sense. According to Dawber and other proponents of the trauma theory, frequent fingertip use indicates to the nail matrix that the nail is probably being worn down faster, so it calibrates by increasing the rate of growth. It slows down with less use, so the nail doesn't grow too long and get in the way.
 Another popular theory is that fingernails grow faster because they are closer to your heart, and therefore receive more blood. This idea is buttressed by studies like Bean's (because your circulation slows as you age) and others that show fingernails and toenails grow fastest during the summer, when our circulation is best.
 There are ton of other interesting things I could tell you about your nails (did you know that they store information about your diet?), but I've got to get back to work. I'm looking into some "terminal trauma" exercises to speed up my toenail growth. The video below seems like a promising start, and I've always wanted to learn to play piano.
 The Double Life of an American Lake Monster.
 In the Great Lakes, sea lampreys are a scourge. In Europe, they’re an endangered cultural treasure. Can biologists suppress—and save—the species?
 These Trees Are Spreading North in Alaska. That’s Not Good.
 White spruce trees are expanding into the Arctic tundra with stunning speed, with potentially serious consequences both for the region and the world. .
 The Secrets of Covid ‘Brain Fog’ Are Starting to Lift.
 Scientists are getting closer to understanding the neurology behind the memory problems and cognitive fuzziness that an infection can trigger.
 Here Comes the Sun—to End Civilization.
 Every so often, our star fires off a plasma bomb in a random direction. Our best hope the next time Earth is in the crosshairs? Capacitors.
 How a ‘Living Drug’ Could Treat Autoimmune Disease.
 CAR-T therapy has been successful at treating cancer. Now, it’s driven lupus into remission in a handful of patients.
 The Mystery of Why Some People Don’t Get Covid.
 A small number of people appear naturally immune to the coronavirus. Scientists think they might hold the key to helping protect us all.
 The Curious Afterlife of a Brain Trauma Survivor.
 Sophia Papp emerged from an accident with her personality transformed. She tried to continue on as before—until she realized she could reinvent herself.
 A GMO Purple Tomato Is Coming to Stores. Will the US Bite?
 Emily Mullin.
 WIRED is where tomorrow is realized. It is the essential source of information and ideas that make sense of a world in constant transformation. The WIRED conversation illuminates how technology is changing every aspect of our lives—from culture to business, science to design. The breakthroughs and innovations that we uncover lead to new ways of thinking, new connections, and new industries.
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**long natural nails**

**1.** <https://www.pinterest.com/torionog/long-natural-nails/>

Explore.
 When autocomplete results are available use up and down arrows to review and enter to select. Touch device users, explore by touch or with swipe gestures.

**2.** <https://www.youtube.com/watch?v=hvSnHKmi8bE>

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**3.** <https://www.allure.com/story/dua-lipa-strong-natural-nails>

I Hate You, Dua Lipa, For Having Longer, Stronger Natural Nails Than Me.
 Pinterest.
 Dua Lipa is nothing if not a trendsetter. She's a master at photo dumps and inspiring an entire generation to embrace alien green chrome nails , piece-y bangs , and drastic hair changes . Here at Allure, we especially enjoy zooming in on her Instagram photos to check out her newest manicures . .
 All this time, it's been puzzling trying to decipher if she's wearing gel polish , tip extensions , or dip powder in her photos. But whatever she's doing, it's clearly working, because she just posted a photo of her long and extremely healthy bare nails. Does Dua need to give us some new rules for how to treat our nails?
 On April 7, Dua finally gave us a glimpse of her natural nails. The shot of four long fingernails shows just how strong they are, despite her constant manicures. Her nails are oval-shaped , and she seems to be just as surprised as we are that they've gotten this long, judging from her caption. .
 "My natural nails really on a mad one!!!" she wrote. "I don't even know how they got this long without breaking???" It's comforting to know that even a star as big as Dua dreads breaking a nail as much as we do.
 We're going to need a full step-by-step tutorial for how she keeps her nails so healthy, especially between the numerous awards shows she attends (hello, Grammys ) and music video shoots for her latest singles (have you seen the "Sweetest Pie" video, yet?). Give us your secrets, Dua.
 \*Don't forget to follow Allure on Instagram and Twitter .
 Addison Aloian is a New York City-based lifestyle journalist. A graduate of New York University, she is obsessed with all things beauty, wellness, and pop culture. Her work has been published in StyleCaster, L’Officiel USA, V Magazine, VMAN, Gotham Magazine, Ocean Drive, and others. When she's not researching the newest... Read more.
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**4.** <https://www.reddit.com/r/longnaturalnails/>

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**5.** <https://www.tiktok.com/discover/long-natural-nails?lang=en>

3.3B views.
 Discover short videos related to long natural nails on TikTok. Explore the latest videos from hashtags: #longnaturalnails, #longnaturalnailsmodel, #longnaturalnail, #longnaturalnailsdontcare, #longnaturalnails❤️, #longnaturalnailsoftiktok, #longnaturalnailsart, #natural\_long\_nails, #long\_natural\_nails💅🏻, #naturallongnails .
 #fyp #fypage #nails #natural #longnails #viral #radiantcosmetics #nailgrowthoil #strongnails #foryou.
 39.4K Likes, 355 Comments. TikTok video from Ruth (@rxthism): "PURRRRR 💅 #fyp #fypage #nails #natural #longnails #viral #radiantcosmetics #nailgrowthoil #strongnails #foryou". If you bit your nails… | Or they’re damaged… | Or they’re thin… | .... Industry E.T..
 @molly I CANT LMAOO #longnails #naturalnails #nails #nailoil #fypシ.
 743.6K Likes, 3.4K Comments. TikTok video from molly (@mollynailart): "#duet with @molly I CANT LMAOO #longnails #naturalnails #nails #nailoil #fypシ". i did an overnight nail oil soak and they turned CLEAR 😭😭💀💀. son original.
 Ruth.
 Long natural nails and that’s on periodddd 💅 #fyp #fypage #nails #longnails #natural #viral #fypage #nailgrowthoil #radiantcosmetics.
 33.8K Likes, 174 Comments. TikTok video from Ruth (@rxthism): "Long natural nails and that’s on periodddd 💅 #fyp #fypage #nails #longnails #natural #viral #fypage #nailgrowthoil #radiantcosmetics". original sound.
 Beautyouu.
 If you like please follow me thank you very much😘😘😘 #longrealnails #longnaturalnails #nails #NailArt #makeup #foryou #fypシ #naildesigns #dphoenix0520 #nailsalon #nailtech #vrial #geltips #boyfriend #tutorial #fyp #beauty #hairstyle #learnontiktok #gelnailsathome.
 435.9K Likes, 3.2K Comments. TikTok video from Beautyouu (@dphoenix0520): "If you like please follow me thank you very much😘😘😘 #longrealnails #longnaturalnails #nails #NailArt #makeup #foryou #fypシ #naildesigns #dphoenix0520 #nailsalon #nailtech #vrial #geltips #boyfriend #tutorial #fyp #beauty #hairstyle #learnontiktok #gelnailsathome". original sound.
 #nails #naturalnails #longnails.
 549.1K Likes, 4.5K Comments. TikTok video from wahmeko (@wahmeko): "#nails #naturalnails #longnails". worst thing that could happen to a hot girl | 🥲 | feels so uncomfortable . dumb dumb - sped up.
 #naturalnails #longnails.
 438.1K Likes, 5K Comments. TikTok video from molly (@mollynailart): "#naturalnails #longnails". i kinda wanna make them coffin or square, idk. original sound.
 then i gotta use my knuckles and shit #healthadepopit #naturalnails #longnails.
 37.4K Likes, 103 Comments. TikTok video from perry 😎 (@perrydoesnailartandstuff): "then i gotta use my knuckles and shit #healthadepopit #naturalnails #longnails". found another thing i can’t do with my nails today . governmenthooker by lady gaga.
 JewlsBiggavel.
 dont worry abt how she wipe her ass ; she goooooood . I honestly lovedddd doing these 😍 #longnailsproblems #longnailschallenge #naturalnail.
 173.6K Likes, 689 Comments. TikTok video from JewlsBiggavel (@bejewls): "dont worry abt how she wipe her ass ; she goooooood . I honestly lovedddd doing these 😍 #longnailsproblems #longnailschallenge #naturalnail". Worlds Longest FuckingNails 😭. What's Da Jwett.
 @molly #nails #naturalnails #longnails.
 89.5K Likes, 1.4K Comments. TikTok video from molly (@mollynailart): "#duet with @molly #nails #naturalnails #longnails". filed my nails a little bit cuz some of you guys are BULLIES lmao. son original.
 My natural nail care routine🤲🏼🤍 #naturalnails #nailcare #longnails #nails #nailprep #cuticleprep.
 7.3K Likes, 55 Comments. TikTok video from Amber (@amberjhnails\_): "My natural nail care routine🤲🏼🤍 #naturalnails #nailcare #longnails #nails #nailprep #cuticleprep". Chill Noons.

**6.** <https://www.facebook.com/LongNaturalFingernails/>

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**7.** <https://www.nailslong.com/hand-models.php>

Welcome on Nailslong.com, the biggest community for girls who love to take care of their hands and nails. Here you'll find userful informations to have perfect long nails. You can also participate in our contest: we rewards the most beautiful long nails. Send your nails pictures and become now one of our Hand Models! Subscribe now and send your nail pictures to become one of our models!

**8.** <https://www.instagram.com/nglnails2018/?hl=en>

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**9.** <https://www.istockphoto.com/photos/long-natural-nails>

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 Browse 1,908 long natural nails stock photos and images available, or start a new search to explore more stock photos and images.
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 Young woman in shirt looking at the sea Young woman in shirt looking at the sea and keeps her hair. Back view close-up. long natural nails stock pictures, royalty-free photos & images.
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 Beautiful female hands and nails Beautiful female hands and nails on white towel. long natural nails stock pictures, royalty-free photos & images.
 Beautiful female hands and nails Beautiful female hands and nails in natural state in the beauty spa after beauty treatment. long natural nails stock pictures, royalty-free photos & images.
 Beautiful female hands and nails.
 Women's hands on a towel. Manicure. Manicure tools, nail Polish. Home nail care, SPA, beauty. Long natural nails. Beauty salon."t Women's hands on a towel. Manicure. Manicure tools, nail Polish. Home nail care, SPA, beauty. Long natural nails. Beauty salon."t long natural nails stock pictures, royalty-free photos & images.
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 Hand with long nails Medium format film photography shot. Black and white portrait of a man's hand with an extreme long nails against white background. long natural nails stock pictures, royalty-free photos & images.
 Hand with long nails.
 Medium format film photography shot. Black and white portrait of a man's hand with an extreme long nails against white background.
 Long pink nails holding rose buds Long pink nails holding rose buds long natural nails stock pictures, royalty-free photos & images.
 Long pink nails holding rose buds.
 Nail art and design. Beautiful woman wearing make-up and jewellery and showing her french manicure Nail art and design. Beautiful woman wearing make-up and jewellery and showing her french manicure. Beauty fashion model long natural nails stock pictures, royalty-free photos & images.
 Nail art and design. Beautiful woman wearing make-up and...
 Pink manicure on a woman's hand on a white background. Pink manicure on a woman's hand on a white background. Isolated object. long natural nails stock pictures, royalty-free photos & images.
 Pink manicure on a woman's hand on a white background.
 A hand of a black young woman nature summer autumn unity concept human eco A hand of a black young woman nature summer autumn unity concept human long nails sustainability natural long natural nails stock pictures, royalty-free photos & images.
 A hand of a black young woman nature summer autumn unity concept...
 artificial french manicure unrecognizable woman hand with artificial french manicure, photo taken outdoors. long natural nails stock pictures, royalty-free photos & images.
 Portrait of pretty fashion model woman relaxing on light blue background. Clear skin, perfect manicure Portrait of pretty fashion model woman relaxing on light blue background. Clear skin, perfect manicure long natural nails stock pictures, royalty-free photos & images.
 Portrait of pretty fashion model woman relaxing on light blue...
 Natural female hands on a white background top view. Girls hands with long nails without nail polish. Natural female hands on a white background top view. Fingers with long nails, well-groomed hands. long natural nails stock pictures, royalty-free photos & images.
 Natural female hands on a white background top view.
 Girls hands with long nails without nail polish. Natural female hands on a white background top view. Fingers with long nails, well-groomed hands.
 Long red nails on woman hand. Nail extension, extreme length. Cover your nails with red polish. Girl loves manicure. Vector illustration on white background Long red nails on woman hand. Nail extension, extreme length. Cover your nails with red polish. Girl loves manicure. Vector illustration long natural nails stock illustrations.
 Long red nails on woman hand. Nail extension, extreme length....
 Long red nails on woman hand. Nail extension, extreme length. Cover your nails with red polish. Girl loves manicure. Vector illustration.
 Set of nails, manicure Vector set of different nails, nail art, isolated, female nails, types of manicure, samples of nails, nail extensions long natural nails stock illustrations.
 Set of nails, manicure.
 Young hispanic kid over grunge grey wall looking stressed and nervous with hands on mouth biting nails. Anxiety problem. Young hispanic kid over grunge grey wall looking stressed and nervous with hands on mouth biting nails. Anxiety problem. long natural nails stock pictures, royalty-free photos & images.
 Young hispanic kid over grunge grey wall looking stressed and...
 Manicure on a different form of nails with a brilliant varnish on a background Manicure on a different form of nails with a brilliant varnish on a background of a beige and violet varnish. Nails art. long natural nails stock pictures, royalty-free photos & images.
 Manicure on a different form of nails with a brilliant varnish...
 Manicure on a different form of nails with a brilliant varnish on a background of a beige and violet varnish. Nails art.
 Close-up of a Caucasian female hand with natural unpolished nails, overgrown cuticle on a white background Close-up of a Caucasian female hand with natural unpolished nails, overgrown cuticle on a white background, top view, copy space. Natural nails concept, raw nails long natural nails stock pictures, royalty-free photos & images.
 Close-up of a Caucasian female hand with natural unpolished nails,.
 Close-up of a Caucasian female hand with natural unpolished nails, overgrown cuticle on a white background, top view, copy space. Natural nails concept, raw nails.
 Beautifully manicured fingernails of the young woman Beautifully manicured fingernails of the young woman in the nail salon. long natural nails stock pictures, royalty-free photos & images.
 A pretty young woman making a wish while drinking a hot cup of milk waiting holidays at home A pretty young woman making a wish while drinking a hot cup of milk, coffee waiting holidays with blurred lights on tree in the background at home. Portrait beautiful blond girl holding a white mug. long natural nails stock pictures, royalty-free photos & images.
 A pretty young woman making a wish while drinking a hot cup of...
 A pretty young woman making a wish while drinking a hot cup of milk, coffee waiting holidays with blurred lights on tree in the background at home. Portrait beautiful blond girl holding a white mug.
 winter manicure for Christmas, new year the idea of winter manicure for Christmas, new year long natural nails stock pictures, royalty-free photos & images.
 right foot of a woman with an artificial tattoo right foot of a woman with an artificial tattoo long natural nails stock pictures, royalty-free photos & images.
 right foot of a woman with an artificial tattoo.
 long artificial nails horizontal shot of unrecognizable woman hand with long artificial nails touching water surface. long natural nails stock pictures, royalty-free photos & images.
 long artificial nails.
 Hands with long nails using a cream woman's hands picking cream from a jar long natural nails stock pictures, royalty-free photos & images.
 Manicure most popular fashion nail shapes flat style vector illustration set isolated light blue background. Manicure most popular fashion nail shapes flat style vector illustration set isolated light blue background. Natural, squoval, oval, square rounded, square, almond, stiletto different shapes guidance. long natural nails stock illustrations.
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 Manicure most popular fashion nail shapes flat style vector illustration set isolated light blue background. Natural, squoval, oval, square rounded, square, almond, stiletto different shapes guidance.
 Young hispanic kid sitting on the table at home looking stressed and nervous with hands on mouth biting nails. Anxiety problem. Young hispanic kid sitting on the table at home looking stressed and nervous with hands on mouth biting nails. Anxiety problem. long natural nails stock pictures, royalty-free photos & images.
 Young hispanic kid sitting on the table at home looking stressed...
 Oval multicolored manicure Oval multicolored manicure on a woman's nails.Nail design with turquoise, brown, light beige nail Polish. long natural nails stock pictures, royalty-free photos & images.
 Oval multicolored manicure.
 Beautiful woman walking on the country road Beautiful woman walking on the country road long natural nails stock pictures, royalty-free photos & images.
 Beautiful woman walking on the country road.
 Multicolored short manicure with a dark golden burgundy and pastel light nail polish. Multicolored short manicure with a dark golden burgundy and pastel light nail polish. Nail art summer spring collection. long natural nails stock pictures, royalty-free photos & images.
 Multicolored short manicure with a dark golden burgundy and...
 Cheerful woman portrait. Young model with clear skin, long healthy curly hair and flowers. Skincare and facial treatment concept Cheerful woman portrait. Young model with clear skin, long healthy curly hair and flowers. Skincare and facial treatment concept long natural nails stock pictures, royalty-free photos & images.
 Cheerful woman portrait. Young model with clear skin, long...
 Beautiful young woman or teenager extends eyelashes in salon Beautiful young woman or teenager extends eyelashes in salon, step by step long natural nails stock pictures, royalty-free photos & images.
 Beautiful young woman or teenager extends eyelashes in salon.
 Multi-colored manicure on long oval nails on a woman with brown and blue bracelets Multi-colored manicure on long oval nails on a woman with brown and blue bracelets on her hands in summer on nature. long natural nails stock pictures, royalty-free photos & images.
 Multi-colored manicure on long oval nails on a woman with brown...
 Multi-colored manicure on long oval nails on a woman with brown and blue bracelets on her hands in summer on nature.
 the idea of winter manicure for Christmas, a new year the idea of winter manicure for Christmas, a new year with shiny rhinestones pink, purple, beige, matte, glossy, in the hands of Christmas balls white patterned with a red checkered bow long natural nails stock pictures, royalty-free photos & images.
 the idea of winter manicure for Christmas, a new year.
 the idea of winter manicure for Christmas, a new year with shiny rhinestones pink, purple, beige, matte, glossy, in the hands of Christmas balls white patterned with a red checkered bow.
 Manicure. Overgrown nail polish. Manicure correction. An old manicure. Nail care. Beauty salon, SPA, procedure. Home nail care. Manicure tools. Beauty, lifestyle. Nude nail polish, classic. Manicure. Overgrown nail polish. Manicure correction. An old manicure. Nail care. Beauty salon, SPA, procedure. Home nail care. Manicure tools. Beauty, lifestyle. Nude nail polish, classic. long natural nails stock pictures, royalty-free photos & images.
 Manicure. Overgrown nail polish. Manicure correction. An old...
 Pretty blonde model woman with long healthy blonde hair Pretty blonde model woman with long healthy blonde hair long natural nails stock pictures, royalty-free photos & images.
 Pretty blonde model woman with long healthy blonde hair.
 Beautiful strong hair of a woman, strengthening and restoring the hair roots. Beautiful manicure on the hands of a girl Beautiful strong hair of a woman, strengthening and restoring the hair roots. Beautiful manicure on the hands of a girl long natural nails stock pictures, royalty-free photos & images.
 Beautiful strong hair of a woman, strengthening and restoring...
 Finger with beautiful manicure touch a red crystal Finger with long acrylic fingernail and beautiful manicure touch a red crystals long natural nails stock pictures, royalty-free photos & images.
 Finger with beautiful manicure touch a red crystal.
 Female hand with gold and purple nail design holding blossom cherry branch. Female hand with gold and purple nail design holding blossom cherry branch long natural nails stock pictures, royalty-free photos & images.
 Female hand with gold and purple nail design holding blossom...
 Women's hands on a towel. Manicure. Manicure tools, nail Polish. Home nail care, SPA, beauty. Long natural nails. Beauty salon."t Women's hands on a towel. Manicure. Manicure tools, nail Polish. Home nail care, SPA, beauty. Long natural nails. Beauty salon."t long natural nails stock pictures, royalty-free photos & images.
 Women's hands on a towel. Manicure. Manicure tools, nail Polish....
 Beautiful blonde model woman with long healthy blonde hair Beautiful blonde model woman with long healthy blonde hair long natural nails stock pictures, royalty-free photos & images.
 Beautiful blonde model woman with long healthy blonde hair.
 Bag of Athletic Gear Hanging Up On The Wall In A Log Cabin A bag of athletic gear hanging up on a wall in the garage of a log cabin. long natural nails stock pictures, royalty-free photos & images.
 Bag of Athletic Gear Hanging Up On The Wall In A Log Cabin.
 girl in a pink gentle dress in the park femininity, pleasant girl in a pink gentle dress in the park on a warm spring day holding a twig of a coniferous tree cypress long natural nails stock pictures, royalty-free photos & images.
 girl in a pink gentle dress in the park.
 femininity, pleasant girl in a pink gentle dress in the park on a warm spring day holding a twig of a coniferous tree cypress.
 Beautiful strong hair of a woman, strengthening and restoring the hair roots. Beautiful manicure on the hands of a girl Beautiful strong hair of a woman, strengthening and restoring the hair roots. Beautiful manicure on the hands of a girl long natural nails stock pictures, royalty-free photos & images.
 Beautiful strong hair of a woman, strengthening and restoring...
 Flat Icons - Climbing 3 icon shapes included on separate layers: square, rounded square and round! long natural nails stock illustrations.
 Flat Icons - Climbing.
 Fingers with beautiful manicure touch a shining diamond Fingers with long acrylic fingernails and beautiful manicure touch a shining diamond long natural nails stock pictures, royalty-free photos & images.
 Fingers with beautiful manicure touch a shining diamond.
 Redhead woman in blue coat on flower background. Fashion model with long red hair with red flower in hand. turban and stylish coat. Red lips and blue eyes. Colored nails. Beauty portrait. Wavy hair Redhead woman in blue coat on flower background. Fashion model with long red hair with red flower in hand. turban and stylish coat. Red lips and blue eyes. Colored nails. Beauty portrait. Wavy hair long natural nails stock pictures, royalty-free photos & images.
 Redhead woman in blue coat on flower background. Fashion model...
 Beautiful female hands and nails Beautiful female hands and nails in the beauty spa after beauty treatment. long natural nails stock pictures, royalty-free photos & images.
 Beautiful female hands and nails.
 Close-up of female foot in the blue water Close-up of female foot in the blue water on the tropical beach. Vacation holidays. long natural nails stock pictures, royalty-free photos & images.
 Close-up of female foot in the blue water.
 Close-up of female foot in the blue water Close-up of female foot in the blue water on the tropical beach. Vacation holidays. long natural nails stock pictures, royalty-free photos & images.
 Close-up of female foot in the blue water.
 Young woman with beauty skin and beauty long blonde hairstyle isolated on white. Young woman with beauty skin and beauty long blonde hairstyle isolated on white. Studio shot. long natural nails stock pictures, royalty-free photos & images.
 Young woman with beauty skin and beauty long blonde hairstyle...
 Close-up of female foot in the blue water on the tropical beach. Vacation holidays. Close-up of female foot in the blue water on the tropical beach. Vacation holidays. long natural nails stock pictures, royalty-free photos & images.
 Close-up of female foot in the blue water on the tropical beach....
 Close-up of female foot on tropical pool. Close-up of female foot in the blue water on the tropical pool. Vacation holidays. long natural nails stock pictures, royalty-free photos & images.
 Close-up of female foot on tropical pool.
 Elegant, well-groomed female hands with long fingers. Skin care procedure for hands, nails, manicure. Concept of Spa beauty salon. Beautiful play of shadows, light on table. Cream for hand Elegant, well-groomed female hands with long fingers. Skin care procedure for hands, nails, manicure. Concept of Spa beauty salon. Beautiful play of shadows, light on table. Cream for hand. Treatmant long natural nails stock pictures, royalty-free photos & images.
 Elegant, well-groomed female hands with long fingers. Skin care...
 Elegant, well-groomed female hands with long fingers. Skin care procedure for hands, nails, manicure. Concept of Spa beauty salon. Beautiful play of shadows, light on table. Cream for hand. Treatmant.
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**10.** <https://intothegloss.com/2014/05/how-to-grow-long-nails/>

Hi! We're Glossier.
 We test every beauty product under the sun, interview our icons, and are in constant conversation with Into The Gloss readers, our customers, and community. Everything we’ve learned through years of recommendations from the coolest girls on the planet is distilled into Glossier products: the new beauty essentials.
 by Annie Kreighbaum.
 There are few things in life that take the monk-like dedication, patience, and skill as having extremely long natural nails. Somewhere an ancient fresco restorer just scoffed in disdain (which was multiplied by the echo of the domed ceiling from which they’re suspended, upside-down), but to them I’d like to point out that The Long Nail Life isn’t a job or a task that you can simply take a break from and come back to later—it’s a lifestyle choice—a bold decision marked with a myriad of trials, tribulations, and resulting superpowers, like developing the sage wisdom to (awkwardly) type a bullet-point list of what it’s like having a centimeter of hard, thin protein attached to the end of your fingertips:.
 -The most obvious note to make, for me at least, and of which I’ve become painfully aware of, literally, as I write this, is that typing is hard. The longer your nails grow, the flatter the incline your of your hands against the keyboard so that the pads of your fingertips can actually make contact with the right keys. Then there’s the high-pitched clickity-clack of your excess nails tapping against the adjacent letters, which, I’ve found, for whatever reason, can only be drowned out by Madonna’s Ray of Light album.
 -I’m not a parent, but I have some, and I’d argue that caring for a centimeter of nail is more challenging than caring for a newborn. You knock your kid against a low-hanging metal awning while they ride on your shoulders and they’ll probably be OK. According to my father and upon completion of years of therapy, at least. You accidentally hit your nail on a hard surface and it can snap—dunzo, gone. Think about that.
 -One must always keep a supply of latex gloves handy, for you never know when you’ll decide, spur of the moment, to gloss your hair with temporary cream color. “It’s not even real hair dye,” you’ll say. “It won’t stain or anything.” Next thing you know, your six weeks worth of nail growth has a Pepto-pink tinge, and will take another six weeks to grow out.
 -One must always keep a supply of dish gloves handy, because long soaks in warm water—especially chemically soap water—will lead to weakness and tearing and tears.
 -Actually, scratch that. Avoid all handiwork beyond typing and consider the life of a kept woman. Even the most innocent-seeming tasks can result in breakage if you’re not careful; or worse—when the nail tip is bent upward in the wrong direction, resulting in a pain and panicky avoidance of drawers, doors, and other hard, movable surfaces that you might mistake for PTSD.
 -Gelatin. This isn’t so much a complaint as it is a tip— gelatin supplements have worked beautifully for me in my quest to quickly grow long, strong, white-tipped fingernails. I will say that remembering to take pills every day is the absolute worst.
 -Seriously, take gelatin. And probably look into using a nail-strengthening base coat like Nailtiques . One of the worst things about growing out long nails is that just when you get to a sexy, 14mm length, the sides sometimes start to curl under because they’re weak and sad. There’s no cure for this besides cutting them off and starting over.
 -Do you often find yourself reaching for things that are just out of arm’s length? Long nails not only visually lengthen your fingers, providing the tarsier -like elegance most human hands lack, but you’ll also find that they’re often that tiny bit of extra oomph you need to grab your phone from the other side of the table, or reach for the other handle across a fully-stuffed mesh laundry hamper.
 -Learn to file. See also: learning when to file and when to clip. Go to a beauty supply store and buy a few coarse nail files for the purpose of reducing the length of too-long nails without the dangers of taking too much off the top with a pair of clippers. (Clippers should only be used for full amputation purposes.) Then use a finer-grain file for shaping the nails. Might I recommend a gentle almond curve? The shape is very old-school ladylike and visually extends the nail beds without looking harsh and dramatic like a squared-off edge or stiletto point.
 -Long nails are one of the most underrated hypnosis tools available today. Next time you want something from your significant other, they will bow to a good back, shoulder, and upper arm scratching.
 -As your nails grow to more extreme lengths, you need to consider the undercarriage. Personally, I think a colored long nail is too distracting for normal, day-to-day wear, but if you do paint your nails, paint the undersides as well. This will keep them from looking dirty and distracting from the overall awesomeness that is having long nails.
 -I hate to end on a negative, but if you’re considering the long-nail commitment, invest in cosmetics and skincare that come in pump containers. You could actually use those little spoons for the potted creams and things, but then it’s like ugh, more dishes—and you shouldn't be doing those anyway.
 Find Your Tinted Moisturizer Soulmate.
 Sign up for email updates (including Into The Gloss stories and event invites, plus Glossier launches and product info). Unsubscribe anytime.
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 Successfully logged in!
 By signing up, you agree to receive updates and special offers for Into The Gloss's products and services. You may unsubscribe at any time.
 Interviews, product reviews, and more.

**how fast does a nail grow**

**1.** [https://www.healthline.com/health/beauty-skin-care/how-to-make-your-nails-grow-faster#:~:text=Fingernails grow about 3.5 millimeters,can affect the growth rate.](https://www.healthline.com/health/beauty-skin-care/how-to-make-your-nails-grow-faster#:~:text=Fingernails%20grow%20about%203.5%20millimeters,can%20affect%20the%20growth%20rate.)

We have no data for this page, because it isn't accessible for our crawler.

**2.** <https://www.healthline.com/health/beauty-skin-care/how-fast-do-nails-grow>

average rate.
 of 3.47 millimeters (mm) per month, or about a tenth of a millimeter per day. To put this in perspective, the average grain of short rice is about 5.5 mm long.
 If you happen to lose a fingernail, it may take up to six months for that nail to completely grow back. The nails on your dominant hand grow faster than the rest, as do the nails on your longer fingers.
 Your fingernails also grow faster during the day and during the summer.
 Although it may sound like there’s no rhyme or reason to how your nails grow, there are a few basic factors that affect the speed of growth. Read on to learn more about these factors, as well as what you can do to make them grow faster.
 What factors affect how quickly your nails grow?
 The nails on your dominant hand are said to grow faster simply because you use your dominant hand more. This increases your risk for trauma, like catching your nail on a snag or hitting your nail with a hammer.
 If trauma does occur, your body naturally sends more blood and nutrients to the area to help repair it. This influx of nutrients may speed up nail growth.
 2007 study.
 study published in 1980.
 At age 23, Dr. William Bean observed that his left thumbnail grew at a rate of 0.123 mm per day. By the time he reached age 67, this rate had dropped to 0.095 mm per day.
 Hormones.
 experience.
 have been shown.
 to result in rapid nail growth during pregnancy, but decrease the rate of nail growth during lactation.
 Outside of pregnancy, puberty is usually the most tumultuous time for your hormone levels. Nail growth is said to peak during puberty and decline as your hormone levels balance out with age.
 have an impact.
 thyroid disease.
 If you have diabetes or other circulatory issues , make sure you monitor your nails closely. Make an appointment with your doctor if you experience a nail injury or notice anything unusual.
 associated.
 with a faster growth rate. This may be because biting causes trauma to the nail, stimulating circulation in the nail bed.
 This also supports the theory that frequent nail clipping makes your nails grow a little faster. Regular clipping doesn’t carry the same risks as nail biting, so if you want longer nails, clipping is the better route.
 What about your toenails?
 Your toenails grow much slower than your fingernails. They grow at an average rate of 1.62 mm per month.
 And if you lose a toenail, it can take up to a year and a half for it to completely grow back. That’s three times as long as it would take your fingernail to regrow.
 This is because your toenails are generally subjected to less trauma than your fingernails. Although you may stub your toe here and there, this temporary burst of circulation won’t have a lasting impact.
 How to make your nails grow faster.
 Although there aren’t any scientifically proven methods to make nails grow faster, there are a number of ways to increase the overall health of your nails.
 The following methods will help strengthen your nails and prevent them from breaking, allowing them to remain long as you grow them out:.
 2007 study.
 found that taking 2.5 milligrams of biotin every day reduced breakage and increased overall nail health.
 experts.
 say to avoid prolonged use, as they can actually break down the nail over time. You should limit or avoid strengtheners that contain formaldehyde or formalin.
 can increase.
 Groom your nails. Keeping your nails clean is key to overall nail health. Use a clean pair of clippers to trim them regularly. Once a week should be enough. Keep your cuticles pushed back or trimmed, too. And don’t forget to moisturize!
 The bottom line.
 From the time of year to how old you are, there are a number of factors that affect how fast your nails grow. Although most of these factors are outside of your control, you can help the process along by practicing good nail hygiene.
 If you feel like your nails are growing unusually slow — or are experiencing discoloration or other symptoms — talk to your doctor. Your symptoms may be tied to nutritional deficiencies or another underlying condition. Your doctor can help determine why this is happening and advise you on any next steps.
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 Medically reviewed by Debra Sullivan, Ph.D., MSN, R.N., CNE, COI.
 If you want nails that grow faster, you can start by taking good care of your body and using the following tips.
 Medically reviewed by Cynthia Cobb, DNP, APRN, WHNP-BC, FAANP.
 Although genetics play a big role in determining the size and shape of your nail beds, there are plenty of ways to make your nail beds (and your….
 Your fingernails can say a lot about your health, and nutrient deficiencies may affect your nails' appearance. Here are 8 important vitamins and….
 Medically reviewed by Graham Rogers, M.D.
 Have you ever noticed little depressions in your fingernails and toenails? This is called nail pitting. Here's why it happens and what you can do….
 Medically reviewed by Cynthia Cobb, DNP, APRN, WHNP-BC, FAANP.
 The proximal nail fold is the skin that borders the bottom of your nail. It keeps the nail in place and protects it as it grows. Learn more about its….
 Medically reviewed by Cynthia Taylor Chavoustie, MPAS, PA-C.
 Your fingernails can reveal a lot about the state of your health. Conditions ranging from stress to thyroid disease may be causing changes in your….
 Medically reviewed by Graham Rogers, M.D.
 Have you ever noticed little depressions in your fingernails and toenails? This is called nail pitting. Here's why it happens and what you can do….
 Medically reviewed by William Morrison, M.D.
 Medically reviewed by Carissa Stephens, R.N., CCRN, CPN.
 For best results, you should see a doctor as soon as possible to have your subungual hematoma drained. Let's look at the timeline for healing:.
 Medically reviewed by Carissa Stephens, R.N., CCRN, CPN.
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**3.** <https://health.howstuffworks.com/skin-care/nail-care/health/how-fast-do-nails-grow.htm>

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 Personal Hygiene Image Gallery Your nails grow faster as a child than as an adult. See more personal hygiene pictures .
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 A broken fingernail can seem to take forever to grow out if you're an adult. Children and young teens are the ones who get a lucky break -- their nails heal and grow back much faster. In fact, many parents can attest to cutting a squirming child's nails almost every other day. When it comes to nail growth, age and health play an important role.
 Nails are made of a protein called keratin, and their growth is affected by several different factors, including age and health. Children's nails grow quickly until puberty, when growth slows to 50 percent of its previous rate [source: Robb-Nicholson ]. Pregnant women also experience accelerated nail growth -- hormones boost metabolism and increase circulation, which causes nails and hair to grow more quickly. On the other hand, illnesses and certain drugs, such as chemotherapy, can slow nail growth or even cause nails to fall off [source: Murkoff].
 Fingernails grow about three to four times faster than toenails. The nails on your dominant hand grow faster than those on your other hand, and nails grow faster on your longest fingers as well. Fingernails also grow more quickly in the summer than in the winter -- scientists aren't sure why, but one theory is that nails that are used more often and exposed to the elements grow faster [source: Binghamton University ].
 So how fast do the average adult's nails grow? The simple answer is that fingernails grow about one-tenth of an inch (3 millimeters) a month. If you lose a fingernail, it will take four to six months to regrow completely. Toenails take a year to a year and a half to grow from cuticle to tip [source: Robb-Nicholson ]. If you notice a change in your nails or their growth rate, see your doctor.
 How fast do nails grow in a week?
 On average, fingernails grow at a rate of 0.7 millimeters every week - though they grow faster during warmer months. Toenails grow back more slowly at an average rate of around 0.4 mm per week.
 Is nail growth a sign of good health?
 Many consider fingernails a window to a person’s health, as their growth is directly affected by a number of factors, including age and health.
 Do nail plates grow back?
 Once the nail separates from the nail bed, it will not reattach. A fingernail takes around four to six months to regrow completely while toenails take a year to a year and a half to grow back from cuticle to tip.
 What are the parts of nails?
 How do you encourage nail growth?
 Take care of your overall health, drink lots of water, rub your nail plates and cuticles in oil regularly, and consider taking a daily vitamin that targets nail and hair growth.
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**4.** <https://fingernails2go.com/10-facts-you-didnt-know-about-nails/>

Fingernails grow an average of 3.5 millimetres per month. The rate your nails grow at is affected by a number of things, including your age, gender and hormones. It’s rather unfair but men’s nails tend to grow faster than women’s, with the exception of women’s growing faster during pregnancy. Your nails may also grow faster after an illness and you many have noticed your nails grow faster in the summer than in the winter. Rather strangely however the longer your fingers the faster your nails grow and the nails on your more active hand grow faster than on the other. Your middle nail grows the fastest and your thumb nails the slowest.
 2. Your diet affects the health of your nails.
 Eating foods to help your hair shine? Nails and hair are both made out of the protein keratin. Eating healthy foods and vitamins will help strengthen both your hair and nails, while a junk food diet will lead to peeling nails and split ends.
 3. Your nails can tell the story of the rest of your health.
 Believe it or not your nails can give dermatologists clues about the rest of your health, a serious disease could be uncovered by a fingernail examination. Blue discolouration can be a sign of lung cancer while yellow discolouration can be related to a respiratory disease. Indentations across your nail may just be caused by damage, however if they appear for no reason they could indicate zinc deficiency, diabetes or a high fever. Your nails may even be causing the problem, nail problems account for 10% of all skin problems!
 4. Exams or a stressful job can affect your nails.
 Some people cope with stress by chewing their nails but that’s not the only reason stress could be damaging your nails. Stress and the associated lack of sleep can divert your body’s nutrients and energy away from growing healthy nails and hair. It’s called beauty sleep for a reason!
 5. Nails DON’T keep growing after death!
 You may have heard the rumour that your nails and hair continue to grow once you die. Well, it’s WRONG! Nails need blood to grow, so they can’t possibly grow after death. The rumour exists because skin shrinks after death making nails appear longer. Moving on from that morbid point….
 6. Storing your polish in the fridge will help…LIES.
 No doubt you’ve heard somewhere along the line that keeping your nail polish in the fridge will help it last longer or bring it back to life. WRONG AGAIN! Putting your nail polish in the fridge exposes it to drastic temperature changes which can ruin the smoothness of the polish. Nail polish will keep best if it’s stored at room temperature, in a dry atmosphere and in the dark. A drawer in your bedroom is the best place for it, just make sure the lid is secured tightly to avoid air getting in.
 7. Your cuticles are there to protect you.
 Cuticles stop germs and bacteria getting into and damaging your nail bed. Try not to cut your cuticles. Care for them by applying moisturizer and pushing them back to avoid an overgrown look.
 8. White spots have nothing to do with calcium intake.
 White spots on your nails are a sign of minor injury to the nail while it is being formed, people who bite their nails are more likely to have them for this reason. These spots could be a sign of a minor infection or even due to an allergic reaction to nail polish.
 9. Nails can grow to baffling lengths.
 Eww, the longest nail recorded belonged to a man in India and was 48 inches long! While we are all for growing a long set of healthy talons this doesn’t bear thinking about.
 10. Coco Cola is capable of dissolving a nail.
 Water is great for your overall health including your nails, whereas fizzy drinks like Coke are not so good. In fact Coco Cola is kind of scary. If you place a piece of nail in a bottle of Coca Cola it will dissolve within 4 days, that’s how corrosiveness it is! If you need any more reason to swap coke for water, this is it!
 Find out more about our products by getting in touch HERE.
 Request Callback.
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**5.** <https://www.lorealparisusa.com/beauty-magazine/beauty-tips/beauty-trends/how-long-does-it-take-for-nails-to-grow>

beauty trends This Is How Long It Takes to Grow Your Nails.
 Sometimes, beauty can feel like a waiting game. From waiting for your hair to grow after some spur-of-the-moment bangs to waiting for your skin to clear up after a breakout , these things cannot be rushed. Add growing your nails to that list. .
 Whether you’re guilty of biting your nails or simply want to learn how to make your nails grow faster so you can ditch your acrylics , nails don’t grow overnight but proper care can speed up the process. Take notes as we share how long it takes for nails to grow, plus some easy tips to help them grow faster.
 Before we dive into how fast nails grow, let’s talk a bit about how they grow in general. You can think of this as nail anatomy 101, made simple. To start, you need to understand what makes up the nail and how that affects the growth cycle.
 Matrix: This is the root of the nail, according to the American Academy of Dermatology (AAD). It’s constantly making new cells. These new cells force the old ones to become packed together and get pushed through the matrix. .
 Nail plate: The hard part of your nail — the actual fingernail that you’re hoping to grow is known as the nail plate and it is mostly made of a substance called keratin, as stated by the National Center for Biotechnology Information (NCBI). This is what those packed old cells mentioned above form. At this point, the cells are dead, which is why you don’t feel anything when you cut your nails, per the AAD.
 Cuticle: This is a term you’re likely familiar with. The AAD explains that the cuticle is a small section of skin that protects the matrix from germs. While it doesn’t directly relate to how nails grow, it’s still super important and necessary for the health of your nails.
 Lunula: According to the NCBI, the lunula is the small, white, half-moon shape that can be seen at the bottom of your nails. You likely will notice this on your thumbs, but it’s present on all of your nails. It’s part of the matrix and it’s the only part of it that is visible.
 How Long Does It Take for Nails to Grow?
 Now that you know how nails grow, the next part is understanding how long it takes for them to grow. As you can expect, it’s a slow and steady process. Here are a few things worth noting when it comes to how fast nails grow.
 According to the NCBI , on average, fingernails grow around three millimeters per month. Three millimeters is about one-eight of an inch or about half the size of a pencil eraser. Toenails are even slower and grow at one-third of that rate at one millimeter per month.
 Starting at age 25, expect the rate of growth to decrease by approximately 0.5 percent per year, according to the NCBI. If you lose a fingernail, expect it to take around half a year to grow back, per the AAD. A toenail can take a year and a half to fully grow back.
 3. Your Dominant Hand Grows Faster .
 The AAD shares that if you’re right-handed, your nails will grow faster on your right hand and if you’re left-handed, they’ll grow faster on your left. Nails also grow faster on your larger fingers.
 According to the AAD, nails grow faster during the summer . They also grow faster during the day.
 Now that you’re a pro on the topic nail growth, you’re probably wondering if there is a way to make your nails grow faster. While there is no magic solution for speeding up nail growth, the best way to encourage growth is to make sure your nails are strong and healthy. On that note, here are a few nail care tips, courtesy of the AAD .
 Cut your nails straight across, slightly rounding the edges while making sure there are no snags or tears. You can also use a nail file to manage the length. .
 The same goes for your toenails. Keeping your toenails short will help to minimize the risk of injury and trauma.
 2. Don’t Cut Your Cuticles.
 Cuticles protect the nail root so don’t push them back and definitely don’t cut them. Trimming your cuticles makes it easier for bacteria to get inside the body and can lead to infection.
 Editor’s tip: Applying cuticle oil daily can help to keep the cuticles well-moisturized while preventing dead skin from growing on the natural nails.
 Reiterating that this is an absolute no-no — don’t bite your nails. Doing so can harm the nails and damage the cuticles. If you need some help to avoid biting your nails, try a fun set of press-on nails .
 Unless you’re getting a manicure, your nails shouldn’t be moist. That said, if your toenails are difficult to cut, you can soak them in salt water for five to ten minutes prior to cutting to help them soften.
 5. Wear Shoes That Fit .
 Tight shoes can harm your toenails — if you needed another reason to stick with comfortable footwear, this is a good one. .
 Next: 30 Gorgeous Nail Designs and Colors For Short Nails.
 Change Country.
 This site is for US consumers. Cookies, related technologies and device identification are used for Personalized Advertising. To learn more, or opt-out, visit AdChoices and our privacy policy , terms of use and CA privacy.

**6.** <https://www.vitalproteins.com/blogs/beauty/how-long-does-it-take-for-nails-to-grow>

Receive 25% off your first order of Collagen Peptides and 15% off each order after (plus free shipping) when you subscribe. Other restrictions may apply.
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 Share $10 Vital Credit and FREE Sampler with your friends.
 Get FREE Samples when you first share! Plus 100 Points for each friend who uses their Vital Credit!
 A lot of beauty takes time. You wait for your hair to grow after you tried (and failed) at the latest hair trend and you wait for your skin to clear up after a week-long chocolate binge. You also wait around for your nails to grow from either a.) a broken nail, or b.) cutting them, or c.) your nail-biting habit (no judgement). .
 Whatever the reason, all that matters is that you’re curious about how long it takes for nails to grow. Ahead, the answer to that, plus other nail-biting questions. .
 If you’ve ever gotten mad over a broken nail, rest assured that your feelings are valid. That’s because nails don’t just grow on trees. They take a long time – six months to be exact and 18 months for toenails, according to Ramya Kollipara, MD, a board-certified dermatologist at Westlake Dermatology in Dallas. .
 For fingernails, this works out to aboutone tenth of an inch per month, according to Autumn Grant , Owner and Founder of The Kind Poppy.
 Trying to grow your nails at a faster rate is a difficult process – one that requires a lot of patience. Thankfully, there are a few things you can do to speed things up. .
 Take biotin. You may have heard about the benefits of biotin to hair and skin. But you’ll be glad to know that this also extends to the nails. “Biotin supplements can help nails become thicker and stronger,” says Dr. Kollipara. Marcela Correa , medical nail technician, agrees, adding that it’s “packed with protein and amino acids which is great for the keratin production in the body, making it essential in the growth of nails.”.
 Grant also recommends vitamin C and biotin together – two vitamins that you can find inside a bottle of Vital Proteins Beauty Boost ™.
 Avoiding acrylic and gel services. Thankfully, this is a great time to skip the monthly nail appointment. But if you’re going the DIY route at home, be aware of the products you’re using. Toxic nail polish, for instance, should be avoided at all costs, says Grant.
 As for at-home products that will help, Anna H. Chacon, MD , board-certified dermatologist, recommends nail hardeners. Like the name says, these harden the nails, making them harder to break. You can also pamper your nails while making them stronger with jojoba oil.
 The Truth About Biotin For Nails: Does It Work?
 “This nail strengthener works on both hands and toes to promote healthy nail growth and improve strength deep within the nail cell layers,” says Dasha Minina , serial entrepreneur and owner of Maxus Nails and Beauticial List. She recommends Jojobalieve It , a natural nail butter that is rich in jojoba oil and can be applied daily.
 Eat a balanced diet and drink enough water. Remember: Your nails are a direct reflection of your overall health. So, fuel your body – and your nails – in all the right ways, starting with a diet full of biotin-rich foods. This includes egg yolks, salmon and nuts of seeds (learn more about the benefits of biotin for nails here ). Drink up while you’re at it, too, since Dr. Chacon says that staying hydrated is a “key way” of maintaining healthy nail growth.
 Nail growth happens at a snail pace. According to Dr. Chacon, fingernails grow 0.5-1 mm per week. Toenails are a lot slower: “Toenails grow at an average rate of 1.62 mm per month or about 0.25-0.5 mm per week.” .
 Translation: Props need to be given to those folks who won the Guinness World Record for having the longest nails. Turns out, it’s not an easy feat.
 which nail grows the fastest?
 The answer to this is a real nail-biter. Ready to learn which nail grows the fastest? Drum roll, please: It’s the index fingernail. The reason why? “The growth rate of the nails relates to the length of the terminal phalanges or the outermost bones of the finger,” explains Dr. Chacon. .
 But if you’re looking to compare fingernails to toenails, fingernails win that race. “The main reason being the difference in temperature affecting the blood flow,” Correa explains to Lively. “In the summer, you will notice your nails growing at a faster rate due to the increase in temperature!”.
 Expert Tips For Finding Your Signature Scent.
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 \*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
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**7.** <https://www.medicalnewstoday.com/articles/320061>

Takeaway.
 There is no proven way to speed up nail growth. However, many remedies can strengthen the nails and prevent them from breaking, giving them the best chance of healthy growth and appearance.
 Having longer, healthier fingernails can improve the appearance of the hands. However, they do not only provide cosmetic benefits, but they can also make it easier to perform a variety of daily tasks. In addition, they protect the fingers, add grip when holding objects, and are a convenient way to scratch an itch.
 In this article, we explain some home remedies and diet tips for improving nail strength, as well as debunking myths about nail growth.
 Home remedies.
 The following home remedies might improve nail health and protect them against breakage. These remedies will not make the nails grow faster but may help improve the overall health of nails for optimum growth rates:.
 Dry skin often means that the nails are also dry. Very dry skin can even crack open and bleed, exposing the nails to fungal and bacterial infections.
 When the skin surrounding the nail bed or nail matrix is dry, it could damage the nails as they grow.
 To prevent dry skin, moisturize hands and nails during the winter months and apply lotion after washing hands. People who have eczema should choose eczema-friendly creams that are highly moisturizing.
 Water can weaken the nails, making them soft and brittle. Always dry the nails thoroughly after swimming or showering.
 It is a good idea to wear gloves when washing dishes, clothes, and surfaces. This can help them prevent water or cleaning products from sitting on top of the nails.
 Filing and grooming the nails.
 Keeping the nails filed into a slightly rounded or squared shape can prevent them from snagging and breaking.
 Good nail grooming may also discourage biting and picking. Snagging, breaking, and biting can all have an impact on nail growth.
 Medical conditions, such as diabetes , can reduce circulation to the nails, making them weaker.
 This is more likely to affect the toenails than the fingernails. However, gentle massage can promote circulation to the nails, offsetting the effects of diabetes and other circulatory issues.
 The cuticles are thin pieces of skin that protect the nail matrix. Cutting them very short can expose the nail matrix or nail bed. This may lead to nail damage and infection.
 Some nail salons can contribute to nail infections . Aggressive manicure techniques, such as cutting the cuticles very short, may allow bacteria to enter the nail bed and weaken the nails.
 Take personal tools to the nail salon or make sure the salon uses properly sanitized equipment to minimize the risk of infection. It is also best to check a salon’s reputation by reading reviews before booking an appointment. If a manicure starts to hurt, ask the technician to stop, as manicures should not be painful.
 Avoid harsh polish removers.
 Avoid using acetone polish remover because it can dry and weaken the nails. Steer clear of nail polishes that require its use.
 However, if acetone is the only option, avoid soaking the nails in acetone. Instead, rub them with the polish remover, then thoroughly wash and moisturize the hands.
 Several medical conditions can affect the skin and nails, such as psoriasis and diabetes. Anyone with these conditions should see a doctor for treatment. Following a doctor’s treatment recommendations may help improve skin and nail health.
 If symptoms change or get worse, it is important to see a doctor. This also applies if a person has a chronic disease that starts to cause nail problems.
 Diet and nail health.
 Nails, like the rest of the body, need a balanced diet for healthy growth. A varied, healthful diet should include protein , water, fruits, vegetables, and a wide array of vitamins and minerals.
 People who do not get enough iron, for instance, may have brittle or dented nails .
 Some specific dietary changes can strengthen the nails and promote growth. Supplementing the following nutrients in the diet can improve nail health.
 Some over-the-counter (OTC) nail supplements contain calcium . Some people think that because calcium strengthens the bones, it might also strengthen the nails.
 Some research.
 has found that women experiencing menopause who also have osteoporosis might notice nail changes. Osteoporosis is a condition that leads to weak bones that break easily and often occurs due to low calcium and vitamin D intake.
 However, few studies have conclusively proven whether or not calcium improves nail health. People at risk of calcium deficiency should consider supplementing their diet with this essential mineral. Calcium supplements that contain vitamin D are preferable.
 Nails are made of protein, and because of this, some people think that consuming too little protein in the diet adversely affects nail health.
 a 2019 study.
 believe that there is a link between nail health and certain amino acids called collagen peptides that some proteins contain.
 To increase the amount of protein in the diet, choose eggs, chicken or turkey , lean beef and pork, and fish. Vegetarian and vegan sources of protein include lentils, peanuts, nuts, and dairy products, such as cheese and milk.
 healthy hair and nail growth.
 . It might also strengthen brittle nails and prevent them from breaking, but there is little evidence that biotin supplements will help nails grow faster.
 When looking to improve the health and appearance of the nails, it is best to focus on limiting damage rather than expecting faster growth. A well-balanced diet will make the skin and nails strong.
 Myths about nail growth.
 Nail tissue is already dead by the time it is long enough to paint, so painting will not affect growth.
 It is also a myth that applying vitamins directly to the nails can help them grow. These remedies are unlikely to help. At best, they strengthen the nail and prevent it from breaking.
 No specific nail polish, such as a gel or powder, can improve nail health. In fact, some products, particularly those that require harsh methods for removal, may have adverse effects on nail health. The acetone that people use to remove gel nails can weaken nails despite the gel polish making them appear strong and healthy.
 How fingernails grow.
 Nail plate.
 The hard part of the nail is called the nail plate. The nail plate, much like hair, is made primarily from a protein called keratin.
 The nail plate does not consist of living tissue, so it is not possible to improve the health of the nail plate. While it is possible to prevent breakage there, the key to good nail health begins in the nail bed.
 Nail bed.
 The nail bed is the tissue underneath the nail. If the nail breaks off below the fingertip, it may expose the nail bed.
 At the base of the nail is a structure called the nail matrix, where nail growth begins.
 Long term approaches to nail health support the nail bed, matrix, and surrounding skin. If these areas are healthy, it enables the nails to grow longer and stronger.
 Takeaway.
 Weak or brittle nails can serve as an early warning for some health problems, such as nutritional deficiencies and diabetes.
 If home remedies do not improve the appearance of the nails, an individual should talk to a dermatologist. Treatment for an underlying condition might be the path to more consistent nail growth.
 Q:.
 A:.
 Diet likely does improve the health of both nails and hair. As with nails, including high quality protein, a variety of fruits and vegetables, along with good sources of iron, calcium and Vitamin A and D provides the building blocks needed for healthy hair.
 Certain factors and conditions, including, genetics, thyroid disease, some autoimmune conditions, metabolic syndrome, PCOS (polycystic ovary syndrome), iron deficiency anemia, or androgen hormone imbalances, can cause thinning hair.
 The products or treatments that people use on their hair do not affect hair growth but can improve appearance, moisture, or limit breakage.
 Kathy W. Warwick, R.D., CDE.
 Answers represent the opinions of our medical experts. All content is strictly informational and should not be considered medical advice.
 Medical News Today has strict sourcing guidelines and draws only from peer-reviewed studies, academic research institutions, and medical journals and associations. We avoid using tertiary references. We link primary sources — including studies, scientific references, and statistics — within each article and also list them in the resources section at the bottom of our articles. You can learn more about how we ensure our content is accurate and current by reading our editorial policy .
 Beattie, J. R., et al. (2017). Raman spectral variation for human fingernails of postmenopausal women is dependent on fracture risk and osteoporosis status [Abstract]. .
 http://onlinelibrary.wiley.com/doi/10.1002/jrs.5123/full.
 https://www.aad.org/nail-care-secrets/gel-manicures.
 Could a phone app become an easy, at-home heart monitor?
 Colonoscopies reduce colon cancer risk, but recent study examines effectiveness.
 Medically reviewed by University of Illinois.
 A look at nail fungal infection, including who is at risk, common causes, effective treatments, and the symptoms. Learn more here.
 Medically reviewed by Avi Varma, MD, MPH, AAHIVS, FAAFP.
 Thick nails can be unsightly, and can be a sign of other heath conditions. Learn about the causes of thick toenails, such as psoriasis, fungal….
 Medically reviewed by Elaine K. Luo, M.D.
 A look at ridges in fingernails. This article examines fingernail ridges caused by aging, other causes, how they are diagnosed, and how to prevent….
 Medically reviewed by Alana Biggers, M.D., MPH.
 Candida is a fungus that is present in every human body. At times, this fungus can overgrow in moist areas of skin, and this can lead to infection….
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**8.** <https://www.scienceabc.com/humans/fast-nails-grow.html>

Suggested Reading.
 While there is an average speed of nail growth, that is largely dependent on how old you are, as well as what finger you are talking about. The middle fingernail, for example, tends to grow faster than other nails.
 There are few things in life that are universal, as everyone is incredibly unique and special in their own way. However, when it comes to basic physiological functioning, human beings have quite a bit in common. While we may look, act and think differently, we tend to grow in similar patterns. This also goes for various parts of our body, such as our hair and nails.
 Depending on who you are and how you like your hands to look, you may chew your nails down to the cuticle, or let them grow to insane lengths, making typing an article like this pretty close to impossible. Regardless of how you prefer your nails to look, one question is common when people look down at their fingers…. how fast do nails actually grow? And what can affect the rate of that growth?
 As it turns out, while there is an average speed of nail growth, that is largely dependent on how old you are, as well as what finger you are talking about. The middle fingernail, for example, tends to grow faster than other nails on the hand. The 0.1 millimeter/day number is purely an average that is evident in most adults. If you lose a nail, it would take anywhere between 4 and 6 months for it grow completely! Toenails take even more time, around 1 to 1.5 years to grow from cuticle to tip!
 Also, when you’re a child, your fingernails grow much faster than they do in adulthood. In fact, it can be as much as 50% faster, which may be why so many children develop that irritating habit of biting their nails if they aren’t diligent about clipping their nails.
 In terms of the physical characteristics of nails, they are made of a specific protein called keratin, which is available in many different foods, including meat, eggs, beans, nuts, quinoa, chicken, pork, and fish. Without this protein, your body will experience a deficiency, and you may see a slight decrease in your nail growth. However, this is only half the story when it comes to nail growth.
 In addition to keratin, which composes the physical structure of the nail itself, you also require biotin to make the nails strong. Otherwise, they will constantly be breaking, chipping or wearing away. Biotin is often proposed as a way to speed up nail growth, but studies have shown that not to be true. Biotin simply prevents the nail from being so brittle. Physically speaking, biotin is known as vitamin B7 and is often found as a dietary supplement or an ingredient in multivitamins.
 It is also widely available in your diet, from sources such as egg yolks, nuts, beans, mushrooms, and cauliflower. Without biotin, the body cannot metabolize keratin to make nails, and it also provides a much stronger base to allow nails to grow as long as you want!
 The True, the False and the Ugly.
 For those always looking for ways to improve their appearance, fast-growing nails has always been an intriguing prospect. Such home remedies as garlic rubbed on your fingers, boosting your protein intake, or keeping your fingers extremely active have all been touted as ways to increase nail growth speed.
 However, none of these have been proven to work, and nail growth appears to be firmly regulated by the body. Certain things can slow down the rate of growth, such as chemotherapy certain infections of the hand or drug use, but few things are known to actually speed the process up.
 There is one interesting exception to that though – the fingernails of pregnant women. Due to the increasing levels of growth hormones circulating in the body, the faster rate of metabolism , and the general confusion of the body during pregnancy, it has been seen that pregnant women’s fingernails do grow faster than average. However, getting pregnant just to help your nails clack on the keys sooner doesn’t seem all that worth it….
 For those of you who really want to know some dirt, fingernails grow up to twice as fast as toenails, although the exact reason for this is not known. Finally, if you really want to improve the appearance of your nails, just make sure they don’t break! Keep your nails moisturized, as this can help nails from becoming brittle.
 The fact is, once you get to be a certain age, your nail growth is all but decided for you. Just be patient, take care of your nails as best you can, and stop biting them – no matter how scary the movie is!
 John Staughton is a traveling writer, editor, publisher and photographer who earned his English and Integrative Biology degrees from the University of Illinois. He is the co-founder of a literary journal, Sheriff Nottingham, and the Content Director for Stain’d Arts, an arts nonprofit based in Denver. On a perpetual journey towards the idea of home, he uses words to educate, inspire, uplift and evolve.
 Slowing or Reversing Aging: Can We Live for 180 years?
 Detectives Use this Simple Technique to Find Your Fingerprints (Even AFTER You Have Wiped Them Off)!
 Do Fish Get Thirsty and Do They Need to Drink Water?
 What Are Light Pillars? What Causes Light Pillars?
 Why Doesn’t The Entire World Have Just One Currency?
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**9.** <https://experthometips.com/how-to-get-long-nails>

A set of natural-looking nails are something most women dream of...and today we're going to help you make this dream a reality!
 Learning how to grow your nails goes way beyond polishes and filing. The nail is a complex thing and in order for it to grow and strengthen, it must be cared for and nourished correctly.
 Editor's Note: This post was originally posted in August 2016 and has been completely revamped and updated for accuracy and comprehensiveness in January 2019.
 What are the parts of a nail?
 Knowledge equals power and nails are no different. A better understanding of the different parts of your nail means a better understanding of what they require to grow and long and strong.
 Your nail might look like one solid sheet, but it's actually made up of several different parts and layers. The layers are made of a protein called Keratin, which is also a component of hair and skin. The half-moon at the base of your nail is called the Lunula, and the slither of white that lines the top of your nail is the free edge.
 How do nails grow?
 Nail growth isn't as simple as you'd expect. The part of the nail visible to the human eye is actually dead. The section at the base of the nail, the matrix, is the only area which contains living cells.
 Nails grow from the matrix, where new cells are produced. As new ones form, they push old ones along, increasing the length of our nail.
 Once these living cells lose contact with the root, they die, which is why we feel no pain when cutting or trimming our nails.
 How to grow your nails faster.
 You won't get long, strong nails overnight!
 There has been much speculation in the past over just what encourages our nails to grow at a set rate. Theories include:.
 Metabolism and blood flow - physician, William Bean , discovered his nail growth rate slowed significantly after the age of 50.
 Injury - an Oxford dermatologist named Rodney Dawber saw a lesser rate of growth in a hand that had been injured in a rugby match, than the other, uninjured hand. This suggested that the prominent hand achieved a faster rate of growth, as the blood vessels were more stimulated.
 While more active fingers, a higher metabolism and avoiding injury may indeed contribute to longer nails, they're not very reliable or realistic methods of growing yourself a set of fabulous fingernails. It's time to find out what you can do to improve your nail health and get the nails you've always dreamed of.
 Pick the right emery board.
 Regular filing is essential to keep nails strong, prevent tears, and promote growth.
 An ideal emery board shouldn't be too rough, as this can lead to small fissures and cracks that cause your nail to tear. Instead, go for something semi-smooth that can be used to gently and slowly file your nail down into the desired shape.
 Avoid chemicals.
 Have you noticed that your nails look almost opaque after cleaning the house? The chemicals in the majority of cleaning products will have an adverse effect on the strength of your nails, causing dryness and damage - just as they would the skin.
 Wearing a pair of rubber gloves is an easy way to prevent this and help you on your quest to grow long nails.
 Regular maintenance is essential if you're after fine looking fingernails.
 Despite what you may have heard, cutting your cuticles is never a good idea.
 The cuticle is the layer of skin that covers and protects the matrix (remember, this is where the new nail cells grow from) so it's important to care for it properly and keep it intact.
 By removing it completely, we leave the matrix exposed to germs and bacteria, which can lead to fungal infections - not exactly the modelesque manicure you had in mind!
 Instead of removing your cuticles, focus on caring for them. Without any TLC, they'll become stiff and may also get stuck to the nail plate, preventing them from doing their job properly.
 In order to keep your cuticles supple, matrix protected, and grow healthy new nail cells, you should moisturise your cuticles daily. They should also be gently pushed back on a regular basis - a process most easily carried out after you've showered and they have softened.
 How to grow your nails faster with supplements.
 The key to natural nails is natural goodness!
 We know that vitamins are good for us, but with regards to nail health, it's a particular member of the vitamin B family that will really do wonders.
 Biotin has been found to increase nail thickness in several studies. A thicker nail means less chance of breakages or splitting so your nails will stay longer...for longer.
 If you're worried you're not getting enough, why not try taking a daily supplement of 2.5 mg? It'll help your hair grow too! You can pick tablets up at most health stores and online too. .
 Are you guilty of turning to your nails when you need to scratch off a stubborn sticker or remove a stuck object?
 While your nails may feel strong, the delicate layers are easily damaged! Treating them gently will prevent splitting and flaking and mean you don't have to get those clippers out.
 Avoid damaging your nails.
 Remember, your nails are made up of very thin layers, which means they must be treated delicately - that goes for filing too.
 Save the sawing back and forth for your woodwork - your nail file should be used in one direction only, with only a small amount of pressure applied to ensure even, gentle filing.
 Keep your nails as dry as possible.
 After a long, hot soak in the bath, you'll notice that your nails are softer and more flexible. This is OK every now and then, but prolonged or regular exposure to water will weaken your nails and contribute to splitting.
 When they do become soft, stay away from arduous tasks for a while until they have regained their prior strength.
 Treat hangnails with care.
 We've all been there: a little hangnail we think will tear away easily ends up taking half of our nail off with it, leaving it half the size it was before. Not only does this process shorten your nail, but it will damage the delicate layers it's composed of too.
 We know it can be tempting to pull these annoying tears straight off, but you'll do much more damage than good in the process.
 If you're committed to getting long nails, be sure to carry a nail file in your handbag at all times, and you'll never have to deal with the mess - or pain - of a torn hangnail again.
 Avoid nail polish.
 There's quite a lot of controversy regarding whether a layer of protective nail varnish is beneficial or detrimental to nail health.
 We know it looks pretty but don't go overboard with glamming up your nails. The chemicals in polish and nail varnish remover don't do nails any good, especially if they're already brittle.
 Learn to nourish and look after your nails correctly, and you'll find they look just as lovely au-natural.
 How to grow your nails fast with food.
 It may be last but it's certainly not least. Like most things beauty, diet is probably the biggest contributing factor when it comes to nail growth.
 We can't stress enough how important a varied, nutritious diet is to overall nail health. Even if you slack off on your nail maintenance, a healthy diet will always provide the building bricks to start back strong.
 Some of the most important nutrients for nail growth and health include:.
 Protein - keratin, the tough, protective material our nails are made of is a protein, which is why eating enough protein is so important to nail growth. Ensure you get the recommended daily allowance of 0.8g per kilogram of body weight.
 Fruit and vegetables - fresh produce contains many essential nutrients, including many vitamins and minerals.
 Magnesium - pumpkin seeds (sigh) and dark chocolate (wahoo!) serve as all-natural anti-stress solutions, preventing things like ridges from appearing on your nail plate.
 Seafood - prawns and other shellfish contains heaps of zinc, which is essential in the biological production of the protein which forms and maintains nails.
 Biotin - Remember that biotin we were talking about earlier? Well, it can be found in one of our favourite breakfast foods - eggs.
 The takeaways .
 Eggs contain the magic Biotin vitamin that does wonders for our nails.
 The most important things to bear in mind with regards to growing long, strong nails is that they are just as much a part of you as any other body part.
 Just as your teeth will rot if you have a poor diet and don't brush them, your nails will grow weak and grow less if they are not cared for.
 If you're really determined to get gorgeous nails, nourish your body and your nails will be nourished too. Once they lengthen, look after them - it really is that simple!
 How much do your nails grow in a week?
 The average nail grows around 2-3mm a month (so around 0.6mm a week) however, some people find their nails growing at a much faster or slower rate.
 Is Vaseline good for nails?
 It is thought petroleum jelly such as Vaseline could help benefit the nails by preventing moisture loss and nourishing cuticles, helping them to grow faster.
 Does toothpaste help the nail to grow?
 There is no scientific evidence to show that toothpaste can make your nails grow faster. However, some people claim when scrubbed onto nails, it whitens them to improve their appearance. .
 I hope my tips help you get the long strong nails you've always dreamed of! Do you have any tips and tricks that work for your own nails.
 Lover of all things fashion & foodie...I look to satisfy my tastes without obliterating my budget. Wannabe interior designer, I'm an avid cushion cover maker and charity shop hunter.
 Follow me on twitter.
 Eating jelly and cabbage make your nails strong.
 Stephanie C on April 6, 2017 at 5:29 pm.
 Hi Enid. It's actually a myth that jelly makes your nails strong! However a healthy, balanced diet with lots of veg including cabbage will definitely help :).
 Shaz on January 6, 2019 at 12:39 pm.
 But jelly has collagen and hair and nails need lots of this as we get older and make less naturally. Your article doesn't mention collagen.
 Reply.
 I've had strong white nails since I was born. I've found that drinking milk (straight not in a tea or coffee) keeps them bright white and strong. I've only ever snapped them once and that was because someone at work dropped a box of 12 (1litre) orange juices on them.
 Stephanie C on March 9, 2017 at 10:10 am.
 Hi Tracey! Yes, many people say that the calcium in milk is really good for nails. I, however, don't drink milk and my nails are still very strong. I think a healthy, varied diet is the most important thing here :).
 Reply.
 I wonder if you should warn readers about nail bars? Most of the nail "technicians" are not manicurists, they might have been trained to apply gel/shellac and stick sequins on but any training about the actual nails is pretty basic and they do not know how to file nails properly. They have a limited time with each customer, so quickly saw nails back and forth with an emery board to reduce the length as quickly as possible. In my area they are concealed by a surgical mask and do not speak English, so very difficult to communicate with. I should mention my nails are long and strong but 2 years ago a "technician" pushed back too hard on one of my cuticles. It was very painful at the time and damaged the nail bed, since then the nail only grows to a certain length and then breaks on the nail bed giving me weeks of pain before I can take it off and then weeks of looking odd with a short nail.
 Stephanie C on January 11, 2017 at 10:53 am.
 Hi Norma, Thanks a lot for pointing this out. You do really have to be really careful with nail technicians, as you're right when you say they often have to rush through clients and don't always use best practises. I hope my blog post helps people to realise the right and wrong ways to care for your nails, and therefore makes it easier for them to recognise a good nail technician from a bad!?
 Reply.
 I prefer natural nails and have never been keen on the idea of acrylics, gels etc after seeing my friends nails ruined at one of these so called salons. I have long,natural healthy nails with using really good products, OPI avoplex cuticle oil and hand cream and Nail Envy which is brilliant. Also wearing rubber gloves to wash up. My nails are the best they'very ever looked with these treatments.
 Stephanie C on March 3, 2017 at 5:03 pm.
 Hi Christine :) I've never tried fake nails or gels either - the occasional nail paint is all I go for - and my nails have always been strong because of it. Thanks a lot for sharing some of the products you've seen success with - maybe I'll try some!
 Reply.
 Also, be gentle when removing gel nails or acrylics. Using force to remove nail enchantments could ruin your natural nails so it's important to use the least aggressive method.
 Stephanie C on June 21, 2017 at 9:11 am.
 Hi Stephanie Em this will sound really weird but my digging your teeth into the top of the nail and repeating it seem to make them grow??
 Stephanie C on July 5, 2017 at 9:24 am.
 Reply.
 Dont know why but my thumb nails are realy hard and never seem to break but other nails are soft and break quite easily. Anyone know why 1.
 Stephanie C on July 24, 2017 at 9:39 am.
 Hi Susan. My guess is that this is because we often use our finger nails to open/remove things. This chips away at them and can cause them to break. It's also because naturally, the thumbnails are wider than other nails, making them much less fragile. I hope this helps :).
 Nailah Haque on March 7, 2021 at 8:13 am.
 Reply.
 Ive been using to much nail polish and acetone to remove it every 2 weeks my nails are getting to week it seems i dont have a,layer of nail what can i do.
 Stephanie C on January 2, 2018 at 11:09 am.
 Hi Tamara. I would, first of all, recommend giving your nails a break. Then you could introduce some nail oil to renourish the living part of your nail, and cuticle to encourage nail growth and health. Regular trimming and filing will also help. When they're beginning to look strong again, I suggest investing in a clear polish for everyday use, with additional hardening/nourishing properties that will benefit your nails in the long term. Try and reserve bright colours and lots of removal for special occasions. Once your nails are healthy, you'll find they look just as lovely natural. I hope this helps :).
 Reply.
 Diet and state of mind can have a huge effect on nails. I became vegetarian over 40 years ago, prior to this my mails were brittle and flaky, however a few months after turning veggie I noticed how strong they had become - and sill are. When I go away on holiday for any length of time my diet inevitable changes - still veggie - but many countries and cultures have a different way of doing things, and this has an impact on my nails. I can tell when this change takes place by the horizontal ridges growing from the nail bed. This is also true if I get stressed, which isn't often, but I was caring for my very elderly mother until her death a few months ago, and my nails, although still strong are ridged all the way up to the edge, a clear indicator of the stress I was going through. I can see where the new, smooth nail is growing in (or out!) from the base. I rarely wear nail polish, but buff my nails with a buffer every so often, and never, ever, use a metal nail file. I find a fine emery board is best.
 Stephanie C on January 23, 2018 at 9:26 am.
 Hi Jay. It sounds like your change in diet had a really beneficial impact on your nails. This is no surprise, as eating more vegetables will up your vitamin and mineral intake, providing your nails with all they need to grow long and strong. Sorry to hear you went through a stressful time. I hope you, and your nails, will recover soon. :).
 Reply.
 My nails aren't brittle they are just too soft to an extent they cant bend with no pain , how can i make them stronger at home.
 Stephanie C on February 22, 2018 at 9:20 am.
 Hi Lynn, This sounds like a dietary issue. Are you currently having a varied diet, including lots of fruit and veggies? These are absolutely essential to provide your nails with the vitamins and minerals they need to grow strong.
 Reply.
 I eat a lot of fruit and veg within my diet. Meats, fish etc. I rarely become ill anymore (docs advised to take vitamin supplements) so I changed my diet instead and eat better which has massively benefitted me however my nails are still soft, thin and break easily! I don't have great circulation in my hands and feet which may not help! Anything i can do?? I love having long, strong, elegant nails but they just never get there!
 Stephanie C on May 1, 2018 at 10:01 am.
 Hi Becky. Do you use harsh chemicals? I find that even washing up can take a toll on my nails. Always try to wear rubber gloves when cleaning, and this should help keep your nails strong.
 Reply.
 I am 68 and have very long very strong nails naturally. Know I am fortunate! Only get my nails painted at salon, with my own polish. Years ago suffered a bad infection after the girl snipped my cuticle, took so long to heal. Rarely file them, the longer you leave them alone the stronger they remain. Sliver, not slither, that’s what snakes do. Contend not contained.
 Reply.
 Hi Stephanie, My nails will grow strong and long, but when I polish them (very, very rarely) they become brittle and break and then they start to peel. I now use a non-acetone remover. Could you tell me the safest nail polish and polish remover for the few times I do wear polish? I volunteer and sometimes I like to have my nails look nice.
 Stephanie C on November 8, 2018 at 9:22 am.
 Hi Cher. We can't say we know "the safest" nail polish and remover, but anything that claims to be strengthening will help to stop your nails from being brittle and breaking. Hope this helps!
 Reply.
 I bite my nails so they are always short do you have anything or idea for me not to bite myself nails also my non nail bitting nail polish can be used to grow nails since it has lemon it does not work for me though.
 Joanne A on November 26, 2018 at 2:26 pm.
 Reply.
 Hi Steph. I have only ever seen nail growth when I literally 'hid' my nails under polygel (painted onto tips). In a couple of weeks I saw my nails grow for the first time ever, meaning they are actually capable of growth. I now want to always have polygel tips so that underneath, I always have real nails. It's like my nails can't withstand exposure to anything - even the 10 minutes in the shower weakens them. They peel and split all day, regardless of my being on an excellent diet (all the foods mentioned here), taking biotin, applying top-end hand and nail creams repeatedly and rubbing in coconut oil at night. They still peel constantly and remain thin and short. ls it a bad idea to resort to always having tips? I want to keep the tips because it is the first time in 44 years I have ever seen my nails grow.
 Stephanie C on January 15, 2019 at 9:31 am.
 Hi Shoane! Whilst normally any sort of false nail would damage your nail, it sounds like it's actually helping yours. Ultimately you should do what makes you feel happy and gives you the results you want. We're glad you found something that helped your nails to grow!
 Reply.
 my nails are very very short...actually i used to bite them a lot but now i've stopped it but they are not showing any growth or they are growing but at a very slow rate...i want to grow my nails within half or 1 one month....so please tell me what can i do??
 Joanne A on January 29, 2019 at 2:12 pm.
 Reply.
 I hope these tips also work for hair or thinning hair? Btw, I always wondered if nails ever stop growing if one stops cutting them, I read they don't but hair does. But then hair also shed, so they are different in that respect :).
 Joanne A on April 25, 2019 at 10:31 am.
 Hi there! Some of these tips will certainly help with thinning hair. As for your second question, if you stop cutting your nails, they will continue to grow.
 Antonymous on June 2, 2019 at 7:06 pm.
 Hi, I didn't see this answer, thanks. Yeah I know they keep growing, but seems like head hair has a limit despite it continues to grow, once it's able to reach it, I was also curious if the same happens for nails and eventually also stop. I often happen to think that if researchers pay me a good living I'd let them grow to find out, but not so sure which price would be enough for the discomfort :D, but there's a woman who grew them really long and just for herself o\_o. 2. While in this case, being a male I might want to keep my nails and toenails reasonably short, I'd still want them to be healthy and nice, so I guess these tips turn handy. Though could I safely paint them black for a while?
 Joanne A on June 3, 2019 at 10:08 am.
 Hair does actually grow continuously but it might appear to stop because of breakage. I'm unsure what you mean about painting them black. What are your concerns?
 Antonymous on June 4, 2019 at 7:45 pm.
 Hi, cool, same happens for body hair of is it different? I know about the breakage from split ends, or you mean at the root? Nails don't break as easily because of their thickness, I guess, sure :). Sorry, for the second part, I made it unclear, I meant with black nail polish, but just because you recomment not to, and that it might damage the nails, which I also read about, but it's mostly be overdoing it too often and regularly, though maybe once in a while would be ok?
 Joanne A on June 5, 2019 at 9:15 am.
 Once in a while is okay! If you're using black, I'd suggest using a nourishing base coat to protect your natural nail. Certain colours of nail polish can stain.
 Antonymous on June 5, 2019 at 2:47 pm.
 ok nice, thanks for the tip :). With base coat or just once in a while. And so sorry, just one last thing, but while my nails have little to no cuticles, no white spots and are regular enough, they have some some minimal vertical ridges, so not completely smooth and regular, not that I mind or is a big deal at all, but I wonder the causes or what it means? Thanks again for your time, I won't bother again and only answer when you feel like it.
 Joanne A on June 5, 2019 at 3:00 pm.
 It's okay to paint your nails once in a while. Just be aware of the impact it can have on your natural nails! Ridges on nails can be a sign of deficiencies, ageing or trauma to the nail. it's pretty common to have some ridges but, if it is a concern to you, you can see a GP to get it checked.
 Reply.
 I am allergic of eggs...is there a substitute to get biotin....and is coconut oil good for the cuticle?
 Joanne A on April 30, 2019 at 2:11 pm.
 Hi Adyasha! There are quite a few different foods that are rich in biotin. These include liver, nuts, seeds, salmon, avocado, sweet potato, and cauliflower. Alternatively, you could take biotin tablets. Coconut oil is very good for your cuticles.
 Reply.
 hey STEPHANIE, All the tips are vry useful i used it also nd 2day i have vry long nd strong nails.
 This was helpful! Also, is coconut oil the best for your nails?
 Joanne A on August 20, 2019 at 9:58 am.
 Reply.
 I've had a lifelong biting problem. Having my nails painted (preferably with gel for longevity) has been my only way to break my habit. When the gel finally chips and I don't get them redone, I start picking. Would repeated exposure to gel and manicure lighting be preferable to biting? Just curious of your opinion. Thanks :).
 Joanne A on September 30, 2019 at 11:17 am.
 It really depends on the individual. Biting can cause your teeth to shift and could be harmful to your health - just think about the gunk that gets under your nails! The risks of exposing yourself to UV lamps for nails is low, but definitely something to consider.
 Reply.
 when doing Gymnastics does it damage the nail.
 Joanne A on January 6, 2020 at 12:54 pm.
 Hi Catherine! Yes, sports like gymnastics, running and ballet can all cause damage to the nail. Nails can fall out or become ingrown as a result of the intense activity.
 Reply.
 I lost all my nails on fingers and toes during chemo therapy. After re-growth I cannot use nail polish because the chemicals in the polish are too harsh. My nails are healthy au-naturel. Just goes to show the harm in beauty products. Beware of perfume also. Chemicals on your skin regularly. Spray on clothes instead.
 Well I got fake nails let them grow and then I just didn't bit them it really helps having long nails.
 Joanne A on November 26, 2020 at 3:44 pm.
 I KEEP BITING MY NAILS AND I WANT MY NAILS TO FRAW LIE YOUR SO WHAT CAN I USE TO MAKE MY NAILS GROW.
 Joanne A on April 16, 2021 at 4:17 pm.
 Thankyou so much for all the info I have never been able to grow strong lengthy nails so I’m now really going to look after them Many thanks Cindy Xx.
 Hey, ive been getting gels because my thumb nails break really far down at the sides and its painful. I can no longer afford to have gels but have no idea what to do to help my thumb nails. I am very healthy and eat a very good plant based vegetarian diet. I take vitamins and use a clear nail strengthener polish on my nails as well as cuticle oil every day. Do you have any other suggestions? Thanks!
 Joanne A on September 27, 2022 at 2:29 pm.
 Reply.
 Hey guys! I have event in a week or so and I have really short nails. I wanted to get them almond shaped and painted but I have a biting habit and the nail has just started to grow. I wanted to know how to grow them long in that period of time (without medications and change of diet). Thanks again!
 Joanne A on September 27, 2022 at 11:38 am.
 Reply.
 I have a bad habit of biting my nails and tried to stop but it’s too hard I managed to stop for a week but noticed that my nails growth level are low which is understandable because I don’t stop biting till it’s below the skin and Ik that is not good, any tips on how to stop? It would help a lot over here (14 y/o).
 Joanne A on September 5, 2022 at 5:15 pm.
 Hi Hailey! This is a common problem, so don't worry. You can buy special nail polishes that make your nails taste bad. These are great if you're an absent-minded nail-biter, as it will remind you not to bite them and eventually break the habit. Alternatively, you may want to address the root cause of the nail-biting. For example, if it's a result of stress or boredom, maybe look at how you could manage that? You could also try redirecting the behaviour to fidget toys or chewing gum.
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 Expert Home Tips is free to use and will always be free to use! We generate revenue through affiliate links and display ads which helps to pay our staff and finance the site. When you visit one of these offers we might earn a small commission based on your actions on our partner's site.

**10.** <https://bestlifeonline.com/fingernail-growth-rate/>

×.
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 If you have any concerns about the accuracy of our content, please reach out to our editors by e-mailing [email protected] .
 While you probably don't pay much attention to them outside of basic cosmetic maintenance, scientists have long been fascinated with human fingernails and toenails . Not only do they contain useful information about your diet and can be used for DNA analysis, but they also have an element of mystery. For instance, have you ever noticed that you clip your fingernails far more frequently than your toenails? Well, researchers still don't know exactly why the nails on your fingers grow at a different rate than the ones on your toes. However, a study published in the Journal of the European Academy of Dermatology and Venereology found some interesting information about your nails, including the fact that your fingernails are growing at a faster pace than what previous studies found decades ago. Read on to find out the factors that influence the rate at which your nails grow , and for more foot facts, check out This One Thing Could Finally Fix Your Smelly Feet, Study Says .
 The study, which monitored the nail growth of 22 healthy young adults in the United States, found that in a month's time, the average fingernail grew 3.47 millimeters. The average toenail, on the other hand, only grew 1.62 millimeters. And to learn even more about your fingertips, check out 17 Things Your Nails Can Tell You About Your Health .
 Interestingly, the study found that the nail on your smallest finger grows slower than the rest of your fingernails. When it comes to your feet, your big toe's "great toenail" grows faster than the rest of your toenails . And for another fact that may influence your grooming habits, Here's What Happens When You Only Brush Your Teeth Once a Day .
 The researchers behind the nail growth study found that both kinds of nails tended to grow faster in men than they did in women, though the difference was fairly small. And for more helpful information delivered straight to your inbox, sign up for our daily newsletter .
 Another one of the factors the study linked to faster growth rates was age. Younger adults showed the fastest rate of growth, with it tapering off over time . The study also found that people who bite their nails, a common habit known as onychophagia, tended to have nails that grew faster than those that didn't. And for more on the habits you need to ditch when it comes to your body, check out 20 Surprising Ways You're Damaging Your Body .
 Things Your Nails Can Tell You About Your Health.
 September 17, 2020.
 The Body Part You Shouldn't Wash in the Shower.
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**get nails**

**1.** <https://getnails.ro/>

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**4.** <https://booksy.com/en-us/136540_get-nails-spa_nail-salon_134766_kissimmee>

Reviews.
 Reviews are no joke! Booksy values authentic reviews and only verifies them if we know the reviewer has visited this business.
 by Phong truong.
 Today I was 4 minutes late and I told another person that I have an app with Phoung at 4 pm, which I was told that he is having lunch. then I waited f...or 5 mins and owner came out and start yelling at me in front of everyone that I was late (4 mins) and I am rushing him!!! Never mind my appointment at 4 pm! After 4 years coming here they lost loyal customer who always on time except today but never mind the fact that every time I came ON TIME I had to wait for 20-30 mins for them to finish someone else !!! So you never know !!! This is unacceptable to treat your regulars this way!!!! Show more.
 by Phong truong Tuyen.
 Love my nails which were done by phong i love the thickness and shape of the nails and he was very kind and friendly and pretty fast. I am not sure th...e name of the man who did my feet but overall great place to go and will go again Show more.
 by Tuyen Phong truong.
 So i loved how my nails came out. However,i got my pedicure done by a lady named tuyen and that didnt end very well. Tuyen was kind in the beginning a...nd afterwards made a mistake in using another clients tools on my feet. When i called her out on it she tried to play it off and the man sitting next to her doing pedicures had to translate. She didnt place the used tools on the floor or in a bin. Instead she placed them inside of the drawer. The fact that she has my own tools laid out for my use and then proceeds to use another technicians tools is just dirty and careless. She was also rough after i spoke up. The next day I woke up with my left toe swolllen and there was pus coming out. I had to quickly jump into home remedies and remove the polish. This is my toe after i fixed the damage. You can tell the difference with the other toe thats fine and no pressure is put on the nail. I say...get your nails done...but skip the pedis or do them at home... Show more.
 by Phong truong.
 If I could give negative stars I would! I used to love this place. Was close to my house and had multiple co workers recommend it to me. I had an amaz...ing technician who was the owners wife. She ended up having to take care of family obligations and left the salon. Even though she had left and I moved further away I still stayed loyal. I eventually stuck with the owner Phong. He did great work and was a nice guy. Out of no where my appointments turned from pleasant experiences to feeling like I was a nuisance. I never asked for anything extreme but all of a sudden easy requests turned into oh I can’t do that. Pick something else. It also went from talking laughing the whole time to complete silence. Mistakes started happening. Getting annoyed if I asked him to fix something. Focused more on other clients then me who made appointments specifically for him. I also started noticing little extra charges here and there even though I LITERALLY get the same thing done each session. I don’t know if he was just taking on more than he can handle and was stressed but I travelled out of my way to these appointments and spent a lot of money. I always brought in referrals who would only go once and never go back because they would see the way I got treated. I just don’t understand how we went from amazing work to sloppy nails that look like my niece did them. I even said multiple times if you don’t want my business then just say so. Fast forward to a week ago I sign in to Booksy to book my next appointment since I’m going out of town on vacation and it keeps telling me there is something wrong to try to book another service. But yet when I sign into my iCloud email it works just fine. The owner ended up blocking me from booking further appointments. No heads up, no communication, no reasoning! I’ve never given any problems before. I sit down show the design I would like, try to ask about the fam, and listen to my music. In and out. So why the hell am I getting blocked? DO NOT UNDER ANY CIRCUMSTANCE WASTE YOUR MONEY HERE. You’ll get rushed in, half fast work, price gauged, and rushed out. Not worth your time or your money. After 3 straight solid years as a client I will never go back again! I don’t need to put up with the toxic unwelcoming environment taking my hard earned money! Show more.
 About us.
 Get Nails and Spa is our relaxing, tranquil space, where we offer services designed to help people fully destress. Some of our customized treatments include the Peppermint Pedicure, the Flare Eyelashe...s Extension, UV Gel Topcoat, and Signature Nail Shapes. Our talented nail technicians are able to perform creative nail art, and our service list is stocked with a host of traditional treatments, such as gel polish, regular full sets, white tips, fill ins, crystal powder full sets, liquid gel fill ins, and SNS dipping.

**5.** <https://www.facebook.com/getnailsspa/>

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**6.** <https://www.facebook.com/GetNails.net/>

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**7.** <https://www.groupon.com/biz/atlanta/get-nails>

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 For the best nail jobs around, you'll want to travel to Get Nails's beautiful salon in Atlanta. The nail technicians at this salon can buff, clean and polish your nails to perfection.
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 Strengthen your nails and maintain your overall nail health with a specialized nail treatment from this nail salon. A wide variety of fresh, fun nail polish hues are offered at this salon. Walk-ins are more than welcome. This salon is waiting for you now. If a trip to the ATM isn't on the agenda, visitors have the convenience of paying by major credit card. There's no better way to care for your nails than with a professional treatment from Get Nails so schedule an appointment today.
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**8.** <https://getnaildspa.com/>

Sheera M.
 "I love this place. I don't like to get nailed anywhere else! The staff is great and the atmosphere is perfect ".
 Breanna S.
 "I just moved back from LA and never had a problem finding a nail salon that had reasonable prices and that did a great job. I have been searching for a while now for a place that did acrylics how I like them (I am really particular about my nails). So when I found Get Nail'd and actually tried them out, I was pleasantly surprised that I had found a place I liked. ".

**9.** <https://getnaildnailspa.com/>

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**10.** <https://www.pinterest.com/pin/nails-get-nails-acrylic-nails--356065914268804771/>

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**how to make your nails grow overnight**

**1.** [https://www.medicinenet.com/how\_do\_you\_make\_your\_nails\_grow\_overnight/article.htm#:~:text=Olive oil penetrates the nail,and leave them on overnight.](https://www.medicinenet.com/how_do_you_make_your_nails_grow_overnight/article.htm#:~:text=Olive%20oil%20penetrates%20the%20nail,and%20leave%20them%20on%20overnight.)

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**4.** <https://womensbeautyoffers.com/tips-for-nail-growth-naturally/>

Process to apply.
 Nail care is important to make your hands look good and flawless. Healthy nails are not the only result of good eating, but hardcore maintenance as well. With regard to dealing with growing nails, nail trim isn’t the main alternative. Nails care must be done consistently. You can attentively go with the below basic tips daily:.
 Nail care is an important step in keeping your hands looking their best. Nail polish removers are an essential part of any nail care routine, and there is a variety of them available on the market. From acetone-based to non-acetone removers, each type has its own benefits in terms of nail care. Acetone-based removers are the most effective at removing polish, but they can also be tough on nails and skin. For this reason, many people prefer to use non-acetone removers, which are less likely to cause damage to the nails. However, non-acetone removers may not be as effective at removing polish.
 When it comes to taking care of your nails , getting a manicure is not the only option. In fact, you must take care of your nails on a daily basis. Does vaseline help your nails grow ? is vaseline good for your nails ? Yes in this article you can read how to grow your nails with vaseline.
 Take a look on Nail Growth.
 Olive oil is the best option for your glowing nails. It will keep your nails healthy, glowing and attractive.
 Coconut oil.
 Coconut is the king of all natural oils. Its uses and benefits are numberless. It is very helpful in growing nails naturally. Just follow the below steps:-.
 Mix 1/4 cup of organic coconut oil, 1/4 cup of honey and 4 drops of rosemary essential oil.
 Warm the solution in the microwave for 20 second.
 Soak your nails in it for 15 minutes.
 Orange juice.
 Orange juice is another best natural remedy for beautifying your nails.
 Soak your nails in fresh orange juice for 10 minutes.
 Rinse them off with warm water, pat dry and apply some moisturizer.
 Lemon juice.
 Slightly heat the solution in microwave.
 Vaseline.
 Oil Jelly, ordinarily known as Vaseline, is one of those effectively accessible items that can tackle your nails softly and diligently.
 Step 1- Wash your hands.
 Step 2- Apply Vaseline entirely on your nails.
 Step 3- Rub, rub!! At least for 3-5 minutes let it absorb completely.
 Step 4- Wash it, till the Vaseline off.
 Growing your nails naturally, with the help. Of Vaseline, is the best home cure? The process is indeed unique and transforms your nails for good. By this cure, you will get long nails within a week or two of its usage.
 Here are another few tips for nail care provided by nail salons near me expert .
 Soak nails in warm olive oil for 20 minutes for harden nails.
 To remove stains from your nails, mix one tablespoon of lemon juice in a cup of water and soak your nails in this for a few minutes.
 It is not a good idea to remove the cuticles from your nail, as it will make the susceptible to infection.
 If you use nail polish then don’t use acetone polish removers.
 Avoid using harsh nail polish.
 Use Biotin or vitamin B7, is crucial to maintain protein production and can help strengthen weak or brittle nails. Since your nails are made of protein, L-Lysine supplements can be taken to help build healthy proteins and help maintain healthy nails.
 For strong nails soak them in a mixture of horsetail.
 Similar to how trimming your hair regularly is good for its health, the same goes for your nails.
 Take a nail cutter and cut them neatly.
 Choose from a range of hand creams, cuticle oil/creams or moisturizing oils that will help keep your nails and cuticles shiny and healthy.
 Vaseline for long nails growth is best home remedy. Here fastest nail growth remedy overnight. by this remedy you will get long nails natural. its a very safe long nails tips.
 Vaseline is a great method to keep them saturated. Back rub it into the nails to get the blood flowing, and in the event that you have truly dry and harmed nails, put on a couple of gloves in the wake of applying the Vaseline to secure in the dampness (many prescribe doing this before bed and laying down with gloves on).
 Vaseline can be a difficult clingy magnificence arrangement. You should altogether wash it off numerous occasions. It is prescribed to utilize little amounts of Vaseline for all designs, be it hair, skin or nails.
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 Beauty.
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 3 years ago.
 First of all, Nails are also another part of the body so you need a balanced diet to grow healthy nails. Also, you need to very careful about some things. Here are some dos and don’ts for healthy nail care.
 It’s truly very difficult in this busy life to listen news on Television, therefore.
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 Thanks so much for providing individuals with such a remarkable opportunity to discover important secrets from here. It’s always so good and also jam-packed with a good time for me and my office mates to visit the blog particularly 3 times every week to study the new items you have got. Not to mention, we’re always pleased with all the mind-boggling solutions served by you. Selected 2 ideas on this page are essentially the finest I have ever had.
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**5.** <https://www.pinterest.com/pin/370069294352269250/>

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 Grow Long Nails.
 How to get longer nails naturally overnight! RESULTS COME QUICKLY... 1. 1 1/4 cup water in bowl 2. 5 drops of olive oil 3. 3 pinches of salt 4. Mix with a toothpick 5. Dip nails… .
 How to get longer nails naturally overnight! RESULTS COME QUICKLY... 1. 1 1/4 cup water in bowl 2. 5 drops of olive oil 3. 3 pinches of salt 4. Mix with a toothpick 5. Dip nails in for 40-80 minutes 6. Wash hands thoroughly with soap 7. You will see results overnight.
 More information.
 How to get longer nails naturally overnight! RESULTS COME QUICKLY... 1. 1 1/4 cup water in bowl 2. 5 drops of olive oil 3. 3 pinches of salt 4. Mix with a toothpick 5. Dip nails in for 40-80 minutes 6. Wash hands thoroughly with soap 7. You will see results overnight.

**6.** [https://medium.com/@lisianacarter/how-to-make-your-nails-grow-faster-overnight-cedecd7a3023](https://medium.com/%40lisianacarter/how-to-make-your-nails-grow-faster-overnight-cedecd7a3023)

As a blogger of all things beauty, how to maintain and grow healthy nails is a secret within itself.
 For me, it’s a necessity to have my nails done and presentable at all times, as I feel it to be a reflection of myself. Not only is growing healthy nails a challenge, but being able to keep your polish fresh is yet another obstacle that goes hand in hand with nail maintenance.
 To boost your confidence in this article, trust, that I have tried it ALL. From gel nails, to shellac, to dip nails, and of course the original acrylic nails which have all affected the growth and preservation of my nails.
 With each and every one of these techniques you risk the health of your nails, much of the time these cause nail breakage , splitting and may even put a hinder on their growth. No fear, I’ve compiled some of the best kept secrets when it comes to maintaining or acquiring long and healthy nails.
 First and foremost, let’s review what NOT to do so that your nails have an actual chance of growing. Although these may seem like common sense, some people get into the habit and don’t realize that these are the reasons your nails are not growing!
 DO NOT BITE THEM!
 Hello! You cannot expect to have strong nails if you are literally biting them all day long. Kick that habit to the curb ASAP! Secondly, no matter what you are putting on your nails whether it be gel, acrylic, or just regular nail polish, use a base coat! This will protect the top layer of your nails from your nail polish. Finally, and I must say I am super guilty of this, peeling and chipping off your nail polish. This is so hard for me! Especially when I have gel on my nails and I get even small chip, I just start picking at it and end up removing all of the gel.
 Ahh! I know this is terrible for my nails and I’m basically pulling off the layer of my nail along with the gel polish. So take it from me, don’t do it. I know I’m basically shooting myself in the foot, and then wonder why my nails aren’t growing.
 Now, on to the good stuff, what can you do to grow your nails, and fast! In all of my research the number one aspect to making this happen is hydration and conditioning. I repeat, you must hydrate your nails and the dry cuticle around it for the best results in growing strong nails. Whether you are using natural or supplemental remedies, this remains a constant factor.
 How exactly do I “hydrate” my nails you ask?
 There are several ways to approach this but the first one, is as easy as just taking your vitamins and committing to a healthy diet. I’m sure you have heard of Biotin for hair, skin and nail growth.
 Biotin, which is a B vitamin, is important for energy metabolism can be consumed in a supplement or can be found in foods such as cauliflower, salmon, and avocado.
 avocado.
 Folic acid which is a B9 Vitamin is necessary for cell growth. This vitamin can be found in leafy green vegetables and citrus fruits. Next, Vitamin A which is a powerful antioxidant and known for building strong bones and can be found in milk, carrots, and liver. Lastly, Vitamin C which is great at combating bacteria is another source of antioxidant. This vitamin will need to be taken in a supplement form or from foods such as oranges, blueberries, and strawberries as it is not naturally produced by the body. So basically if you make sure to take a great multivitamin which consists of these vitamins and make sure to eat a healthy diet, this will already contribute to helping you grow nails that are shiny and strong.
 Another helpful diet tip is to add protein to your everyday intake in foods such as eggs, beans, and oats which will prove essential to strengthening and thickening your nails.
 There are other avenues you can take additionally to move the process along even faster. Although these are not as easy as just popping a pill or grabbing a salad, just like anything you may want to accomplish, they take a bit more effort and consistency.
 Lemons which contain tons of vitamin C can help grow your nails. Warm a combination of lemon juice and olive oil to then soak your nails in for about ten minutes. You can also just rub lemon slices on your nails for about five minutes and then rinse with warm water.
 Coconut oil is another nourishing element that can hydrate the nails and the skin around the nails. Simply warm up some extra virgin coconut oil and massage into your nails and fingers in circular motions which will also promote growth.
 coconuts.
 Like I mentioned before, oranges are a vital form of vitamin C and can also produce collagen to bring about growth. Squeeze some oranges into a bowl and soak for about ten minutes.
 Don’t forget to moisturize them afterwards . Finally, olive oil which contains vitamin E can improve blood circulation and enhance the nourishment of your nails. You can massage or soak your nails in warm olive oil as a best practice. These should all be done on a daily basis to be able to see the best results possible. Consistency, consistency, consistency!
 Now let’s do a quick review to make sure you take full advantage of the best kept secrets when it comes to nail growth. Avoid biting your nails and peeling off any of your polish. Make sure you protect your nails by applying a base coat before any kind of nail gel or polish.
 Take your vitamins! Especially Biotin which is specifically made to promote the health of your nails. Finally if you really struggle with nail growth, hydrate your nails daily with quick and easy remedies such as soaking in coconut oil or massaging with olive oil. I hope this article serves as great guide to helping your nails grow as soon as overnight! Would love to hear your feedback on how these tips and tricks worked for you!
 Sarah Williams.
 Mind Cafe.

**7.** <https://www.makeupmuddle.com/how-to-grow-your-nails-overnight-with-vaseline/>

16/10/2022.
 There are a lot of beauty tips and tricks that circulate the internet, and it can be hard to determine which ones actually work. One such tip is how to grow your nails overnight with Vaseline petroleum jelly.
 Does Vaseline help with nails growth? Or is this just another beauty gimmick? I’m going to explore the truth behind this claim and discuss whether using Vaseline can help you achieve longer, stronger nails, or if it’s just a gimmick hack.
 Vaseline is a petroleum jelly that has been used for over 140 years to help heal dry skin and protect minor cuts and scrapes. It’s made from 100% pure petroleum jelly, which is a by-product of the oil refining process.
 The main ingredient in Vaseline is mineral oil, which is also used in baby oil, some makeup products, and even in food preparation (like salad dressings).
 How Does Vaseline Petroleum Jelly Work?
 Ever wondered how Vaseline petroleum jelly works? This sticky substance has a wide range of uses, from lubricating door hinges to soothing dry skin. But what exactly is it, and how does it work?
 Vaseline petroleum jelly is made from a type of oil known as petroleum. This oil is extracted from the ground and then purified to remove impurities.
 The resulting product is a thick, translucent gel that contains a mix of hydrocarbons. When this gel is applied to the skin, it forms a barrier that helps to lock in moisture and protect the underlying tissue.
 In addition to its moisturizing properties, Vaseline petroleum jelly can also help to heal cuts and bruises. The hydrocarbon molecules in the gel help to speed up the healing process by promoting the growth of new skin cells.
 Vaseline petroleum jelly can also be used to treat conditions like psoriasis and eczema. There are a lot of uses for Vaseline, so it’s a great product to own within your beauty / first aid kit.
 Though it is commonly used as a lip balm , Vaseline can actually be used for a variety of beauty purposes. For example, it can be used to create a smoothing hair mask .
 Simply apply a generous amount of Vaseline to dry, damaged hair and cover with a shower cap. Leave the mask on for 30 minutes, then shampoo and condition as usual.
 You can also use Vaseline to tame flyaways and create sleek, glossy waves. Just apply a small amount to your hair, focusing on the ends. Another use for Vaseline is as a cuticle cream. Rub it into your cuticles before bedtime, then put on a pair of cotton gloves and leave them on overnight.
 In the morning, your cuticles will be softer and more manageable. Finally, Vaseline can also be used as an eyebrow gel. Apply it with a clean mascara brush to help keep unruly brows in place.
 How Can Vaseline Help Your Nails And Cuticles?
 If you’re looking for a simple, inexpensive way to improve the look and health of your nails, try using Vaseline. Applying a thin layer of Vaseline to your nails and cuticles, instead of your usual cuticle oil, can help to lock in moisture, prevent nail beds from drying out, and stop cuticles from becoming brittle and breaking.
 In addition, Vaseline can help to protect your nails from damage caused by exposure to harsh chemicals or detergents. And if you’re worried about your nails looking greasy, don’t be – a little Vaseline goes a long way, and it will quickly soak into your nails without leaving any residue behind.
 Can Vaseline Make Your Nails Grow?
 Anyone who has ever had to deal with brittle, dry nails knows the importance of keeping them healthy and strong. But what is the best way to achieve this? Many people swear by the use of Vaseline aka petroleum jelly, but can you use Vaseline for nail growth.
 The answer is a bit complicated. Vaseline does not actually stimulate nail growth, but it can help to improve the condition of the nails, which will then lead to more healthy nail growth. Vaseline can help you to get strong nails, and is a great way to keep your nails healthy, if you apply it regularly to your nails.
 The reason for this is that Vaseline helps to seal in moisture, preventing the nails from becoming dry and damaged. In addition, by applying Vaseline on nails, it provides a protective barrier against the harsh elements, keeping nails healthy, and looking shiny.
 So while Vaseline may not be able to help with the growth of nails, it can certainly help to improve their condition, so your nails will look better when wearing nail polishes.
 How to Make Your Nails Grow Overnight?
 While there’s no magic solution for making your nails grow overnight, there are a few things you can do to encourage healthy growth. Start by keeping your nails clean and well-trimmed. This will prevent dirt and bacteria from building up under your nails, which can cause them to become weak and break.
 Be sure to moisturize your nails and cuticles regularly. This will keep them supple and prevent them from drying out and breaking. Finally, try taking a biotin supplement, which is known to promote healthy nail growth. If you follow these simple tips, you should see a noticeable difference in the health of your nails in no time.
 If you are tired of your short, brittle nails and are looking for a way to make them grow faster, you may want to try using Vaseline. Vaseline is a type of petroleum jelly that can help to nourish and moisturize your nails .
 Simply apply a bit of Vaseline to your finger nails before going to bed and cover them with a pair of cotton gloves. In the morning, remove the gloves and wash your hands with soap and water.
 You should see a noticeable difference in the strength of your finger nails within a few days. The stronger your finger nails are, the longer they’ll grow, so rubbing your nails with Vaseline as part of your skin care routine, will actually help to grow your nails.
 Additionally, you can use Vaseline to prevent your nails from becoming chipped or peeled. By applying small amounts of Vaseline to your nails every day, you can encourage healthy growth.
 Summary.
 Does Vaseline help nails grow? Vaseline can be a great way to improve the look and condition of your nails. It can help to lock in moisture, prevent nail beds from drying out, and stop cuticles from becoming brittle and breaking. Additionally, it can provide a protective barrier against the harsh elements.
 While Vaseline may not actually stimulate nail growth, it can help to improve the condition of the nails, which will then lead to more healthy nail growth. Simply apply a small amount of Vaseline to your nails before going to bed and cover them with a pair of cotton gloves. In the morning, remove the gloves and wash your hands with soap and water – it really is that easy!
 Makeup Muddle.
 Hi, my name is Gemma, and I’m the owner of MakeupMuddle.com. I’m a true beauty obsessive, and love writing about anything to do with beauty. In addition to Makeup Muddle, I also own GemmaEtc.com, and love sharing my thoughts and feelings about the greatest (and not so great) beauty products!

**8.** <https://www.makeupmuddle.com/how-to-make-your-nails-grow-overnight/>

16/10/2022.
 If you’ve been wanting to know how to make your nails overnight, today I’m going to be sharing some top tips with you. Talking you through how long nails take to grow, and what things you can do to accelerate your nail’s growth cycle.
 What are the most common causes of brittle nails?
 While there are no guarantees when it comes to growing fingernails, there are certain things that you can do to encourage growth. For example, keeping your nails clean and well-moisturized is important for maintaining healthy nails.
 In addition, avoid using nail polish or other treatments that can dry out your nails. If your diet is lacking in certain nutrients, such as biotin, this could also impact the health of your nails.
 Taking a supplement may help to improve the condition of your nails. Finally, try to resist the urge to bite or pick at your nails , as this can damage the nail bed and slow down growth. By following these tips, you should be able to see an improvement in the rate of growth for your fingernails.
 Most people know that our hair and nails are made of the same protein, keratin. What many people don’t know is how fast these proteins can grow.
 Depending on the person, fingernails grow anywhere from 2.5 to 4 millimeters a month, and toenails grow even slower at about half that speed. The rate of growth is determined by age and health, with nails growing fastest in teens and gradually slowing down as we age.
 Nails also tend to grow faster in the summer than in the winter. Interestingly, pregnancy can also lead to faster nail growth due to changes in hormone levels. While our fingernails may not grow as fast as our hair, it’s still amazing to think about how quickly they can grow given the right conditions.
 Do toenails grow as quickly as fingernails grow?
 While both toenails and fingernails are made of keratin, a type of protein, they grow at different rates. Fingernails grow an average of 3.5 millimeters per month, while toenails grow about half as fast, at 1.6 millimeters per month.
 The slower growth rate of toenails is largely due to the fact that they are located further from the heart than fingernails, and blood flow plays an important role in nail growth.
 In addition, toenails are subject to more trauma than fingernails, which can also impact their growth rate. However, there is some variation in how fast nails grow from person to person.
 So it is possible for someone’s toenails to grow faster than their fingernails. Ultimately, whether your toenails or fingernails grow faster will depend on a variety of factors.
 What effects the speed of which our nails grow?
 For many of us, the speed at which our nails grow is a source of frustration. We want them to grow faster when they’re damaged, and slower when they’re becoming inconveniently long.
 But what actually affects the speed of nail growth? Contrary to popular belief, diet has little effect on nails. Factors like age, gender, and health are thought to play a role, but the evidence is inconclusive.
 The most likely explanation is that nails grow more slowly in winter because of the lack of exposure to sunlight.
 This theory is supported by the fact that people who live in areas with less sunlight tend to have slower-growing nails.
 Have you ever wondered how much your nails grow overnight ? Although it may not seem like much, the average person’s nails grow at a rate of about 0.1 millimeters per day.
 This means that, on average, your nails will grow about 2-3 millimeters in length every week. However, this number can vary depending on factors such as age, diet, and health.
 For example, infants and children have faster nail growth than adults, and nails tend to grow more quickly during the summer months. furthermore, certain nutrients are essential for healthy nail growth, including proteins, vitamins A and C, and iron.
 How to make your nails grow overnight?
 If you’re looking for a quick fix, there are a few things you can do to help your nails grow overnight. Start by massaging your nails and cuticles with a nourishing oil.
 After applying your choice of cuticle oil, or warm olive oil , you can then slip on a pair of cotton gloves, and wear the gloves overnight. Not only will this intensely nourish your hands, it’ll help boost your nail health too.
 By using a cuticle oil, it will improve circulation and promote nail growth, and blood circulation. You can also try soaking your nails in a solution of warm water and lemon juice.
 The acidic lemon juice will help to soften your nails, making them easier to shape. Finally, make sure you’re eating plenty of foods that are rich in protein and biotin, to prevent brittle nails.
 These nutrients are essential for healthy nails, so they’re worth including in your diet even if you’re not trying to achieve rapid nail growth . With a little bit of care, you can have the long, strong nails you’ve always wanted.
 One of the most frustrating beauty problems is brittle nails. There are many possible causes of this condition, but some are more common than others. One relatively common cause of brittle nails is a deficiency in nutrients like biotin and vitamin C – so try drinking orange juice, to keep your nails healthy.
 When the body doesn’t have enough of these key nutrients, it can lead to dry, weak nails that are prone to breakage. Another possible cause of brittle nails is exposure to harsh chemicals or detergents.
 Over time, these substances can strip away the natural oils that protect the nails, leading to dryness and brittleness. Finally, certain medical conditions like psoriasis and thyroid problems can also cause brittle nails.
 If you’re struggling with this issue, it’s important to talk to your doctor to rule out any underlying health problems. With a little trial and error, you should be able to find a solution that works for you.
 While it varies from person to person, it usually takes around six to eight weeks for natural nails to grow back completely. The nail grows from the base, which is called the matrix .
 The matrix is made up of living cells that produce keratin, the protein that makes up the nails. When the nail is damaged, these cells are also damaged. It takes time for the cells to repair themselves and for the nail to grow back.
 In some cases, nails may not grow back properly if they are severely damaged or if the matrix is permanently damaged, but you might just get a slow growth of nails instead. Using nail hardeners can help to recover damaged nails, and quicken the recovery process.
 Summary.
 How to grow your nails overnight? Toenails grow at a slower rate than fingernails because they are located further from the heart and are subject to more trauma. The speed of nail growth is also affected by age, gender, and health. On average, nails grow about 2-3 millimeters in length every week.
 You can help your nails grow overnight by massaging them with oil, soaking them in lemon juice, and eating foods that are rich in protein and biotin. It usually takes about six to eight weeks for a fingernail to grow back completely.
 Makeup Muddle.
 Hi, my name is Gemma, and I’m the owner of MakeupMuddle.com. I’m a true beauty obsessive, and love writing about anything to do with beauty. In addition to Makeup Muddle, I also own GemmaEtc.com, and love sharing my thoughts and feelings about the greatest (and not so great) beauty products!

**9.** <https://naildesigncode.com/how-to-grow-nails-overnight/>

You are probably wondering, is it really possible to make your nails grow faster overnight? Many of us have stayed awake for hours at night, wondering the answer to this question. Nails are often the casualty of being bitten off under stress.
 So pretty soon, many women find themselves in a position where a party is due the next day, and they are left with stubby nails. Let us explore the various ways to extricate yourself from this difficult situation. .
 How to Make Your Nails Grow Overnight?
 It should be understood that accomplishing anything bodily overnight is quite impossible. Every cell in the body takes its own time to grow and repair itself.
 So, there are limitations on how fast they grow on a particular day. This is dependent on a number of factors such as the existing state of the body in terms of medical conditions, age, and to some extent, the environmental scenario.
 Olive oil has a deeply moisturizing effect. Additionally, it is also a source of Vitamin E, which helps in improving blood circulation and encourages the strengthening and growth of nails.
 If you want to make your nails grow faster, you can gently massage warm olive oil onto the nails and also under them for 5 to 10 minutes. The massaging actions improve blood circulation and further contribute to the increased growth of nails .
 Alternatively, you can soak your nails in a mixture of warm water, olive oil, and salt for around 15 to 20 minutes. After both kinds of treatments, it is preferable to wear cotton gloves to allow the oil to seep in and soften the nails and skin around it.
 Once, daily, you can soak your fingertips in freshly squeezed orange juice for around 10 minutes. You can rinse off the juice with warm water and dab the nails dry using a clean cotton cloth. Finish off by applying a moisturizer.
 The OJ is rich in Vitamin C and folic acid, which helps in the building of collagen and thus strengthens the nails, helping them grow.
 Coconut oil is just as effective as olive oil in helping the growth of nails. Before going to bed each night you can massage some coconut oil on your fingertips for roughly 10 minutes. This improves blood circulation, relaxes the muscles and softens the cuticles.
 Alternatively, you can create a solution of equal measure of coconut oil and honey, and a few drops of rosemary oil. You can heat this mixture slightly and dip your fingertips for about 15 to 20 minutes.
 Lemon is a natural source of whitening. Also, lemon juice is full of Vitamin C , which is vital for the growth of bones, nails, and hair. Instead of consuming lemon juice, it is a good idea to simply rub lemon on the fingertips.
 You can then wash off the juice using warm water. Finish the treatment by soaking away the water and applying a mild moisturizer.
 Alternatively, you can make a concoction of lemon juice and olive oil in the ratio of 1:3, heat it slightly and then dip your nails in this mixture for about 15 minutes.
 Among all vitamins that are consumed by the body, none works as efficiently towards nail growth as Biotin . It is freely available in a variety of food like carrots, cauliflowers, salmon, eggs, oats and many others.
 Alternatively, you can supplement Biotin by way of pills, but only under medical supervision. Improved biotin content in the body encourages the healthy growth of nails and hair.
 Cysteine is an amino acid that’s essential to healthy nails. This amino acid makes the protein found in hair, skin, and nails. Cysteine also makes collagen, which improves skin texture. .
 Eating Cysteine enriched food regularly may keep your nails looking their best. This amino acid is in many regular meals. Chicken, turkey, beans, and yogurt are all sources of cysteine.
 7. Apple Cider Vinegar.
 Apple cider vinegar has several health benefits, including promoting healthy nails. The liquid has natural anti-fungal properties, which treat fungal bacteria that might stop nail growth.
 Apple cider vinegar is acidic, while the fungal sites are alkaline. So apple cider vinegar ends up neutralizing the area before fungi can develop.
 Create a mixture of half-warm water and half-apple cider vinegar. Soak your hands in this solution twice daily. Then pat your hands dry with a towel. .
 8. Garlic.
 Garlic is a natural source of selenium, a mineral that encourages nail growth. Based on your preference, use minced garlic or make garlic oil to massage into your nails. .
 To make garlic oil, put minced garlic in a pot of olive oil. Add heat but make sure not to let the oil boil or smoke. Then strain the oil to remove any solid garlic left. .
 Folate is another B vitamin, like biotin, that can strengthen your nails. Folate is also called vitamin B-9 or folic acid. Folate helps cells grow and function. Besides supplements, you can find high amounts of folate in kale, asparagus, spinach, green peas, and avocados. .
 10. Vitamin A.
 Vitamin A includes organic compounds that revitalize skin and nails, such as retinol. Skin care products often feature this vitamin, although it’s better to consume Vitamin A than apply it to your skin.
 Studies show that Vitamin A products can make your skin more sensitive to the sun and bright light. Eat sweet potatoes, pumpkins, mangoes, and carrots to increase your Vitamin A intake. .
 11. Zinc.
 Add more zinc to your diet and you will see results. Zinc accelerates cell growth and reproduction. Quicker cell reproduction in your nails means that they can grow longer. . .
 How Can You Grow Your Nails Fast with Food?
 Growing your nails with food is simple. The best foods for nail growth are those which are antioxidant-rich, such as eggs, salmon, flaxseed, and grapefruit.
 These foods contain several vitamins and minerals mentioned before, like biotin, vitamin C, and folate. Add more of these foods to your diet, and you will see results in no time. .
 Below, you can find answers to questions you still might have. .
 Can you grow your nails overnight with Vaseline?
 Vaseline is not a proven catalyst for nail growth. However, Vaseline can add more moisture to nails, which can help nail growth in a roundabout way. . .
 How much do nails usually grow overnight?
 Fingernails grow half of a millimeter every day on average. This statistic can appear to dash your dreams of growing long nails quickly. But these millimeters add up, and with the proper treatment, your nails will thrive. . .
 Can you grow your nails fast with toothpaste?
 This home remedy has some truth to it. Some toothpaste contains calcium and silica, which encourage nail growth. But putting toothpaste on your nails does not come with security. . .
 Does salt water make nails grow faster?
 Saltwater can improve nail health, but no studies have proved salt water accelerates nail growth. The salt in the water can strengthen nails, and the water can soften cuticles. But putting your fingernails in salt water does not directly make them longer. .
 Is it possible to grow long nails overnight? The answer is No. But with healthy food diets and daily habits, along with these mindful ways of taking care of the nails , it is certainly possible to accelerate their growth in the short to long term.
 Naima Ferdous.
 Naima is a fashion enthusiast with a Marketing degree who also happens to be very much into digital marketing! She is always constantly on the lookout for new nail trends and styles. In her free time, she enjoys spending time with her peers, reading, and watching series, and movies.
 How to | Nail Care.
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**10.** <https://www.quora.com/How-does-Vaseline-help-your-nails-grow-overnight>

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**how to grow long nails fast**

**1.** <https://www.healthline.com/health/beauty-skin-care/how-to-make-your-nails-grow-faster>

Bottom line.
 We include products we think are useful for our readers. If you buy through links on this page, we may earn a small commission. Here’s our process.
 Fingernails are made of many layers of a hard protein called keratin. Your fingernails are an important indicator of your overall health.
 Healthy nails should be smooth and hard, free of any dents or grooves, and consistent in color.
 If your nails grow slower than average and you’d like them to grow faster, there are several home remedies and grooming techniques that may help.
 Home remedies for nail growth.
 There is no scientifically proven method for making nails grow faster. But taking good care of your body through proper nutrition and using the following tips to strengthen your nails can help them grow strong and long over time.
 1. Take biotin.
 Biotin is an important type of B vitamin that allows the body to turn food into energy. It’s also highly recommended as a supplement to help boost the strength of hair and nails.
 Some scientists.
 say a dose of 2.5 milligrams of biotin daily can improve nail strength in just a few weeks. Biotin can be found naturally in:.
 Nail softness makes nails more prone to breaking, which increases the need for nail regrowth. To prevent nails from breaking, experts normally recommend nail hardeners. These are substances that get painted onto nails like a polish and are later removed with nail polish remover.
 experts say.
 Shop for nail hardener online .
 Researchers.
 have found that regular use of glue-on artificial nails can weaken real nails and make them more prone to breaking. The better option is to paint your nails with nail polishes that have little or no toxic chemicals, such as:.
 Regular nail grooming can also help boost the strength of your nails, encouraging growth and reducing breakage. Some ways to keep your nails well-maintained include:.
 keeping your nails dry and clean, which keeps bacteria from growing beneath them.
 using sharp manicure scissors or clippers to trim your nails straight across, and then using them to round the tips of your nails into a soft curve.
 moisturizing your hands and nails with a lotion, making sure to rub it into your fingernails, especially at the base where the cuticles are located.
 What causes unhealthy nails?
 slow-growing nails.
 Slower growing nails come with age but can also be a sign of illness or nutritional deficiency. They can even be caused by some medications.
 Hormones also play a role in driving nail growth. Younger people tend to have faster growing nails than older people, and men and pregnant women tend to experience faster nail growth than others. In healthy adults, average fingernail growth is about.
 3.5 millimeters per month.
 The bottom line.
 Your nails are a reflection of your overall health. It’s important to stick to a healthy diet if you want strong, fast-growing, healthy nails. That involves eating a well-balanced diet full of fresh fruits and vegetables, lean sources of proteins, an adequate amount of carbohydrates, and plenty of healthy fats.
 However, sometimes nails need a little help getting healthier and stronger. That’s where home remedies can help. Remember, you can’t get your nails to magically grow faster. But if you take care of them, they’ll grow stronger and last longer, making them less prone to breakage.
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 Medically reviewed by Cynthia Cobb, DNP, APRN, WHNP-BC, FAANP.
 What are your nails made of? Are they really dead? If they're actually dead, how do they grow? Find out the answers to these questions and more.
 Medically reviewed by Alana Biggers, M.D., MPH.
 Normal, healthy nails appear smooth and have consistent coloring. As you age, you may develop vertical ridges, or your nails may be a bit more brittle.
 Medically reviewed by Karen Cross, FNP, MSN.
 Painting your nails can feel good. But for some people, the benefits of a DIY mani are outweighed by the time required for the polish to dry. While it….
 Medically reviewed by Carissa Stephens, R.N., CCRN, CPN.
 For best results, you should see a doctor as soon as possible to have your subungual hematoma drained. Let's look at the timeline for healing:.
 Medically reviewed by Carissa Stephens, R.N., CCRN, CPN.
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 Blau syndrome is a rare disease that causes arthritis symptoms, like pain and form changes in the joints, skin rashes and discoloration, and eye….
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 While sunscreen is important no matter the color of your skin, certain formulas are known to leave a white cast on dark skin. Here are great invisible….
 Medically reviewed by Cynthia Cobb, DNP, APRN, WHNP-BC, FAANP.
 Loofahs are a shower mainstay, but they can collect bacteria and harm the environment. We've got eight alternatives to try.
 The Best 8 Home Remedies for Cysts: Do They Work?
 Medically reviewed by Debra Rose Wilson, Ph.D., MSN, R.N., IBCLC, AHN-BC, CHT.
 The most reliable way to remove a cyst is to have your doctor do it. However, home remedies could help, like apple cider vinegar and tea tree oil.
 Medically reviewed by Debra Sullivan, Ph.D., MSN, R.N., CNE, COI.
 We tried 9 products that claim to stop itching and swelling. Here’s what really works, and what doesn’t.
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**2.** <https://www.byrdie.com/how-to-grow-nails-fast-4773958>

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 Erin Celletti has nearly 10 years experience, covering nearly all beats. Bylines include Byrdie, BRIDES, TeenVogue, Allure, TODAY Parents, HuffPost, Yahoo, and The Sunday Edit.
 LinkedIn.
 Evelyn Lim is a nail expert with more than 18 years of experience. She currently serves as the chief educator of Paintbox, a top nail studio in NYC.
 Twitter.
 Hallie Gould is Byrdie's senior editorial director. She has a decade's worth of experience as a writer and editor, and her bylines can be found in such publications as ELLE, Cosmopolitan, and InStyle.
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 Having short or brittle nails can be a huge pain—both literally and figuratively. Whether you're devastated about breaking a nail you've worked so hard to grow or have suffered some sort of nail trauma that is causing pain or discomfort, we know you want regrowth to happen, stat. And while Dr. Kathleen S. Viscusi tells us that increased trauma may actually speed up nail growth—breaking a nail triggers your body to send more blood and an influx of nutrients to the area to help repair it—that's not to say that you should intentionally break a nail to stimulate growth (phew).
 Instead, there are solutions to make your long-nail dreams come true—and they don't involve tips and overlays, either. According to Viscusi and nail expert Syreeta Aaron, with proper care, maintenance, and education you can be well on your way to achieving healthy nails, and in turn, nail growth.
 Syreeta Aaron is a LeChat Nails educator and professional nail artist.
 Acrylics may help you beat that nasty nail-biting habit but they can also do a number on your nails. "Avoiding nail enhancements prevents your nails from weakening, which also helps with less breakage and allows your nails to harden," explains Aaron. Also, protecting your nails from harsh chemicals—including popular nail polish remover ingredient, acetone—will keep nails healthy and moisturized. Opt for a non-acetone natural remover like Sign Tribe Remove and Chill Nail Polish Eraser Cream or a non-traditional option —you won't regret it.
 Shop.
 Keratin is not just a hair treatment—it's actually the main protein that makes up your nails. So taking a keratin supplement could help build strength and resiliency, much in the same way it works on your hair . Taking it orally or applying it topically as an oil may bring you one step closer to long and healthy nails.
 Apart from ingesting protein as a keratin supplement, you should also be incorporating food with protein into your diet. Not only is it important to eat the right amount of protein for your overall health and nutrition, but it can also affect your nails and the speed at which they grow. "Vitamins and eating healthy promotes better conditioning from within to help with the growth of your nails," says Aaron.
 Shop.
 Staying hydrated is an important part of any self-care routine—cuticles included. By using cuticle oil regularly, you'll avoid breakage and picking while simultaneously keeping your nails healthy and flexible, too. Dry nails will break and chip while well-moisturized ones will grow nice and long. "Keep in mind that it takes about 12 weeks for a nail to fully grow out from cuticle to tip. Healthy cuticles lead to healthy nails (as a healthy scalp leads to healthy hair)," comments Aaron.
 When we hear the word "grooming" our minds first jump to men's facial hair and Tom Hardy ; but, practicing good grooming is also key to having healthy nails. "Grooming nails on a regular basis may protect your nails from breakage," says Aaron. "When grooming your nails, you are removing dead skin and replenishing nutrients such as oil/moisture giving growth of your nails a better chance," she explains. Viscusi adds, "Frequent nail clipping can help stimulate circulation in the nail bed, and help nails grow.".
 Filing is also a part of nail grooming. If your nails are brittle, we recommend switching to a crystal nail file—a gentler alternative to your traditional emery board—to maintain their shape.
 Shop.
 In order for nails to grow long (without breaking), they need to be strong. Viscusi recommends applying a dermatologist-approved nail strengthener daily. Her pick? ISDIN SI-Nails. "This innovative formula has been clinically proven to help strengthen nails by increasing thickness, density, and durability of the nail and cuticle in just 14 days. SI Nails also promotes keratin and silicon in the nails to help improve growth specifically," she tells us. Meanwhile, Aaron likes IBX Nail Treatment. "There is a trio pack that includes repair, strengthener, and oil that completes for a great at-home manicure ," she says.
 When nails absorb too much water or are exposed to harsh chemicals they can weaken and become dry, which leads to breakage and cracks that stunt growth. So any time you're doing dishes or household chores be sure to protect your nails by wearing rubber gloves.
 Too Many Gel Manis? Here's How to Repair Damaged Nails.
 How to Use Vitamin E Oil For Shiny, Healthy Nails.
 How to Remove Dip Powder at Home (Without Ruining Your Nails).
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**3.** <https://www.cosmopolitan.com/style-beauty/beauty/a34124212/how-to-grow-nails-faster/>

Why We Can't Stop Cheating.
 The only process more annoying than growing your hair really, really long is trying to get your nails to do the same (grow, my bbs! GROW!). But, unlike the strands on your head, which grow roughly a quarter-inch to half-an-inch each month, your nails will probs only grow 2-3 millimeters in the same amount of time, says board-certified dermatologist Oma N. Agbai , MD. Which, uh, isn't exactly fast.
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 So what to do? Welp, sorry to be the party pooper, but aside from slapping on press-ons , there's no way to get longer nails in under an hour or even within a few days. Sorry, but unless you have a medical disorder affecting your nails (which only your doctor could tell you), there's not much you can do at home to help speed up the process. That doesn't mean you can't help encourage healthy nail growth, though—as long as you know what you're doing. And that's where I come in. Keep reading to find out the nine best tips for growing your nails.
 1. Load up nail-growing nutrients.
 Fun fact: "Poor nutrition has been shown to slow nail growth," says Dr. Agbai. The most important part of any routine is incorporating healthy foods into your diet so your body can get all the nutrients it needs to function at its best. "A balanced diet incorporating plenty of protein and a variety of fruits and vegetables is the key to maintaining healthy nails through nutrition," she explains. "Eating a variety of foods such as meat, fish, eggs, nuts, beans, and colorful fruits and vegetables can provide the nutrition needed to support healthy nail growth." Eat your veggies, and you might not even need the other steps on this list.
 According to Dr. Agbai, there actually has been some interesting research looking at treatments that can accelerate nail growth and improve the appearance of nails, and one has to do with collagen supplements. As Dr. Agbai explains it, a recent research study showed that taking bioactive collagen peptides by mouth once daily for 24 weeks can increase the rate of nail growth and decrease the frequency of broken nails as soon as four weeks into treatment. "This supports the concept that consuming adequate dietary protein is important for healthy nail growth," Dr. Agbai explains. But as is the case with any beauty supplement , talk to your doctor first before making any changes to your regimen.
 If you read our super-informative breakdown of nail supplements , you're well aware that another nutrient that could affect your nail health and growth is iron. To make your nails as strong as iron, you're gonna need, well, iron. If you're experiencing brittle, broken nails, pay a visit to your doctor to test your levels and see if you've got an iron deficiency that could be preventing you from reaching your long nail goals.
 Yup, you read that right. Dr. Agbai points to another research study that showed applying 5 percent over-the-counter minoxidil (which is an over-the-counter treatment commonly used for hair loss ) topically to the nails twice daily may increase nail growth as soon as the first week of application. "This may be due to increased blood flow to the nail caused by applying topical minoxidil," Dr. Agbai explains. "Increased blood flow can deliver more nutrients and oxygen to the nails, promoting healthy nail growth.".
 Are gel polishes inherently bad for your nails? No. But if you got fed up and picked yours off instead of removing gel nail polish the right way, your nails are probs the furthest from healthy. And guess what? You're gonna need to fix that if you want to grow them out any time soon. One way to restore your sad nails is with a nail hardener or nail-strengthening treatment . A key ingredient to look for is pantothenic acid, which studies show can help keep your nails flexible and less prone to breakage. If your nails could use a little reinforcement, try one of our favorites below.
 According to Dr. Agbai, even a lack of physical activity has been shown to slow nail growth. As long as you don't break a nail from lifting weights or going too hard in your boxing workouts, your sweat sesh could also improve the health and length of your nails. Who knew.
 7. Keep your nails clean and dry.
 Excessive moisture for prolonged periods (like getting all swampy inside a pair of gloves you've worn for hours) can increase the risk of infection, which, Dr. Agbai points out, can totally affect your nail growth. And if you thought growing out your nails was a painful process, you haven't experienced an infected one yet. Let's keep it that way.
 If you want to prevent your nails from snagging and tearing, you gotta keep those babies in tip-top shape. Always keep an emory board or a glass nail file nearby to avoid snags that'll set you back in your nail growth journey. Although you can definitely stick to whatever nail shape you prefer, Dr. Agbai says rounding your nails at the sides will help to improve nail strength and decrease breaking and chipping.
 Stop picking, biting, tearing—pretty much all of the "–ings" you're used to doing. Leave 'em alone or risk causing damage to the nail and the surrounding cuticle. Dr. Agbai explains that for nails to stay healthy, the skin on the surrounding cuticles need to be healthy as well. Oh, and the same goes for using your nails as a tool. Nails are for painting, not for opening cans.
 Newsletter.
 A Part of Hearst Digital Media Cosmopolitan participates in various affiliate marketing programs, which means we may get paid commissions on editorially chosen products purchased through our links to retailer sites.

**4.** [https://www.wikihow.com/Grow-Long,-Strong-Nails](https://www.wikihow.com/Grow-Long%2C-Strong-Nails)

Social login does not work in incognito and private browsers. Please log in with your username or email to continue.
 Arts and Entertainment Finance and Business Home and Garden Relationship Quizzes.
 HELP US.
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 Terms of Use.
 This article was co-authored by Lindsay Yoshitomi . Lindsay Yoshitomi is the nail artist behind the blog, Lacquered Lawyer. She was featured as one of Nail It! magazine’s “Bloggers You Should Know,” and has been on the cover of Nail Art Gallery Magazine. She has been practicing nail art for over 15 years.
 wikiHow marks an article as reader-approved once it receives enough positive feedback. This article has 103 testimonials from our readers, earning it our reader-approved status.
 This article has been viewed 2,331,819 times.
 Growing long and strong nails is a multi-step process. As long as you take good care of your nails, you can grow them to the length you desire. You need to start by making sure you stop bad nail habits. After that, taking appropriate vitamins and manicuring properly will help you grow long, strong nails.
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 Stop biting your nails. Biting your nails is detrimental to your health. Although a regular nervous habit for many, it can cause bacterial skin infections on your hands and in your mouth. If you have dry or loose skin around your nail beds, make sure to clip them away rather than biting them off. [1] X Research source.
 Chew gum when you’re bored. If you don't have access to gum, play with a small ball, coin, etc.
 Don't bite the skin around your nails. You may convince yourself that by only biting the skin around your nails, you're not actually harming the nail. This is false and will only cause your nails to weaken through the added moisture from saliva and make your nails prone to breaking.
 Choose one nail a week that you won’t bite. Gradually add more "no-bite" nails to wean yourself off of the habit.
 Consider talking to a therapist about anxiety, or something else that may be causing you to bite your nails, if your nail biting is severe.
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 Stop wearing acrylics and gels. Rushed removal of acrylic or gel nails leaves your nails dry, brittle, and unlikely to grow. Even proper removal can damage your nails because it occurs with soaked nail-beds. When your nail beds are wet, they are most sensitive. [2] X Research source.
 If you wish to get gel or acrylic manicures, try alternating. Get a traditional manicure between your gel or acrylic manicure.
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 Stop picking at your chipped polish. Picking at your polish often removes the top layer of your nail bed. This forms a weak base for your nails. [3] X Research source.
 {"smallUrl":"https:\/\/www.wikihow.com\/images\/thumb\/d\/dd\/Grow-Long%2C-Strong-Nails-Step-4-Version-4.jpg\/v4-460px-Grow-Long%2C-Strong-Nails-Step-4-Version-4.jpg","bigUrl":"\/images\/thumb\/d\/dd\/Grow-Long%2C-Strong-Nails-Step-4-Version-4.jpg\/aid811493-v4-728px-Grow-Long%2C-Strong-Nails-Step-4-Version-4.jpg","smallWidth":460,"smallHeight":345,"bigWidth":728,"bigHeight":546,"licensing":"<div class=\"mw-parser-output\"><p>License: <a target=\"\_blank\" rel=\"nofollow noreferrer noopener\" class=\"external text\" href=\"https:\/\/creativecommons.org\/licenses\/by-nc-sa\/3.0\/\">Creative Commons<\/a><br>\n<\/p><p><br \/>\n<\/p><\/div>"}.
 Stop skipping base coats and top coats. It is easy to skip base coats or top coats when you’re in a hurry and want your polish to dry fast. However, when you skip these, you’re damaging your nail. They protect your nails from staining; plus, they help the polish adhere to your nails, so that it chips less. If it chips less, you’re less likely to pick at it and further damage your nails.
 Carry pre-moistened nail polish remover packets in your purse for quick removal when your nails start to chip. This way, you won’t have to worry about picking at your nails.
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 Stop using your nails as tools. Peeling labels, scrapping glue, or unfastening a key ring are all things that can easily damage or break your nails. You might not even realize you’re doing it, but if you want to grow strong nails, you need to start to notice. Also try to keep your nails out of water for too long. This can soften the nail and make it weak and flexible.
 The best way to stop this is to slow down. Have scissors available, or another tool, to help you open, scrape, or peel anything you need during the day. Avoid doing activities that will cause your nail to bend. Keep clear nail polish on nails to avoid biting your nails.
 Lindsay Yoshitomi is the nail artist behind the blog, Lacquered Lawyer. She was featured as one of Nail It! magazine’s "Bloggers You Should Know," and has been on the cover of Nail Art Gallery Magazine. She has been practicing nail art for over 15 years.
 Our Expert Agrees: Avoid putting stress on your nails that can lead to breakage. For instance, if you pick off gel nail polish instead of soaking your nails, you're also removing some of the top layers of the nail, which weakens it.
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 Get plenty of Vitamin H (biotin). Biotin promotes the growth and strength of nails, hair, and skin. Aim to consume between 30 and 40 micrograms per day either through food or supplements. Whole grains, mushrooms, bananas, salmon, and avocado are all great sources of biotin. [4] X Research source.
 {"smallUrl":"https:\/\/www.wikihow.com\/images\/thumb\/7\/7a\/Grow-Long%2C-Strong-Nails-Step-7-Version-2.jpg\/v4-460px-Grow-Long%2C-Strong-Nails-Step-7-Version-2.jpg","bigUrl":"\/images\/thumb\/7\/7a\/Grow-Long%2C-Strong-Nails-Step-7-Version-2.jpg\/aid811493-v4-728px-Grow-Long%2C-Strong-Nails-Step-7-Version-2.jpg","smallWidth":460,"smallHeight":345,"bigWidth":728,"bigHeight":546,"licensing":"<div class=\"mw-parser-output\"><p>License: <a target=\"\_blank\" rel=\"nofollow noreferrer noopener\" class=\"external text\" href=\"https:\/\/creativecommons.org\/licenses\/by-nc-sa\/3.0\/\">Creative Commons<\/a><br>\n<\/p><p><br \/>\n<\/p><\/div>"}.
 Eat foods with folic acid. Folic acid, or Vitamin B9, helps prevent damage to your nerve cells and keeps red blood cells healthy. It is the best vitamin for nail growth, and it is impossible to intake to much because your body naturally excretes the excess. Fish, red meat, cheese, and fortified soy products are high in folic acid.
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 Consume Vitamin A. Vitamin A is going to help the strengthening of your nails. The daily recommended dose is between 700 and 900 micrograms a day. Sweet potatoes, carrots, squash, and leafy greens are rich in Vitamin A. [5] X Trustworthy Source Mayo Clinic Educational website from one of the world's leading hospitals Go to source.
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 Get plenty of Vitamin C. Vitamin C is most commonly known for aiding in immune health. This means that it helps recovery inside the body. This recovery helps promote nail growth and gives them strength. Oranges, kale, strawberries, and bell peppers are high in Vitamin C.
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 Shape and care for your base. In order to grow you nails long and strong, you need to start with a proper base. This means you need clean and healthy nails to begin with. File them into shape and keep your cuticles trimmed.
 File them properly. Start from the outside edge and file toward the center. Going back and forth in a repetitive motion will weaken your nails.
 Choose the right nail shape to promote growth. A basic round shape is easier to grow out. If you shape a square nail, you’re more likely to use it as a tool.
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 Care properly for your cuticles. Soak your nails in warm water for 5 minutes to loosen your cuticles. Do this up to 4 times a week. In order to get rid off the dead cuticle skin, put a cuticle remover on your nails and use a cuticle stick to push the dead skin back. Rinse off the remover and debris (Recommended to do once a month).
 For added cuticle health, put hyaluronic acid on and around your cuticles after pushing them back.
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 Apply strengthening treatments. Several strengthening treatments exist. Once you’ve shaped a proper base and correctly cared for your cuticles, apply the one that fits your budget and schedule. [6] X Research source.
 Creams are perfect for everyday use. You can buy intensive protein treatments in the form of a cream that you put on your nails in the morning and before falling asleep at night.
 Strengthening polish will help keep your nails from chipping. It is very affordable and easy to use.
 Use base or top coats, and nail hardeners to keep your nails protected.
 Keep in mind that with nail hardeners or anything similar, your nails have a better chance to snap or crack, which can be painful.
 Jojoba oil is an oil that you can also use on your nails to make them more flexible, so rather than your nails snapping, they will bend.
 Ritu Thakur is a healthcare consultant in Delhi, India, with over 10 years of experience in Ayurveda, Naturopathy, Yoga, and Holistic Care. She received her Bachelor Degree in Medicine (BAMS) in 2009 from BU University, Bhopal followed by her Master's in Health Care in 2011 from Apollo Institute of Health Care Management, Hyderabad.
 Expert Answer.
 Using gel or acrylic nail polish can make your nails feel more brittle. You can also weaken them by keeping them submerged in water or exposed to dish soap.
 Thanks! We’re glad this was helpful.
 Mohiba Tareen is a board certified Dermatologist and the founder of Tareen Dermatology located in Roseville, Maplewood and Faribault, Minnesota. Dr. Tareen completed medical school at the University of Michigan in Ann Arbor, where she was inducted into the prestigious Alpha Omega Alpha honor society. While a dermatology resident at Columbia University in New York City, she won the Conrad Stritzler award of the New York Dermatologic Society and was published in The New England Journal of Medicine. Dr. Tareen then completed a procedural fellowship which focused on dermatologic surgery, laser, and cosmetic dermatology.
 Expert Answer.
 Yes, taking biotin orally can be helpful. Taking an oral silicone supplement can also help strengthen your nails. Make sure you're eating enough protein as well. Nails are made out of a molecule called keratin, which is a protein, so it's important that you're getting enough protein in your diet.
 Thanks! We’re glad this was helpful.
 Tips.
 Always carry a nail file. If one of your nails snags or breaks, file it rather than ripping it off.
 <b>Thanks! We’re glad this was helpful.</b><br />Looking for more fun ways to learn on wikiHow?<br />Learn about yourself with <a href='/Quizzes'><b>Quizzes</b></a> or try our brand new <a href='/Games/Train-Your-Brain'><b>Train Your Brain</b></a> word game.
 Helpful 63 Not Helpful 10.
 Put some olive oil and coconut oil in an old nail polish bottle, along with some lemon juice and vitamin e or d oil. You can apply this to your nails as a natural cuticle oil.
 <b>Thanks! We’re glad this was helpful.</b><br />Looking for more fun ways to learn on wikiHow?<br />Learn about yourself with <a href='/Quizzes'><b>Quizzes</b></a> or try our brand new <a href='/Games/Train-Your-Brain'><b>Train Your Brain</b></a> word game.
 Helpful 63 Not Helpful 10.
 <b>Thanks! We’re glad this was helpful.</b><br />Looking for more fun ways to learn on wikiHow?<br />Learn about yourself with <a href='/Quizzes'><b>Quizzes</b></a> or try our brand new <a href='/Games/Train-Your-Brain'><b>Train Your Brain</b></a> word game.
 This article was co-authored by Lindsay Yoshitomi . Lindsay Yoshitomi is the nail artist behind the blog, Lacquered Lawyer. She was featured as one of Nail It! magazine’s “Bloggers You Should Know,” and has been on the cover of Nail Art Gallery Magazine. She has been practicing nail art for over 15 years. This article has been viewed 2,331,819 times.
 Article SummaryX.
 To grow long, strong nails, try eating foods that have lots of folic acid, like fish, red meat, and cheese, since folic acid is the best vitamin for nail growth. Additionally, make sure to include biotin-rich foods in your diet, like whole grains, bananas, and avocados, because biotin also promotes strong, healthy nails. Then, clean and file your nails in a basic, round shape, and apply a strengthening cream or polish. You should also avoid using your nails to open, peel, or scrape things, which can easily damage or break your nails. For tips on how to use nail polish to help your nails grow long and strong, keep reading!
 Send fan mail to authors.
 "I recently got acrylics for a huge event I was hosting. I decided to keep them for a month, then a few days ago, I decided that they were really bad for my nails. I picked one off the other day. Today, I broke another. I need to get these nails grown back in ten days and so far, the recommendations are working. Thank you!"..." more.
 "I recently got acrylics for a huge event I was hosting. I decided to keep them for a month, then a few days ago, I decided that they were really bad for my nails. I picked one off the other day. Today, I broke another. I need to get these nails grown back in ten days and so far, the recommendations are working. Thank you!"..." more.
 "I liked how you added that the extra virgin olive oil really helped. I appreciate that, because it is easy for people who cant afford pricey gels and serums. I also liked that you added pros and cons of different products throughout the information. Thanks."..." more.
 "I bite my nails all the time, and when I read this I stopped. It's really hard to let go of a bad habit, but it was for my nails. I found all of these nail treatments around my house, so it's a win/win for both me and my nails."..." more.
 "Since I have strong and healthy nails and I try to do everything I possibly can to help them grow, a lot of these steps weren't so new to me. But the ones that were new to me actually helped me an awful lot. Thank you!"..." more.
 "Now I know that I can't bite the skin around my nail. I'm definitely going to try all of the tips for growing my nails. I really want long nails, but I just can't stop biting them. Thank you so much for the tips!"..." more.
 How to Alphabetize in Google Docs: 4 Simple Methods.
 47 Gender-Neutral Compliments for Non-binary People.
 Understanding the Meaning Behind the Hand on Hip Pose.
 The Best Things to Wear to an EDM Show for Guys & Girls.
 Do You Have Animals in Your Walls? Dealing with Animals in Your Walls or Attic.
 Make Jasmine Rice in a Rice Cooker.
 Sign me up!

**5.** <https://www.elle.com/uk/beauty/nails/a19686863/how-to-make-your-nails-grow-longer-stronger/>

Just A Super Useful Guide To Balancing Oily Skin.
 Maybe it’s Hailey Bieber’s constant stream of manicure inspo, or the wealth of nail art trends we’re itching to try, but it seems so many of us are attempting to grow our nails longer and stronger right now.
 While short and sharp always looks chic, there’s so much more room for experimentation when your nails are long and healthy. Dive into the ‘ glazed doughnut’ trend, try a rainbow-coloured French mani , or simply keep it chic with a slick of clear polish – yes, it’s back with a bang.
 But success requires persistence, especially if you’re slowly weaning yourself off the acrylics or monthly gel mani . On a mission to achieve the long, resilient talons of our dreams, we’ve tried out all the hacks – and enlisted some of the best experts – to reveal exactly how to make our nails grow longer and stronger for good. Read on for everything you need to know..
 According to Ama Quashie, session manicurist and founder of Ama salon, the secret to growing your best nails is: hydration, hydration, hydration. 'To have strong nails, they need to be healthy – and to be healthy, they need to be hydrated,' she says. 'Cuticle oil works by hydrating the cuticle and nail bed, which is why it's such an important step in nail care, whether you're growing your nails or simply want them to look their best.'.
 Her favourites? Skip the pricey branded bottles and opt instead for organic Dadi oil or a simple jojoba: they'll do the job just as well (if not better) and don't cost the earth.
 Studies show that brittle nails prone to peeling and breakage could be a sign of biotin deficiency, so it might be a good idea to supplement your diet with an extra dose of this essential B vitamin.
 'Biotin-rich foods may help to strengthen brittle nails,' says Amanda Griggs, Nutritionist at the Khera-Griggs Cleanse Clinic, Urban Retreat . There are several small studies to support this, although Griggs highlights that 'they did not include a placebo group and also did not include the baseline biotin status of the participants.' However, they did show significant increases in nail thickness and hardness after taking 2.5mg biotin supplement each day.
 You might have heard that glass nail files are better for filing with, but while they're longer-wearing and easy to clean, it pays to invest in a 'soft' file, according to Session Manicurist, Ami Streets .
 'To get the best finish from your filing, always opt for a soft file to prevent tearing or splitting your nails,' she says. Her top picks? ' Orly's nail file is probably one of best I've used because of the durability and the way it gives the smoothest finish really fast.'.
 'Pro products are always best and usually more hard wearing. I really like the Natural Nail Company because you can choose a file depending on whether your nails are soft or hard, and there are even options for acrylics.'.
 Just A Super Useful Guide To Super Shiny Hair.
 What's more, you really need to nail (sorry) your filing technique. Back and forth see-saw motions will only cause the nail to splinter, so always file in one direction, using long, swift but gentle strokes.
 Pro Tip: 'Start from the outside edge and move into the centre,' advises Streets. 'This technique will give you a smooth finish and more control over the shape you're trying to achieve.'.
 If a bumpy, ridged nail bed is completely ruining your mani, you might need to increase your vitamin B9 intake.
 Otherwise known as folic acid, this vitamin repairs and multiplies the cells that make up nails, which speeds up growth and promotes overall nail health. It has also been shown to boost strength and prevent peeling.
 'Folic acid is responsible for healthy cell growth in skin tissue as well as hair and nails,' explains Griggs. 'A true deficiency in folic acid may cause discolouration and contribute to brittle and weak nails.'.
 If you think you're lacking, foods like beans and whole grains are rich in folic acid – but you can buy folic acid supplements over the counter, too.
 When your manicure shows signs of chipping, it's all too easy to pick up any old bottle of nail polish remover . But those containing high concentrations of acetone (the potent solvent that is responsible for dissolving nail polish quickly) is extremely harsh on fragile nails and can dry them out almost instantly – cue peeling, flaking and splitting.
 Your best bet? Go acetone-free. These formulas might be gentler, but don't underestimate their ability to leave your nails perfectly clean – even after a jet-black mani. There are heaps of gentle yet effective formulas out there with the muscle to whip off remnants of polish in moments.
 Quashie recommends giving 'free from' varnishes a go, which purposefully exclude any potentially toxic chemicals. 'In terms of natural credentials, the scale runs from "three-free" all the way up to "13-free", which means that brand does not have any of the most commonly used chemicals that have been identified as potentially harmful in their varnishes.'.
 So, which brands to go for? 'Some great 'free-from' brands are Kure Bazaar, Nailberry and Butter London – some of the larger brands such as Nails Inc and Orly are bringing out similar formulas too.'.
 Forget all the crash-diet propaganda that's been drip-fed into your brain for decades, because the best diet for all-round health – including your nails – is rich in variety.
 For growing nails longer and stronger, Griggs recommends 'a nutritious rainbow diet including colourful fruit and vegetables, leafy greens, oily fish, nuts, seeds, avocado, eggs, lean meat, a little whole grains and sweet potato.'.
 To take things to the next level, add in foods that encourage the growth of beneficial bacteria, such as kefir, miso, live yogurt, and kimchi. 'Finally, don't forget to keep hydrated and minimise alcohol consumption and refined sugars,' she says.
 Found naturally in nails, it's responsible for making them flexible – but don't let that word put you off. It doesn't mean they'll be thin, fragile or bendy, but fortified and much less likely to chip.
 Pro Tip: It might sound obvious, but Quashie's top piece of advice is actually the easiest way to keep your nails looking as good as possible. 'Don't use your nails as tools – remember, be gentle!'.
 Elle fashion cupboard.
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**6.** <https://www.mindbodygreen.com/articles/how-to-make-your-nails-grow-faster>

Alexandra Engler is the beauty director at mindbodygreen and host of the beauty podcast Clean Beauty School. Previously, she's held beauty roles at Harper's Bazaar, Marie Claire, SELF, and Cosmopolitan; her byline has appeared in Esquire, Sports Illustrated, and Allure.com.
 Our editors have independently chosen the products listed on this page. If you purchase something mentioned in this article, we may earn a small commission .
 Looking for long, luxe nails you've previously only believed came from faux tips? You've come to the right place. It's totally possible to achieve healthy, fast nail growth—it just takes a touch of upkeep and a whole lot of TLC. And much like growing out your hair , the best plan of attack is twofold: encourage healthy nail growth internally, and protect the nails you do have from breaking or damage. .
 Much like your skin and hair, hydration goes a long way for your nails, too. Moisturizing your tips will keep them from becoming brittle, a quick way to ensure they'll snap right off. It's as easy as remembering to rub in your hand cream post hand-wash. Cuticle care also comes into play here: Dehydrated, frayed cuticles can lead to damaged nailbeds and infection if they're left untreated. .
 Shop now.
 So much about nail health and growth comes down to diet. In fact, your nails can act as something of a canary test to your overall health, with breakage or slow growth signaling dietary, mineral, and vitamin deficiency . "Pay attention to your diet," explains Amy Lin, the founder of sundays —a nail care brand focused on wellness—about strong nails . "Your nails are made of proteins and naturally need a lot of vitamins." .
 Well specifically, your nails consist of the protein keratin (like your hair), so it's important to make sure you're getting your fill of keratin-building amino acids. Two of the most popular ways to do so (and widely studied, we might add) are biotin and collagen supplements , as they tend to be the most effective in supporting nail health.\*.
 First up: Biotin has been shown to support thickness and firmness of nails 1.
 in several human studies.\* One study, in particular, found that those who took biotin supplements had 25% thicker 2.
 nailbeds than the placebo group.\* In terms of collagen, another study showed that when patients took collagen daily for 24 weeks, their nail health was better maintained 3.
 Advertisement.
 We get it: Gels, dips , and acrylics give you the look and length you want in one manicure appointment. (Why wait weeks for long nails when you can get them in an hour?) And while this may be an appealing quick fix, it's not sustainable for healthy nails. Meaning: You're limiting the chances of natural growth in the long run.
 "Not only are acrylic and dip powder nails full of potentially nail-harming ingredients, but the process and wear can be very damaging to your nailbeds, and if done improperly can even lead to infection," says organic manicurist Eunice Montes-Hamaguchi . And if you do have gels, dips, or acrylics, don't (we repeat: don't) peel or pick them off, as this can only harm your nails more—you can actually rip off pieces of the nail plate along with the polish. The thought alone makes my fingertips ache. Instead, use this step-by-step guide to remove your faux nails.
 Your nails aren't going to grow if you're gnawing them off every chance you get. Do your best to kick the habit. A few tricks to stop picking or biting ? .
 The first is to cover them with a physical barrier, like a Band-Aid. "If something is covered, then it's hard to access, and when you try to get to them but can't, that's enough time for you to think, Oh, I shouldn't be doing this," says Amy Wechsler, M.D. , board-certified dermatologist and psychiatrist. "Sometimes my patients will be walking around with lots of Band-Aids, but it's the only way to heal things.".
 If that seems extreme, you can practice mindfulness. Simply notice when an urge is coming on, acknowledge it, and find a way to pull yourself out of the feeling—like stretching or going for a quick walk. .
 Advertisement.
 Make sure the polishes you use (that includes base coats, colors, and top coats) contain nourishing, conditioning ingredients rather than drying additives like formaldehyde, camphor, and toluene. Since the polishes are sitting on your nail for a week at a time, it's vital that they're not actively weakening the proteins while doing so. And if you have a favorite shade that isn't 7-free or higher? Well, at the very least make sure you are using a clean base coat as that's what's touching the nail. Try sundays' B.01 Hydrating Base Coat . .
 Skip harsh removers. .
 "If you want to keep your nails strong, you don't want to use 100% acetone removers," Lim says. Instead, try to find options that contain moisturizing ingredients for the natural nail, like a soy-based remover—these can effectively dissolve polish while simultaneously strengthening the nail, and they're typically pumped with other vitamins and hydrating ingredients. .
 We are partial to Rooted Woman's soy- and herb-based Nail Polish Remover as well as The Sign Tribe's cream Remove And Chill Nail Enamel Remover .
 Wear gloves when doing manual labor. .
 We forget how much wear and tear our hands go through: typing away at keyboards, doing things around the house, gardening, lawn work, oh how the list goes on. Do this hard enough and it can even result in trauma to the nail, which very often results in peeling and breakage. But it can be simple, things, too: "Things like opening a can of soda can potentially cause that too," says Lin. .
 Also: It will protect your nails from any harsh ingredients. You might have swapped your acetone polish remover, sure, but think about other ways your nails are exposed to chemicals on the daily. For example, if you have traditional dish soap in your kitchen. (And even some natural-leaning dish soaps can have drying ingredients, like vinegar or lemon.) "It might be a small step, but over time you'll notice the difference in your health and the appearance of your nails," says Lin.
 Practice nail hygiene. .
 You can avoid a lot of nail issues—frayed cuticles, snagging, and brittleness—with a little attention. Being diligent about your nail hygiene is a lot like skin care: Sure, your skin is affected by what's going inside, but tending to the outside goes a very long way. It's also not going to solve everything, but you'll avoid a lot of issues with upkeep and maintenance. .
 Regularly clean under the nail, keep them trimmed and filed (check out our DIY mani guide on best practices), and hydrate the skin around it. "It's important to care for the entire nail area so that your nails stay healthy in general," says board-certified dermatologist Keira Barr, M.D.
 Listen: Strong nails have a better chance of growing long than brittle, weak ones. So if your issue is that your nails always seem to snap off before you get to your desired length, consider trying a natural nail strengthener. Traditional options often use formaldehyde, so avoid those, but the new clean options use nail-enhancing ingredients like vitamin E, vitamin Bs, and amino acids. Try Cote Strengthening Base & Top or one of Zoya's Naked Manicure polishes , which color-correct nails as well. .
 Learn how to fix broken nails. .
 There's something just so disappointing about getting the length you're after, only to snag one little nail. What do you do in this case? Trim the lot of them to match? Live with the fact that you'll have one awkward tip out of place? .
 Skip all that and learn to fix it: Yes, you can salvage a break and keep on track with your nail goals—and here are three easy ways to do so .
 mbg Beauty Director.
 Alexandra Engler is the beauty director at mindbodygreen and host of the beauty podcast Clean Beauty School. Previously, she's held beauty roles at Harper's Bazaar, Marie Claire, SELF, and Cosmopolitan; her byline has appeared in Esquire, Sports Illustrated, and Allure.com. In her current role, she covers all the latest trends in the clean and natural beauty space, as well as lifestyle topics, such as travel. She received her journalism degree from Marquette University, graduating first in the department. She lives in Brooklyn, New York.

**7.** <https://www.nykaa.com/beauty-blog/your-ideal-guide-on-how-to-grow-nails-faster/>

Skin.
 Wellness.
 [email protected].
 FAQs on How To Grow Nails.
 It’s official! Bad habit equals BAD nails. So, hear us when we say, torturing your nails is a complete no-no. Also, might we suggest ditching binging on scary movies too? Because whether you realize it or not, biting your nails is as bad as not giving your nails a break from your fav gel manicures. And while we’re here to get your #LongNailGoals on point, learning how to prevent them from chipping off can be one wishful task.
 So, whether you want to keep it simple or wish to stay on top of the latest nail trends, we’ve got you covered. getting them perfect to the T without hangnails or snags is easier said than done (specially, when you’re trying to go au naturel). So, instead of sitting and envying your colleagues’ manicure, take a straight dive into our guide to grow beautiful nails.
 Both Coconut and Olive Oil contain antifungal properties.
 If you’re dealing with pale, broken, or ugly nails, Coconut or Olive oil is your answer.
 Dealing with weak nails? Enter Flaxseed Oil to your rescue.
 Simply warm up the oil and gently massage it onto your cuticles, and voila – long, healthy nails within a week.
 PS: Go easy on the oil and take your pick basis your need, be it coconut, flaxseed, or olive oil.
 Dissolve 3 to 4 pinches of salt in a bowl of water and add a tablespoon of Olive Oil in it.
 Once you make this mini spa, soak your fingernails in it for 15 minutes, daily.
 And just in case you spot a yellow tint to your nails, squeeze a few drops of Lemon juice.
 a) Your DIY Concoction – Oil & Lemons.
 Mix some Olive Oil and Lemon juice in a bowl.
 Heat it up for about 10 to 15 seconds until warm.
 Soak your fingernails in the mixture for 10 minutes flat.
 Repeat for 2 days and watch your pretty nails bud.
 Rub a slice of orange on your nails for few minutes.
 Take 2 – soak them in a mixture of Lemon juice and Olive Oil.
 If you’re out of stock, just plain orange juice will suffice.
 Soak your nails for 5 minutes and wash them off.
 Nykaa recommends: Green & Brown Olive Oil Extra Virgin.
 Time to get some serious business done!
 a) Nail Growth Via Coconut Oil: Direct Application.
 Apply some Coconut Oil over your nails and cuticles.
 Work the oil by rubbing it softly over your nails. Remember gentle strokes; you don’t want to injure your cuticles.
 Continue for about 5 minutes and then let the oil stay on your nails.
 Nykaa recommends: Deve Herbes Natural Extra Virgin Coconut Oil (Cocus Nucifera) With Glass Dropper 100% Pure Therapeutic Grade Cold.
 First up, grab a medium-sized bowl that can easily house your fingernails.
 Pour some Coconut Oil in the oil, enough to cover your nails.
 Nykaa recommends: Indus Valley Bio Organic Extra Virgin Coconut Oil.
 a) Magic Of Shea Butter.
 Things to know: Shea Butter contains Vitamin E and A which nourishes skin around the cuticle. What else? Its fat content keeps the nails and cuticles moisturized and shiny all day long.
 Smear some amount of Shea Butter around your cuticle and nails.
 Gently massage and leave it for 30 minutes on your nails.
 Slip in those hand gloves and leave them on for an hour.
 Remove the gloves and you’ll notice a small growth in your nails.
 Bonus tip: Tapping fingers gently on a table or typing on a computer can stimulate nail growth. How? It accelerates the blood circulation around your fingernails; Result – speedy nail growth.
 Nykaa recommends: Lotus Herbal Sheamoist Shea Butter & Real Strawberry 24hr Moisturiser.
 Things to know: Coconut Oil can work wonders when it comes to nail growth. Did you also know—its essential nutrients and fats aid in keeping skin around your cuticle nourished!
 Squirt a reasonable amount of Coconut Oil in a medium-sized bowl.
 Moving up next, add a spoonful of salt to the bowl.
 Soak your fingernails in the mixture for 30 minutes, straight.
 Results after an hour? Teensy growth in your nails.
 Bonus tip: A little addition of salt helps to mineralize nails and make them stronger, while Coconut Oil does the rest of the magic.
 Nykaa recommends: Kapiva Ayurveda Virgin Coconut Cold Pressed Oil.
 a) Olive Oil.
 What do I need: Olive Oil, Small Bowl, Cotton Gloves.
 In a small bowl, put 3 tablespoons Olive Oil.
 Heat the oil for about 10 to 15 seconds.
 Massage the warm oil on your nails and cuticles for about 10 minutes. Quite easy right?
 What do I need: Nail Glue, Manicure Kit, Nail Tip Cutter.
 Start with washing your hands. Remove nail paint if any, using an acetone.
 Push back your cuticles and lightly buff your natural nails to remove any moisture or shine.
 Pay heed to this step, because choosing an appropriate nail size is very important.
 Once selected, apply glue on the hollow area of the tip and stick it back on your nail. Apply little pressure to remove air bubbles.
 Leave it for 30 seconds and then cut the tips to your desired length.
 Nykaa recommends: TS Manicure Set Pack Of 5.
 Biotin consumption helps to boost the growth of nails and hair. PS: A daily intake of at least 2.5 milligrams of biotin (whole grains, boiled eggs, bananas, and mushrooms to name a few) can help toughen nails and accelerate their growth.
 More often than not, nail softness weakens nails, making them prone to breakage. This increases the need for nail regrowth. So, how do you prevent this? Use nail hardeners, but sparingly.
 Adios toxic polishes and glue-on nails! Since artificial nails often weaken your natural nails causing them more prone to breaking, it’s best to avoid them. Instead look for water-based polishes – your toxin-free pal.
 Practice good nail grooming. That’s your cheat way to boost the strength of your nails, promote growth and prevent breakage. A little know-how about how to maintain this habit is by moisturizing your hands and nails with a lotion; plus, avoiding nail biting.
 FAQs on How To Grow Nails.
 1. What does it mean when your nails grow fast?
 It’s simple! With an appropriate intake of water, the body flushes out toxins which improves health and promotes your nail growth faster.
 2. What foods are biotin rich?
 Biotin is an important type of B vitamin that allows your body to convert food into energy. Biotin-rich foods include sardines, nuts and nut butters, soy and other beans, cauliflower, and mushrooms.
 3. Why are my nails so thin?
 While nail splitting or nail peeling is a normal sign of ageing, it can also be caused by frequent polishing. Sometimes it can signal a health issue caused due to vitamin deficiencies.
 YOU MAY ALSO LIKE.
 rashmi dey.
 Hi, I am Rashmi. I have short nails. How do I take care of my nails and what can I use to grow them faster.

**8.** <https://www.pinterest.com/pin/41728734031629759/>

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 How To Grow Long Nails In Just One Week!

**9.** <https://www.newbeauty.com/8-ways-to-grow-your-nails-fast-according-to-experts/>

Long, healthy nails are always in style , but they’re not always easy to achieve. It seems our nails grow at a snail’s pace and when they’re finally at our desired length, they break or tear. We got some insight from experts on how to get your nails grow quickly and stay healthy.
 Nail artist Julie Kandalec says promoting circulation and blood flow to your nails can help speed up nail growth. She suggests doing this by massaging them twice daily with hand cream or cuticle oil.
 Founder of Nails of LA , Brittney Boyce, suggests filing “your nails at least once a week to prevent the edges from getting jagged.” This will prevent them from snagging on anything resulting in a tear or break. “Use a fine nail file, like a glass nail file or one that’s no less than 180 grits,” she instructs.
 Yes, you read that right. Kandalec says, “garlic promotes nail growth because it is rich in selenium.” She advises rubbing crushed garlic on your nails “if you’re daring” or, for a more tame experience, you could use a product that contains garlic. Kandalec recommends Cote Growth with Garlic Nail Treatment ($21).
 Lucky for those looking to grow their nails, there are products formulated to help. Boyce recommends ORLY Breathable Calcium Boost ($15) and Nailtrition ($15). Both of these products “have ingredients that help strengthen the nails while giving it a layer of protection.” Another nail strengthening product we love is Dermelect Launch Pad Nail Strengthener Base Coat ($18). Applying this before your polish will help strengthen weak, brittle nails. Be considerate about your gel manicures.
 Boyce says she’s found that a thin layer of gel can help protect nails from breaking and help them grow nicely. However, she says, “the key is to make sure your nail technician gives you fills every two to three weeks, rather than removing the gel completely each time. The removal process, even with soak-off gel, dries out the nail and is not ideal for healthy nail growth.”.
 Boyce says the best way to boost your nail length is to keep your nails from breaking. “Healthy nails bend! Prevent breaks on your new growth by hydrating to keep them flexible,” says Kandalec. She suggests using Dr. Hauschka Neem Nail And Cuticle Oil ($22) to moisturize nails and protect against breakage.
 “When nails are dry, they tend to be more brittle, making them more prone to breaking and cracking,” explains Boyce. She applies cuticle oils three to four times a day and is constantly moisturizing her hands and nails.” KP Away Lipid Repair Emollient ($41) has been my go-to as it’s fragrance-free, super hydrating, yet absorbs really quickly,” she says.
 Avoid submerging your hands in water.
 “Try to avoid having your hands submerged in water for an extended period of time because that causes your nails to contract and expand,” says Boyce. She adds that when your nails are wet, they’re also softer and weaker, making them more prone to breakage. “If you’re washing dishes by hand, wear dishwashing gloves.”.
 “I have noticed that when my clients eat a healthy diet with a lot of greens and healthy fats, like salmon and avocado, or take supplements with collagen and biotin, their nails grow healthy and stronger,” says Boyce. She’s also noticed that when people get sick their nails tend to grow slower. Boyce says she likes BareOrganics Beauty Superfood Drink Mix ($15), which features “collagen, biotin, and other vitamins that are good for healthy nails. Plus, it makes it easy to stay hydrated.”.
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**10.** <https://experthometips.com/how-to-get-long-nails>

A set of natural-looking nails are something most women dream of...and today we're going to help you make this dream a reality!
 Learning how to grow your nails goes way beyond polishes and filing. The nail is a complex thing and in order for it to grow and strengthen, it must be cared for and nourished correctly.
 Editor's Note: This post was originally posted in August 2016 and has been completely revamped and updated for accuracy and comprehensiveness in January 2019.
 What are the parts of a nail?
 Knowledge equals power and nails are no different. A better understanding of the different parts of your nail means a better understanding of what they require to grow and long and strong.
 Your nail might look like one solid sheet, but it's actually made up of several different parts and layers. The layers are made of a protein called Keratin, which is also a component of hair and skin. The half-moon at the base of your nail is called the Lunula, and the slither of white that lines the top of your nail is the free edge.
 How do nails grow?
 Nail growth isn't as simple as you'd expect. The part of the nail visible to the human eye is actually dead. The section at the base of the nail, the matrix, is the only area which contains living cells.
 Nails grow from the matrix, where new cells are produced. As new ones form, they push old ones along, increasing the length of our nail.
 Once these living cells lose contact with the root, they die, which is why we feel no pain when cutting or trimming our nails.
 How to grow your nails faster.
 You won't get long, strong nails overnight!
 There has been much speculation in the past over just what encourages our nails to grow at a set rate. Theories include:.
 Metabolism and blood flow - physician, William Bean , discovered his nail growth rate slowed significantly after the age of 50.
 Injury - an Oxford dermatologist named Rodney Dawber saw a lesser rate of growth in a hand that had been injured in a rugby match, than the other, uninjured hand. This suggested that the prominent hand achieved a faster rate of growth, as the blood vessels were more stimulated.
 While more active fingers, a higher metabolism and avoiding injury may indeed contribute to longer nails, they're not very reliable or realistic methods of growing yourself a set of fabulous fingernails. It's time to find out what you can do to improve your nail health and get the nails you've always dreamed of.
 Pick the right emery board.
 Regular filing is essential to keep nails strong, prevent tears, and promote growth.
 An ideal emery board shouldn't be too rough, as this can lead to small fissures and cracks that cause your nail to tear. Instead, go for something semi-smooth that can be used to gently and slowly file your nail down into the desired shape.
 Avoid chemicals.
 Have you noticed that your nails look almost opaque after cleaning the house? The chemicals in the majority of cleaning products will have an adverse effect on the strength of your nails, causing dryness and damage - just as they would the skin.
 Wearing a pair of rubber gloves is an easy way to prevent this and help you on your quest to grow long nails.
 Regular maintenance is essential if you're after fine looking fingernails.
 Despite what you may have heard, cutting your cuticles is never a good idea.
 The cuticle is the layer of skin that covers and protects the matrix (remember, this is where the new nail cells grow from) so it's important to care for it properly and keep it intact.
 By removing it completely, we leave the matrix exposed to germs and bacteria, which can lead to fungal infections - not exactly the modelesque manicure you had in mind!
 Instead of removing your cuticles, focus on caring for them. Without any TLC, they'll become stiff and may also get stuck to the nail plate, preventing them from doing their job properly.
 In order to keep your cuticles supple, matrix protected, and grow healthy new nail cells, you should moisturise your cuticles daily. They should also be gently pushed back on a regular basis - a process most easily carried out after you've showered and they have softened.
 How to grow your nails faster with supplements.
 The key to natural nails is natural goodness!
 We know that vitamins are good for us, but with regards to nail health, it's a particular member of the vitamin B family that will really do wonders.
 Biotin has been found to increase nail thickness in several studies. A thicker nail means less chance of breakages or splitting so your nails will stay longer...for longer.
 If you're worried you're not getting enough, why not try taking a daily supplement of 2.5 mg? It'll help your hair grow too! You can pick tablets up at most health stores and online too. .
 Are you guilty of turning to your nails when you need to scratch off a stubborn sticker or remove a stuck object?
 While your nails may feel strong, the delicate layers are easily damaged! Treating them gently will prevent splitting and flaking and mean you don't have to get those clippers out.
 Avoid damaging your nails.
 Remember, your nails are made up of very thin layers, which means they must be treated delicately - that goes for filing too.
 Save the sawing back and forth for your woodwork - your nail file should be used in one direction only, with only a small amount of pressure applied to ensure even, gentle filing.
 Keep your nails as dry as possible.
 After a long, hot soak in the bath, you'll notice that your nails are softer and more flexible. This is OK every now and then, but prolonged or regular exposure to water will weaken your nails and contribute to splitting.
 When they do become soft, stay away from arduous tasks for a while until they have regained their prior strength.
 Treat hangnails with care.
 We've all been there: a little hangnail we think will tear away easily ends up taking half of our nail off with it, leaving it half the size it was before. Not only does this process shorten your nail, but it will damage the delicate layers it's composed of too.
 We know it can be tempting to pull these annoying tears straight off, but you'll do much more damage than good in the process.
 If you're committed to getting long nails, be sure to carry a nail file in your handbag at all times, and you'll never have to deal with the mess - or pain - of a torn hangnail again.
 Avoid nail polish.
 There's quite a lot of controversy regarding whether a layer of protective nail varnish is beneficial or detrimental to nail health.
 We know it looks pretty but don't go overboard with glamming up your nails. The chemicals in polish and nail varnish remover don't do nails any good, especially if they're already brittle.
 Learn to nourish and look after your nails correctly, and you'll find they look just as lovely au-natural.
 How to grow your nails fast with food.
 It may be last but it's certainly not least. Like most things beauty, diet is probably the biggest contributing factor when it comes to nail growth.
 We can't stress enough how important a varied, nutritious diet is to overall nail health. Even if you slack off on your nail maintenance, a healthy diet will always provide the building bricks to start back strong.
 Some of the most important nutrients for nail growth and health include:.
 Protein - keratin, the tough, protective material our nails are made of is a protein, which is why eating enough protein is so important to nail growth. Ensure you get the recommended daily allowance of 0.8g per kilogram of body weight.
 Fruit and vegetables - fresh produce contains many essential nutrients, including many vitamins and minerals.
 Magnesium - pumpkin seeds (sigh) and dark chocolate (wahoo!) serve as all-natural anti-stress solutions, preventing things like ridges from appearing on your nail plate.
 Seafood - prawns and other shellfish contains heaps of zinc, which is essential in the biological production of the protein which forms and maintains nails.
 Biotin - Remember that biotin we were talking about earlier? Well, it can be found in one of our favourite breakfast foods - eggs.
 The takeaways .
 Eggs contain the magic Biotin vitamin that does wonders for our nails.
 The most important things to bear in mind with regards to growing long, strong nails is that they are just as much a part of you as any other body part.
 Just as your teeth will rot if you have a poor diet and don't brush them, your nails will grow weak and grow less if they are not cared for.
 If you're really determined to get gorgeous nails, nourish your body and your nails will be nourished too. Once they lengthen, look after them - it really is that simple!
 How much do your nails grow in a week?
 The average nail grows around 2-3mm a month (so around 0.6mm a week) however, some people find their nails growing at a much faster or slower rate.
 Is Vaseline good for nails?
 It is thought petroleum jelly such as Vaseline could help benefit the nails by preventing moisture loss and nourishing cuticles, helping them to grow faster.
 Does toothpaste help the nail to grow?
 There is no scientific evidence to show that toothpaste can make your nails grow faster. However, some people claim when scrubbed onto nails, it whitens them to improve their appearance. .
 I hope my tips help you get the long strong nails you've always dreamed of! Do you have any tips and tricks that work for your own nails.
 Lover of all things fashion & foodie...I look to satisfy my tastes without obliterating my budget. Wannabe interior designer, I'm an avid cushion cover maker and charity shop hunter.
 Follow me on twitter.
 Eating jelly and cabbage make your nails strong.
 Stephanie C on April 6, 2017 at 5:29 pm.
 Hi Enid. It's actually a myth that jelly makes your nails strong! However a healthy, balanced diet with lots of veg including cabbage will definitely help :).
 Shaz on January 6, 2019 at 12:39 pm.
 But jelly has collagen and hair and nails need lots of this as we get older and make less naturally. Your article doesn't mention collagen.
 Reply.
 I've had strong white nails since I was born. I've found that drinking milk (straight not in a tea or coffee) keeps them bright white and strong. I've only ever snapped them once and that was because someone at work dropped a box of 12 (1litre) orange juices on them.
 Stephanie C on March 9, 2017 at 10:10 am.
 Hi Tracey! Yes, many people say that the calcium in milk is really good for nails. I, however, don't drink milk and my nails are still very strong. I think a healthy, varied diet is the most important thing here :).
 Reply.
 I wonder if you should warn readers about nail bars? Most of the nail "technicians" are not manicurists, they might have been trained to apply gel/shellac and stick sequins on but any training about the actual nails is pretty basic and they do not know how to file nails properly. They have a limited time with each customer, so quickly saw nails back and forth with an emery board to reduce the length as quickly as possible. In my area they are concealed by a surgical mask and do not speak English, so very difficult to communicate with. I should mention my nails are long and strong but 2 years ago a "technician" pushed back too hard on one of my cuticles. It was very painful at the time and damaged the nail bed, since then the nail only grows to a certain length and then breaks on the nail bed giving me weeks of pain before I can take it off and then weeks of looking odd with a short nail.
 Stephanie C on January 11, 2017 at 10:53 am.
 Hi Norma, Thanks a lot for pointing this out. You do really have to be really careful with nail technicians, as you're right when you say they often have to rush through clients and don't always use best practises. I hope my blog post helps people to realise the right and wrong ways to care for your nails, and therefore makes it easier for them to recognise a good nail technician from a bad!?
 Reply.
 I prefer natural nails and have never been keen on the idea of acrylics, gels etc after seeing my friends nails ruined at one of these so called salons. I have long,natural healthy nails with using really good products, OPI avoplex cuticle oil and hand cream and Nail Envy which is brilliant. Also wearing rubber gloves to wash up. My nails are the best they'very ever looked with these treatments.
 Stephanie C on March 3, 2017 at 5:03 pm.
 Hi Christine :) I've never tried fake nails or gels either - the occasional nail paint is all I go for - and my nails have always been strong because of it. Thanks a lot for sharing some of the products you've seen success with - maybe I'll try some!
 Reply.
 Also, be gentle when removing gel nails or acrylics. Using force to remove nail enchantments could ruin your natural nails so it's important to use the least aggressive method.
 Stephanie C on June 21, 2017 at 9:11 am.
 Hi Stephanie Em this will sound really weird but my digging your teeth into the top of the nail and repeating it seem to make them grow??
 Stephanie C on July 5, 2017 at 9:24 am.
 Reply.
 Dont know why but my thumb nails are realy hard and never seem to break but other nails are soft and break quite easily. Anyone know why 1.
 Stephanie C on July 24, 2017 at 9:39 am.
 Hi Susan. My guess is that this is because we often use our finger nails to open/remove things. This chips away at them and can cause them to break. It's also because naturally, the thumbnails are wider than other nails, making them much less fragile. I hope this helps :).
 Nailah Haque on March 7, 2021 at 8:13 am.
 Reply.
 Ive been using to much nail polish and acetone to remove it every 2 weeks my nails are getting to week it seems i dont have a,layer of nail what can i do.
 Stephanie C on January 2, 2018 at 11:09 am.
 Hi Tamara. I would, first of all, recommend giving your nails a break. Then you could introduce some nail oil to renourish the living part of your nail, and cuticle to encourage nail growth and health. Regular trimming and filing will also help. When they're beginning to look strong again, I suggest investing in a clear polish for everyday use, with additional hardening/nourishing properties that will benefit your nails in the long term. Try and reserve bright colours and lots of removal for special occasions. Once your nails are healthy, you'll find they look just as lovely natural. I hope this helps :).
 Reply.
 Diet and state of mind can have a huge effect on nails. I became vegetarian over 40 years ago, prior to this my mails were brittle and flaky, however a few months after turning veggie I noticed how strong they had become - and sill are. When I go away on holiday for any length of time my diet inevitable changes - still veggie - but many countries and cultures have a different way of doing things, and this has an impact on my nails. I can tell when this change takes place by the horizontal ridges growing from the nail bed. This is also true if I get stressed, which isn't often, but I was caring for my very elderly mother until her death a few months ago, and my nails, although still strong are ridged all the way up to the edge, a clear indicator of the stress I was going through. I can see where the new, smooth nail is growing in (or out!) from the base. I rarely wear nail polish, but buff my nails with a buffer every so often, and never, ever, use a metal nail file. I find a fine emery board is best.
 Stephanie C on January 23, 2018 at 9:26 am.
 Hi Jay. It sounds like your change in diet had a really beneficial impact on your nails. This is no surprise, as eating more vegetables will up your vitamin and mineral intake, providing your nails with all they need to grow long and strong. Sorry to hear you went through a stressful time. I hope you, and your nails, will recover soon. :).
 Reply.
 My nails aren't brittle they are just too soft to an extent they cant bend with no pain , how can i make them stronger at home.
 Stephanie C on February 22, 2018 at 9:20 am.
 Hi Lynn, This sounds like a dietary issue. Are you currently having a varied diet, including lots of fruit and veggies? These are absolutely essential to provide your nails with the vitamins and minerals they need to grow strong.
 Reply.
 I eat a lot of fruit and veg within my diet. Meats, fish etc. I rarely become ill anymore (docs advised to take vitamin supplements) so I changed my diet instead and eat better which has massively benefitted me however my nails are still soft, thin and break easily! I don't have great circulation in my hands and feet which may not help! Anything i can do?? I love having long, strong, elegant nails but they just never get there!
 Stephanie C on May 1, 2018 at 10:01 am.
 Hi Becky. Do you use harsh chemicals? I find that even washing up can take a toll on my nails. Always try to wear rubber gloves when cleaning, and this should help keep your nails strong.
 Reply.
 I am 68 and have very long very strong nails naturally. Know I am fortunate! Only get my nails painted at salon, with my own polish. Years ago suffered a bad infection after the girl snipped my cuticle, took so long to heal. Rarely file them, the longer you leave them alone the stronger they remain. Sliver, not slither, that’s what snakes do. Contend not contained.
 Reply.
 Hi Stephanie, My nails will grow strong and long, but when I polish them (very, very rarely) they become brittle and break and then they start to peel. I now use a non-acetone remover. Could you tell me the safest nail polish and polish remover for the few times I do wear polish? I volunteer and sometimes I like to have my nails look nice.
 Stephanie C on November 8, 2018 at 9:22 am.
 Hi Cher. We can't say we know "the safest" nail polish and remover, but anything that claims to be strengthening will help to stop your nails from being brittle and breaking. Hope this helps!
 Reply.
 I bite my nails so they are always short do you have anything or idea for me not to bite myself nails also my non nail bitting nail polish can be used to grow nails since it has lemon it does not work for me though.
 Joanne A on November 26, 2018 at 2:26 pm.
 Reply.
 Hi Steph. I have only ever seen nail growth when I literally 'hid' my nails under polygel (painted onto tips). In a couple of weeks I saw my nails grow for the first time ever, meaning they are actually capable of growth. I now want to always have polygel tips so that underneath, I always have real nails. It's like my nails can't withstand exposure to anything - even the 10 minutes in the shower weakens them. They peel and split all day, regardless of my being on an excellent diet (all the foods mentioned here), taking biotin, applying top-end hand and nail creams repeatedly and rubbing in coconut oil at night. They still peel constantly and remain thin and short. ls it a bad idea to resort to always having tips? I want to keep the tips because it is the first time in 44 years I have ever seen my nails grow.
 Stephanie C on January 15, 2019 at 9:31 am.
 Hi Shoane! Whilst normally any sort of false nail would damage your nail, it sounds like it's actually helping yours. Ultimately you should do what makes you feel happy and gives you the results you want. We're glad you found something that helped your nails to grow!
 Reply.
 my nails are very very short...actually i used to bite them a lot but now i've stopped it but they are not showing any growth or they are growing but at a very slow rate...i want to grow my nails within half or 1 one month....so please tell me what can i do??
 Joanne A on January 29, 2019 at 2:12 pm.
 Reply.
 I hope these tips also work for hair or thinning hair? Btw, I always wondered if nails ever stop growing if one stops cutting them, I read they don't but hair does. But then hair also shed, so they are different in that respect :).
 Joanne A on April 25, 2019 at 10:31 am.
 Hi there! Some of these tips will certainly help with thinning hair. As for your second question, if you stop cutting your nails, they will continue to grow.
 Antonymous on June 2, 2019 at 7:06 pm.
 Hi, I didn't see this answer, thanks. Yeah I know they keep growing, but seems like head hair has a limit despite it continues to grow, once it's able to reach it, I was also curious if the same happens for nails and eventually also stop. I often happen to think that if researchers pay me a good living I'd let them grow to find out, but not so sure which price would be enough for the discomfort :D, but there's a woman who grew them really long and just for herself o\_o. 2. While in this case, being a male I might want to keep my nails and toenails reasonably short, I'd still want them to be healthy and nice, so I guess these tips turn handy. Though could I safely paint them black for a while?
 Joanne A on June 3, 2019 at 10:08 am.
 Hair does actually grow continuously but it might appear to stop because of breakage. I'm unsure what you mean about painting them black. What are your concerns?
 Antonymous on June 4, 2019 at 7:45 pm.
 Hi, cool, same happens for body hair of is it different? I know about the breakage from split ends, or you mean at the root? Nails don't break as easily because of their thickness, I guess, sure :). Sorry, for the second part, I made it unclear, I meant with black nail polish, but just because you recomment not to, and that it might damage the nails, which I also read about, but it's mostly be overdoing it too often and regularly, though maybe once in a while would be ok?
 Joanne A on June 5, 2019 at 9:15 am.
 Once in a while is okay! If you're using black, I'd suggest using a nourishing base coat to protect your natural nail. Certain colours of nail polish can stain.
 Antonymous on June 5, 2019 at 2:47 pm.
 ok nice, thanks for the tip :). With base coat or just once in a while. And so sorry, just one last thing, but while my nails have little to no cuticles, no white spots and are regular enough, they have some some minimal vertical ridges, so not completely smooth and regular, not that I mind or is a big deal at all, but I wonder the causes or what it means? Thanks again for your time, I won't bother again and only answer when you feel like it.
 Joanne A on June 5, 2019 at 3:00 pm.
 It's okay to paint your nails once in a while. Just be aware of the impact it can have on your natural nails! Ridges on nails can be a sign of deficiencies, ageing or trauma to the nail. it's pretty common to have some ridges but, if it is a concern to you, you can see a GP to get it checked.
 Reply.
 I am allergic of eggs...is there a substitute to get biotin....and is coconut oil good for the cuticle?
 Joanne A on April 30, 2019 at 2:11 pm.
 Hi Adyasha! There are quite a few different foods that are rich in biotin. These include liver, nuts, seeds, salmon, avocado, sweet potato, and cauliflower. Alternatively, you could take biotin tablets. Coconut oil is very good for your cuticles.
 Reply.
 hey STEPHANIE, All the tips are vry useful i used it also nd 2day i have vry long nd strong nails.
 This was helpful! Also, is coconut oil the best for your nails?
 Joanne A on August 20, 2019 at 9:58 am.
 Reply.
 I've had a lifelong biting problem. Having my nails painted (preferably with gel for longevity) has been my only way to break my habit. When the gel finally chips and I don't get them redone, I start picking. Would repeated exposure to gel and manicure lighting be preferable to biting? Just curious of your opinion. Thanks :).
 Joanne A on September 30, 2019 at 11:17 am.
 It really depends on the individual. Biting can cause your teeth to shift and could be harmful to your health - just think about the gunk that gets under your nails! The risks of exposing yourself to UV lamps for nails is low, but definitely something to consider.
 Reply.
 when doing Gymnastics does it damage the nail.
 Joanne A on January 6, 2020 at 12:54 pm.
 Hi Catherine! Yes, sports like gymnastics, running and ballet can all cause damage to the nail. Nails can fall out or become ingrown as a result of the intense activity.
 Reply.
 I lost all my nails on fingers and toes during chemo therapy. After re-growth I cannot use nail polish because the chemicals in the polish are too harsh. My nails are healthy au-naturel. Just goes to show the harm in beauty products. Beware of perfume also. Chemicals on your skin regularly. Spray on clothes instead.
 Well I got fake nails let them grow and then I just didn't bit them it really helps having long nails.
 Joanne A on November 26, 2020 at 3:44 pm.
 I KEEP BITING MY NAILS AND I WANT MY NAILS TO FRAW LIE YOUR SO WHAT CAN I USE TO MAKE MY NAILS GROW.
 Joanne A on April 16, 2021 at 4:17 pm.
 Thankyou so much for all the info I have never been able to grow strong lengthy nails so I’m now really going to look after them Many thanks Cindy Xx.
 Hey, ive been getting gels because my thumb nails break really far down at the sides and its painful. I can no longer afford to have gels but have no idea what to do to help my thumb nails. I am very healthy and eat a very good plant based vegetarian diet. I take vitamins and use a clear nail strengthener polish on my nails as well as cuticle oil every day. Do you have any other suggestions? Thanks!
 Joanne A on September 27, 2022 at 2:29 pm.
 Reply.
 Hey guys! I have event in a week or so and I have really short nails. I wanted to get them almond shaped and painted but I have a biting habit and the nail has just started to grow. I wanted to know how to grow them long in that period of time (without medications and change of diet). Thanks again!
 Joanne A on September 27, 2022 at 11:38 am.
 Reply.
 I have a bad habit of biting my nails and tried to stop but it’s too hard I managed to stop for a week but noticed that my nails growth level are low which is understandable because I don’t stop biting till it’s below the skin and Ik that is not good, any tips on how to stop? It would help a lot over here (14 y/o).
 Joanne A on September 5, 2022 at 5:15 pm.
 Hi Hailey! This is a common problem, so don't worry. You can buy special nail polishes that make your nails taste bad. These are great if you're an absent-minded nail-biter, as it will remind you not to bite them and eventually break the habit. Alternatively, you may want to address the root cause of the nail-biting. For example, if it's a result of stress or boredom, maybe look at how you could manage that? You could also try redirecting the behaviour to fidget toys or chewing gum.
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 How To Clean Trainers (Make Them Look Brand New!).
 Expert Home Tips is free to use and will always be free to use! We generate revenue through affiliate links and display ads which helps to pay our staff and finance the site. When you visit one of these offers we might earn a small commission based on your actions on our partner's site.

**gel polish**

**1.** <https://www.ulta.com/gel-nail-polish?N=278j>

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**2.** [https://www.amazon.com/gel-polish/s?k=gel+polish](https://www.amazon.com/gel-polish/s?k=gel%20polish)

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**3.** <https://shop.valentinobeautypure.com/collections/gel-polish>

Gel Polish Colour soak off gel by Valentino Beauty Pure has a long lasting 14 day wear when properly used with Valentino Beauty Pure Base Coat and finished with Top Coat. Semi Permanent color that can cover in only one coat with our highly pigmented Gel Colour. Our Gel Polish Colour helps protect the natural nail from every day use.

**4.** <https://www.beyondpolish.com/collections/gel-polish>

FREE SHIPPING on orders over $75.
 Limited time only and cannot be combined with other coupon codes. Free Shipping offer is valid on all orders of $75 or more shipped within the continental US. Free shipping only applies to Standard Shipping and excludes shipping rates over $12.99. Taxes and additional shipping and handling (if applicable) and the purchase of gift certificates and gift cards do not count toward the qualifying amount. The total order amount after any discounts are applied must be at least $75 to qualify. Not valid for cash. Previous purchases are not eligible for adjustments. If you choose to ship Standard and are shipping to multiple addresses, you will receive free shipping only to those shipping destinations receiving more than $75 of merchandise. If an address is receiving less than $75 in merchandise, you will be charged for shipping accordingly. Some restrictions on shipping offer apply. Void where prohibited by law.

**5.** <https://www.sallybeauty.com/nails/nail-color/gel-polish/>

532.
 Select a Color White Hot Creme De La Creme Wink He Makes Me Blush Pink Sweetness Blissed Out Delicate Dance Pink Whisper Peach Orchard Think Pink Dipped in Love Neon State of Mind Pink-A-Boo Mermaid Tales Rock Candy Sweet Treat Happiness Ooh La La! Passionate Pink Pretty Little Thing Pretty Awesome Reveal Everything Red Hugs & Kisses Hot Mess Ghost Pepper Candy Apple Ravishing In Raspberry Selfish Rose Gold Brooding In Burgundy Wine Down Leave Me Alone Dew Drops Enchantment Not Your Mamas Mauve Opulent Ethereal Lush Sugar Plum Grape To See You Miami Nights Limitless I'm Royalty Purple Now You Sea Me Blue Moon Periwinkle Team Spirit Blue Crush Blue Piers Out of the Blue On Vacation Time Meadowbrook Making Waves Got The Blues Deep Blue Sea Ego Mint To Be Lucky Leprechaun Island Time Emerald Bay It's Electric Ivy League Dark Storm Orange Cream Soda Clemintine Tequila Sunrise Golden Opportunity Lemon Drop Sunshine Champagne Twinkle Little Star Studio 54 Surprise Arty Party Rose Gold Slippers Not Again Grey Vs Gray Whisper Swept Away Gray In the Diamond Lane Imagination Day Dream Rolling Stone Zanzibar Taupe To Me Frosted Caviar Cafe Ole Can't Help You Black Beauty Keep Dreaming.
 169.
 Select a Color Sheek White Izzy Wizzy Lets Get Busy Arctic Freeze Prim-Rose And Proper Curls & Pearls Tan My Hide Crème De La Femme June Bride Once Upon A Mani Go Girl Light Elegant Manga-Round With Me Prettier In Pink I'm From the Fuschia Exhale High Voltage Hip Hot Coral Tiger Blossom Hot Rod Red Seal The Deal Good Gossip Red Roses Black Cherry Berry All The Queen's Bling Figure 8S & Heartbreaks Rhythm And Blues Ocean Wave Radiance Is My Middle Name Sea Foam No Way Rosè Glamour Queen Sunrise And The City Sweater Weather From Rodeo To Rodeo Drive I Or-Chid You Not Black Shadow Fame Game Girls' Night Out Am I Making You Gelish? All That Glitters Is Gold Lots Of Dots.
 250.
 Select a Color White On White Note To Selfie Bare Attack Diva Bride My Sweet Lady Bottoms Up Strawberry Fields Fifth Avenue Pink Voltage Under The Board Walk Thistle Do Nicely Pool Party A Waltz In The Park Coconut Kiss Turned Up Turquoise Too Yacht to Handle In the Limelight Swing Baby Peachy Keen That'll Peach You Below Deck Liquid Leather.
 109.
 Select a Color A Passionate Scheme Stay True To The Art Black Canvas It's A Master Pink Pink Glaze Art-Hur Loves Me Impressionist Pink Pouring My Art Out Charcoal Drawing Do You Doodle? Paint Me Oh-So-Modern! Gesso You Know Prism Schism Playing Fauverites Mixed Media Mauve My Best Angle Lens Cap.
 9.
 Select a Color First Snow Gel Polish Ice to Meet You Peony For Your Gel Polish Pinky Promise Gel Polish Caught Red Hande Gel Polish Click Your Heels Gel Polish I've Got This Gel Polish Back To The Fuch Gel Polish Catch Me If You Gel Polish I'm A Latte To Gel Polish Cocoa For You Gel Polish Atomic Gel Polish Fair Tale Wishes Gel Polish Forever Loyal Gel Polish Starring Role Gel Polish Drinks After Da Gel Polish Darkest Secrets Gel Polish.
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**6.** <https://kiarasky.com/collections/gel-nail-polish-colors>

Shop 100+ gel nail polish colors! All our gel polishes are full-coverage and chip-resistant. Browse color options that range from vivid neon shades to minimalistic nude tones. Our gel nail polish colors also come in a variety of finishes (including sheer, shimmer, glitter, matte glitter, neon, cream, and more). Whether you're looking for gel nail polish for salon-use or gel nail polish for home manicures, we have the color you're looking for. .
 Get an extra 10% off\* your order right away, exclusive access to unbeatable deals, and the first look at exciting NEW KS products! Join our bestie family to receive all the VIB perks!

**7.** [https://www.amazon.com/uv-gel-polish/s?k=uv+gel+polish](https://www.amazon.com/uv-gel-polish/s?k=uv%20gel%20polish)

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**8.** <https://weheartthis.com/best-gel-nail-polish/>

March 28, 2022 June 6, 2022.
 This post may contain affiliate links, which means I may receive a small commission, at no cost to you, if you make a purchase.
 The gel nail polish industry is a billion-dollar industry. With so many different brands on the market, it can be hard to figure out what the best gel polish is.
 There are a number of different gel polish brands on the market, but only a few are worth considering.
 You can go to a salon and have a professional do your nails, or you can do them yourself at home.
 If you’re looking for a way to add some color and shine to your nails without having to go to a salon, then gel polish is a good option.
 What is Gel Polish?
 Gel polish is a type of nail polish that is applied in layers and cured under a UV or LED light. It is typically more expensive than standard nail polish but lasts much longer.
 The nail polish industry is a billion-dollar industry. With so many different brands on the market, it can be hard to decide which one to buy.
 How To Apply Gel Nail Color?
 First and foremost, it is important to have healthy and well-manicured nails before applying any type of color.
 If your nails are too short or you have any damage, you will need to take care of that before applying gel nail color.
 Brands like OPI and Gelish are some of the most popular gel polish brands on the market.
 Price.
 Another thing to note is the price.
 The higher the price, the better the quality.
 Depending on what brand you choose, some brands are more affordable while others are a bit more expensive.
 Color options.
 While the same product will be available in different brands, there are differences in the color options.
 This can make a big difference if you like to use a particular color, or if you want to try a new color.
 Curing time.
 Different brands also offer different curing times.
 This is a factor to consider if you want to get a manicure done often.
 You might find that one brand offers faster curing time than another brand, which could be important if you have a busy schedule and want to keep your nails looking good all the time.
 Best Gel Nail Polish On Amazon.
 If you’re in the market for a quality gel nail polish, you don’t need to look any further than Amazon.
 The site has a wide selection of polishes from some of the best brands, and you can be sure to find the perfect color for your style.
 Amazon offers great prices and free shipping on many items.
 So whether you’re looking to buy your first gel nail polish or are looking for a new shade, be sure to check out Amazon.
 Check Price on Amazon.
 OPI is a well-known and respected brand in the nail industry.
 Offer a wide variety of colors designed for every occasion (some colors for everyday wear and others for special occasions).
 Top-notch quality.
 OPI is also a great brand to encourage even your kids to wear.
 Essie nail polish, swoon in the lagoon collection, mid-tone magenta with blue undertones, swoon in...
 Essie nail color 290 Swoon in the Lagoon- a mid-tone magenta nail polish with blue undertones and a cream finish.
 Glossy shine nail polish- salon-quality nail color formula for flawless coverage and a glossy shine finish.
 Check Price on Amazon.
 In the early 1980s, Essie Weingarten was a divorced mother of three young children who was working as a saleswoman at a department store in New York City.
 When she couldn’t find a nail polish that would stay on her nails for more than a day she decided to create her own!
 She mixed together different polishes and lacquers until she came up with a formula that worked!
 In the mid-1980s, her husband, a successful businessman, suggested that she take her nail polish to the cosmetics section of Bloomingdale’s department store. She did, and it was an immediate success.
 Check Price on Amazon.
 Wide variety of colors and shades.
 Cult-favorite among beauty aficionados.
 Check Price on Amazon.
 Gelish offers:.
 Chip off less often.
 Wide range of color options, from neutrals to bold and bright shades.
 The brand also offers gel extensions, which are a type of nail extension that is applied by professionals.
 Check Price on Amazon.
 Deborah Lippmann is a celebrity nail technician who has worked with the likes of Sarah Jessica Parker and Michelle Obama.
 Lasts for weeks without chipping or peeling.
 8 shades for up to 8 days\* of color and bold shine. \*Glitter shades may not have same performance.
 Check Price on Amazon.
 One of the company’s most popular products is its top-rated gel nail polish.
 Can be easily applied with a brush.
 Available in over 120 shades.
 Modelones 33PCS Gel Nail Polish Kit, 20 Colors Soak Off Gel Polish Set With No Wipe Top Coat Glossy...
 【Glitter Powder For Carfting Unique Nails】With modelones gel polish, you will enjoy a more freely way to make your own style nail art by mixing glitter and colors,...
 【Matte & High Gloss Cover Different Needs】Matte top coat for gorgeous & elegant；gloss top coat for ultra birlliant shine, show off your style.
 【All In One Kit:】6 kind of glitters+10 ml no wipe base/glossy top/ matte top coat+3 nail brush are also included, a gel polish kit for you to nail at home, nice for...
 Check Price on Amazon.
 If you are looking to try a new gel nail polish set you may want to consider the Modelones Gel Nail Polish Set.
 Nail art.
 The colors are beautiful and vibrant, and the gel topcoat and base coat will help your nails look their best.
 Beetles 20Pcs Gel Nail Polish Kit, with Glossy & Matte Top Coat and Base Coat - Pastel Paradise...
 【What You Get】: 20 x Mini Gel Polish Colors (0.17oz/5ml each bottle) + 3 x No Wipe Base and Glossy & Matte Top Coat ( 0.25oz/7.5ml each bottle). 20 colours beautiful...
 【Environmental & Healthy】: Beetles 20pcs solid glitter gel nail polish kit are made from 9 Toxin Free Ingredient which makes it safe and has low odor. With good...
 【Easy Application and Good Tenacity】: With proper application, last at least 3 weeks. Pastel Paradise nail art set perfect for all daily working or dating, party or...
 Check Price on Amazon.
 Their sets range from subtle designs to bold, eye-catching patterns.
 I’ve had my Beetles gel nail polish kit for almost two years ago and I love it. The colors are stunning, last forever and come in a huge variety for a super affordable price point. .
 Check Price on Amazon.
 The Dior nail polish collection includes both gel and traditional nail polish formulas.
 Dior Nail Polish is made with a patent-pending formula that contains a color-indicator pigment.
 Dior gel polish is:.
 Said to be 5 times stronger than normal nail polish.
 Comes in a variety of bottle strengths.
 What Are The Best Gel Nail Colors?
 Compliment your outfit.
 There are a variety of colors to choose from, so it can be hard to decide which color is the best for you.
 The best way to find the best color for you is to go to a salon and have a professional help you find the right color.
 It is a type of polish that is applied like regular nail polish, but it is cured under an LED light .
 LED gel polish also comes in a wide variety of colors, so you can find the perfect shade for any occasion.
 So which one is the best?
 Well, that depends on your personal preferences.
 Some people prefer soak off gel polish because it’s more durable and can last up to two weeks without chipping.
 The brands of gel polish linked above can be soaked off using acetone. Apply nail polish remover to a cotton pad, then wrap the pad around your nail. Wrap tin foil around the nail or a nail clip like these. Then wait for 10-15 minutes and the gel will peel right off. .
 Akstore 20 PCS Nail Polish Remover Clips,Toenail and Finger Gel Nail Polish Remover Clips Acrylic...
 Easy to use: you put the cotton soaked with polish remover in the sections first, then apply them to the nail.
 Anti-slip design: Sleek nail remover clips with anti-slip design can provide enough pressure to make these clips stay on your nails to remove the nail polishes，You can...
 So whether you’re looking for something long-lasting and chip-resistant, or something that’s quick and easy to use, there’s sure to be a soak-off or non-soak-off gel polish available that will meet your needs.
 In conclusion, gel nail polish is a great way to improve the appearance of your nails.
 It is long-lasting, doesn’t chip, and comes in a variety of colors.
 If you are looking for a new way to improve the look of your nails, give gel nail polish a try.
 Next Post →.
 March 29, 2022 at 7:17 am.
 The Inkey List Vitamin C Serum: Is It Worth the Hype?
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**9.** <https://www.glamour.com/gallery/best-gel-nail-polish>

Pinterest.
 Whoever invented gel nail polish should have won a Nobel. A tad hyperbolic, sure, but without the best gel nail polish on our hands, we’d still have to carefully plot out every move we make between leaving the nail salon and getting home. (Who among us hasn’t accidentally smudged their fresh nail art after fastening their seat belt?) Gel polish allows the ease of being able to quickly grab your keys out of your bag post-mani—or put your shoes on immediately following a pedicure.
 Fortunately, these days you don’t have to head to a nail salon or spring for acrylics to experience a manicure with high shine and no chips. Many polish brands offer quality gel formulas in a variety of shades so your DIY nails look as if they were done by a professional. It's also a faster process than dip powder manicure kits , since gels are applied like regular nail polish—not to mention gentler than acrylic nails.
 Even better? Unlike salon gels (love you, mean it) many gel nail polish brands don’t require that you have a curing UV light or LED nail lamp on hand to get the job done. All you need is your natural nails, some patience, and a steady hand—and some other tools that you can often find in a manicure starter kit, like a buffer, dedicated base and topcoat , and alcohol wipes. (And don't forget about your nail-care essentials, like nail polish remover , cuticle oil , and nail strengthener .).
 Once you’ve done your nails, you can relax a while before needing another mani, as gel usually lasts about two or three weeks longer than regular nail polish. Ready to treat yourself to a gorgeous gel manicure? Ahead, 12 best gel nail polish colors to try right now.
 All products featured on Glamour are independently selected by our editors. However, when you buy something through our retail links, we may earn an affiliate commission.
 Nails Inc. Gel Effect Nail Polish.
 Not only will you get a flawless finish with this gel nail color, but your nails will also enjoy its very own conditioning treatment. The chip-resistant formula contains botanical extracts that strengthen and nourish your nails while you wear it, and the wide brush guarantees easy application.
 Le Mini Macaron 1-Step Gel Polish.
 If you’re in a rush, this three-in-one formula from Le Mini Macaron will be your BFF. While it does require a separate UV lamp, you don’t really have to worry about having anything else; it contains the base coat, color, and topcoat all in the same bottle. The lamp dries it in less than a minute and—best of all—your color will last up to three weeks, depending on how many coats you apply.
 Deborah Lippmann Gel Lab Pro Nail Polish.
 Come for the 10-free formula absent of potentially harmful ingredients like formaldehyde, camphor, and DHP; stay for the incredibly smooth application. Whether you’re into muted pastels, glitters, or metallics, you’ll find some favorites in this collection.
 Sometimes you can’t be bothered to refresh your polish every week—and that’s when Gelish gel nail polish comes in handy, as it lasts for three weeks (count ’em). When your nails begin to grow out, remove it with an easy soak-off process .
 OPI Infinite Shine Gel Nail Lacquer.
 It’s all in the name of this OPI lacquer if you're seeking high-gloss shine. Available in a variety of stunning shades, this long-wear nail polish ensures you’ll be able to enjoy your nails for up to 11 days—no UV or LED light required.
 Essie ‎Gel Couture Nail Polish.
 A blessing in a bottle, Essie’s vegan gel formula lasts as long as salon gels, and you don’t even need a heavy-duty remover or to spend time soaking once you’re ready for a polish change. Any acetone or nonacetone nail polish remover will do. Also nice: No base coat is needed for this one.
 Want a low-maintenance gel manicure? You’ll find it in Miracle Gel. It requires only two steps—the polish and a topcoat—and you’ll be able to enjoy a chip-free mani for up to eight days. (You can snag a matte gel topcoat too, if that's your vibe.).
 Orly GelFX.
 The trick to this Orly polish is to apply it in thin layers until you build up to the high-shine—yet fully opaque—coverage you desire.
 Bio SeaWeed Gel Unity All-in-One.
 Despite the name, there isn’t any seaweed in this gel formula—but it does contain a combination of vitamins and minerals to strengthen nails. You also don’t need a lamp, as it cures in sunlight. Now that's what we call genius.
 LeChat Perfect Match Gel Polish.
 Expect the most intense shine with LeChat’s gel polish, because that is precisely what you’ll get. No matter what you do while wearing this—swim, cook, wash dishes—your mani will look perfect for weeks.
 Red Carpet Manicure LED Gel Polish Fortify & Protect.
 This gel polish is infused with nourishing and protecting vitamin A and biotin, and boasts chip-free wear for up to a whopping 21 days.
 CND Vinylux.
 When it comes to at-home gel polish, CND Vinylux is an obvious winner. Unlike Shellac (the O.G. professional gel nail polish from CND only available in nail salons), you don't need a UV or LED lamp to cure this. And better yet, you’ll be admiring your gorgeous, glossy nails for up to two weeks without chipping.
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**10.** <https://bndnails.com/collections/dnd-duo>

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**how fast do nails grow**

**1.** <https://kidshealth.org/en/kids/your-nails.html>

You may not think about your nails, unless you just painted them blue or your mom says it's time to trim them. But your nails have a job to do. The hard surface of your nails helps to protect the tips of your fingers and toes. And your fingernails make it easier to scratch an itch or remove a dog hair from your sweater.
 Nails themselves are made of keratin (say: KAIR-uh-tin). This is the same substance your body uses to create hair and the top layer of your skin. You had fingernails and toenails before you were even born. Where do they come from?
 It may look like your fingernails and toenails start growing where your U-shaped cuticle (say: KYOO-tih-kul) begins. But there's more going on under the surface. Nails start in the nail root, hidden under the cuticle.
 When cells at the root of the nail grow, the new nail cells push out the old nail cells. These old cells flatten and harden, thanks to keratin, a protein made by these cells. The newly formed nail then slides along the nail bed, the flat surface under your nails. The nail bed sits on top of tiny blood vessels that feed it and give your nails their pink color.
 Your fingernails grow slowly — in fact, they grow about one tenth of an inch (2.5 millimeters) each month. At that rate it can take about 3 to 6 months to completely replace a nail.
 Where your nail meets your skin is your cuticle. Cuticles help to protect the new nail as it grows out from the nail root. The lunula (say: LOON-yuh-luh) — which comes from the Latin word for "moon" — is that pale half circle just above the cuticle. Your lunula is easiest to see on your thumbnails.
 Nail Care.
 You might need an adult to help you trim your fingernails and toenails, which can be a little challenging. A nail clipper or a pair of nail scissors may be used. To smooth jagged edges, you can use a nail file or emery board, which works like sandpaper.
 Fingernails should be trimmed straight across and slightly rounded at the top. Having nicely trimmed nails can keep you from biting or picking at them, which can lead to infections. It's also a good idea to moisturize nails and cuticles regularly. A little hand lotion or moisturizer will do the trick.
 Because toenails are slowpokes (they don't grow nearly as fast as fingernails), they don't need to be trimmed as often. They should be trimmed straight across, which can be difficult, so you might want to ask a parent for help.
 Manicures and Pedicures.
 Sometimes people get their fingernails and toenails cut and polished by a professional in a salon. Manicures (done on hands and fingernails) and pedicures (done on feet and toenails) are popular services for girls and women (and even some guys!). If you get one, you'll want to be sure the salon follows strict guidelines for cleaning its tools and the stations where hands and feet are washed, trimmed, buffed, and polished.
 To prevent infections and other problems, experts recommend taking your own nail clippers and other tools to the manicurist or pedicurist. That's better because you won't be exposed to bacteria and other bad stuff that can linger on the tools that were used on other people's hands and feet.
 It can be fun to do your own manicure or pedicure at home, but you may want to ask for an adult's help. Use special care with sharp tools, nail polish, or nail polish remover. These items can be especially dangerous if a little brother or sister gets ahold of them! Also, the ingredients in some nail polishes and removers can be damaging and dry out your nails.
 Common Nail Problems.
 Most of the time, your nails are pink and healthy, but sometimes nails have problems. Some of the most common for kids include:.
 ingrown nail — when the nail curves down and into the skin, causing pain and, sometimes, an infection.
 nail injury — when you drop something on your big toe or catch your finger in a drawer. A bruise may appear under the nail and sometimes the nail falls off. A new one grows in its place.
 nail deformity — when the nail isn't smooth, like a healthy nail. People who bite or pick at their nails a lot can have this problem, but it also can happen if someone has an illness that affects the nail.
 hangnail — when a loose strip of dead skin hangs from the edge of a fingernail. Hangnails hurt if you pull them off.
 Some of these problems, such as a minor nail injury or hangnail, can be handled at home by your mom or dad. But infections and more serious nail injuries need a doctor's care. Signs of a nail infection include pain, redness, puffiness (swelling), and maybe some pus.
 What Your Nails Have to Say.
 Don't be surprised if your doctor takes a look at your nails at your next checkup, even if you're having no problems with them. Fingernails provide good clues to a person's overall health.
 For instance, when the doctor presses your nails, he or she is checking your blood circulation. By looking at your nails, a doctor may find changes that may be associated with skin problems, lung disease, anemia, and other medical conditions. Your nails are in the know!
 Notice of Nondiscrimination.
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**2.** <https://www.healthline.com/health/beauty-skin-care/how-fast-do-nails-grow>

average rate.
 of 3.47 millimeters (mm) per month, or about a tenth of a millimeter per day. To put this in perspective, the average grain of short rice is about 5.5 mm long.
 If you happen to lose a fingernail, it may take up to six months for that nail to completely grow back. The nails on your dominant hand grow faster than the rest, as do the nails on your longer fingers.
 Your fingernails also grow faster during the day and during the summer.
 Although it may sound like there’s no rhyme or reason to how your nails grow, there are a few basic factors that affect the speed of growth. Read on to learn more about these factors, as well as what you can do to make them grow faster.
 What factors affect how quickly your nails grow?
 The nails on your dominant hand are said to grow faster simply because you use your dominant hand more. This increases your risk for trauma, like catching your nail on a snag or hitting your nail with a hammer.
 If trauma does occur, your body naturally sends more blood and nutrients to the area to help repair it. This influx of nutrients may speed up nail growth.
 2007 study.
 study published in 1980.
 At age 23, Dr. William Bean observed that his left thumbnail grew at a rate of 0.123 mm per day. By the time he reached age 67, this rate had dropped to 0.095 mm per day.
 Hormones.
 experience.
 have been shown.
 to result in rapid nail growth during pregnancy, but decrease the rate of nail growth during lactation.
 Outside of pregnancy, puberty is usually the most tumultuous time for your hormone levels. Nail growth is said to peak during puberty and decline as your hormone levels balance out with age.
 have an impact.
 thyroid disease.
 If you have diabetes or other circulatory issues , make sure you monitor your nails closely. Make an appointment with your doctor if you experience a nail injury or notice anything unusual.
 associated.
 with a faster growth rate. This may be because biting causes trauma to the nail, stimulating circulation in the nail bed.
 This also supports the theory that frequent nail clipping makes your nails grow a little faster. Regular clipping doesn’t carry the same risks as nail biting, so if you want longer nails, clipping is the better route.
 What about your toenails?
 Your toenails grow much slower than your fingernails. They grow at an average rate of 1.62 mm per month.
 And if you lose a toenail, it can take up to a year and a half for it to completely grow back. That’s three times as long as it would take your fingernail to regrow.
 This is because your toenails are generally subjected to less trauma than your fingernails. Although you may stub your toe here and there, this temporary burst of circulation won’t have a lasting impact.
 How to make your nails grow faster.
 Although there aren’t any scientifically proven methods to make nails grow faster, there are a number of ways to increase the overall health of your nails.
 The following methods will help strengthen your nails and prevent them from breaking, allowing them to remain long as you grow them out:.
 2007 study.
 found that taking 2.5 milligrams of biotin every day reduced breakage and increased overall nail health.
 experts.
 say to avoid prolonged use, as they can actually break down the nail over time. You should limit or avoid strengtheners that contain formaldehyde or formalin.
 can increase.
 Groom your nails. Keeping your nails clean is key to overall nail health. Use a clean pair of clippers to trim them regularly. Once a week should be enough. Keep your cuticles pushed back or trimmed, too. And don’t forget to moisturize!
 The bottom line.
 From the time of year to how old you are, there are a number of factors that affect how fast your nails grow. Although most of these factors are outside of your control, you can help the process along by practicing good nail hygiene.
 If you feel like your nails are growing unusually slow — or are experiencing discoloration or other symptoms — talk to your doctor. Your symptoms may be tied to nutritional deficiencies or another underlying condition. Your doctor can help determine why this is happening and advise you on any next steps.
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 Medically reviewed by Debra Sullivan, Ph.D., MSN, R.N., CNE, COI.
 If you want nails that grow faster, you can start by taking good care of your body and using the following tips.
 Medically reviewed by Cynthia Cobb, DNP, APRN, WHNP-BC, FAANP.
 Although genetics play a big role in determining the size and shape of your nail beds, there are plenty of ways to make your nail beds (and your….
 Your fingernails can say a lot about your health, and nutrient deficiencies may affect your nails' appearance. Here are 8 important vitamins and….
 Medically reviewed by Graham Rogers, M.D.
 Have you ever noticed little depressions in your fingernails and toenails? This is called nail pitting. Here's why it happens and what you can do….
 Medically reviewed by Cynthia Cobb, DNP, APRN, WHNP-BC, FAANP.
 The proximal nail fold is the skin that borders the bottom of your nail. It keeps the nail in place and protects it as it grows. Learn more about its….
 Medically reviewed by Cynthia Taylor Chavoustie, MPAS, PA-C.
 Your fingernails can reveal a lot about the state of your health. Conditions ranging from stress to thyroid disease may be causing changes in your….
 Medically reviewed by Graham Rogers, M.D.
 Have you ever noticed little depressions in your fingernails and toenails? This is called nail pitting. Here's why it happens and what you can do….
 Medically reviewed by William Morrison, M.D.
 Medically reviewed by Carissa Stephens, R.N., CCRN, CPN.
 For best results, you should see a doctor as soon as possible to have your subungual hematoma drained. Let's look at the timeline for healing:.
 Medically reviewed by Carissa Stephens, R.N., CCRN, CPN.
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**3.** <https://www.healthline.com/health/beauty-skin-care/how-to-make-your-nails-grow-faster>

Bottom line.
 We include products we think are useful for our readers. If you buy through links on this page, we may earn a small commission. Here’s our process.
 Fingernails are made of many layers of a hard protein called keratin. Your fingernails are an important indicator of your overall health.
 Healthy nails should be smooth and hard, free of any dents or grooves, and consistent in color.
 If your nails grow slower than average and you’d like them to grow faster, there are several home remedies and grooming techniques that may help.
 Home remedies for nail growth.
 There is no scientifically proven method for making nails grow faster. But taking good care of your body through proper nutrition and using the following tips to strengthen your nails can help them grow strong and long over time.
 1. Take biotin.
 Biotin is an important type of B vitamin that allows the body to turn food into energy. It’s also highly recommended as a supplement to help boost the strength of hair and nails.
 Some scientists.
 say a dose of 2.5 milligrams of biotin daily can improve nail strength in just a few weeks. Biotin can be found naturally in:.
 Nail softness makes nails more prone to breaking, which increases the need for nail regrowth. To prevent nails from breaking, experts normally recommend nail hardeners. These are substances that get painted onto nails like a polish and are later removed with nail polish remover.
 experts say.
 Shop for nail hardener online .
 Researchers.
 have found that regular use of glue-on artificial nails can weaken real nails and make them more prone to breaking. The better option is to paint your nails with nail polishes that have little or no toxic chemicals, such as:.
 Regular nail grooming can also help boost the strength of your nails, encouraging growth and reducing breakage. Some ways to keep your nails well-maintained include:.
 keeping your nails dry and clean, which keeps bacteria from growing beneath them.
 using sharp manicure scissors or clippers to trim your nails straight across, and then using them to round the tips of your nails into a soft curve.
 moisturizing your hands and nails with a lotion, making sure to rub it into your fingernails, especially at the base where the cuticles are located.
 What causes unhealthy nails?
 slow-growing nails.
 Slower growing nails come with age but can also be a sign of illness or nutritional deficiency. They can even be caused by some medications.
 Hormones also play a role in driving nail growth. Younger people tend to have faster growing nails than older people, and men and pregnant women tend to experience faster nail growth than others. In healthy adults, average fingernail growth is about.
 3.5 millimeters per month.
 The bottom line.
 Your nails are a reflection of your overall health. It’s important to stick to a healthy diet if you want strong, fast-growing, healthy nails. That involves eating a well-balanced diet full of fresh fruits and vegetables, lean sources of proteins, an adequate amount of carbohydrates, and plenty of healthy fats.
 However, sometimes nails need a little help getting healthier and stronger. That’s where home remedies can help. Remember, you can’t get your nails to magically grow faster. But if you take care of them, they’ll grow stronger and last longer, making them less prone to breakage.
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 Medically reviewed by Cynthia Cobb, DNP, APRN, WHNP-BC, FAANP.
 What are your nails made of? Are they really dead? If they're actually dead, how do they grow? Find out the answers to these questions and more.
 Medically reviewed by Alana Biggers, M.D., MPH.
 Normal, healthy nails appear smooth and have consistent coloring. As you age, you may develop vertical ridges, or your nails may be a bit more brittle.
 Medically reviewed by Karen Cross, FNP, MSN.
 Painting your nails can feel good. But for some people, the benefits of a DIY mani are outweighed by the time required for the polish to dry. While it….
 Medically reviewed by Carissa Stephens, R.N., CCRN, CPN.
 For best results, you should see a doctor as soon as possible to have your subungual hematoma drained. Let's look at the timeline for healing:.
 Medically reviewed by Carissa Stephens, R.N., CCRN, CPN.
 Medically reviewed by Nancy Carteron, M.D., FACR.
 Blau syndrome is a rare disease that causes arthritis symptoms, like pain and form changes in the joints, skin rashes and discoloration, and eye….
 Medically reviewed by Cynthia Cobb, DNP, APRN, WHNP-BC, FAANP.
 While sunscreen is important no matter the color of your skin, certain formulas are known to leave a white cast on dark skin. Here are great invisible….
 Medically reviewed by Cynthia Cobb, DNP, APRN, WHNP-BC, FAANP.
 Loofahs are a shower mainstay, but they can collect bacteria and harm the environment. We've got eight alternatives to try.
 The Best 8 Home Remedies for Cysts: Do They Work?
 Medically reviewed by Debra Rose Wilson, Ph.D., MSN, R.N., IBCLC, AHN-BC, CHT.
 The most reliable way to remove a cyst is to have your doctor do it. However, home remedies could help, like apple cider vinegar and tea tree oil.
 Medically reviewed by Debra Sullivan, Ph.D., MSN, R.N., CNE, COI.
 We tried 9 products that claim to stop itching and swelling. Here’s what really works, and what doesn’t.
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**4.** <https://fingernails2go.com/10-facts-you-didnt-know-about-nails/>

Fingernails grow an average of 3.5 millimetres per month. The rate your nails grow at is affected by a number of things, including your age, gender and hormones. It’s rather unfair but men’s nails tend to grow faster than women’s, with the exception of women’s growing faster during pregnancy. Your nails may also grow faster after an illness and you many have noticed your nails grow faster in the summer than in the winter. Rather strangely however the longer your fingers the faster your nails grow and the nails on your more active hand grow faster than on the other. Your middle nail grows the fastest and your thumb nails the slowest.
 2. Your diet affects the health of your nails.
 Eating foods to help your hair shine? Nails and hair are both made out of the protein keratin. Eating healthy foods and vitamins will help strengthen both your hair and nails, while a junk food diet will lead to peeling nails and split ends.
 3. Your nails can tell the story of the rest of your health.
 Believe it or not your nails can give dermatologists clues about the rest of your health, a serious disease could be uncovered by a fingernail examination. Blue discolouration can be a sign of lung cancer while yellow discolouration can be related to a respiratory disease. Indentations across your nail may just be caused by damage, however if they appear for no reason they could indicate zinc deficiency, diabetes or a high fever. Your nails may even be causing the problem, nail problems account for 10% of all skin problems!
 4. Exams or a stressful job can affect your nails.
 Some people cope with stress by chewing their nails but that’s not the only reason stress could be damaging your nails. Stress and the associated lack of sleep can divert your body’s nutrients and energy away from growing healthy nails and hair. It’s called beauty sleep for a reason!
 5. Nails DON’T keep growing after death!
 You may have heard the rumour that your nails and hair continue to grow once you die. Well, it’s WRONG! Nails need blood to grow, so they can’t possibly grow after death. The rumour exists because skin shrinks after death making nails appear longer. Moving on from that morbid point….
 6. Storing your polish in the fridge will help…LIES.
 No doubt you’ve heard somewhere along the line that keeping your nail polish in the fridge will help it last longer or bring it back to life. WRONG AGAIN! Putting your nail polish in the fridge exposes it to drastic temperature changes which can ruin the smoothness of the polish. Nail polish will keep best if it’s stored at room temperature, in a dry atmosphere and in the dark. A drawer in your bedroom is the best place for it, just make sure the lid is secured tightly to avoid air getting in.
 7. Your cuticles are there to protect you.
 Cuticles stop germs and bacteria getting into and damaging your nail bed. Try not to cut your cuticles. Care for them by applying moisturizer and pushing them back to avoid an overgrown look.
 8. White spots have nothing to do with calcium intake.
 White spots on your nails are a sign of minor injury to the nail while it is being formed, people who bite their nails are more likely to have them for this reason. These spots could be a sign of a minor infection or even due to an allergic reaction to nail polish.
 9. Nails can grow to baffling lengths.
 Eww, the longest nail recorded belonged to a man in India and was 48 inches long! While we are all for growing a long set of healthy talons this doesn’t bear thinking about.
 10. Coco Cola is capable of dissolving a nail.
 Water is great for your overall health including your nails, whereas fizzy drinks like Coke are not so good. In fact Coco Cola is kind of scary. If you place a piece of nail in a bottle of Coca Cola it will dissolve within 4 days, that’s how corrosiveness it is! If you need any more reason to swap coke for water, this is it!
 Find out more about our products by getting in touch HERE.
 Request Callback.
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**5.** <https://www.lorealparisusa.com/beauty-magazine/beauty-tips/beauty-trends/how-long-does-it-take-for-nails-to-grow>

beauty trends This Is How Long It Takes to Grow Your Nails.
 Sometimes, beauty can feel like a waiting game. From waiting for your hair to grow after some spur-of-the-moment bangs to waiting for your skin to clear up after a breakout , these things cannot be rushed. Add growing your nails to that list. .
 Whether you’re guilty of biting your nails or simply want to learn how to make your nails grow faster so you can ditch your acrylics , nails don’t grow overnight but proper care can speed up the process. Take notes as we share how long it takes for nails to grow, plus some easy tips to help them grow faster.
 Before we dive into how fast nails grow, let’s talk a bit about how they grow in general. You can think of this as nail anatomy 101, made simple. To start, you need to understand what makes up the nail and how that affects the growth cycle.
 Matrix: This is the root of the nail, according to the American Academy of Dermatology (AAD). It’s constantly making new cells. These new cells force the old ones to become packed together and get pushed through the matrix. .
 Nail plate: The hard part of your nail — the actual fingernail that you’re hoping to grow is known as the nail plate and it is mostly made of a substance called keratin, as stated by the National Center for Biotechnology Information (NCBI). This is what those packed old cells mentioned above form. At this point, the cells are dead, which is why you don’t feel anything when you cut your nails, per the AAD.
 Cuticle: This is a term you’re likely familiar with. The AAD explains that the cuticle is a small section of skin that protects the matrix from germs. While it doesn’t directly relate to how nails grow, it’s still super important and necessary for the health of your nails.
 Lunula: According to the NCBI, the lunula is the small, white, half-moon shape that can be seen at the bottom of your nails. You likely will notice this on your thumbs, but it’s present on all of your nails. It’s part of the matrix and it’s the only part of it that is visible.
 How Long Does It Take for Nails to Grow?
 Now that you know how nails grow, the next part is understanding how long it takes for them to grow. As you can expect, it’s a slow and steady process. Here are a few things worth noting when it comes to how fast nails grow.
 According to the NCBI , on average, fingernails grow around three millimeters per month. Three millimeters is about one-eight of an inch or about half the size of a pencil eraser. Toenails are even slower and grow at one-third of that rate at one millimeter per month.
 Starting at age 25, expect the rate of growth to decrease by approximately 0.5 percent per year, according to the NCBI. If you lose a fingernail, expect it to take around half a year to grow back, per the AAD. A toenail can take a year and a half to fully grow back.
 3. Your Dominant Hand Grows Faster .
 The AAD shares that if you’re right-handed, your nails will grow faster on your right hand and if you’re left-handed, they’ll grow faster on your left. Nails also grow faster on your larger fingers.
 According to the AAD, nails grow faster during the summer . They also grow faster during the day.
 Now that you’re a pro on the topic nail growth, you’re probably wondering if there is a way to make your nails grow faster. While there is no magic solution for speeding up nail growth, the best way to encourage growth is to make sure your nails are strong and healthy. On that note, here are a few nail care tips, courtesy of the AAD .
 Cut your nails straight across, slightly rounding the edges while making sure there are no snags or tears. You can also use a nail file to manage the length. .
 The same goes for your toenails. Keeping your toenails short will help to minimize the risk of injury and trauma.
 2. Don’t Cut Your Cuticles.
 Cuticles protect the nail root so don’t push them back and definitely don’t cut them. Trimming your cuticles makes it easier for bacteria to get inside the body and can lead to infection.
 Editor’s tip: Applying cuticle oil daily can help to keep the cuticles well-moisturized while preventing dead skin from growing on the natural nails.
 Reiterating that this is an absolute no-no — don’t bite your nails. Doing so can harm the nails and damage the cuticles. If you need some help to avoid biting your nails, try a fun set of press-on nails .
 Unless you’re getting a manicure, your nails shouldn’t be moist. That said, if your toenails are difficult to cut, you can soak them in salt water for five to ten minutes prior to cutting to help them soften.
 5. Wear Shoes That Fit .
 Tight shoes can harm your toenails — if you needed another reason to stick with comfortable footwear, this is a good one. .
 Next: 30 Gorgeous Nail Designs and Colors For Short Nails.
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**6.** <https://experthometips.com/how-to-get-long-nails>

A set of natural-looking nails are something most women dream of...and today we're going to help you make this dream a reality!
 Learning how to grow your nails goes way beyond polishes and filing. The nail is a complex thing and in order for it to grow and strengthen, it must be cared for and nourished correctly.
 Editor's Note: This post was originally posted in August 2016 and has been completely revamped and updated for accuracy and comprehensiveness in January 2019.
 What are the parts of a nail?
 Knowledge equals power and nails are no different. A better understanding of the different parts of your nail means a better understanding of what they require to grow and long and strong.
 Your nail might look like one solid sheet, but it's actually made up of several different parts and layers. The layers are made of a protein called Keratin, which is also a component of hair and skin. The half-moon at the base of your nail is called the Lunula, and the slither of white that lines the top of your nail is the free edge.
 How do nails grow?
 Nail growth isn't as simple as you'd expect. The part of the nail visible to the human eye is actually dead. The section at the base of the nail, the matrix, is the only area which contains living cells.
 Nails grow from the matrix, where new cells are produced. As new ones form, they push old ones along, increasing the length of our nail.
 Once these living cells lose contact with the root, they die, which is why we feel no pain when cutting or trimming our nails.
 How to grow your nails faster.
 You won't get long, strong nails overnight!
 There has been much speculation in the past over just what encourages our nails to grow at a set rate. Theories include:.
 Metabolism and blood flow - physician, William Bean , discovered his nail growth rate slowed significantly after the age of 50.
 Injury - an Oxford dermatologist named Rodney Dawber saw a lesser rate of growth in a hand that had been injured in a rugby match, than the other, uninjured hand. This suggested that the prominent hand achieved a faster rate of growth, as the blood vessels were more stimulated.
 While more active fingers, a higher metabolism and avoiding injury may indeed contribute to longer nails, they're not very reliable or realistic methods of growing yourself a set of fabulous fingernails. It's time to find out what you can do to improve your nail health and get the nails you've always dreamed of.
 Pick the right emery board.
 Regular filing is essential to keep nails strong, prevent tears, and promote growth.
 An ideal emery board shouldn't be too rough, as this can lead to small fissures and cracks that cause your nail to tear. Instead, go for something semi-smooth that can be used to gently and slowly file your nail down into the desired shape.
 Avoid chemicals.
 Have you noticed that your nails look almost opaque after cleaning the house? The chemicals in the majority of cleaning products will have an adverse effect on the strength of your nails, causing dryness and damage - just as they would the skin.
 Wearing a pair of rubber gloves is an easy way to prevent this and help you on your quest to grow long nails.
 Regular maintenance is essential if you're after fine looking fingernails.
 Despite what you may have heard, cutting your cuticles is never a good idea.
 The cuticle is the layer of skin that covers and protects the matrix (remember, this is where the new nail cells grow from) so it's important to care for it properly and keep it intact.
 By removing it completely, we leave the matrix exposed to germs and bacteria, which can lead to fungal infections - not exactly the modelesque manicure you had in mind!
 Instead of removing your cuticles, focus on caring for them. Without any TLC, they'll become stiff and may also get stuck to the nail plate, preventing them from doing their job properly.
 In order to keep your cuticles supple, matrix protected, and grow healthy new nail cells, you should moisturise your cuticles daily. They should also be gently pushed back on a regular basis - a process most easily carried out after you've showered and they have softened.
 How to grow your nails faster with supplements.
 The key to natural nails is natural goodness!
 We know that vitamins are good for us, but with regards to nail health, it's a particular member of the vitamin B family that will really do wonders.
 Biotin has been found to increase nail thickness in several studies. A thicker nail means less chance of breakages or splitting so your nails will stay longer...for longer.
 If you're worried you're not getting enough, why not try taking a daily supplement of 2.5 mg? It'll help your hair grow too! You can pick tablets up at most health stores and online too. .
 Are you guilty of turning to your nails when you need to scratch off a stubborn sticker or remove a stuck object?
 While your nails may feel strong, the delicate layers are easily damaged! Treating them gently will prevent splitting and flaking and mean you don't have to get those clippers out.
 Avoid damaging your nails.
 Remember, your nails are made up of very thin layers, which means they must be treated delicately - that goes for filing too.
 Save the sawing back and forth for your woodwork - your nail file should be used in one direction only, with only a small amount of pressure applied to ensure even, gentle filing.
 Keep your nails as dry as possible.
 After a long, hot soak in the bath, you'll notice that your nails are softer and more flexible. This is OK every now and then, but prolonged or regular exposure to water will weaken your nails and contribute to splitting.
 When they do become soft, stay away from arduous tasks for a while until they have regained their prior strength.
 Treat hangnails with care.
 We've all been there: a little hangnail we think will tear away easily ends up taking half of our nail off with it, leaving it half the size it was before. Not only does this process shorten your nail, but it will damage the delicate layers it's composed of too.
 We know it can be tempting to pull these annoying tears straight off, but you'll do much more damage than good in the process.
 If you're committed to getting long nails, be sure to carry a nail file in your handbag at all times, and you'll never have to deal with the mess - or pain - of a torn hangnail again.
 Avoid nail polish.
 There's quite a lot of controversy regarding whether a layer of protective nail varnish is beneficial or detrimental to nail health.
 We know it looks pretty but don't go overboard with glamming up your nails. The chemicals in polish and nail varnish remover don't do nails any good, especially if they're already brittle.
 Learn to nourish and look after your nails correctly, and you'll find they look just as lovely au-natural.
 How to grow your nails fast with food.
 It may be last but it's certainly not least. Like most things beauty, diet is probably the biggest contributing factor when it comes to nail growth.
 We can't stress enough how important a varied, nutritious diet is to overall nail health. Even if you slack off on your nail maintenance, a healthy diet will always provide the building bricks to start back strong.
 Some of the most important nutrients for nail growth and health include:.
 Protein - keratin, the tough, protective material our nails are made of is a protein, which is why eating enough protein is so important to nail growth. Ensure you get the recommended daily allowance of 0.8g per kilogram of body weight.
 Fruit and vegetables - fresh produce contains many essential nutrients, including many vitamins and minerals.
 Magnesium - pumpkin seeds (sigh) and dark chocolate (wahoo!) serve as all-natural anti-stress solutions, preventing things like ridges from appearing on your nail plate.
 Seafood - prawns and other shellfish contains heaps of zinc, which is essential in the biological production of the protein which forms and maintains nails.
 Biotin - Remember that biotin we were talking about earlier? Well, it can be found in one of our favourite breakfast foods - eggs.
 The takeaways .
 Eggs contain the magic Biotin vitamin that does wonders for our nails.
 The most important things to bear in mind with regards to growing long, strong nails is that they are just as much a part of you as any other body part.
 Just as your teeth will rot if you have a poor diet and don't brush them, your nails will grow weak and grow less if they are not cared for.
 If you're really determined to get gorgeous nails, nourish your body and your nails will be nourished too. Once they lengthen, look after them - it really is that simple!
 How much do your nails grow in a week?
 The average nail grows around 2-3mm a month (so around 0.6mm a week) however, some people find their nails growing at a much faster or slower rate.
 Is Vaseline good for nails?
 It is thought petroleum jelly such as Vaseline could help benefit the nails by preventing moisture loss and nourishing cuticles, helping them to grow faster.
 Does toothpaste help the nail to grow?
 There is no scientific evidence to show that toothpaste can make your nails grow faster. However, some people claim when scrubbed onto nails, it whitens them to improve their appearance. .
 I hope my tips help you get the long strong nails you've always dreamed of! Do you have any tips and tricks that work for your own nails.
 Lover of all things fashion & foodie...I look to satisfy my tastes without obliterating my budget. Wannabe interior designer, I'm an avid cushion cover maker and charity shop hunter.
 Follow me on twitter.
 Eating jelly and cabbage make your nails strong.
 Stephanie C on April 6, 2017 at 5:29 pm.
 Hi Enid. It's actually a myth that jelly makes your nails strong! However a healthy, balanced diet with lots of veg including cabbage will definitely help :).
 Shaz on January 6, 2019 at 12:39 pm.
 But jelly has collagen and hair and nails need lots of this as we get older and make less naturally. Your article doesn't mention collagen.
 Reply.
 I've had strong white nails since I was born. I've found that drinking milk (straight not in a tea or coffee) keeps them bright white and strong. I've only ever snapped them once and that was because someone at work dropped a box of 12 (1litre) orange juices on them.
 Stephanie C on March 9, 2017 at 10:10 am.
 Hi Tracey! Yes, many people say that the calcium in milk is really good for nails. I, however, don't drink milk and my nails are still very strong. I think a healthy, varied diet is the most important thing here :).
 Reply.
 I wonder if you should warn readers about nail bars? Most of the nail "technicians" are not manicurists, they might have been trained to apply gel/shellac and stick sequins on but any training about the actual nails is pretty basic and they do not know how to file nails properly. They have a limited time with each customer, so quickly saw nails back and forth with an emery board to reduce the length as quickly as possible. In my area they are concealed by a surgical mask and do not speak English, so very difficult to communicate with. I should mention my nails are long and strong but 2 years ago a "technician" pushed back too hard on one of my cuticles. It was very painful at the time and damaged the nail bed, since then the nail only grows to a certain length and then breaks on the nail bed giving me weeks of pain before I can take it off and then weeks of looking odd with a short nail.
 Stephanie C on January 11, 2017 at 10:53 am.
 Hi Norma, Thanks a lot for pointing this out. You do really have to be really careful with nail technicians, as you're right when you say they often have to rush through clients and don't always use best practises. I hope my blog post helps people to realise the right and wrong ways to care for your nails, and therefore makes it easier for them to recognise a good nail technician from a bad!?
 Reply.
 I prefer natural nails and have never been keen on the idea of acrylics, gels etc after seeing my friends nails ruined at one of these so called salons. I have long,natural healthy nails with using really good products, OPI avoplex cuticle oil and hand cream and Nail Envy which is brilliant. Also wearing rubber gloves to wash up. My nails are the best they'very ever looked with these treatments.
 Stephanie C on March 3, 2017 at 5:03 pm.
 Hi Christine :) I've never tried fake nails or gels either - the occasional nail paint is all I go for - and my nails have always been strong because of it. Thanks a lot for sharing some of the products you've seen success with - maybe I'll try some!
 Reply.
 Also, be gentle when removing gel nails or acrylics. Using force to remove nail enchantments could ruin your natural nails so it's important to use the least aggressive method.
 Stephanie C on June 21, 2017 at 9:11 am.
 Hi Stephanie Em this will sound really weird but my digging your teeth into the top of the nail and repeating it seem to make them grow??
 Stephanie C on July 5, 2017 at 9:24 am.
 Reply.
 Dont know why but my thumb nails are realy hard and never seem to break but other nails are soft and break quite easily. Anyone know why 1.
 Stephanie C on July 24, 2017 at 9:39 am.
 Hi Susan. My guess is that this is because we often use our finger nails to open/remove things. This chips away at them and can cause them to break. It's also because naturally, the thumbnails are wider than other nails, making them much less fragile. I hope this helps :).
 Nailah Haque on March 7, 2021 at 8:13 am.
 Reply.
 Ive been using to much nail polish and acetone to remove it every 2 weeks my nails are getting to week it seems i dont have a,layer of nail what can i do.
 Stephanie C on January 2, 2018 at 11:09 am.
 Hi Tamara. I would, first of all, recommend giving your nails a break. Then you could introduce some nail oil to renourish the living part of your nail, and cuticle to encourage nail growth and health. Regular trimming and filing will also help. When they're beginning to look strong again, I suggest investing in a clear polish for everyday use, with additional hardening/nourishing properties that will benefit your nails in the long term. Try and reserve bright colours and lots of removal for special occasions. Once your nails are healthy, you'll find they look just as lovely natural. I hope this helps :).
 Reply.
 Diet and state of mind can have a huge effect on nails. I became vegetarian over 40 years ago, prior to this my mails were brittle and flaky, however a few months after turning veggie I noticed how strong they had become - and sill are. When I go away on holiday for any length of time my diet inevitable changes - still veggie - but many countries and cultures have a different way of doing things, and this has an impact on my nails. I can tell when this change takes place by the horizontal ridges growing from the nail bed. This is also true if I get stressed, which isn't often, but I was caring for my very elderly mother until her death a few months ago, and my nails, although still strong are ridged all the way up to the edge, a clear indicator of the stress I was going through. I can see where the new, smooth nail is growing in (or out!) from the base. I rarely wear nail polish, but buff my nails with a buffer every so often, and never, ever, use a metal nail file. I find a fine emery board is best.
 Stephanie C on January 23, 2018 at 9:26 am.
 Hi Jay. It sounds like your change in diet had a really beneficial impact on your nails. This is no surprise, as eating more vegetables will up your vitamin and mineral intake, providing your nails with all they need to grow long and strong. Sorry to hear you went through a stressful time. I hope you, and your nails, will recover soon. :).
 Reply.
 My nails aren't brittle they are just too soft to an extent they cant bend with no pain , how can i make them stronger at home.
 Stephanie C on February 22, 2018 at 9:20 am.
 Hi Lynn, This sounds like a dietary issue. Are you currently having a varied diet, including lots of fruit and veggies? These are absolutely essential to provide your nails with the vitamins and minerals they need to grow strong.
 Reply.
 I eat a lot of fruit and veg within my diet. Meats, fish etc. I rarely become ill anymore (docs advised to take vitamin supplements) so I changed my diet instead and eat better which has massively benefitted me however my nails are still soft, thin and break easily! I don't have great circulation in my hands and feet which may not help! Anything i can do?? I love having long, strong, elegant nails but they just never get there!
 Stephanie C on May 1, 2018 at 10:01 am.
 Hi Becky. Do you use harsh chemicals? I find that even washing up can take a toll on my nails. Always try to wear rubber gloves when cleaning, and this should help keep your nails strong.
 Reply.
 I am 68 and have very long very strong nails naturally. Know I am fortunate! Only get my nails painted at salon, with my own polish. Years ago suffered a bad infection after the girl snipped my cuticle, took so long to heal. Rarely file them, the longer you leave them alone the stronger they remain. Sliver, not slither, that’s what snakes do. Contend not contained.
 Reply.
 Hi Stephanie, My nails will grow strong and long, but when I polish them (very, very rarely) they become brittle and break and then they start to peel. I now use a non-acetone remover. Could you tell me the safest nail polish and polish remover for the few times I do wear polish? I volunteer and sometimes I like to have my nails look nice.
 Stephanie C on November 8, 2018 at 9:22 am.
 Hi Cher. We can't say we know "the safest" nail polish and remover, but anything that claims to be strengthening will help to stop your nails from being brittle and breaking. Hope this helps!
 Reply.
 I bite my nails so they are always short do you have anything or idea for me not to bite myself nails also my non nail bitting nail polish can be used to grow nails since it has lemon it does not work for me though.
 Joanne A on November 26, 2018 at 2:26 pm.
 Reply.
 Hi Steph. I have only ever seen nail growth when I literally 'hid' my nails under polygel (painted onto tips). In a couple of weeks I saw my nails grow for the first time ever, meaning they are actually capable of growth. I now want to always have polygel tips so that underneath, I always have real nails. It's like my nails can't withstand exposure to anything - even the 10 minutes in the shower weakens them. They peel and split all day, regardless of my being on an excellent diet (all the foods mentioned here), taking biotin, applying top-end hand and nail creams repeatedly and rubbing in coconut oil at night. They still peel constantly and remain thin and short. ls it a bad idea to resort to always having tips? I want to keep the tips because it is the first time in 44 years I have ever seen my nails grow.
 Stephanie C on January 15, 2019 at 9:31 am.
 Hi Shoane! Whilst normally any sort of false nail would damage your nail, it sounds like it's actually helping yours. Ultimately you should do what makes you feel happy and gives you the results you want. We're glad you found something that helped your nails to grow!
 Reply.
 my nails are very very short...actually i used to bite them a lot but now i've stopped it but they are not showing any growth or they are growing but at a very slow rate...i want to grow my nails within half or 1 one month....so please tell me what can i do??
 Joanne A on January 29, 2019 at 2:12 pm.
 Reply.
 I hope these tips also work for hair or thinning hair? Btw, I always wondered if nails ever stop growing if one stops cutting them, I read they don't but hair does. But then hair also shed, so they are different in that respect :).
 Joanne A on April 25, 2019 at 10:31 am.
 Hi there! Some of these tips will certainly help with thinning hair. As for your second question, if you stop cutting your nails, they will continue to grow.
 Antonymous on June 2, 2019 at 7:06 pm.
 Hi, I didn't see this answer, thanks. Yeah I know they keep growing, but seems like head hair has a limit despite it continues to grow, once it's able to reach it, I was also curious if the same happens for nails and eventually also stop. I often happen to think that if researchers pay me a good living I'd let them grow to find out, but not so sure which price would be enough for the discomfort :D, but there's a woman who grew them really long and just for herself o\_o. 2. While in this case, being a male I might want to keep my nails and toenails reasonably short, I'd still want them to be healthy and nice, so I guess these tips turn handy. Though could I safely paint them black for a while?
 Joanne A on June 3, 2019 at 10:08 am.
 Hair does actually grow continuously but it might appear to stop because of breakage. I'm unsure what you mean about painting them black. What are your concerns?
 Antonymous on June 4, 2019 at 7:45 pm.
 Hi, cool, same happens for body hair of is it different? I know about the breakage from split ends, or you mean at the root? Nails don't break as easily because of their thickness, I guess, sure :). Sorry, for the second part, I made it unclear, I meant with black nail polish, but just because you recomment not to, and that it might damage the nails, which I also read about, but it's mostly be overdoing it too often and regularly, though maybe once in a while would be ok?
 Joanne A on June 5, 2019 at 9:15 am.
 Once in a while is okay! If you're using black, I'd suggest using a nourishing base coat to protect your natural nail. Certain colours of nail polish can stain.
 Antonymous on June 5, 2019 at 2:47 pm.
 ok nice, thanks for the tip :). With base coat or just once in a while. And so sorry, just one last thing, but while my nails have little to no cuticles, no white spots and are regular enough, they have some some minimal vertical ridges, so not completely smooth and regular, not that I mind or is a big deal at all, but I wonder the causes or what it means? Thanks again for your time, I won't bother again and only answer when you feel like it.
 Joanne A on June 5, 2019 at 3:00 pm.
 It's okay to paint your nails once in a while. Just be aware of the impact it can have on your natural nails! Ridges on nails can be a sign of deficiencies, ageing or trauma to the nail. it's pretty common to have some ridges but, if it is a concern to you, you can see a GP to get it checked.
 Reply.
 I am allergic of eggs...is there a substitute to get biotin....and is coconut oil good for the cuticle?
 Joanne A on April 30, 2019 at 2:11 pm.
 Hi Adyasha! There are quite a few different foods that are rich in biotin. These include liver, nuts, seeds, salmon, avocado, sweet potato, and cauliflower. Alternatively, you could take biotin tablets. Coconut oil is very good for your cuticles.
 Reply.
 hey STEPHANIE, All the tips are vry useful i used it also nd 2day i have vry long nd strong nails.
 This was helpful! Also, is coconut oil the best for your nails?
 Joanne A on August 20, 2019 at 9:58 am.
 Reply.
 I've had a lifelong biting problem. Having my nails painted (preferably with gel for longevity) has been my only way to break my habit. When the gel finally chips and I don't get them redone, I start picking. Would repeated exposure to gel and manicure lighting be preferable to biting? Just curious of your opinion. Thanks :).
 Joanne A on September 30, 2019 at 11:17 am.
 It really depends on the individual. Biting can cause your teeth to shift and could be harmful to your health - just think about the gunk that gets under your nails! The risks of exposing yourself to UV lamps for nails is low, but definitely something to consider.
 Reply.
 when doing Gymnastics does it damage the nail.
 Joanne A on January 6, 2020 at 12:54 pm.
 Hi Catherine! Yes, sports like gymnastics, running and ballet can all cause damage to the nail. Nails can fall out or become ingrown as a result of the intense activity.
 Reply.
 I lost all my nails on fingers and toes during chemo therapy. After re-growth I cannot use nail polish because the chemicals in the polish are too harsh. My nails are healthy au-naturel. Just goes to show the harm in beauty products. Beware of perfume also. Chemicals on your skin regularly. Spray on clothes instead.
 Well I got fake nails let them grow and then I just didn't bit them it really helps having long nails.
 Joanne A on November 26, 2020 at 3:44 pm.
 I KEEP BITING MY NAILS AND I WANT MY NAILS TO FRAW LIE YOUR SO WHAT CAN I USE TO MAKE MY NAILS GROW.
 Joanne A on April 16, 2021 at 4:17 pm.
 Thankyou so much for all the info I have never been able to grow strong lengthy nails so I’m now really going to look after them Many thanks Cindy Xx.
 Hey, ive been getting gels because my thumb nails break really far down at the sides and its painful. I can no longer afford to have gels but have no idea what to do to help my thumb nails. I am very healthy and eat a very good plant based vegetarian diet. I take vitamins and use a clear nail strengthener polish on my nails as well as cuticle oil every day. Do you have any other suggestions? Thanks!
 Joanne A on September 27, 2022 at 2:29 pm.
 Reply.
 Hey guys! I have event in a week or so and I have really short nails. I wanted to get them almond shaped and painted but I have a biting habit and the nail has just started to grow. I wanted to know how to grow them long in that period of time (without medications and change of diet). Thanks again!
 Joanne A on September 27, 2022 at 11:38 am.
 Reply.
 I have a bad habit of biting my nails and tried to stop but it’s too hard I managed to stop for a week but noticed that my nails growth level are low which is understandable because I don’t stop biting till it’s below the skin and Ik that is not good, any tips on how to stop? It would help a lot over here (14 y/o).
 Joanne A on September 5, 2022 at 5:15 pm.
 Hi Hailey! This is a common problem, so don't worry. You can buy special nail polishes that make your nails taste bad. These are great if you're an absent-minded nail-biter, as it will remind you not to bite them and eventually break the habit. Alternatively, you may want to address the root cause of the nail-biting. For example, if it's a result of stress or boredom, maybe look at how you could manage that? You could also try redirecting the behaviour to fidget toys or chewing gum.
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**7.** <https://health.howstuffworks.com/skin-care/nail-care/health/how-fast-do-nails-grow.htm>

Share Content via Email.
 Personal Hygiene Image Gallery Your nails grow faster as a child than as an adult. See more personal hygiene pictures .
 © iStockphoto.com /tc397.
 A broken fingernail can seem to take forever to grow out if you're an adult. Children and young teens are the ones who get a lucky break -- their nails heal and grow back much faster. In fact, many parents can attest to cutting a squirming child's nails almost every other day. When it comes to nail growth, age and health play an important role.
 Nails are made of a protein called keratin, and their growth is affected by several different factors, including age and health. Children's nails grow quickly until puberty, when growth slows to 50 percent of its previous rate [source: Robb-Nicholson ]. Pregnant women also experience accelerated nail growth -- hormones boost metabolism and increase circulation, which causes nails and hair to grow more quickly. On the other hand, illnesses and certain drugs, such as chemotherapy, can slow nail growth or even cause nails to fall off [source: Murkoff].
 Fingernails grow about three to four times faster than toenails. The nails on your dominant hand grow faster than those on your other hand, and nails grow faster on your longest fingers as well. Fingernails also grow more quickly in the summer than in the winter -- scientists aren't sure why, but one theory is that nails that are used more often and exposed to the elements grow faster [source: Binghamton University ].
 So how fast do the average adult's nails grow? The simple answer is that fingernails grow about one-tenth of an inch (3 millimeters) a month. If you lose a fingernail, it will take four to six months to regrow completely. Toenails take a year to a year and a half to grow from cuticle to tip [source: Robb-Nicholson ]. If you notice a change in your nails or their growth rate, see your doctor.
 How fast do nails grow in a week?
 On average, fingernails grow at a rate of 0.7 millimeters every week - though they grow faster during warmer months. Toenails grow back more slowly at an average rate of around 0.4 mm per week.
 Is nail growth a sign of good health?
 Many consider fingernails a window to a person’s health, as their growth is directly affected by a number of factors, including age and health.
 Do nail plates grow back?
 Once the nail separates from the nail bed, it will not reattach. A fingernail takes around four to six months to regrow completely while toenails take a year to a year and a half to grow back from cuticle to tip.
 What are the parts of nails?
 How do you encourage nail growth?
 Take care of your overall health, drink lots of water, rub your nail plates and cuticles in oil regularly, and consider taking a daily vitamin that targets nail and hair growth.
 Binghamton University Newsroom. "Ask a Scientist." 10/5/05 (Accessed 10/6/09) http://www2.binghamton.edu/news/the-newsroom/ask-a-scientist/index.html?date=2005-10-05.
 Murkoff, Heidi, Sharon Mazel and Charles J. Lockwood. "What to Expect When You're Expecting." 2008 (Accessed 10/6/09) http://books.google.com/books?id=ltNujjs\_EJEC&pg=PA242&dq=how+fast+do+nails+grow&lr=&ei=aM\_LSvviJqW2NKPgmbIK&client=firefox-a#v=onepage&q=how%20fast%20do%20nails%20grow&f=false.
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**8.** <https://www.vitalproteins.com/blogs/beauty/how-long-does-it-take-for-nails-to-grow>

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 A lot of beauty takes time. You wait for your hair to grow after you tried (and failed) at the latest hair trend and you wait for your skin to clear up after a week-long chocolate binge. You also wait around for your nails to grow from either a.) a broken nail, or b.) cutting them, or c.) your nail-biting habit (no judgement). .
 Whatever the reason, all that matters is that you’re curious about how long it takes for nails to grow. Ahead, the answer to that, plus other nail-biting questions. .
 If you’ve ever gotten mad over a broken nail, rest assured that your feelings are valid. That’s because nails don’t just grow on trees. They take a long time – six months to be exact and 18 months for toenails, according to Ramya Kollipara, MD, a board-certified dermatologist at Westlake Dermatology in Dallas. .
 For fingernails, this works out to aboutone tenth of an inch per month, according to Autumn Grant , Owner and Founder of The Kind Poppy.
 Trying to grow your nails at a faster rate is a difficult process – one that requires a lot of patience. Thankfully, there are a few things you can do to speed things up. .
 Take biotin. You may have heard about the benefits of biotin to hair and skin. But you’ll be glad to know that this also extends to the nails. “Biotin supplements can help nails become thicker and stronger,” says Dr. Kollipara. Marcela Correa , medical nail technician, agrees, adding that it’s “packed with protein and amino acids which is great for the keratin production in the body, making it essential in the growth of nails.”.
 Grant also recommends vitamin C and biotin together – two vitamins that you can find inside a bottle of Vital Proteins Beauty Boost ™.
 Avoiding acrylic and gel services. Thankfully, this is a great time to skip the monthly nail appointment. But if you’re going the DIY route at home, be aware of the products you’re using. Toxic nail polish, for instance, should be avoided at all costs, says Grant.
 As for at-home products that will help, Anna H. Chacon, MD , board-certified dermatologist, recommends nail hardeners. Like the name says, these harden the nails, making them harder to break. You can also pamper your nails while making them stronger with jojoba oil.
 The Truth About Biotin For Nails: Does It Work?
 “This nail strengthener works on both hands and toes to promote healthy nail growth and improve strength deep within the nail cell layers,” says Dasha Minina , serial entrepreneur and owner of Maxus Nails and Beauticial List. She recommends Jojobalieve It , a natural nail butter that is rich in jojoba oil and can be applied daily.
 Eat a balanced diet and drink enough water. Remember: Your nails are a direct reflection of your overall health. So, fuel your body – and your nails – in all the right ways, starting with a diet full of biotin-rich foods. This includes egg yolks, salmon and nuts of seeds (learn more about the benefits of biotin for nails here ). Drink up while you’re at it, too, since Dr. Chacon says that staying hydrated is a “key way” of maintaining healthy nail growth.
 Nail growth happens at a snail pace. According to Dr. Chacon, fingernails grow 0.5-1 mm per week. Toenails are a lot slower: “Toenails grow at an average rate of 1.62 mm per month or about 0.25-0.5 mm per week.” .
 Translation: Props need to be given to those folks who won the Guinness World Record for having the longest nails. Turns out, it’s not an easy feat.
 which nail grows the fastest?
 The answer to this is a real nail-biter. Ready to learn which nail grows the fastest? Drum roll, please: It’s the index fingernail. The reason why? “The growth rate of the nails relates to the length of the terminal phalanges or the outermost bones of the finger,” explains Dr. Chacon. .
 But if you’re looking to compare fingernails to toenails, fingernails win that race. “The main reason being the difference in temperature affecting the blood flow,” Correa explains to Lively. “In the summer, you will notice your nails growing at a faster rate due to the increase in temperature!”.
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**9.** <https://www.medicalnewstoday.com/articles/320061>

Takeaway.
 There is no proven way to speed up nail growth. However, many remedies can strengthen the nails and prevent them from breaking, giving them the best chance of healthy growth and appearance.
 Having longer, healthier fingernails can improve the appearance of the hands. However, they do not only provide cosmetic benefits, but they can also make it easier to perform a variety of daily tasks. In addition, they protect the fingers, add grip when holding objects, and are a convenient way to scratch an itch.
 In this article, we explain some home remedies and diet tips for improving nail strength, as well as debunking myths about nail growth.
 Home remedies.
 The following home remedies might improve nail health and protect them against breakage. These remedies will not make the nails grow faster but may help improve the overall health of nails for optimum growth rates:.
 Dry skin often means that the nails are also dry. Very dry skin can even crack open and bleed, exposing the nails to fungal and bacterial infections.
 When the skin surrounding the nail bed or nail matrix is dry, it could damage the nails as they grow.
 To prevent dry skin, moisturize hands and nails during the winter months and apply lotion after washing hands. People who have eczema should choose eczema-friendly creams that are highly moisturizing.
 Water can weaken the nails, making them soft and brittle. Always dry the nails thoroughly after swimming or showering.
 It is a good idea to wear gloves when washing dishes, clothes, and surfaces. This can help them prevent water or cleaning products from sitting on top of the nails.
 Filing and grooming the nails.
 Keeping the nails filed into a slightly rounded or squared shape can prevent them from snagging and breaking.
 Good nail grooming may also discourage biting and picking. Snagging, breaking, and biting can all have an impact on nail growth.
 Medical conditions, such as diabetes , can reduce circulation to the nails, making them weaker.
 This is more likely to affect the toenails than the fingernails. However, gentle massage can promote circulation to the nails, offsetting the effects of diabetes and other circulatory issues.
 The cuticles are thin pieces of skin that protect the nail matrix. Cutting them very short can expose the nail matrix or nail bed. This may lead to nail damage and infection.
 Some nail salons can contribute to nail infections . Aggressive manicure techniques, such as cutting the cuticles very short, may allow bacteria to enter the nail bed and weaken the nails.
 Take personal tools to the nail salon or make sure the salon uses properly sanitized equipment to minimize the risk of infection. It is also best to check a salon’s reputation by reading reviews before booking an appointment. If a manicure starts to hurt, ask the technician to stop, as manicures should not be painful.
 Avoid harsh polish removers.
 Avoid using acetone polish remover because it can dry and weaken the nails. Steer clear of nail polishes that require its use.
 However, if acetone is the only option, avoid soaking the nails in acetone. Instead, rub them with the polish remover, then thoroughly wash and moisturize the hands.
 Several medical conditions can affect the skin and nails, such as psoriasis and diabetes. Anyone with these conditions should see a doctor for treatment. Following a doctor’s treatment recommendations may help improve skin and nail health.
 If symptoms change or get worse, it is important to see a doctor. This also applies if a person has a chronic disease that starts to cause nail problems.
 Diet and nail health.
 Nails, like the rest of the body, need a balanced diet for healthy growth. A varied, healthful diet should include protein , water, fruits, vegetables, and a wide array of vitamins and minerals.
 People who do not get enough iron, for instance, may have brittle or dented nails .
 Some specific dietary changes can strengthen the nails and promote growth. Supplementing the following nutrients in the diet can improve nail health.
 Some over-the-counter (OTC) nail supplements contain calcium . Some people think that because calcium strengthens the bones, it might also strengthen the nails.
 Some research.
 has found that women experiencing menopause who also have osteoporosis might notice nail changes. Osteoporosis is a condition that leads to weak bones that break easily and often occurs due to low calcium and vitamin D intake.
 However, few studies have conclusively proven whether or not calcium improves nail health. People at risk of calcium deficiency should consider supplementing their diet with this essential mineral. Calcium supplements that contain vitamin D are preferable.
 Nails are made of protein, and because of this, some people think that consuming too little protein in the diet adversely affects nail health.
 a 2019 study.
 believe that there is a link between nail health and certain amino acids called collagen peptides that some proteins contain.
 To increase the amount of protein in the diet, choose eggs, chicken or turkey , lean beef and pork, and fish. Vegetarian and vegan sources of protein include lentils, peanuts, nuts, and dairy products, such as cheese and milk.
 healthy hair and nail growth.
 . It might also strengthen brittle nails and prevent them from breaking, but there is little evidence that biotin supplements will help nails grow faster.
 When looking to improve the health and appearance of the nails, it is best to focus on limiting damage rather than expecting faster growth. A well-balanced diet will make the skin and nails strong.
 Myths about nail growth.
 Nail tissue is already dead by the time it is long enough to paint, so painting will not affect growth.
 It is also a myth that applying vitamins directly to the nails can help them grow. These remedies are unlikely to help. At best, they strengthen the nail and prevent it from breaking.
 No specific nail polish, such as a gel or powder, can improve nail health. In fact, some products, particularly those that require harsh methods for removal, may have adverse effects on nail health. The acetone that people use to remove gel nails can weaken nails despite the gel polish making them appear strong and healthy.
 How fingernails grow.
 Nail plate.
 The hard part of the nail is called the nail plate. The nail plate, much like hair, is made primarily from a protein called keratin.
 The nail plate does not consist of living tissue, so it is not possible to improve the health of the nail plate. While it is possible to prevent breakage there, the key to good nail health begins in the nail bed.
 Nail bed.
 The nail bed is the tissue underneath the nail. If the nail breaks off below the fingertip, it may expose the nail bed.
 At the base of the nail is a structure called the nail matrix, where nail growth begins.
 Long term approaches to nail health support the nail bed, matrix, and surrounding skin. If these areas are healthy, it enables the nails to grow longer and stronger.
 Takeaway.
 Weak or brittle nails can serve as an early warning for some health problems, such as nutritional deficiencies and diabetes.
 If home remedies do not improve the appearance of the nails, an individual should talk to a dermatologist. Treatment for an underlying condition might be the path to more consistent nail growth.
 Q:.
 A:.
 Diet likely does improve the health of both nails and hair. As with nails, including high quality protein, a variety of fruits and vegetables, along with good sources of iron, calcium and Vitamin A and D provides the building blocks needed for healthy hair.
 Certain factors and conditions, including, genetics, thyroid disease, some autoimmune conditions, metabolic syndrome, PCOS (polycystic ovary syndrome), iron deficiency anemia, or androgen hormone imbalances, can cause thinning hair.
 The products or treatments that people use on their hair do not affect hair growth but can improve appearance, moisture, or limit breakage.
 Kathy W. Warwick, R.D., CDE.
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 Beattie, J. R., et al. (2017). Raman spectral variation for human fingernails of postmenopausal women is dependent on fracture risk and osteoporosis status [Abstract]. .
 http://onlinelibrary.wiley.com/doi/10.1002/jrs.5123/full.
 https://www.aad.org/nail-care-secrets/gel-manicures.
 Could a phone app become an easy, at-home heart monitor?
 Colonoscopies reduce colon cancer risk, but recent study examines effectiveness.
 Medically reviewed by University of Illinois.
 A look at nail fungal infection, including who is at risk, common causes, effective treatments, and the symptoms. Learn more here.
 Medically reviewed by Avi Varma, MD, MPH, AAHIVS, FAAFP.
 Thick nails can be unsightly, and can be a sign of other heath conditions. Learn about the causes of thick toenails, such as psoriasis, fungal….
 Medically reviewed by Elaine K. Luo, M.D.
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**10.** <https://www.scratchmagazine.co.uk/feature/the-science-of-nails-how-they-grow-what-makes-them-grow-faster/>

The science of nails: how they grow & what makes them grow faster.
 By Katie Barnes | 22 July 2022 | Expert Advice, Feature.
 The standard rate of growth of a normal fingernail is between 0.5 – 1.2mm per week, but this differs from one individual to another. On average, this is approximately 0.1mm a day. Is this more than you thought? The rate of growth of the toenail is three times slower than that of the fingernail at an average rate of 1.62mm per month.
 Although it may sound like there’s no rhyme or reason to how nails grow, there are a few basic factors that affect the speed of growth.
 I used to pick and nibble my natural nails and never noticed just how quickly they grew until I kicked the habit in readiness for my wedding, with the help of builder gel. I also now notice how I need to file my middle nail down more regularly than the other nails.
 Have you ever noticed or had a client point out that their nails are different lengths when they’ve returned for a maintenance service? This is because nails, even on the same hand, do not often grow at the same speed. The nails on your dominant hand will grow quicker, as well as those on the longest fingers. The rate of growth differs by around 0.1mm, which can make it quite noticeable from finger to finger.
 Interestingly, the rate of growth is three times faster for a bitten nail compared to a healthy nail. This is because biting causes trauma to the nail, stimulating circulation in the nail bed underneath.
 The image below shows which fingernails grow the fastest and slowest.
 Taken from Doug Schoon’s book, Nail Structure and Product Chemistry, 2nd edition. Image credit: Facebook.com/DougSchoonsBrain.
 So why does this happen? Let’s think about the purpose of nails – to protect the tips of the fingers and toes. Therefore, it makes sense that the longest nail grows the quickest to ensure protection.
 Fingernails require three to six months to regrow completely, and as we have established toenails require 12 to 18 months. This is because toenails are generally subjected to less trauma than fingernails. Although you may stub your toe here and there, this temporary burst of circulation won’t have a lasting impact.
 From the time of year to how old you are, there are several factors that affect how fast nails grow. Although most of these factors are outside of your control, you can help the process along by practicing good nail hygiene. Actual growth rate is dependent upon age, sex, season, exercise level, diet and hereditary factors. Contrary to popular belief, nails do not continue to grow after death; the skin dehydrates and tightens, making the nails (and hair) appear to grow.
 If you feel like your nails are growing unusually slow, or are experiencing any unusual symptoms, it is recommended to seek advice from your GP. Your symptoms may be attributed to to nutritional deficiencies or another underlying condition. Your doctor can help determine why this is happening and advise you on any next steps.
 acrylic Beauty beauty salon competition Coronavirus COVID-19 gel gel nails gel polish glitter manicure nail art nail artist nail colour nail design nail polish nail professional nails nail salon nail tech nail technician salon salon system scratch nails sweet squared.

**gel nail polish**

**1.** <https://www.ulta.com/gel-nail-polish?N=278j>

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**2.** [https://www.amazon.com/gel-polish/s?k=gel+polish](https://www.amazon.com/gel-polish/s?k=gel%20polish)

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**3.** <https://www.beyondpolish.com/collections/gel-polish>

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**4.** <https://www.beyondpolish.com/collections/dnd-gel-nail-polish-duo>

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 Founded in 2012, DND (Daisy Nail Designs) manufactures nail polish, UV gels, and salon products. The brand’s Research and Development team is dedicated to continuously bringing the freshest colors to the market with a mission to provide the highest quality and longest lasting nail products at reasonable prices.

**5.** <https://kiarasky.com/collections/gel-nail-polish-colors>

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**6.** <https://www.sallybeauty.com/nails/nail-color/gel-polish/>

532.
 Select a Color White Hot Creme De La Creme Wink He Makes Me Blush Pink Sweetness Blissed Out Delicate Dance Pink Whisper Peach Orchard Think Pink Dipped in Love Neon State of Mind Pink-A-Boo Mermaid Tales Rock Candy Sweet Treat Happiness Ooh La La! Passionate Pink Pretty Little Thing Pretty Awesome Reveal Everything Red Hugs & Kisses Hot Mess Ghost Pepper Candy Apple Ravishing In Raspberry Selfish Rose Gold Brooding In Burgundy Wine Down Leave Me Alone Dew Drops Enchantment Not Your Mamas Mauve Opulent Ethereal Lush Sugar Plum Grape To See You Miami Nights Limitless I'm Royalty Purple Now You Sea Me Blue Moon Periwinkle Team Spirit Blue Crush Blue Piers Out of the Blue On Vacation Time Meadowbrook Making Waves Got The Blues Deep Blue Sea Ego Mint To Be Lucky Leprechaun Island Time Emerald Bay It's Electric Ivy League Dark Storm Orange Cream Soda Clemintine Tequila Sunrise Golden Opportunity Lemon Drop Sunshine Champagne Twinkle Little Star Studio 54 Surprise Arty Party Rose Gold Slippers Not Again Grey Vs Gray Whisper Swept Away Gray In the Diamond Lane Imagination Day Dream Rolling Stone Zanzibar Taupe To Me Frosted Caviar Cafe Ole Can't Help You Black Beauty Keep Dreaming.
 169.
 Select a Color Sheek White Izzy Wizzy Lets Get Busy Arctic Freeze Prim-Rose And Proper Curls & Pearls Tan My Hide Crème De La Femme June Bride Once Upon A Mani Go Girl Light Elegant Manga-Round With Me Prettier In Pink I'm From the Fuschia Exhale High Voltage Hip Hot Coral Tiger Blossom Hot Rod Red Seal The Deal Good Gossip Red Roses Black Cherry Berry All The Queen's Bling Figure 8S & Heartbreaks Rhythm And Blues Ocean Wave Radiance Is My Middle Name Sea Foam No Way Rosè Glamour Queen Sunrise And The City Sweater Weather From Rodeo To Rodeo Drive I Or-Chid You Not Black Shadow Fame Game Girls' Night Out Am I Making You Gelish? All That Glitters Is Gold Lots Of Dots.
 250.
 Select a Color White On White Note To Selfie Bare Attack Diva Bride My Sweet Lady Bottoms Up Strawberry Fields Fifth Avenue Pink Voltage Under The Board Walk Thistle Do Nicely Pool Party A Waltz In The Park Coconut Kiss Turned Up Turquoise Too Yacht to Handle In the Limelight Swing Baby Peachy Keen That'll Peach You Below Deck Liquid Leather.
 109.
 Select a Color A Passionate Scheme Stay True To The Art Black Canvas It's A Master Pink Pink Glaze Art-Hur Loves Me Impressionist Pink Pouring My Art Out Charcoal Drawing Do You Doodle? Paint Me Oh-So-Modern! Gesso You Know Prism Schism Playing Fauverites Mixed Media Mauve My Best Angle Lens Cap.
 9.
 Select a Color First Snow Gel Polish Ice to Meet You Peony For Your Gel Polish Pinky Promise Gel Polish Caught Red Hande Gel Polish Click Your Heels Gel Polish I've Got This Gel Polish Back To The Fuch Gel Polish Catch Me If You Gel Polish I'm A Latte To Gel Polish Cocoa For You Gel Polish Atomic Gel Polish Fair Tale Wishes Gel Polish Forever Loyal Gel Polish Starring Role Gel Polish Drinks After Da Gel Polish Darkest Secrets Gel Polish.
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**7.** <https://dtknailsupply.com/collections/opi-gel-colors>

Down.
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 Quick View.
 Quick View.
 Quick View.
 Quick View.
 OPI Jewel Be Bold 2022 Holiday Gel Color Collection (12 Colors): HRP01, 02, 03, 04, 05, 06, 07, 08, 09, 10, 11, 12.

**8.** <https://www.walmart.com/browse/beauty/gel-polish/1085666_3592123_5608885_9258123>

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 Pharmacy Affordable Immunizations Vision Center Health Center Pet Pharmacy Insurance Services COVID-19 Digital Vaccine Record ReliOn Insulin The Wellness Hub.
 Registry, Lists, & Gifts.
 Financial Services.
 Beauty Supplements.
 Nail Polish Gel Polish Gel Nail Strips Dip Powder Fake Nails Top and Base Coat Nail Polish Remover UV Nail Lights Nail Tools & Treatments Beauty Supplements.
 Sally Hansen At-Home Miracle Gel Nail Polish, Long-Lasting Top Coat, 0.5 ounces, At-Home Gel Top Coat Nail Polish, At-Home Salon Nails, No UV or LED Needed.
 was $9.90.
 Sally Hansen At-Home Miracle Gel Nail Polish, Long-Lasting Top Coat, 0.5 ounces, At-Home Gel Top Coat Nail Polish, At-Home Salon Nails, No UV or LED Needed.
 Gelish Soak-Off Terrific Trio Basix Gel Nail Polish Kit, 15mL each.
 OPI GelColor Gel Nail Polish, Samoan Sand, 0.5 Fl Oz.
 OPI Gelcolor Gel Nail Polish, Alpine Snow, 0.5 Fl Oz.
 ($36 Value) OPI Gelcolor Gel Nail Polish, Base Coat + Top Coat Set, 0.5 Fl Oz Each.
 Sally Hansen Miracle Gel Nail Color, Flash-Ionista, 0.50 fl oz, At Home Gel Nail Polish, No UV Lamp Needed.
 Beetles Gel Nail Polish Kit, Glitter Pink Gel Nail Polish, Red Pink Purple Glitter 6 Colors Gel Nail Gel Polish Soak off UV Nail Lamp.
 was $12.99.
 Beetles Gel Nail Polish Kit, Glitter Pink Gel Nail Polish, Red Pink Purple Glitter 6 Colors Gel Nail Gel Polish Soak off UV Nail Lamp.
 OPI ~ GELCOLOR ~ MOD ABOUT YOU ~ 0.5 FL OZ.
 Red Carpet Manicure Holographic Gel Nail Polish Pro Kit w/ LED Light & Soft Bag Case.
 MEFA Red Gel Nail Polish Set-Light Pink Gel Nail Polish 12 Colors Set with Red/Purple Gel Polish Glitter Red White Salon Nail Art Gift Set for Girls/Women Manicure Starter Kit Fall Set for Halloween.
 MEFA Red Gel Nail Polish Set-Light Pink Gel Nail Polish 12 Colors Set with Red/Purple Gel Polish Glitter Red White Salon Nail Art Gift Set for Girls/Women Manicure Starter Kit Fall Set for Halloween.
 OPI GelColor Big Red Apple 0.5 oz.
 SensatioNail Gel Primer, Base & Top Coat (Clear), 0.12 & 0.25 fl oz.
 OPI GelColor Gel Nail Polish, Pompeii Purple, 0.5 Fl Oz.
 Opi ~ Gelcolor ~ Top Coat ~ 0.5 Fl Oz.
 (23Pcs $27.99 Value) MEFA Gel Nail Polish Set, Fall Winter Nail Gel Kit Pink Red Brown Black Glitter Shades 20 Colors with Glossy & Matte Top and Base Coat Soak Off Nail Art Starter Kit for Halloween.
 current price $19.99.
 (23Pcs $27.99 Value) MEFA Gel Nail Polish Set, Fall Winter Nail Gel Kit Pink Red Brown Black Glitter Shades 20 Colors with Glossy & Matte Top and Base Coat Soak Off Nail Art Starter Kit for Halloween.
 OPI GelColor Gel Nail Polish, Gelato on My Mind, 0.5 fl oz.
 (9 Colors 50 Times Value $13.99 ) Modelones White Gel Nail Polish Set,Neutral Brown Solid Gel Pink Polish Pudding Gel Cream Manicure Palette Soak Off LED Nail Art Gel Kit with Pro Nail Brush Halloween.
 current price $8.99.
 (9 Colors 50 Times Value $13.99 ) Modelones White Gel Nail Polish Set,Neutral Brown Solid Gel Pink Polish Pudding Gel Cream Manicure Palette Soak Off LED Nail Art Gel Kit with Pro Nail Brush Halloween.
 Red Carpet Manicure Must-Haves Gel Nail Polish 6-Piece Manicure Kit.
 Red Carpet Manicure Pro 45 LED Soak-Off Gel Nail Polish Starter Kit.
 Sally Hansen Miracle Gel Nail Color, Metro Midnight, 0.5 fl oz, At Home Gel Nail Polish, Gel Nail Polish, No UV Lamp Needed, Long Lasting, Chip Resistant.
 Sally Hansen Miracle Gel Nail Color, Metro Midnight, 0.5 fl oz, At Home Gel Nail Polish, Gel Nail Polish, No UV Lamp Needed, Long Lasting, Chip Resistant.
 (6 Colors Cat Eye Value $16.99 )Modelones Glitter Gel Nail Polish, Cat Eye Gel Nail Polishes Black Blue LED Gel Nail Polish Set Temperature Color Changing Gel Polish Nail Art Starter Kit for Halloween.
 current price $12.99.
 (6 Colors Cat Eye Value $16.99 )Modelones Glitter Gel Nail Polish, Cat Eye Gel Nail Polishes Black Blue LED Gel Nail Polish Set Temperature Color Changing Gel Polish Nail Art Starter Kit for Halloween.
 OPI GelColor Soak-Off Gel Polish "Funny Bunny #GCH22B" 0.25 Oz.
 MEFA Gel Nail Polish Set- 6 Red Classic Colors Gel Popular Soak Off Glitter Red Gel Polish Kit Nail Art Manicure DIY Nail Gel Salon Home LED Gel Nail Kit Holiday Mother's Day Gifts Mom for Halloween.
 MEFA Gel Nail Polish Set- 6 Red Classic Colors Gel Popular Soak Off Glitter Red Gel Polish Kit Nail Art Manicure DIY Nail Gel Salon Home LED Gel Nail Kit Holiday Mother's Day Gifts Mom for Halloween.
 Modelones Gel Nail Polish Set-6 Colors Nude Pink Gel Polish Kit White Pastel Light Pink Nail Polish Gel Barely Pink Soak Off LED Gel Nail Starter Kit Popular Nail Art DIY Salon Home Manicure Gifts.
 current price $9.99.
 Modelones Gel Nail Polish Set-6 Colors Nude Pink Gel Polish Kit White Pastel Light Pink Nail Polish Gel Barely Pink Soak Off LED Gel Nail Starter Kit Popular Nail Art DIY Salon Home Manicure Gifts.
 OPI Gelcolor Base Coat 0.5 fl.oz. 15 ml.
 Color Club Gel GEL968 + Lacquer 0.5 oz Muse-ical Museical 968.
 Modelones Nude Gel Nail Polish Kit with U V Light, 6 Pink Colors Gel Polish/Portable Nail Dryer Lamp/Gel Top and Base Coat/Manicure Kit Gift All Seasons for Starters Women for Halloween.
 was $18.99.
 Modelones Nude Gel Nail Polish Kit with U V Light, 6 Pink Colors Gel Polish/Portable Nail Dryer Lamp/Gel Top and Base Coat/Manicure Kit Gift All Seasons for Starters Women for Halloween.
 OPI GelColor Gel Nail Polish PROHEALTH Base Coat + Top Coat .5oz/15mL, 2 Bottles.
 OPI Nail Gel Polish GelColor .5oz/15mL 3 CT Combo - Base, Top & Taupe-less Beach GC A61.
 KIPOZI Red Gel Nail Polish Set 6 Colors, Gifts.
 Modelones Gel Nail Polish Set, 36 Pcs Colors 7ML Glitter Pink Black White for All Seasons Holiday Gel Polish Soak Off Gel Nail Kit Glitter Nail Art Starter Kit Beauty Gifts Set Girls for Halloween.
 current price $35.99.
 Modelones Gel Nail Polish Set, 36 Pcs Colors 7ML Glitter Pink Black White for All Seasons Holiday Gel Polish Soak Off Gel Nail Kit Glitter Nail Art Starter Kit Beauty Gifts Set Girls for Halloween.
 MEGA Color Changing Gel Nail Polish Kit , 6 Colors Mood Colors Temperature, Neon Glitter Colors Collection Gel Nail Polish Set Long Lasting UV LED Gel Nail Art Gifts for Women.
 current price $9.99.
 MEGA Color Changing Gel Nail Polish Kit , 6 Colors Mood Colors Temperature, Neon Glitter Colors Collection Gel Nail Polish Set Long Lasting UV LED Gel Nail Art Gifts for Women.
 (Large Volume 10ML) Modelones Color Changing Gel Nail Polish,6 Colors 10ml Pink Glitter Neon Blue Mood Temperature Change Gel Polish Set Soak Off Nail Polish Gel Kit,Nail Art Manicure Gift Halloween.
 current price $11.99.
 (Large Volume 10ML) Modelones Color Changing Gel Nail Polish,6 Colors 10ml Pink Glitter Neon Blue Mood Temperature Change Gel Polish Set Soak Off Nail Polish Gel Kit,Nail Art Manicure Gift Halloween.
 Sally Hansen At-Home Miracle Gel At-Home Nail Polish, Matte Top Coat, 0.5 ounces At-Home Gel Top Coat Nail Polish, At-Home Salon Nails, No UV or LED Needed.
 From $6.97.
 Sally Hansen At-Home Miracle Gel At-Home Nail Polish, Matte Top Coat, 0.5 ounces At-Home Gel Top Coat Nail Polish, At-Home Salon Nails, No UV or LED Needed.
 OPI Gel Color That's What Friends Are Thor GCI54.
 OPI Peru GelColor Soak-Off Gel Polish "Lima Tell You About This Color! #GCP30".
 Modelones 36 Pcs Gel Nail Polish Kit,7ml Bright Gel Polish Set Soak Off Translucent Mood Cat Eye Glitter Gel Nail Starter Kit with Bond Primer Glossy& Matte Top Base Coat Gift Girls for Halloween.
 was $35.99.
 Modelones 36 Pcs Gel Nail Polish Kit,7ml Bright Gel Polish Set Soak Off Translucent Mood Cat Eye Glitter Gel Nail Starter Kit with Bond Primer Glossy& Matte Top Base Coat Gift Girls for Halloween.
 OPI Chrome Effects Pay Me In Rubies Nail Powder CP006 + OPI GelColor Funny Bunny GCH22 0.5 oz - "Glazed Donut Nails".
 current price $39.95.
 OPI Chrome Effects Pay Me In Rubies Nail Powder CP006 + OPI GelColor Funny Bunny GCH22 0.5 oz - "Glazed Donut Nails".
 Revlon ColorStay Gel Envy Longwear Nail Polish - Bet On Love.
 Sally Hansen At-Home Miracle Gel Nail Polish, Long-Lasting Top Coat, 0.5 ounces, At-Home Gel Top Coat Nail Polish, At-Home Salon Nails, No UV or LED Needed.
 was $9.90.
 Sally Hansen At-Home Miracle Gel Nail Polish, Long-Lasting Top Coat, 0.5 ounces, At-Home Gel Top Coat Nail Polish, At-Home Salon Nails, No UV or LED Needed.
 Sensationail Gel Nail Polish Kit (Pink), Pink Chiffon, 0.25 fl oz.
 (18Pcs Value$29.99)Modelones Gel Nail Polish Kit with UV Light,6 Colors Soak Off Gel Nail Polish Set,Portable Mini Curing LED Lamp, Fall Style Gel Manicure Kit All Seasons Nail Art Gifts for Halloween.
 was $23.49.
 (18Pcs Value$29.99)Modelones Gel Nail Polish Kit with UV Light,6 Colors Soak Off Gel Nail Polish Set,Portable Mini Curing LED Lamp, Fall Style Gel Manicure Kit All Seasons Nail Art Gifts for Halloween.
 SensatioNail Gel Nail Polish (Purple), Mauving on up, 0.25 fl oz.
 Gel nail polishes.
 Gel polish differs from regular nail polish, mostly in the way it dries. Gel dries under ultraviolet or LED light while regular polish air dries. Gel hardens so fast under a light that it resists chips for much longer than regular polish.
 Gel polishes for home use will last about two weeks before you'll want to soak off the color. Consider gel polishes that don't contain toluene, formaldehyde, or dibutyl phthalate (DBP), which are toxic ingredients that may cause irritation and side effects.
 Some manufacturers have created polishes with a shiny gel-like finish. They have long-lasting ingredients that last about a week. But you can wipe them off with regular nail polish.
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 Some manufacturers have created polishes with a shiny gel-like finish. They have long-lasting ingredients that last about a week. But you can wipe them off with regular nail polish.
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 Twitter.
 Allie Flinn has covered beauty for Byrdie since 2014. Her work has also appeared in Well+Good, The Zoe Report, Brides, Greatist, and Popsugar.
 LinkedIn.
 Evelyn Lim is a nail expert with more than 18 years of experience. She currently serves as the chief educator of Paintbox, a top nail studio in NYC.
 Fact checked by Cherisse Harris.
 Cherisse Harris is a fact-checker with a focus on lifestyle, beauty, and parenting. She's worked in research for nearly two decades.
 We independently research, test, review, and recommend the best products—learn more about our process . If you buy something through our links, we may earn a commission.
 The at-home manicure is a notoriously tricky endeavor. There's a lot that goes into it, between having to paint a small area with your non-dominant hand, impatiently waiting for the polish to dry, and then accidentally smudging it. Once your nails are done, you go do the dishes, and suddenly they're chipped .
 A long-lasting manicure doesn't just exist underneath the UV lights at a nail salon . We're talking about these UV-less gel nail polishes. They're formulated to be ultra-durable and withstand chipping for at least a week, and they come in really pretty colors.
 Who else recommends it? Good Housekeeping, Glamour, and Who What Wear all picked the Essie Gel Couture Nail Polish.
 What do buyers say? 92% of 2,600+ Amazon reviewers rated this product 4 stars or above.
 These polishes boast both display-worthy packaging and a stellar formula that goes on without streaking or bubbling. The best part: It really does last up to two weeks.
 Shades: 43 | Size: 0.5 fl. oz | Finish: Shimmer, shine | Cruelty-Free: No.
 Expensive.
 This polish is infused with ingredients that are good for your nails, like green tea extract, biotin, and omega-6 fatty acids. The formula applies smoothly, dries quickly, and is long-lasting.
 Shades: 18 | Size: 0.5 fl. oz | Finish: Shimmer, shine | Cruelty-Free: Yes.
 Sally Hansen Miracle Gel Review.
 This polish has a slightly thick formula that distributes well thanks to the wide brush. It also comes in a wide range of colors (we're talking really, really wide), from light neutral pinks to bold blues. When combined with the corresponding top coat, it can sustain up to a week of chip-free wear.
 "I'm a big fan of the shiny top coat—it's thick, easy to apply, and similar in texture to a professional gel. If your polishing skills are on point, you can definitely achieve a glossy gel manicure that looks professional-grade." — Kelsey Clark , Product Tester.
 Not a wide shade range.
 Vibrant and glossy are the top adjectives that come to mind for this lacquer. Reviewers are also fans of the wide brush that makes for a streak-free application. Once dry, expect it to far outlast your regular mani.
 The 14 Best Nail Polishes of 2022 | by Byrdie.
 This polish is a non-streaky, super-shiny lacquer that comes in more than 60 shades and stays looking fresh for up to 10 days. We are particularly big fans of the nude and neutrals range for a clean and classic mani .
 This budget-friendly polish combines base coat and color in one application so you can achieve a salon-quality mani at home even on a time crunch.
 Pro tip: Apply this nail polish in thin layers to minimize drying time. Follow with the accompanying top coat for a manicure that stays shiny and chip-free far longer than its regular polish counterparts.
 The 8 Best Dip Powder Nail Kits of 2022 | by Byrdie.
 A little expensive.
 This polish comes in a range of super-pigmented, high-shine shades that look freshly painted for over a week. Like all Butter London polishes, this one is formulated without formaldehyde, formaldehyde resin, DBP, toluene, camphor, ethyl tosylamide, xylene, or TPHP.
 Shades: 35 | Size: 0.4 fl. oz | Finish: Shimmer, shine | Cruelty-Free: Yes.
 Can be messy to apply.
 Turn any nail color into gel polish with this natural light-activated top coat. It imparts a glossy, high-shine finish that's chip-resistant for up to 11 days.
 The 17 Best Top Coats of 2022 | by Byrdie.
 This high-shine polish is long-lasting and conditioning. It's formulated to mimic the effects of a salon gel manicure and is made with a rare flower extract that works to strengthen your nails .
 The 16 Best Nail Strengtheners of 2022 | by Byrdie.
 Can chip.
 Two coats of this long-lasting polish are all you need—no top coat or base coat required. In the hallmark of a truly good nail polish, it dries really quickly.
 Shades: 8+ | Size: 0.5 fl. oz | Finish: Shine | Cruelty-Free: Yes.
 Okay, so this polish does require a UV light, but it was too good not to mention, and you can purchase this at-home UV lamp to cure the polish yourself! If you have brown skin, then you know the traditional implication of the word "nude" doesn't always apply, so this long-lasting brown nude is a gem. With a mission to diversify nail care, you can always feel confident that OOO Polishes will look great on dark skin.
 According to our Diversity Pledge , 15 percent of products in our newly-published market roundups will feature Black-owned and/or Black-founded brands. At the time of publishing, we were not able to find enough gel polishes from Black-owned and/or Black-founded businesses to meet this percentage. If you know of one we should consider, please email us at contact@byrdie.com and we will evaluate the product ASAP.
 To compile this list, our team of editors and contributors spent hours researching the best products on the market in this category, evaluating their key features—like ingredients, shade range, or design—in addition to reviews from customers and other trusted sources. Our team also incorporated their own personal experiences testing products in their own lives. We then used these insights from our research and testing to assign a star rating from one to five (five being the best; one being the worst) to certain products on the list.
 Byrdie takes every opportunity to use high-quality sources, including peer-reviewed studies, to support the facts within our articles. Read our editorial guidelines to learn more about how we keep our content accurate, reliable and trustworthy.
 The best gel nail polish for shiny, chip-resistant nails that last (and last). Glamour. https://www.glamour.com/gallery/best-gel-nail-polish.
 The 17 Best Top Coats of 2022.
 12 Non-Toxic Nail Polishes for Chip-Free Manicures.
 Found: The 12 Best Red Nail Polishes Money Can Buy.
 The 17 Best Base Coats for DIY Polish.
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