

Perfect wedding day nails can be easily achieved

"If I were to tell the story of beauty and the bride," says Glenn Roberts, Elizabeth Arden's Director of Creative Beauty, "I'd start by saying 'beautiful hands.' Then, I'd tell the moral of the story - beautiful hands and nails are an important part of your beauty image on your wedding day."

Nail care for brides means more, of course, than the pretty new shade of polish you select to complement bridal makeup and finery. It means a manicure, in a salon, or one done carefully at home. If you decide to take your nail care into your own hands, following a well-planned regimen will help your hands look their best when they make their wedding debut.

Old lacquer should first be removed thoroughly. To rid nails of every trace of old color, simply use a cotton ball soaked in a good quality remover and gently work around cuticle. Wash your hands in gentle, moisture-rich soap. For filing nails, select an emery board that is a convenient length for your hand size. Use light strokes in one direction only, from the sides to the centre and slightly underneath the nail's edge.

The healthiest nail shape is straight-sided and slightly rounded on top, offer-

ing the most support because the nail is not being narrowed. It is also the most flattering, seeming to lengthen your fingers, making them appear shapely and slender as well. This shape also requires less filing because the tip's shape remains constant whether nails are long or short.

Using a nail "bath," such as Elizabeth Arden's Conditioning Nail Soak, immerse fingertips for about three to five minutes. Dry hands well. Massage hands as you dry them for a pleasant, relaxing sensation.

Next, work a non-greasy cuticle softening cream or cuticle and nail oil into cuticles, nails and surrounding skin. Clean and dry your nails and buff them with the heel or palm of your hand in downward motions from base to tip.

It may be necessary, with stubborn cuticles, to push them back with the orange stick wrapped in cotton. Wash and dry hands again. "Since so much of nail care is 'preventive medicine,'" Glenn says, "the application of a layer of base coat is very important. It will protect your nails and help the manicure last longer."

Using nail lacquer not only works beauty wonders, providing a dainty or bright beauty accent, but helps thin or

weak nails shape up. Polish adds thickness; two coats plus a top coat will help keep nails strong. In fact, nails can be "sealed" by brushing the final top coat across the tip; reseal every two days or so.

For a manicure with extra gloss and color, try applying Elizabeth Arden's Nail Protecta Top Coat to the nail and under its tip.

Between manicures, apply cuticle and nail oil, massaging it in well to keep nails resilient and pliable. Use the oil nightly, in fact, right over already

lacquered nails.

Be liberal, too, with hand cream, using it often in dry weather, indoors and out, and whenever the elements are at their most harsh.

"The key to beautiful bridal hands is knowing what they need to look their best, and taking the time to care for them," says Glenn Roberts. "It's easy to establish practical, beautiful solutions to tough nail problems and to establish a nail care routine that, like your trousseau, will carry you through many happy years."

Extra do's and

don'ts for the bride with beautiful hands. Glenn Roberts offers some additional nail care tips that will help every bride maintain beautiful and healthy hands and nails.

• Always, always wear cotton gloves when doing household chores. Wear rubber gloves for all wet cleaning jobs; house hold detergents are frequently harsh on the skin. And, when you dry your hands, gently push back the cuticles with a towel.

• Find a convenient size letter and package opener. Don't use your nails!

When making a telephone call, pick up a handy pencil and use its eraser to dial. Type with the cushions of the fingers, not with your nails, and use knuckles to work light switches and elevator buttons.

• Cut cuticles grow back thicker and ragged.



"Beautiful rings need beautiful hands," says Glenn Roberts. "Step into your new life with hands that are soft, nails that are shapely, and you will have the perfect setting for your special rings."

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