



gloves that hug, creams that love

How to apply guide – Nail & cuticle oil

Regardless of the product being called a 'cuticle oil' it is actually for the nails and the surrounding skin. The skin and nails both naturally contain oil (from the sebaceous glands) it is present to moisturise and keep the skin / nails in good condition, so they remain healthy, flexible and able to protect themselves.

Frequent exposure to weather, water and chemicals, and the ageing process, will strip the skin and nails of these natural oils and lead to dryness. This could lead to cracks and wounds that don't heal appearing on the hands, at the ends of thumbs and fingers, and round the nails for example, particularly in the winter. The skin is one of your body's first lines of defence against infection and helping it to do this job, if it is struggling by itself, is not a luxury, it's a necessity.



1. I apply the initial touch of oil to the skin just above the top of the nail with the brush / squeeze bottle, and then proceed to massage it into the nail and the surrounding skin. The brush will have more than enough oil on it to do all 10 digits, so no need to have to re-dip it in the bottle. If using the squeeze bottle, one small initial drop might do one or both hands.
2. The massaging action stimulates the local circulation, bringing oxygen and nutrients to the tissues, promoting health. The oil should be absorbed within 5 minutes, if not use a little less next time.
3. The new nail is forming directly under the skin at the top of the nail, so it's a good place to focus the oil and massage. It can take about 6 months for the nail to grow from here and reach the nail tip.
4. Regular oil application can help prevent the nail drying out to the extent that it peels & flakes. When this happens many layers of nail have come off and the remaining nail lacks strength and is weak and bendy.
5. Oil treatment also keeps 'hangnails' in check. A hangnail is a term to describe bits of dry skin that stick up and can become hard and catch on things. Typically found in the nail folds at the sides of the nail, or the skin just above the nail.
6. The nail is slightly porous and will absorb small amounts of oil. Oil keeps nails flexible, resilient and in good condition. This is preferable to 'hardness'.



7. It is just as beneficial to apply nail & cuticle oil to nails treated with gel polish, UV hard gel or acrylic as natural nails. Firstly these treatments can become brittle over time and chip, so it's a good idea to use oil to maintain the flexibility and shine. Secondly some of the oil will reach the natural nail underneath and nourish and condition it.
8. Apply as frequently as your choose, twice a day would be my recommendation. Bedtime or when watching TV are good times, when long time gaps between handwashes will be beneficial to the oil and hand creams absorption. For an extra boost pop on the cotton gloves or socks to aid absorption via increasing the skins temperature.



9. Regular application of oil to the nails, skin and cuticles on the hands and feet will mean it will be much easier to gently push the proximal nail fold into shape and remove cuticle flakes from the nail (with an orange stick) during a manicure / pedicure treatment. This means the nail area has a nice rounded shape and the nail is clean to receive polish.
10. Now consider are you wearing gloves enough? Gloves might offer the protection your skin, nails and nail polish need from frequent exposure to weather, water and chemicals. Your natural nails, treatment or polish will last a little longer if your nails have it a bit easier.



lovely hands

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