

Best nail polish for healthy nails

An important aspect of many self-care rituals is heading to the salon to pretty up our nails. There's nothing quite like the feeling of restoring the former beauty of chipped, broken or discoloured nails. While getting a manicure or pedicure at the salon may seem like a pampering experience on the surface, you could actually be doing more harm to your health than you realise!



In today's blog, we'll discuss some of the nail polish ingredients out there to be wary of, and how chemical and cruelty free options could be the best nail polish solution, without compromising on trending nail colours.

Traditional nail polish ingredients

Nail technology has come a long way in recent years. While toxic ingredients in glues and polishes are slowly being phased out, there are some brands out there who still use ingredients which contain nasty chemicals. Some of the key ingredients to be cautious of are:

Dibutyl phthalate (DBP)

DBP has been linked to developmental defects and can cause issues with the liver and reproductive systems. Fertility can be affected as a result. For these reasons, it has been banned in many countries.

Formaldehyde + Formaldehyde resin

This ingredient can cause skin and sensory irritations. It is also believed that it's carcinogenic.

Toluene

This ingredient is a scary one, as it might affect the nervous system. It is said to cause dizziness, headaches and irritation.

Camphor

Skin irritations, nausea and respiratory problems are all side effects of Camphor. This one should particularly be avoided when pregnant.

Chemical and cruelty free nail polish



With so many damaging side effects a possibility – we wanted to offer an alternative nail solution to our customers. A solution which not only is chemical free, but also cruelty free. This is why we're proud to be a stockist for the amazing brand [Miss Frankie](#).

The Miss Frankie formula prides itself on being a breathable nail polish – made using a unique method that allows water and oxygen to pass through and penetrate. This helps the polish to bond, shine and last on nails without compromising on quality. The formulation is not tested on animals, is vegan friendly, made in Australia and is free from the aforementioned harmful ingredients.

Developed by professional manicurist and salon owner Kara Jeffers, the brand itself is passionate about your long-term nail wellbeing. The result is healthier, happier nails which are safe to use when pregnant or on children who like to add a little sparkle to their fingertips.

Popular nail colours 2019



Look no further for the best nail polish colours of the season! Check out our recommendations below:

Current Mood – An exquisitely rich, cherry black colour, particularly perfect for the autumn and winter months.

Send Hearts Racing – This lusty red colour is the ultimate accessory for any season. You will certainly have those hearts racing with your perfectly primed, natural manicure.

I Look Better Nude – An essential Nude Nail Polish for the girls who love clean, sophisticated subtly in their lives. This polish is a soft and creamy nude, akin to a very weak latte.

Hey You – A natural looking nail polish with just a little more impact than your usual nude. It is a glossy neutral brown with hints of grey – ensuring you'll be sparkling day in and out.

How to apply nail polish

You can have perfectly painted nails in three easy steps!

1. Apply a clear base coat.
2. Apply two coats of your chosen colour.
3. Finish with a clear top coat for that extra shine.