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Improve skin, hair and nail health in three easy steps

As women we devote many hours and Pounds to making ourselves more beautiful. For example, simple, effortless surfer girl waves are coveted by many, but we spend hours in front of the mirror trying to get them; we fantasise about long, healthy nails but regularly cover our own ones with fake ones and we lust after glowing skin but cover up under foundation, concealer and blusher.

How do we act against this ironic imbalance? We could try actually learning to surf and getting real surfer girl curls or leave our skin free from make up allowing it to breathe and we could actually give our nails a chance to grow themselves. However, despite our best efforts, we tend to fall flat on our faces. Our hair ends up looking dull and lifeless without styling products, our skin looks sallow and pimples and our nails are brittle and prone to breakage.

We can still do something about these issues however. Firstly, we need to think about what we put into our bodies if we want to see something spectacular on the outside. Eating more fruit and vegetables is by far the best way of improving the overall health and appearance of our skin, nails and hair. Fruit and veg are high in essential vitamins and minerals which are eagerly absorbed by our bodies. Of course you can take vitamin supplements but they often lack some of the vitamins necessary for absorption. Pick fruit and veg in a variety of colours and make sure you have at least five portions a day.

Exercise is another great way to boost our health. Not only does it release endorphins that make us feel good, our bodies become more efficient at using oxygen which is necessary for cell growth and rehabilitation. Furthermore, exercise boosts our immune system which fights things like fungal nail infections.

However, using keyboards and doing lots of washing up with weaken your nails, so the best solution is to use [nail wraps](#). [Nail wraps](#) act as protective layer over your real nails, so unlike other fake nail types, they actually aid natural nail growth. [Nail wraps](#) can be safely removed once your real nails have grown out and hardened allowing you to type away or wash the dishes without worrying about breaking a nail.

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