

WELCOME TO LR THERAPIES

MONTHLY NEWSLETTER

HELLO & WELCOME

THIS MONTHS NEWS LETTER IS
ALL ABOUT NAIL HEALTH!

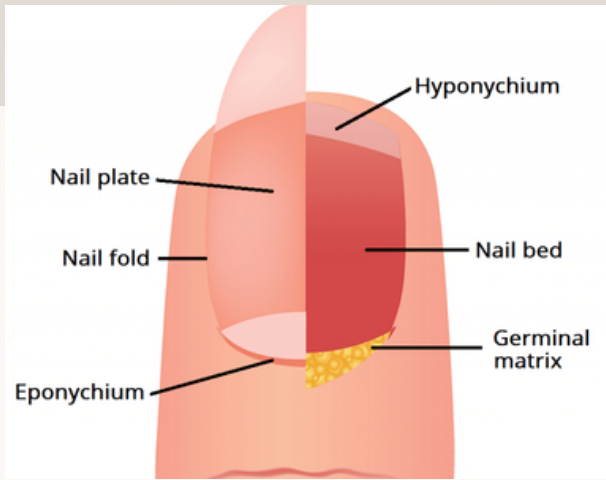
WE'RE GOING TO TOUCH BASE
ON SOME OF THE MOST
COMMON NAIL ISSUES CLIENTS
FACE, AS WELL AS HOW TO
KEEP OUR NAILS IN TIP TOP
CONDITION THIS WINTER.



MOST IMPORTANT PART OF THIS NEWSLETTER?
ENCOURAGEMENT TO CHOOSE YOUR NAIL TECH WISELY!

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IN THIS NEWSLETTER YOU WILL FIND:

LATEST UPDATES, TREATMENTS, HELPFUL INFORMATION & MORE. KEEP
READING!



CUTICLES... WHY ARE THEY IMPORTANT?

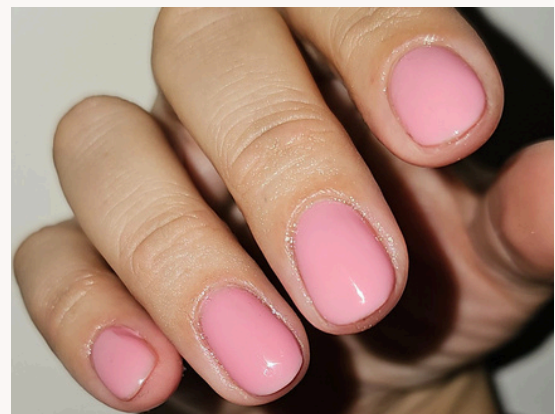
CUTICLES ARE THE NAILS MAIN INFECTION PREVENTION SYSTEM. THEY PROTECT THE NAIL & FINGER FROM BACTERIA, GERMS & FUNGUS.

THEY PROVIDE A PROTECTIVE BARRIER OVER THE NAIL WHICH STOP GERMS GETTING INTO THE NAIL MATRIX WHERE THE NAIL IS FORMED.

A LOT OF NAIL TECHS 'REMOVE' THE CUTICLES TO GIVE A CLEAN, FRESH EDGE, HOWEVER THIS CAN LEAD TO SERIOUS INFECTIONS AND DAMAGE OF THE HANDS AND FEET.

LR THERAPIES NEVER REMOVE CUTICLES UNLESS THERE IS VISIBLE DAMAGE LIKE HANGNAILS, CUTS OR CATCHING SKIN. NAIL OILS CAN RESOLVE A LOT OF THE VISUAL PROBLEMS. REGULAR OILING HELPS TO NOURISH THE MATRIX, KEEP THE NAIL HYDRATED & IMPROVE THE APPEARANCE OF DRY CUTICLES.

IT CAN ALSO MAKE YOUR MANICURE & PEDICURE LAST LONGER!



WHAT ARE NAILS MADE OF?

NAILS ARE A TOUGH PLATE OF A HARDENED PROTEIN CALLED KERATIN.

KERATIN IS THE SAME STUFF WHICH FORMS ANIMAL HOOVES & HORNS. IT'S ALSO FOUND IN OUR SKIN & HAIR!

IT ALL BEGINS AT THE NAIL ROOT (GERMINAL MATRIX), FOUND BELOW OUR CUTICLE. THIS IS WHERE THE KERATIN CELLS DIE, HARDEN AND ARE THEN PUSHED OUT THE SKIN TO FORM OUR NAILS.

OUR NAILS PROVIDE PROTECTION FOR OUR FINGERS. THEY MAKE OUR FINGERTIPS ONE OF THE STRONGEST PARTS OF OUR HANDS & HELP WITH FINE MOTOR MOVEMENT BY ENHANCING THE ABILITY TO TURN PAGES IN BOOKS, SCRATCH ETC.

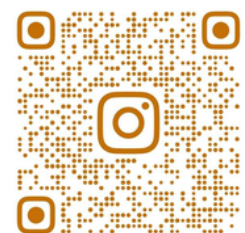
NAILS HAVE AN INTRICATE NETWORK OF NERVES UNDERNEATH THEM, MAKING THEM SENSITIVE. IF THE NAIL IS DISRUPTED, IT CAN CAUSE INFECTIONS & BACTERIA TO ENTER THE NAILBED, LEADING TO NAIL INFECTIONS & SOMETIMES INFECTIONS WHICH CAN SPREAD AROUND THE BODY.

THIS IS WHY THEY NEED TO BE KEPT IN TIP TOP CONDITION!

FUN FACT.....IT IS THOUGHT NAILS ORIGINALLY EVOLVED FROM CLAWS!

WANT TO CONNECT?

FOLLOW ME ON INSTAGRAM!



@LR THERAPIES

COMMON NAIL ISSUES

KERATIN GRANULATION

THIS IS A HARMLESS CONDITION WHICH APPEARS AS WHITE, FLAKY MARKS ON THE NAIL AFTER POLISH IS REMOVED. TO PUT IT SIMPLY, IT'S SEVERE DEHYDRATION OF THE NAIL. SOLUTION? REMOVE ALL NAIL POLISH AND GIVE THOSE NAILS SEVERAL WEEKS REST! DRENCH IN CUTICLE OIL & A GOOD QUALITY CREAM TO REBALANCE THE MOISTURE.



ONYCHOLYSIS

ONYCHOLYSIS, ALSO KNOWN AS NAIL LIFTING, IS THE SEPARATION OF THE NAIL FROM THE NAIL BED. THIS SEPARATION CREATES A SPACE BETWEEN THE NAIL BED AND THE NAIL ITSELF, MAKING IT A HOTBED FOR DIRT, DEBRIS & INFECTIONS TO START BREWING! (YUK!)

THIS IS OFTEN CAUSED WHEN THE NAIL HAS RECEIVED SOME TYPE OF INJURY, WHETHER IT BE KNOCKING THE NAILS, DROPPING SOMETHING ONTO THE NAIL OR EVEN AN ALLERGIC REACTION TO SOMETHING THAT HAS COME INTO CONTACT WITH YOUR NAIL I.E GEL POLISH, SOAPS ETC. THIS CONDITION CAN TREATED AND THE AFFECTS CAN BE REVERSED (NOT ALWAYS) IF CAUGHT EARLY AND TREATED AFFECTIVELY.

FUNGAL NAIL INFECTIONS

FUNGAL NAIL INFECTIONS ARE A COMMON NAIL ISSUE WHICH CAN AFFECT FINGER & TOE NAILS. THEY ARE CAUSED BY FUNGUS WHICH GROWS IN THE NAIL BED UNDER THE NAIL ITSELF. SYMPTOMS CAN INCLUDE:

- THICKENED OR BRITTLE NAILS
- SCALING UNDER THE NAIL
- DISCOLOURATION
- WHITE/YELLOW LINES DOWN THE NAIL
- DISTORTED NAIL



THE RISK FACTORS FOR DEVELOPING FUNGAL NAIL INFECTIONS INCLUDE AGE, DIABETES, PSORIASIS, ATHLETES FOOT AND SWEATING. IF YOU THINK YOU MAY HAVE A FUNGAL NAIL INFECTION, IT IS IMPORTANT YOU SEEK MEDICAL ADVICE FROM A PHARMACIST OR DOCTOR FOR MORE SEVERE CASES.



CONTACT DERMATITIS

NAIL COSMETIC DERMATITIS SHOULD CLEAR RAPIDLY ONCE THE NAIL COSMETIC ALLERGEN IS REMOVED; UNLESS THERE IS A SECONDARY INFECTION OR LICHENIFICATION (THICKENING/HARDENING OF SKIN DUE TO CHRONIC DERMATITIS). CORTICOSTEROID CREAMS WITH OR WITHOUT AN ANTIBIOTIC MAY SPEED UP RECOVERY.