



# BEAUTY Essentials

**The basics and know-how every woman needs**

## 3 tricks for prettier hands

Make June 'happy hands month' with these clever tips from nail expert Andrea Fulerton (then try and make your good habits last all year!)



### Hydrate

**'We're put off moisturising our hands as we don't like them feeling sticky,'** says Fulerton. 'The best time to do it is last thing at night, when your product can be absorbed without being rubbed off. For daytime emergencies, apply cream to the tops of hands only. Try Origins All-Purpose High Elevation Cream, £20 – it won't leave a greasy film.'



### Treat

**'Even without a varnish, always wear a base coat,'** advises Fulerton. 'It helps to protect nails and stops them drying out. I love Revlon Calcium Gel Nail Hardener, £6.29.' And don't forget to rub in a cuticle oil, such as Artistry Essentials Moisture Plus, £15.55, as often as you can. 'It's the quickest way to keep hands neat and allows you to skip a manicure.'



### Brighten

**Colourful nails are very much in fashion now,** which means your just-for-fun experiments won't look out of place. 'Buy shades that make you smile, not only ones you think are suitable,' says Fulerton. Illamasqua's stylish Sherbet range (£13 each), Chanel's spring collection (£16 each) and OPI's quirky Alice In Wonderland shades (£9.95 each) are top choices.