

**PROBLEM** Dry nails**PRODUCT**

SOLUTION Nail polish remover with acetone can wreak havoc on the nails, which is why we choose **The Stripper to Go** by Lippmann Collection. It is not only acetone-free, but it's also infused with hydrating aloe vera and lavender essential oil to moisturize the nail bed. And the individually sealed pads are supersaturated for easy polish removal anytime and anywhere.

\$5 for six pads; lippmanncollection.com

BRITTLE NAIL SOLUTIONS**A daily multivitamin**

Brittle nails can result from biotin (a B vitamin) and iron deficiencies. To improve the flexibility of your nails, you can take a daily supplement or add foods to your diet rich in these nutrients. Foods to try:

Biotin: Peanuts, almonds, sweet potatoes

Iron: Tofu, lentils, beans, beef

PROBLEM Fungus**PRODUCT****SOLUTION** DermaDoctor Feet Accompli Ultimate

Antifungal Pedicure Cream Your dermatologist may prescribe the oral medication Lamisil for persistent nail fungus, but it's important to keep the rest of the feet fungus-free, as well. Scaling, itching and cracking can all be signs of athlete's foot, and Feet Accompli can resolve and prevent these symptoms while providing the feet with high levels of hydration and antioxidant protection. *\$34; dermadactor.com*

**PROBLEM** Yellow nails**PRODUCT****SOLUTION** Talika Instant Manicure

This at-home quick fix uses lemon, ivy and horsetail extracts along with vitamin C to fight stains left by dark nail polish. As an added bonus, you'll also get softer cuticles for when you just don't have time to squeeze in a manicure. *\$30 for eight treatments; sephora.com*

PROBLEM Cuticles and dry hands**PRODUCT**

SOLUTION A good hand cream should be part of every man and woman's personal maintenance arsenal. But keeping the skin and cuticles hydrated is just part of the equation. **Orlane Reconditioning Cream for Hands and Nails SPF 10** also shields the skin from sun damage, reduces irregular pigmentation (liver spots) on the backs of hands and moisturizes the nail bed with shea butter and soy extract. *\$50; nelmanmarcus.com*

Formaldehyde facts**PRODUCT**

Formaldehyde is a topic of hot debate among dermatologists and nail professionals. While some eschew the preservative in favor of natural product ingredients, others laud it for its nail-strengthening properties. But along with harder nails comes a risk of allergic reaction, and long-term use can cause

nails to split and become brittle. Our advice? With so many formaldehyde-free nail polishes and products on the market, err on the side of caution and look for alternative nail strengtheners, like **Barielle Fortifying Nail Builder**. *\$16; barielle.com*