

The Ultimate Guide to Natural Nail Care: Strengthen, Hydrate & Protect



A Note from Denise Baich



Dear Reader,

I've spent over 40 years in the nail care industry, and if there's one thing I've learned, it's that healthy nails start with consistent care and the right ingredients. Our nails are more than just a beauty statement—they are a reflection of our overall wellness. Yet, so many people struggle with brittle, weak, or damaged nails without realizing that simple, natural solutions can make all the difference.

That's why I created WellNail and why I'm so passionate about holistic nail care. This guide is designed to help you understand how to strengthen, hydrate, and protect your nails using natural methods that work. Whether you're transitioning away from artificial enhancements or simply want to give your nails the best care possible, this guide will provide the tools and knowledge to help you succeed.

I hope this journey inspires you to embrace and love your natural nails again!

With care,

Denise Baich

Founder, WellNail

Welcome to Your Natural Nail Care Journey!

Your nails deserve the same level of care as your skin and hair. Strong, healthy nails don't just happen—they require the right balance of nutrition, hydration, and protection. This guide will walk you through the best ways to naturally care for your nails and cuticles so you can enjoy beautiful, resilient nails every day.



Nourish from Within: Diet & Nutrition



- ✓ **BIOTIN-RICH FOODS:**
Eggs, almonds, salmon, and sweet potatoes help strengthen nails.
- ✓ **IRON & ZINC:**
Spinach, lentils, and pumpkin seeds promote healthy nail growth.
- ✓ **OMEGA-3 FATTY ACIDS:**
Found in walnuts, flaxseeds, and avocados, these keep nails hydrated.
- ✓ **STAY HYDRATED:**
Drinking plenty of water prevents dryness and brittleness.

HEALTHY NAILS START WITH PROPER NUTRITION. IF YOUR NAILS ARE BRITTLE, WEAK, OR SLOW-GROWING, IT MAY BE DUE TO A LACK OF ESSENTIAL NUTRIENTS.

Hydrate & Moisturize Daily

DRY NAILS AND CUTICLES ARE MORE PRONE TO BREAKAGE. CONSISTENTLY HYDRATING YOUR NAILS WILL HELP PREVENT PEELING AND SPLITTING.

- ✓ **Apply a nourishing balm like WellNail** to keep nails and cuticles moisturized.
- ✓ **Use cuticle oil** daily to prevent cracking and inflammation.
- ✓ **Limit exposure to harsh soaps and sanitizers** that strip moisture from nails.
- ✓ **Wear gloves** when washing dishes or using cleaning products.



Strengthen & Protect Your Nails



TO MAINTAIN STRONG,
HEALTHY NAILS, AVOID
HABITS THAT CAUSE
DAMAGE.

- ✓ **Keep nails trimmed and filed** to prevent snagging and splitting.
- ✓ **Buff nails gently** to smooth ridges but avoid over-buffing.
- ✓ **Avoid biting nails or picking at cuticles**, which weakens them over time.
- ✓ **Use non-toxic nail polish** and avoid acetone-based removers.
- ✓ **Give your nails a break** from polish every few weeks to restore natural strength.



Promote Healthy Growth Naturally

IF YOUR NAILS GROW SLOWLY
OR FEEL WEAK, FOCUS ON
BOOSTING CIRCULATION AND
STIMULATION.

- ✓ **Massage cuticles daily** with WellNail Balm to improve blood flow.
- ✓ **Try a weekly nail soak** using warm olive oil or herbal-infused water.
- ✓ **Increase protein intake** to support the production of keratin, the protein that makes up nails.
- ✓ **Reduce stress**—high stress levels can negatively impact nail health.

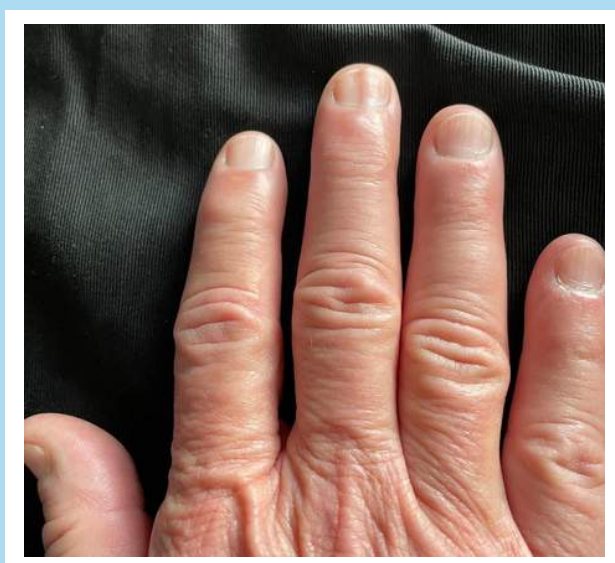
Avoid Common Nail Care Mistakes

- ⊘ Overusing nail extensions or artificial enhancements.
- ⊘ Ignoring signs of nail discoloration, ridges, or peeling.
- ⊘ Cutting cuticles too aggressively —this can lead to infection.
- ⊘ Using nails as tools to open or scratch things.





BEFORE USING
WELLNAIL



5 DAYS AFTER
USING WELLNAIL



2 DAYS AFTER
USING WELLNAIL

This is the story of Dale B.
His discovery of WellNail happened by chance.

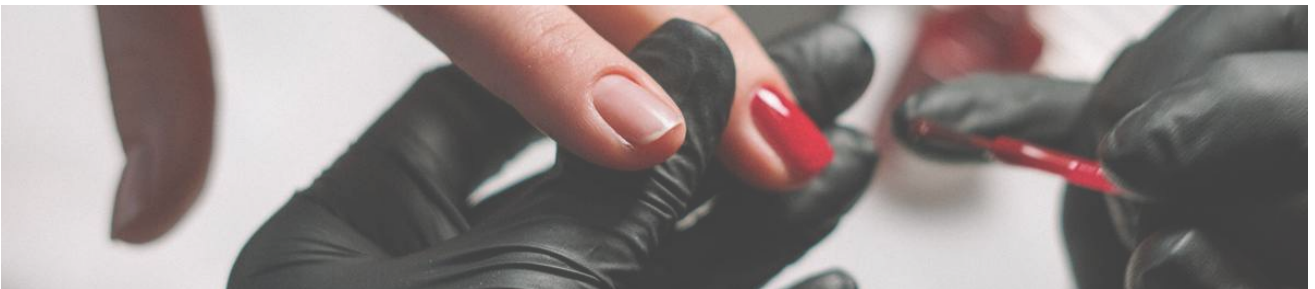
"After spending a week hiking in Arizona, where I live, and a few days by the sea in Mexico, my cuticles looked like raw hamburger. While waiting at the airport to return home, my friend suggested I put some balm on my nails. I did, and an hour later they were healing. 'What was that?' I asked. 'WellNail,' she said and added I could keep the tin. After using it for five days, I could almost be a hand model. I am buying two tins, one for home and one for travel. It's a miracle!" – Dale B.

Dale's story is a reminder that small acts of care—whether for ourselves or for others—can make a world of difference.

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*With WellNail,
Polish is an
accessory, not a
necessity*

- DENISE



Final Thoughts: Your Nail Wellness Starts Today!

[SHOP NOW](#)

CARING FOR YOUR NAILS IS A JOURNEY,
AND SMALL, CONSISTENT STEPS CAN LEAD
TO NOTICEABLE IMPROVEMENTS. NOW
THAT YOU HAVE THE TOOLS TO
STRENGTHEN, HYDRATE, AND PROTECT
YOUR NAILS NATURALLY, IT'S TIME TO PUT
THEM INTO PRACTICE!



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[_Wellnailbalm_](#)

