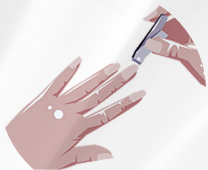


# SELF CARE TIPS

ON HOW TO CARE FOR THE FINGER-NAILS  
AND HAND



1. Cut Nails



2. File Nails



3. Soak in  
Warm water



4. Moisturize  
Your Hand