

Fab Files for Healthy Nails

Using the wrong file for your nails—whether they're thin, thick, or artificial—can weaken them, leading to splitting and peeling. Your best move is to find the right file for your nail type:

A FOR THIN NAILS Try **Perfect Formula Crystal File** (from \$10; perfectformulas.com). Crystal glass files have superfine grit to produce a clean, chip-free nail edge. Tip: Opt for a square shape on natural nails. Rounding the corners makes nails more prone to breakage.

B FOR THICK NAILS Try **Diamancel Flexible File #2** (\$28; sephora.com). Leave it to the hardest natural material to conquer your tough nails without roughing them up. Coated with actual diamond powder, this file gets the job done.

C FOR ARTIFICIAL NAILS Try **Butter London Banana File** (\$2; butterlondon.com). It's coarse enough for ultradurable fakes, and the arched design makes it easy to shape a rounded tip, which is especially flattering on longer nails.

A



B



C



ASK A PRO

Should I try hair oil?

A: Absolutely, if your hair is dry, damaged, or prone to split ends, which means it needs deep conditioning. "Olive, avocado, and coconut oils found in the beauty aisle can be miracle workers," says dermatologist Victoria Barbosa, MD, of Rush University Medical Center. "These oils penetrate particularly well to protect hair." Apply as a mask for 30 minutes before shampooing, or rub a drop in your palms and run through dry hair, working from the ends up. Try **Philip B Rejuvenating Oil** (\$30; philipb.com).

A Lotion Trick You'll Warm Up To

If you get the shivers from applying cold lotion on winter mornings, **put your bottle in the shower with you** to take off the chill. Bonus: Warmer products penetrate skin's surface better.