



THE 5-MINUTE NAIL & HAND CARE ROUTINE

For Busy Women Over 40



A simple routine to keep your hands
looking clean, polished, and effortless.

1 DAILY ROUTINE



MORNING

- Gentle hand wash

- Apply hand cream

- Apply SPF to hands



EVENING

- Clean hands gently

- Apply nourishing hand cream

- Apply cuticle oil

2 WEEKLY RESET



- Shape nails lightly

- Buff gently

- Apply polish if needed

3 QUICK REFLECTION



How do my hands feel today?

Hydration level: _____

Nail condition: _____



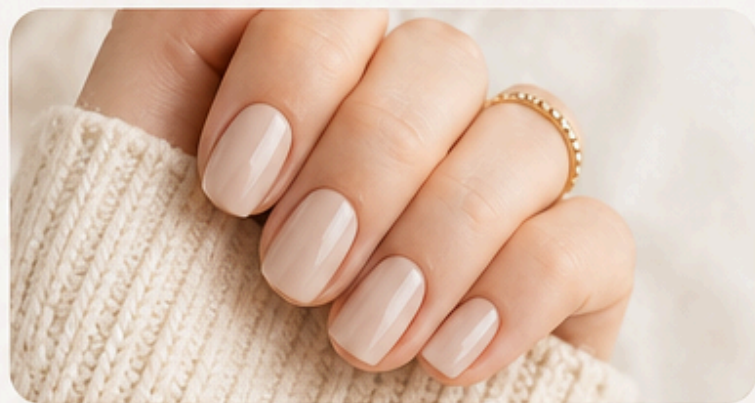
SMALL, CONSISTENT CARE CREATES ELEGANT RESULTS.





LOW-MAINTENANCE NAIL STYLES

That Still Look Luxurious



1

SOFT NEUTRAL TONES



*Blend naturally with
your skin.*

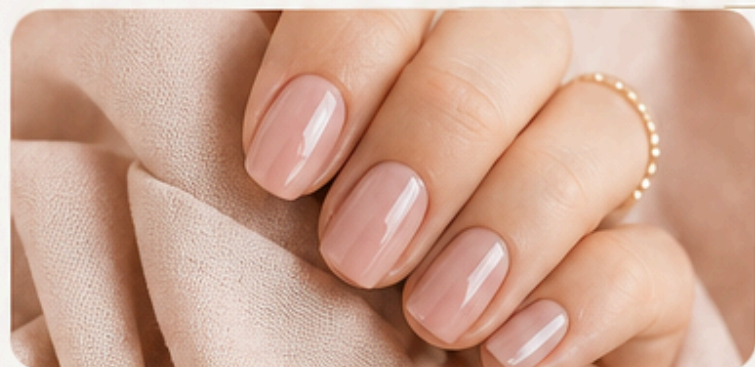


2

MILKY WHITE NAILS



*Soft and polished
finish.*



3

SHEER PINK SHADES



*Add warmth
without effort.*



4

SHORT GLOSSY NAILS



*Clean and easy
to maintain.*



5

SOFT FRENCH NAILS



*Subtle and
refined look.*



CHOOSE SIMPLICITY THAT WORKS WITH YOUR LIFE.





YOUR WEEKLY HAND CARE TRACKER



	 Did I hydrate my hands today?	 Did I apply cuticle care?	 How do my nails feel today?
MONDAY _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
TUESDAY _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
WEDNESDAY _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
THURSDAY _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
FRIDAY _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
SATURDAY _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
SUNDAY _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>



CONSISTENCY MATTERS MORE THAN PERFECTION.





QUICK FIXES FOR TIRED HANDS



If your hands feel dry

→ *Apply hand cream and seal with oil*



If nails look dull

→ *Add a simple gloss finish*



If cuticles look rough

→ *Use a small amount of oil daily*



If everything feels off

→ *Keep it simple and reset*



SMALL CHANGES CAN SHIFT EVERYTHING.





NAIL HABITS TO AVOID



Using harsh
nail removers



Over-filing
nails



Skipping
hydration



Choosing high-
maintenance styles



Gentle care leads to better results.

