



THE CLASSY NAIL & HAND CARE ROUTINE

For Women Over 35

A simple routine to keep your hands looking clean, polished, and elegant every day.

1. DAILY HAND CARE ROUTINE



MORNING:

- ✓ Gentle hand wash
- ✓ Apply hand cream
- ✓ Apply SPF to hands



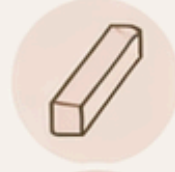
EVENING:

- ✓ Clean hands thoroughly
- ✓ Apply nourishing hand cream
- ✓ Apply cuticle oil

2. WEEKLY NAIL CARE CHECKLIST



- ✓ Shape nails gently



- ✓ Buff lightly



- ✓ Apply strengthening base coat



- ✓ Moisturise cuticles

3. SIMPLE NAIL STYLE GUIDE



- ✓ Soft neutral tones



- ✓ Milky white nails



- ✓ Muted pink shades



- ✓ Short almond shape

4. QUICK REFLECTION

How do my hands feel today?

Hydration level:

Nail condition:



SMALL, CONSISTENT HABITS CREATE ELEGANT RESULTS.