

BODY NEWS

By Kristin Cobb

Overmanicured?

Many doctors believe that brittle nails are caused by nail dehydration. But when researchers at Mount Sinai School of Medicine analyzed weak and strong nails, the water content was similar. People with brittle nails reported more use of hand moisturizers and more frequent professional manicures than those with healthier nails—indicating either that people turn to these regimens to treat their conditions, or that chemicals in the products involved are contributors. Lead researcher Dana Stern suggests keeping nails short to minimize absorption of chemicals, avoiding nail polish removers with acetone, taking 2.5 milligrams of biotin daily, and, for any chronic nail problem, seeing a dermatologist.

54%

*of women develop irritation
after underarm shaving.*

—Dove survey of 2,048 women