



Appearex® changes your nails  
**from the inside.**



The #1 dermatologist  
recommended product  
for strengthening nails.

Women who use Appearex® know it isn't a topical treatment or quick fix for weak and brittle nails. You like the fact that it's a small, easy-to-swallow tablet that transforms your natural nails from the inside out. Each tablet contains 2.5 mg of biotin, the dose clinically proven to strengthen and improve the overall quality of your nails. Quite simply, Appearex® gives you the firm, beautiful nails you've always wanted.

## Tips for protecting your nails through the winter:

Fall is winding down. Outside, the leaves have fallen and, suddenly, some chilly winter air has become a regular part of the daily weather forecast. For many women, this sudden burst of cold leads to weak and brittle nails. And regular activities such as cooking, wrapping presents or preparing the house for a holiday party can damage nails all season long.

Fortunately, Appearex® will strengthen your natural nails during the cold winter months. And combined with the following tips on how to give yourself a natural, at-home manicure, your nails will stay firm and beautiful from the last day of autumn to the first sign of spring.

**1** You'll begin by gently filing your nails. Be sure to file in one, single direction across each nail. As you progress, apply even, gentle pressure to each nail and, of course, avoid sawing.

**2** After you finish filing, wash your hands in warm water. Now, soak your hands in whole milk for about five minutes. The lactic acid in the milk will help eliminate dead cells and soften your skin.

**3** The next step requires a small amount of cold-pressed oil—olive oil, for instance. You should take a small amount of the oil and work it into each of your cuticles.

**4** Now, dry your hands with a clean, soft cloth. Also, be sure to gently smooth the tops of each nail with a smoothing file and finish with a buffing chamois.

**5** Finally, use a moisturizing cream or lotion to massage your hands and nails.

**Share your favorite nail care tips online at [Appearex.com](https://www.appearex.com) and we may publish them in a future newsletter.**