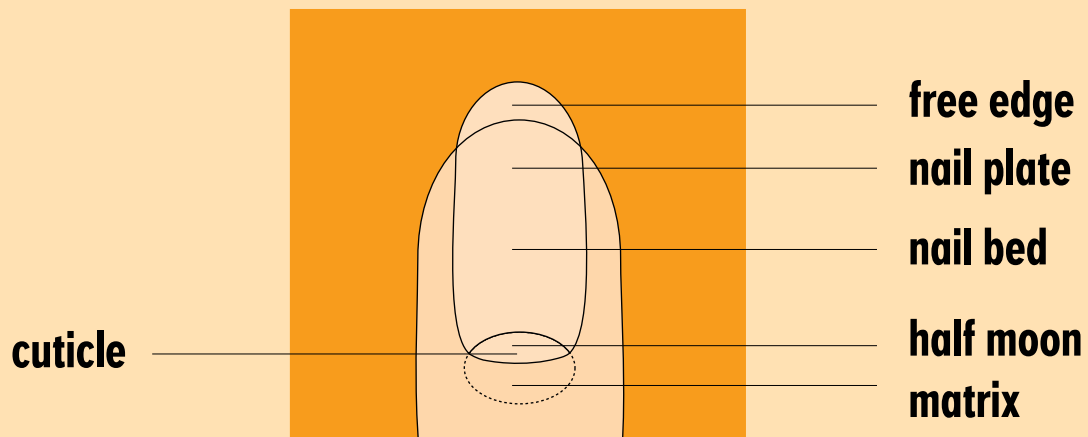


ANATOMY OF THE NAIL



Nail Plate:

The visible part of the nail, made up of keratin.

Free edge:

The part of the nail plate which grows beyond the finger tip. Besides looking attractive, its main function is to protect the fingers.

Nail bed:

The tissue directly underneath the nail plate which acts as its cushion.

Matrix:

The only living part of the nail which lies beneath the skin between the nail and the first finger joint. Containing blood vessels and nerve cells, it is here the keratin is produced and the nail grows, pushing up as more cells are produced. The matrix affects the shape and size of the nails and any damage is reflected in the appearance of the nails.

Cuticle:

Protects the matrix above and below the skin's surface. It forms a thin layer over the 'half moon'.

Half moon:

The first visible part of the nail that has grown out of the matrix. Any excess cuticle can be safely removed to improve the appearance of the nails. However, the cuticle under the skin should be kept soft and well nourished to protect the matrix. Massaging this area is recommended to stimulate the circulation and encourage nail growth.

Sally Hansen[®]