

Essential Tips for Healthy Cuticles

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Maintaining healthy cuticles is essential for overall nail health. Cuticles serve as a protective barrier against infections and contribute to the strength and appearance of your nails. In this guide, we'll explore expert-backed tips to keep your cuticles in optimal condition.

1. Hydrate Regularly

Dry cuticles can lead to hangnails and infections. However to prevent this, apply a nourishing cuticle oil or hand cream daily. Look for products containing ingredients like vitamin E, jojoba oil, or squalane, which help lock in moisture and promote skin elasticity. Regular hydration keeps the cuticle area soft and supple.

2. Be Gentle During Manicures

Avoid cutting your cuticles, as this can lead to infections or irritation. Instead, gently push back the cuticles after soaking your nails in warm water. Use a soft cuticle pusher to push back the non-living tissue. If trimming is necessary, only remove dead skin and never cut live tissue. Always use sanitized tools to prevent bacterial growth.

3. Protect Your Hands

Exposure to harsh chemicals and water can dry out and damage your cuticles. Thus cleaning or washing dishes, wear gloves to protect your hands and nails. Additionally, avoid using acetone-based nail polish removers, as they can be drying. Opt for gentler, acetone-free removers to maintain cuticle health.

4. Maintain a Healthy Diet

A balanced diet rich in vitamins and minerals supports healthy nails and cuticles. Incorporate foods high in biotin, zinc, and omega-3 fatty acids, such as eggs, nuts, and fatty fish, to promote nail strength and growth. Staying hydrated by drinking plenty of water also contributes to overall skin and nail health.

5. Regular Nail Care Routine

Establishing a consistent nail care routine is crucial for cuticle health. Regularly trim your nails to prevent snags and breakage. Therefore filing nails gently in one direction to avoid splitting. Overall weekly hand massages with cuticle oil to stimulate blood flow and nourish the nail bed. Allow your nails to breathe by taking breaks between manicures.

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