

# Your *Guyde* to Good Grooming



## Featured Service: Scratch On – Nail care

Ever wonder why you have fingernails? American Male did a little searching and found some interesting info.

### Scratch On

American Male consulted our favorite science guy, Bill Nye - remember him?



According to Bill Nye, *fingernails* are used to scrape, cut and scratch things. They help human beings eat and build shelter. Without fingernails, it would be hard to do simple things like scratch an itch, tear open a ketchup packet or even wash our hair or pop open an ice cold beer.

Think about it. Fingernails help us get the shampoo out of our hair and help with that fabulous head massage you get with the Quality Grooming Experience.

Guys, women love guys with well manicured hands. They are nicer to hold!

Plus, fingernails are what people see first when they look at your hands, and trust us, people do look at your hands.

It is important to keep your fingernails healthy and clean for many reasons.

First, nails are made up of keratin, a protein our body makes from the food we eat. So, make sure you are eating healthy (at least some of the time).

Try not to bite your nails. Germs thrive in under the nails. So every time you bite your nails, you are putting those germs in your mouth. It can make you sick. Biting your nails also make your hands look worn and tattered. That does not make a very good impression on people.

Keep your nails clean. Those germs that live under there, get there because of bad grooming. Keeping your nails trimmed and clean will help lead to healthier nails, and a healthier you!

### Problems with your nails

Things to look out for:

- Discoloration of the nail
- Thicker growth of the nail
- Any pain

If you do experience these symptoms, it is recommended you talk with your doctor, pharmacist or beauty therapist. You may have a fungal infection which can be treated with proper medicine.

### How to prevent fungal infections

It's simple, getting regular hand detailings and keeping your nails clean at home, can improve the quality of your nails.