



FREELAND

Foot & Ankle

CLINIC

Love Your Feet



Best Nail Polish Options for Your Nails

Nail care is about more than a polished look—it's about keeping nails healthy and strong. With cleaner beauty trends, vibrant, healthier nail polishes are now more accessible than ever—without the harmful chemicals!

Essential Tips:

- 1. Choose Non-Toxic Nail Polish:** Avoid traditional polishes that contain harmful chemicals like formaldehyde, toluene, and DBP. Look for 5-free or 10-free formulas, which exclude these toxic ingredients.
- 2. Opt for Gel Alternatives:** Gel nails can weaken nails if not applied or removed properly. Consider using safer, soak-off gel options that don't contain harmful chemicals.
- 3. Hydrate Your Nails:** To keep nails strong and prevent cracking or peeling, regularly apply nourishing cuticle oils/ moisturizers.

Healthier Nail Polish Brands:

Look for brands that are 5-free, meaning they are free from toxic ingredients:

- Zoya
- Sally Hansen Good Kind. Pure.
- Ella + Mila
- Honeybee Gardens



Deal of the month: Urea Care

Great for:

- Dry skin
- Rough skin
- Callused skin



10% OFF

Getting your Nails Done?

Tips for Ensuring a Safe & Sterile Nail Salon Experience:



Tips for Nail Salon:

Choose a Clean, Reputable Salon

Look for one that has a clean, organized environment and sterilizes their tools after each use.



Watch for Proper Hygiene Practices

A good nail salon will always clean their tools between clients. Make sure they're using disposable items like nail files or buffers for each person.



Did you know?

On Valentine's Day, an estimated over 20 million pairs of socks are sold in the U.S., making socks one of the most popular gifts! A cozy, comfortable pair can be a sweet way to show your love while also taking care of your feet.



Make Sure the Staff is Wearing Gloves

Nail technicians should wear gloves during all procedures to maintain cleanliness, especially if they're working with foot care or performing pedicures.

