

# SELF

COOL  
FREEBIES  
INSIDE

Zap 400  
Calories  
at Home

## Sexy Curves Ahead!

Keep the booty. Lose the belly.

Slimming  
Secrets from  
Revenge Star  
**EMILY  
VANCAMP**

## TASTY SNACKS

Burn Fat Just By Eating

## SEX TURN-ONS

New, Fun, Memorable!

## Anti-Cancer Guide

P. 107

# You: fearless!

Learn to do and say stuff that scares you

## LOOK IRRESISTIBLE

Pretty hair, makeup, nails, skin





what's hot now

# *Nice nails!*

In our handy guide, nine trends to try: cool DIY manis (check out the mustache), fun hair, flirty makeup and more

By Alex Samuel



## NAIL ART

You will never *waaait* for polish to dry only to smudge it the second you walk out of the salon again. This is the year of the zero-dry-time, won't-chip, at-home nail decal. Put your finger on the style that's just right for you.



### Wannabe rock stars

Spotlight one finger (maybe not your middle?!) with a Nail Rock Designer Nail Wrap, \$10 for 16. Tame the flames by keeping the rest solid.



### Lacquer lovers

No shame in being a bit of a polish purist. Try the OPI Pure Lacquer Nail Apps, \$12, which are made from actual polish rather than plastic.



### Strip virgins

First-timers will dig the insanely easy-to-apply Sally Hansen Salon Effects Real Nail Polish Strips, \$10. Stick on, file, and that's about it!



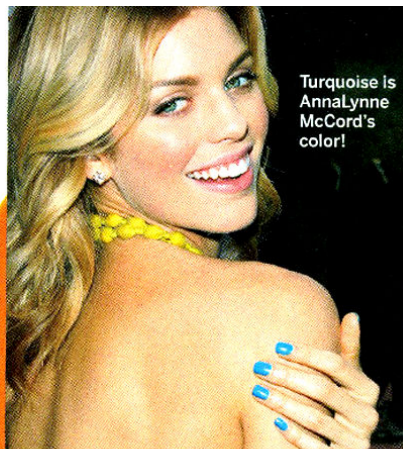
### Mani-pedi matchers

Stop agonizing over the perfect color combo. Each set of Minx #1, \$18, comes in eight patterns and has enough decals for uniform fingers and toes.



### Nail biters

Glittery press-ons (they are so Dorothy's slippers!) are chomp-proof and have major staying power. Kimmie Kyees Nails by Elegant Touch, \$8



Turquoise is AnnaLynne McCord's color!

## Polish plus

Lacquers are also getting an upgrade, with built-in bennies.



### Repair ridges

Protein extracts from sheep's wool pump up nails to fill dents. Dermelect Peptide Infused Nail Color Treatment, \$14, shown in Head Turner

### Banish breaks

Kaolin, the same stuff that gives porcelain its shiny finish, in China Glaze Nail Lacquer With Hardeners, \$7, shown in Swanky Silk, makes nails as hard as, well, nails.



### Avoid discoloration

Or as medical folks like to call it: fungus. It's beyond gross, but white-cedar extracts in the three-step Deep Cover Nail System, \$40 for the starter kit, shown in South Beach, will help a girl out. Footnote: A pair of podiatrists developed the homeopathic formula.

### Go to great lengths

Healthy nails have no choice but to grow big and strong. So take the nail-polish equivalent of a multivitamin with Dr.'s Remedy Enriched Nail Polish, \$17, shown in Mellow Mauve.



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Tweet us your #nailart @SELFmagazine and we'll post our faves on Pinterest. Plus, we're giving away 1,250 free polishes! Visit [Self.com/nail-art](http://Self.com/nail-art) for dates and deets.