1. Keep your nails really long. **DO DON’T**
2. Eat a healthy balanced diet. **DO DON’T**
3. Rub lotion on your nails. **DO DON’T**
4. Use nail polish remover more than twice a month. **DO DON’T**
5. Push back your cuticles. **DO DON’T**
6. Make sure your nails are clean. **DO DON’T**
7. Bite your nails. **DO DON’T**