

The Ultimate Nail Shape Checklist: Find Your Perfect Match!

Step 1: Assess Your Hands (The Foundation) *What are my natural features?*

- **My Finger Length:**
 - ☐ Short
 - ☐ Long
- **My Nail Bed Width:**
 - ☐ Narrow
 - ☐ Wide
- **My Cuticle Line:**
 - ☐ Curved / Rounded
 - ☐ Straight / Squared

Step 2: Define Your Lifestyle (The Reality Check) *How do I use my hands every day?*

- **My Activity Level:**
 - ☐ High (Sports, manual work, very active)
 - ☐ Medium (Office work, moderate activity)
 - ☐ Low (Minimal hands-on tasks)
- **My Maintenance Commitment:**
 - ☐ Low (I need something easy and durable)
 - ☐ High (I enjoy upkeep and regular salon visits)

Step 3: Match the Shape (The Options) *Based on the above, which shapes are recommended for me?*

- If you are "Short, Wide, Active, Low-Maintenance" → Try **Round** or **Squoval**.
- If you are "Long, Narrow, Medium-Activity" → Try **Square** or **Oval**.
- If you want to make short fingers look longer → Try **Oval** or **Almond**.
- If you want a bold, high-fashion look (high-maintenance) → Try **Almond**, **Coffin**, or **Stiletto**.

Step 4: The Salon Visit (The Pro Touch) *Am I ready for my appointment?*

- ☐ I have saved inspiration photos on my phone.
- ☐ I will discuss my lifestyle and maintenance preferences with my technician.
- ☐ I will ask for their professional recommendation.
- ☐ I will confirm the final shape before the polish is applied.

Step 5: At-Home Care Rules (The Upkeep) *How will I maintain my new shape?*

- ☐ I will file in one direction only.
- ☐ I will use a glass or crystal file.
- ☐ I will apply cuticle oil daily.
- ☐ I will wear gloves for chores.