



MARKETPLACE AUTOS JOBS HOMES AD SEARCH

A dark blue banner for RockyMountainNews.com. The text "HEALTH & FITNESS" is written in large, white, serif font. A white caduceus symbol is positioned between the words. To the right, "RockyMountainNews.com" is written in a smaller white font.

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Don't get faked out

January 21, 2003

Consumers shopping for manicures should:

- Make sure the shop looks clean. If it's dirty, leave.
- Check for the technician's license, which, by law, should be posted near the booth.
- Make sure the technician begins by cleaning his own hands and then yours.
- Ask to see the products the salon uses, making sure they're in labeled bottles and don't include methyl methacrylate, known as MMA. Less expensive than the ethyl methacrylate good salons use, MMA has been found to exacerbate allergies, cause nerve damage and spur adverse reactions, sometimes permanently destroying nail beds.
- Make sure a disinfecting base coat is applied to your nails before anything else.

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