



BEST FOR GNARLY NAILS

Solution Ellipse Nd:YAG.

The lowdown Nail fungus (onychomycosis) is as unsexy as it sounds, and getting rid of it can be an uphill battle. To the naked eye, nails might appear bruised, ridged or yellowing, or they might simply have a spread of milky-white discoloration running through them, like a permanent French manicure. The thing about fungus, though, is that it often causes the nail to lift away from the nail bed, and it rarely reattaches itself, meaning that the infection never has a chance to heal. Which is why the Ellipse Nd:YAG laser is such a thing of genius. It works by firing infrared light (fear not, you'll be shaded from the glare with dark glasses) into the nail, so that it hits the nail bed, cuticle and surrounding skin. This heats the area, and effectively eliminates the fungus. It's advisable to do all 10 fingers or toes while you're there (fungus spreads quickly and easily) – but it takes 10 minutes, tops. You'll be back a month later for a follow-up (a course of three sessions is advised to keep infections at bay – making sure nails are short and clean will also help).

Pain factor Zilch. The laser 'shots' are a little hot, but that's as dramatic as it gets.

Downtime None – though no manis or pedis for the following week or so. Gives the nails time to breathe, see?

Who to see Joanne Evans at Skin Matters, 5 Kensington High Street, W8 (skin-matters.co.uk; 07710 381438). From £150.

Results

The infected or dead nail will grow out in the three to four weeks following the treatment and a healthy, shiny, non-pigmented nail takes its place – quickly, quietly, without fuss.