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Dark discoloration of nails

You're probably familiar with the type of nail discoloration that occurs when using dark nail polish. It can leave a tint behind even after diligent rubbing with nail polish remover. That type of staining is pretty straightforward and easy to fix with a nail primer. Sometimes even pristine nails can display unique hues, though. Unusual shading may be related to the skin under the nails. If you have darkish skin or are unusually pale, your nails may appear naturally darker or lighter. If you've just finished a workout and your blood is well oxygenated, your nails could look a darker or more vibrant shade of pink, too.More often, nail color is a reflection of your lifestyle or overall health, though. Dark or discolored nails can be a warning sign of a vitamin deficiency or even of a medical condition you should address sooner rather than later. On the next pages, let's take a look some reasons you may have naturally dark nails.If you're a vegan, vegetarian or just prefer fruits and vegetables to meat most of the time, you may face a challenge getting enough protein into your diet. Animal products contain all the amino acids the body needs to maintain itself. Relying on other sources like nuts, grains, seeds and vegetables for nutrients is doable, but without some know-how and judicious monitoring, forgoing animal protein on a regular basis can lead to deficits.Vitamin B12 is an essential nutrient present in animal products, but it's often harder to find in sufficient quantities from other sources. A B12 deficiency can cause dark nails or nails that tend to curve. It can also cause tiredness, light headedness, bleeding gums, constipation and other symptoms. Although gray or brownish nails are an indication of vitamin B12 deficiency, the dark coloration can also be a symptom of illness, particularly if the condition is recent or presents with thickened nails, concave nails or nails that are lifting from the nail bed. Yellowish nails can also be a symptom of a zinc or iron deficiency, too.If you've been smoking for a while, you may be used to seeing yellow tobacco stains on your fingers. The yellow discoloration that occurs on your fingernails is something a little different. Some of the yellow may be coming from cigarette smoke wafting up your fingers from the ciggy in your hand. There's a more ominous cause, though. That yellow tint you see on your nails after months, years or even decades of smoking is the effect of reduced blood flow from inhaling cigarette smoke. The color is unsightly, but it's also an indication that your nails aren't receiving proper nutrition, which leaves them vulnerable to fungal infection.Just because you've had quirky, colorful nails for a while doesn't mean that bluish, brown, yellow or two-toned darkening is biologically normal for you. What you've come to expect as the regular appearance of your nails may actually be a subtle indication that you have a medical problem that needs attention. In fact, doctors will often inspect a patient's nails for symptoms of disease. It's true that a recent change in the appearance of your nails is a potential warning sign you should discuss with your doctor, but darkening that's been present for a long time can still be significant.If you have a doctor's appointment coming up, avoid applying polish to your nails for a while, and ask your doctor to have a look at your naked nails. We don't want to alarm you here. Nail coloration (shape and density) can suggest illness, but one symptom, like nail color, can occur across a number of conditions, some minor and others major. If you think your nails may be trying to tell you something, listen to your digits and get a professional assessment.DermNet NZ. "Yellow Nail Syndrome." (8/27/12). World. "Fingernails Nail Color Health Indicators." 2/28/09. (8/27/12). Clinic. "7 fingernail problems not to ignore." (8/27/12). slide=1Nail Care Tips. "Nail Facts." (8/27/12). . "Nail Abnormalities." (8/27/12). Smoking Dallas. "How Smoking Can Change One's Appearance." (8/27/12). Beauty. "Smoking Cessation: The 7 Sneaky Ways Smoking Steals a Woman's Beauty." (8/27/12). Gabrielle. "Fingernails And What They Reveal." Hpathy. (8/27/12). . National Library of Medicine. "Nail Abnormalities." 8/27/12. (8/27/12). s and Children's Health Network. "Nails." 4/12/12. (8/27/12). As the name suggests, these are your everyday nails. They are generally used for rough construction work, and can be driven into hard materials. These look like common nails, but are thinner. This means they are less likely to cause splits in the wood but they also have less holding power. So, if structural strength is critical, avoid box nails. Related: Nailing Techniques Finishing nails are (surprise, surprise) used for finish work. Their barrel-shaped heads are small and can be driven below the surface of the wood using a nail set (a technique called countersinking). Finishing nails are useful for installing trim, crafting furniture, and other occasions you need to hide the head of the fastener. Related: The Essential Toolbox A close cousin of the finishing nail, the casing nail is slightly larger and has increased holding power. It is commonly used for attaching moldings such as window and door casings where added strength is needed. Brads are used as finishing nails but are proportionately smaller in diameter and length. They are used in building frames, attaching plywood paneling, and in cabinetwork. Roofing nails have disproportionately large, round heads and heavier shafts. Designed to hold composite and asphalt roofing materials in place, roofing nails are heavily galvanized to resist rust. There are several types of masonry nails available; all are designed to be driven into brick or concrete walls. The shape of the masonry nail varies by type, but all are hardened to resist bending and breaking as they are driven into almost rock-hard materials. Be sure to wear safety glasses when using masonry nails, as flying concrete chips could harm your eyes. The cut nail is used for installing flooring. These nails are large, strong, and are often used in a nailing machine for easier, faster handling. Related: Cut Nails - Hammering Home Authenticity Often sold in galvanized steel, annular ring nails are commonly used to hold clapboards or shingles in place on home exteriors. These thin nails, lined with rings for added holding power, are resistant to rust. The duplex nail is a variation of the common nail. It features a second head along the shaft which allows the duplex nail to be used for temporary construction (like scaffolding and staging); after it is driven snug, it can still be easily removed. Related: Types of Hammers Clever project ideas and step-by-step tutorials delivered right to your inbox each and every Saturday morning—sign up today for the Weekend DIY Club newsletter! Out of all the decisions you have to make in a day, choosing your nail color probably isn't the hardest. But with so many shade options, it can take quite some time. Thankfully, widely inclusive color options make finding shades that suit your skin tone fun. Another day, another new nail shade launches. And brown-skinned beauties, there are shades made with you in mind. The best nail colors for dark skin tones span, well, pretty much all hues of the rainbow. It's true—there's not one shade that doesn't look good on your melanin-rich skin. High-impact shades pop against dark skin tones, and deep, sultry shades look seamless. Rejoice: We lucked out in this category (it's 2020, and there are still limited foundation shade ranges for dark skin tones). If you usually stick to the same nail shades for your dark skin, rest assured that you can't go wrong with having a little fun. Hey, we're all guilty of being creatures of habit with our favorite nail shades. But allow yourself to experiment more with vivid, brighter shades that'll pop against your deep complexion or neutral shades that'll suit your skin just right. Push yourself out of your nail comfort zone and feast your eyes on these 30 fun nail colors that look amazing on dark skin tones. 01 of 30 Go bold or go home with a vibrant red shade. A slight squiggle in the middle will add dimension and intrigue. Use precisely applied tape to achieve this negative space style. 02 of 30 Choose a bright blue like this vibrant aqua hue. If you're feeling spicy, re-create the above by adding a metallic adornment in the center for an edgy finish. 03 of 30 Stand out this season and choose a pastel-colored hue like baby blue or soft pink that will look gorgeous against your skin. 04 of 30 Pairing a neutral skin shade like this brown hue with a bright blue will make for the coolest-looking contrast. 05 of 30 White nails look so incredibly chic on dark skin. Add some pizzazz with a sharp, silver cutout design like this. 06 of 30 This modern style shows how playing with lines seamlessly meshes opposite colorways together. Chocolate brown will always look like it was made for dark skin—adding a splash of ocean blue takes this shade up a notch. 07 of 30 A light peach color gives a nice wash of color. Add as many red accent lines as you like, but seriously, the peachy tone here looks fantastic. The polish is Dior's Vernis Nail Laquer in Incognito, $28. 08 of 30 Redo a classic french manicure with a high-impact shade like fuchsia that will pop with your complexion. 09 of 30 A chic rainbow never hurt anyone. Manicurist Alicia Torello flawlessly executed this look with a cheetah-printed tip. 10 of 30 Berry shades will instantly brighten up the look of your nails, which are made especially sweeter when mini polka dots are involved. 11 of 30 Yellow neon, or any neon shade, happens to look extra chic, as shown in this classic mani. The bright hue is almost out of this world and garners a second glance. 12 of 30 Have a little fun with plain white and try a pearlescent variation with a cool purple duochrome. 13 of 30 Add a freshly-squeezed lemon shade into the mix, and don't be surprised when you fall in love with this joyful look. 14 of 30 A light nude or off-white shade is ideal for a minimalist. If you want something that leans on the professional side, try this design. 15 of 30 Dive into spring with citrus-inspired nails that'll look especially stunning on deep skin tones. Using the entire spectrum of orange and yellow with cool designs is the way to go. 16 of 30 Get festive with metallic shades that run the gamut. As proven, these will shine on your skin. 17 of 30 This tropical tangerine looks extra chic against silver accents for a fun fruit-inspired manicure that has us dreaming of summer. 18 of 30 Both the burgundy shade and the negative space used here pop for a bright and playful geometric design. 19 of 30 Try out any pastel hue for an extra sweet look, or combine all your favorites for a multi-colored mani that's perfectly suited for spring. 20 of 30 A buttery hue has flecks of gold woven throughout the polish for a standout yet elegant manicure that works no matter the season. Plus, the intricate eye design has us doing a double-take. 21 of 30 Sure this minimalistic mani doesn't paint the whole nail in an earthy wash of color, but as you can see, the deep green, mustard, and earth-toned accents look seriously divine against partially bare nails. 22 of 30 Sheer pink is universally flattering, but we especially love this translucent blush iteration with a raw stripe of metallic pink across the middle against a deep skin tone. 23 of 30 It's classic for a reason. This shade exudes elegance and makes a statement every time. We especially love the modern matte finish. 24 of 30 Chrome typically makes us think of silvery, futuristic looks, but this extra shiny, full set really has us thinking. Paint one hand a bright, reflective pink and the other a crisp apple green for the best twist on your standard mani. 25 of 30 We showcased a punchy peach earlier, but this design mixes a white base with black standout lines, plus additional peach and gold detailing. The whimsical brush strokes look like a painter's palette in nail art form. 26 of 30 Call it a green thumb, but we're smitten with this succulent-inspired shade. It works for almost any season. An edgy fall shade, or perhaps, a holiday-inspired addition to a Christmas-themed nail? No matter when you wear it, the plant-inspired tone always looks fantastic. 27 of 30 Lavender is a gentle, whimsical color we can't help but return to again and again. Lavender oil is known to have serious calming properties, and we can say we're feeling pretty relaxed looking at this top-notch manicure. It's got it all—a minimalistic design, an eye-catching color choice, and a hint of colorful sparkle to seal the deal. 28 of 30 This color combo sends our hearts a-flutter. Nail artist Jin Soon used her namesake line in Sinopia ($18) for a coral pop and Keppel ($18) for that beautiful green/turquoise base. 29 of 30 Spin a color wheel and choose your favorite primary shade. Better yet, combine them all, like this edgy mani that uses a bright yellow base as the backdrop to a smattering of primary colored gemstones. 30 of 30 This futuristic negative space design incorporates muted silver and gold tones for a standout look. It's not exactly the bright wash of color you'd expect, but there's something so subtle and classic about the mixed metals here, and honestly, we can't look away. Byrdie takes every opportunity to use high-quality sources, including peer-reviewed studies, to support the facts within our articles. Read our editorial guidelines to learn more about how we keep our content accurate, reliable and trustworthy. Koulivand PH, Khaleghi Ghadiri M, Gorji A. Lavender and the nervous system. Evid Based Complement Alternat Med. 2013;2013:681304. doi:10.1155/2013/681304

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