



TRIND®

Natural Nail Care

Everything you need to know
about hand and nailcare



In treating and pampering your nails, it is important to understand the physiology of your nails, and how to solve nail problems with Trind nail care products.

In the last twenty years we have been nurturing our expertise in natural hand and nail care. We take pride in sharing our knowledge and experience with professionals, manicurists and store personnel, while listening carefully to consumers.

Understanding and using this booklet will enable you to choose the right products. Many women need nail care. For nails that are peeling, breaking and splitting Trind provides the natural solution. To get beautiful and natural strong nails, look no further and read the following facts:

How is the nail built? Nail Physiology

Like skin and hair, the nails contain “keratin”. Keratin is a stodgy kind of protein (fibre protein), which is insoluble. The part of the nail we normally indicate as the “nail” is just a part of the nail and is called nail plate.

The nail plate exclusively exists of dead keratin cells. Dead keratin cells are compactly stacked in approximately 100 layers. The upper layer is produced at the back of the nail matrix; the lower part - the layer which is in close contact with the nail bed - is produced at the front of the nail matrix. This matrix can be found under the skin and is therefore invisible. The matrix goes over into the “lunula” (the “half moon” which is specifically visible at the thumb). From the matrix, the nail plate grows in the direction of the finger tip over the nail bed. The nail plate stands in close contact to the nail bed and maintains the “water level” in the nail plate. This is important, while the moisture level in the nail affects the virtue and flexibility of the nail. Therefore, we notice that where the nail plate deflects from the nail bed - the edge of the nail - the nail will become more brittle and tends to split easier. The cuticles exist of keratin like material.

Nevertheless, they are more flexible. The cuticle forms an effective barrier between the nail and surrounding skin and prevents dirt or bacterium to enter the body through the nail and skin. This illustrates the importance of keeping the cuticles in an optimal condition.





What are the most common nail problems?

Dry nails

This is the most common nail problem. A dry nail contains lack of nail moisture and can often be recognized by a yellowish color in the nail plate. Nail moisture keeps the nail elastic. When a nail contains too little moisture, as a reason it can break, peel and even split.

Breaking, peeling and splitting nails

Nails that are not strong enough, contain too little nail moisture. When a nail has lack of nail moisture, it loses its elasticity and will finally start breaking, peeling or splitting.

Nails that grow too slowly

A nail grows from the nail matrix. Which can be found under the "half moon", at the lower part of your nail. The nails of your hand grow in average about 0,10 mm - 0,15 mm per day, the nails of your toes somewhat slower. When your nails grow slowly, this is mostly caused by overgrown cuticles and a dry unnourished nail matrix. This inhibits nail growth. To make your nails grow optimally, it is therefore wise to remove overgrown cuticles once every 4 weeks. Never cut your cuticles! This can be very painful and even cause infections. The alternative that Trind offers, is much easier, painless and more effective.

Dry cuticles

The skin around the nails is very thin and easily harmed. Water, cleaning products and changing weather circumstances every day also contribute to problem cuticles. As a consequence, your cuticles and nails become dry and can develop horned pieces of cuticle - the so called hangnails that can be extremely painful and can even contribute in developing infections! Proper care of the cuticles is therefore very important. In maintaining your cuticles which supports nail growth!



Perfect System

The Trind hand and nail care programme offers you beautiful and strong nails in a short period of time. The Trind Perfect System contains six products that develop perfect nails, cuticles and hands in only two weeks. The Perfect System contains the following products:

- Cuticle Remover
(including 2 mini Manicure Sticks)
- Cuticle Balsam
- Nail Magic Buffer
- Nail Balsam
- Nail Repair Natural
- Hand Repair

These products are suitable for all nail and skin types.

Directions for use

Step 1: Apply Cuticle Remover to the cuticles with the brush. Leave for approximately 5 minutes and remove excess cuticle with Trind Manicure Sticks.

Step 2: Apply Cuticle Balsam to the cuticles with the brush. Leave for approximately 1-2 minutes. Then massage the excess into the cuticles and nails until they are completely dry.



Step 3: To equalize your nails and stimulate the production of natural nail moisture, use the Trind Nail Magic Buffer once every 4 weeks. Using half round movements, first use the half black side. This action will exfoliate the dried out horn cells (white dust).

Then with the same half round movements use the half white side. Start with a light pressure close to the root (nail matrix) of the nail and slowly move forward toward the tip of your nail.



Then repeat this motion with the long grey side. A beautiful shiny and smooth nail is the immediate reward... the perfect basis for Trind Nail Repair has been created!

Step 4: Apply Nail Balsam to the nails with the brush. Leave for approximately 1-2 minutes. Then massage the excess into the nails and the cuticles until they are completely dry.

Step 5: Apply for the first 2 weeks daily one coat of Nail Repair directly to the nails, like a polish. Remove the former coat with Trind Acetone Free Nail Polish Remover. After 2 weeks you will experience the results. The nail will grow beautiful and strong. For maintenance and upkeep use Trind Nail Repair once a week as a gloss or as a perfect Base Coat.

Step 6: To complete the treatment use Trind's unique Hand Repair. This product is based on Duo-Liposomes and vitamin complex A, C, E.

Cuticle Remover

To gently soften and remove overgrown cuticles

Overgrown cuticles inhibit nail growth and look neglected. Trind Cuticle Remover softens the cuticles and enables you to easily remove overgrown cuticles with the Trind (splinter free) Manicure Sticks. Your nails will grow visibly better.



Directions for use

Trind Cuticle Remover is a mild fluid in a polish bottle. With the brush you can easily apply Cuticle Remover to your (overgrown) cuticles that inhibit nail growth. Leave for approximately 5 minutes. Push your cuticles back with Trind Manicure Sticks and remove excess of cuticle. Painless and effective. Wash your hands well after use. We advise you to use this product once every 4 weeks. Immediately after use of Cuticle Remover we advise you to use Cuticle Balsam, to recover the pH level of the skin.



Cuticle Balsam



Hydrating care for cuticles

Do you have dry cuticles? Or do you suffer from hangnails (painful pieces of horned skin around the cuticles that are very painful and in worst case can even cause infections) on a regular basis? Trind is the solution! Trind Cuticle Balsam contains Duo-Liposomes. These are special Liposomes that promote the skin to produce more skin cells, that are at the same time of a much better quality. Besides, Trind Cuticle Balsam contains important moisturizers that have the ability to keep the moisture in the skin for a longer period of time, even if the hands are confronted with for example sun and water.

Directions for use

Apply to the cuticles daily for two weeks for a soft and beautiful skin around the nails. Leave for approximately two minutes. Massage the excess into the cuticles and nails. This product is guaranteed oil free. Immediately after use you can apply Nail Repair or polish. After use, clean the rim of the bottle. After two weeks of daily use, once a week is sufficient for cuticle maintenance.



Nail Magic Buffer

Natural nail moisture is essential for healthy nail growth. The Trind Nail Magic Buffer is the perfect tool to promote the production of natural moisture. You treat your nails in three steps, beginning with the half black side. With this side, you remove the absolute top layer of the nail. Thereafter the production of the natural nail moisture is being promoted by the half white side.

As a last step you evenly divide the nail moisture over the nail with the long grey side. The Nail Magic Buffer removes fine ridges and imperfections from the nail and makes them look equal and shiny!

Directions for use

To equalize your nails and stimulate the production of natural nail moisture, use the Trind Nail Magic Buffer once every 4 weeks.

Using half round movements, first use the half black side. This action will exfoliate the dried out horn cells (white dust). Then with the same half round movements use the half white side (with the Trind logo printed on it).

Start with a light pressure close to the root (nail matrix) of the nail and slowly move forward toward the tip of your nail. Then repeat this motion with the long grey side.

A beautiful shiny and smooth nail is the immediate reward... the perfect basis for Trind Nail Repair has been created!



Nail Balsam



Directions for use

Use daily for two weeks. Apply to the nails and leave for two minutes. Massage the excess into the nail and surrounding skin. This product is oil free. Immediately after use you can apply Nail Repair or polish. After use, clean the rim of the bottle. After two weeks of daily use, once a week is then sufficient for maintenance and upkeep.

Hydrating care for nails

Do you suffer from nails that won't grow or do you suffer from brittle and dry nails? Trind Nail Balsam is the perfect moisturizer for example when your nails break or split.

Nails always dry out. Water, sun, warm air and cold air make the natural nail moisture disappear. When the natural nail moisture disappears, the nails become dry, which makes them break or split easily.

Trind Nail Balsam with an effective amount of the active ingredient BIOTINE, is the perfect copy of the natural nail moisture. Trind Nail Balsam also contains natural moisturizers and is guaranteed oil free. If your nails are both soft and brittle, the combination of Trind Nail Balsam and Trind Nail Repair will give excellent results!



Nail Repair Natural

Nail strengthener

Trind Nail Repair is an effective nail strengthener which helps to make nails strong and yet keep them supple at the same time. With this product your nails won't dry out and won't show discoloration. The unique formula of Trind matches the protein molecules, which creates a rigid structure that makes the nail stronger. An important detail is that the natural nail moisture does not disappear. Therefore, the nails stay supple and look pampered. Trind Nail Repair is worldwide the only nail strengthener available in:

- Natural (Gloss)
- Matt (Invisible)
- Color (Pastel Lilac/Beige/Pink)
- Pearl (Pure Pearl and Pink Pearl)
- Anti-Bite



Directions for use

For beautiful strong nails apply daily for at least two weeks directly to the nails. Before applying remove the former coat with Trind Nail Polish Remover. After two weeks you can apply one coat weekly to keep the nails strong. Shake well before use. After use, clean the rim of the bottle. Keep out of reach of children.



Directions for use

For a visible better skin apply an ample amount to the hands in the morning and before sleeping. Then you massage the cream into the hands. Trind Hand Repair is absorbed remarkably fast by the skin and does not leave any grease or greasy feeling. Trind Hand Repair makes the skin feel very soft and is pleasantly fragranced.

Trind Hand Repair even works when you skip a day of use!

Hand Repair

Trind Hand Repair is a specialised hand cream... The Duo-Liposome technology helps the skin with the production of vitamin F. This is the building block for the production of new skin cells of a much better quality. Trind Hand Repair is absorbed remarkably fast by the skin and does not leave any grease or greasy feeling.

DUO-Liposomes penetrate into the deeper skin layers where the skin cells are being formed and once there, with help of the glycerids of linoleic acid and the glycerids of the gamma-linoleic acid, they promote the production of vitamin F, which stimulates the creation of new skin cells.

Trind vitamin "ACE" complex protects these new skin cells while finding their way through the skin layers, to reach the visible upper skin. Chemical garbage in the skin, caused by alcohol, nicotine, or simply by pollution, tries to damage these beautiful new skin cells. Trind Hand Repair contains a perfect effective amount of the vitamin complex "ACE". This neutralises these so-called "free radicals" and makes the new skin cells visible in a perfect condition on the upper skin.

The amazing result is a visible more beautiful skin.

Nail Repair Color

Colored nail strengthener

Trind Nail Repair Color is an effective, colored nail strengthener which develops strong supple nails! The unique formula of Trind cross-links the protein molecules, creating a rigid structure that makes the nails stronger.

Nail Treatments are available in:

- Nail Repair Lilac
- Nail Repair Beige
- Nail Repair Pink
- Nail Repair Pure Pearl
- Nail Repair Pink Pearl
- Nail Repair Matt (invisible)
- Nail Repair Anti-Bite



Directions for use

For beautiful strong nails apply daily for at least two weeks directly to the nails. Apply 2 coats for extra color. Before re-applying Trind Nail Repair Color remove the former coat with Trind Nail Polish Remover. After two weeks apply one coat weekly to keep the nails strong. Shake well before use. After use, clean the rim of the bottle. Keep out of reach of children.



Nail Repair Anti-Bite

Anti-bite nail strengthener

Specially for nail biters Trind developed a nail strengthener with a nasty, bitter taste. The effect of this product is based on the same principle as our other Nail Repair products. The unique formula of Trind cross-links the protein molecules, creating a rigid structure that makes the nails stronger.



Directions for use

Apply daily for at least three weeks directly to the nails. Before re-applying remove the former coat with Trind Nail Polish Remover. After three weeks apply one coat weekly to keep the nails strong. Shake well before use. After use, clean the rim of the bottle. Keep out of reach of children.



Base Coat

Protecting & ridgefilling base coat

Trind Base Coat fills ridges of the nails and equalizes the nail surface, creating a perfect basis for a layer of colored nail polish. It also protects the nail against the effect of discoloration caused by colorants of nail polish penetrating into the nail.



Directions for use

Apply one coat to the nail. For ridged nails use the Trind Nail Magic Buffer once every 4 weeks. After use, clean the rim of the bottle.

Top Coat

Protective sealant

Trind Top Coat gives your nails the “finishing touch”. This layer makes your nail polish last longer and makes your hands look beautifully pampered.



Directions for use

Apply one layer over Trind Nail Repair, Trind Nail Brightener or nail polish. Make sure that the previous layer is totally dry. After use, clean the rim of the bottle.

Quick Dry

For drying nail polish quickly

Nail polish damages when it is not completely dry and accidentally comes in contact with some object. Trind Quick Dry helps to prevent this problem. Very easy when you are in a hurry, but still want to leave the house with nice lacquered nails!



Directions for use

Apply one coat on your - still wet - nail polish. Then wait until the layer feels completely dry. After use, clean the rim of the bottle.

Nail Brightener

Nail brightening protective sealant

Trind Nail Brightener gives your nails a fresh, natural “French look” and camouflages slight discolorations of the nail with only one layer! For amazing results use Trind Nail Brightener in combination with Trind Nail Repair.



Directions for use

Apply to the nail and make sure that the previous layer is totally dry. For an exciting “extra natural look” on the nails, apply a fresh layer daily. Remove the former coat with Trind Nail Polish Remover. After use, clean the rim of the bottle.

French Manicure Set

The Trind French Manicure Set gives you the opportunity to create a perfect "French look" yourself. This set contains 3 bottles: Trind Base Coat, Trind French White and Trind Top Coat.



Directions for use

First polish the total nail with bottle no. 1 (Trind Base Coat). Wait until this coat is completely dry and proceed the treatment with bottle no. 2 (Trind French White). Apply a Trind Nail Sticker as a guide onto your nails, exactly under

the nail tip. Apply Trind French White to the nail tip. Make sure that it is completely dry before removing the Trind Nail Sticker. Then finish with bottle no. 3 (Trind Top Coat). Perfect nails with a natural look will be the great result!

Acetone Free Nail Polish Remover

Trind Nail Polish Remover is acetone free and the best way to get your nails perfectly clean!



Directions for use

Use this product to remove nail polish or polish-like products such as Trind Nail Repair, Trind Nail Brightener and Trind Top Coat. Apply an ample amount of Trind Nail Polish Remover to a dry piece of cotton-wool or cloth and press for a while onto the nail. Then remove the polish by wiping it off with the cotton-wool.

Hand Cream

Hand cream with moisturizing factors

Hydration of the skin is essential. Trind Hand Cream is a rich, moisturizing cream. The product is quickly absorbed by the skin, prevents your hands from dryness and leaves a wonderful non-greasy feeling.



Directions for use

Use Trind Hand Cream as often as you like. Apply to the hands and massage the cream into the skin.

Spotlight

Age spot treatment

Trind Spotlight reduces the appearance of brown spots, age spots and brown discolorations on the skin, mainly caused by UV light. Older skin becomes more and more unable to abolish the effects of external factors (like UV light). The natural reaction of the skin after being exposed to UV light, is to develop brown pigment (or hyperpigmentation). This pigment is called "melanin". Trind Spotlight stops the production of new melanin. In general, first effects should become visible after 4-5 weeks of treatment.



Directions for use

Apply an ample amount of Trind Spotlight to the back of the hand at night before going to bed. Divide the cream with your fingertips where the pigment spots are visible. Massage the cream into the skin until it is totally absorbed. Repeat this treatment in the morning and do not wash the treated area for 30 minutes after application.

Flexi File

The Trind Flexi File, with its fine and coarse side, is an ideal tool to file your nails in any desired shape.



Directions for use

Place the Trind Flexi File to the edge of the nail and then move it with light pressure from the outside to the middle of the nail. This way of filing prevents dirt from entering the nail. We advise you to never cut the nails. The Trind Flexi File can be used both for nails of hands and feet.

Manicure Sticks

Easy tool to remove overgrown cuticles that inhibit nail growth. We advise for the best results to use Trind Cuticle Remover before using the Trind Manicure Sticks.



Directions for use

First apply Trind Cuticle Remover to the cuticles with the brush. Let soak for approximately 5 minutes. Then carefully remove excess cuticle with Trind Manicure Sticks. Painless and effective. Wash your hands well after this treatment.

Professional Glass File

The Trind Professional Glass File is made of durable glass, making this file a professional instrument of the highest possible quality. The Trind Professional Glass File lasts a lifetime and is easy to use. Filing and shaping nails instead of cutting them, helps prevent dirt from entering the nail and leaves your nails sealed and smooth.



Directions for use

Place the Trind Professional Glass File to the edge of the nail and then move it with light pressure from the outside to the middle of the nail. This way of filing prevents dirt from entering the nail. We advise you to never cut the nails. For hygienic reasons, clean the Trind Professional Glass File with hand warm water after use. If the file is damaged or broken, discontinue use. Keep out of reach of children.

Nail White Pencil

Trind Nail White Pencil is a quick alternative for French White. This pencil will highlight and accentuate the nail tips like a French Manicure in seconds.



Directions for use

Before use, moisten the point of the pencil. Then apply under the nail tip free edge. The nail tips will immediately become beautifully white and perfectly pampered!

Nail Stickers

When applying Trind French Manicure to your nails, Trind Nail Stickers can help you accurately apply a stroke of Trind French White to your nail tips.



Directions for use

First polish the entire nail with bottle no. 1 (Trind Base Coat). Wait until this coat is completely dry and proceed the treatment with bottle no. 2 (Trind French White). Apply a Trind Nail Sticker onto your nails, on top of the nail leaving the nail tip exposed. Apply Trind French White to the nail tip. Make sure that it is completely dry before removing the Trind Nail Sticker. Then you finish with bottle no. 3 (Trind Top Coat). Perfect nails with a natural look will be the great result!

What does it do for you

Product	Benefits	Frequency of use
Cuticle Remover	Gently softens and removes overgrown cuticles. Removing overgrown cuticles makes nails grow visibly better.	Once every 4 weeks.
Cuticle Balsam	Moisturizes cuticles and prevents them from drying out. Keeps moisture in the skin for a longer period of time. Oil free, which enables you to apply Nail Repair or polish immediately after use. Supports nail growth.	Twice a day (morning and evening).
Nail Magic Buffer	Promotes the production of natural nail moisture. Equalizes ridged nails. Makes nails look beautifully shiny.	Half grey side once every 4 weeks. Half white side and long grey side as often as you like.
Nail Balsam	Moisturizes nails and prevents them from drying out. Prevents nails from breaking, peeling & splitting. Oil free, which enables you to apply Nail Repair or polish immediately after use.	Twice a day (morning and evening).
Nail Repair Natural	Strengthens nails. Keeps nails supple; it will not make your nails hard and fragile. Prevents nails from breaking, peeling & splitting.	Everyday for at least 2 weeks. After 2 weeks once a week.
Hand Repair	Helps the skin with the production of new skin cells. Neutralises free radicals (chemical garbage in the skin). Is absorbed remarkably fast by the skin. Does not leave any greasy feeling. Feels very soft and is pleasantly fragranced.	Twice a day (morning and evening).
Nail Repair Color	Strengthens nails while wearing it like a nice pastel polish. Keeps nails supple; it will not make your nails hard and fragile. Prevents nails from breaking, peeling & splitting.	Everyday for at least 2 weeks. After 2 weeks once a week.
Nail Repair Matt	Strengthens nails invisibly. Keeps nails supple; it will not make your nails hard and fragile. Prevents nails from breaking, peeling & splitting.	Everyday for at least 2 weeks. After 2 weeks once a week.
Nail Repair Anti-Bite	Stops your nail biting habit because of the nasty bitter taste while strengthening your nails. Prevents nails from breaking, peeling & splitting. The only polish-like anti-bite product in its segment! Forms a film on the nail; washing off is impossible.	Everyday for at least 3 weeks. After 3 weeks once a week.

Product	Benefits	Frequency of use
Base Coat	Fills ridges of the nails and equalizes the nail surface. Creates a perfect basis for a layer of nail polish. Protects nails from discoloration caused by colorants of nail polish penetrating into the nail.	Everytime before applying polish.
Top Coat	Protects your nail polish against damaging. Makes your nail polish last longer.	Everytime after applying polish.
Quick Dry	Dries nail polish quickly. Protects your nail polish against damaging.	Everytime after applying polish.
Nail Brightener	Creates a natural "French Look". Camouflages slight discolorations of the nail.	As often as you like.
French Manicure Set	Enables you to create a nice "French Look" with Base Coat, French White and Top Coat.	As often as you like.
Acetone Free Nail Polish Remover	Does not contain acetone and is not aggressive to the nails. Enables you to easily and perfectly clean your nails.	Everytime you need to remove polish-like products from your nails.
Hand Cream	Moisturizes the skin. Is absorbed remarkably fast by the skin. Does not leave any greasy feeling. Feels very soft and is pleasantly fragranced.	Twice a day (morning and evening).
Spotlight	Reduces the appearance of brown spots, age spots and brown discolorations on the skin by stopping the production of melanin. Is not a bleaching cream. Works inside the skin and not on the skin surface.	Twice a day for at least 5 weeks in the morning and in the evening before sleeping.
Flexi File	Ideal tool for filing the nails in any desired shape.	As often as necessary.
Manicure Sticks	Easy tool to remove overgrown cuticles. To be used in combination with Cuticle Remover. Made of splinter free wood from the orange tree.	Everytime in combination with Cuticle Remover.
Professional Glass File	Made out of durable glass. The finest file in its segment. No chance of wearing down the emery surface.	As often as necessary.
Nail White Pencil	Enables you to easily highlight and accentuate the nail tips.	As often as you like.
Nail Stickers	Enables you to accurately apply a stroke of French White to your nails.	Everytime in combination with French White or French Manicure Set.





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