

## The basic knowledge of nails

In general it takes approximately 4 months for a fingernail and about 6 months for a toenail to replace itself completely. Nails are thickened extensions of the top layer of the skin. Nails are made of a protein called keratin just like hair. To keep your nails healthy, please make sure that you eat a well-balanced diet, the variety of foods including proteins, vitamins, minerals, etc. since nails are also parts of your body. By eating a well-balanced diet, your blood carries nutrients to your cells to support your body's health. To improve the circulation of the blood, please warm your extremities of the body to the fingernails and toenails, so that you can speed up metabolism.



### How to use 'kaina' Nail Treatment(Moisturizer Cream&Gel)

1. Put a rice-grain sized amount of 'kaina' cream on your base of a fingernail or toenail. (See the figure on the right: the part of a white round shape)
2. Rub the cream into the skin as though pressing down, and massage the area of 3-5 mm lower your base of a fingernail or toenail (See the figure on the right: the light blue oval frame area). This area is the pressure point to be stimulated.
3. Apply a 'kaina' moisturizing cream by spreading it over your skin around the nails



### Recommended Usage Frequencies

If you would like to keep your own nails healthy, please use 'kaina' more than 3 times every day (1 tube per every 2 months). If you would like to prevent the problems such as dryness of your natural nails, please use 'kaina' more than 6 times every day (1 tube per month).



In order to increase effectiveness, rub firmly the 'kaina' moisturizing cream into your skin around nails in your spare time. Let's continue this process every day, trying to care for your nails and cuticles. Being sensitive and frequently moisturizing, your nails will grow strong and healthy.

### Greetings from our salon BAJA NAIL

Hi, my name is Naomi Homma and I am the owner of this salon; BAJA NAIL&SCHOOL. We sincerely thank you for choosing our product 'kaina'. Fortunately, since its release we have steadily received positive feedback from our customers who realized the effects. I'm glad I could be of any help to keep your nails strong and healthy through our product 'kaina'. This moisturizing cream has been created based on customer's feedback and a wealth of experience of our nail salon, specialized in natural nail improvement for more than 20 years. I believe that you can realize the ease of use and effectiveness if you will continue to utilize 'kaina' for a long time. Please talk to your nails with smile when you use 'kaina'. Moisturizing your nails can improve your state of mind naturally.



**NAOMI HOMMA**  
Owner of kaina & BAJA NAIL

### BAJA NAIL to be known as the refuge for nails (since 1994)



BAJA NAIL salon, the sales agency of 'kaina' has been specializing in the nails problems for over 20 year. More than 30,000 people came to our salon for improving their nails.

Based on these experiences, the products of 'kaina' were created. Also, we have been featured in many magazines and television programs, as the experts in troubleshooting nails.



### Information

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<http://kaina.me>

### kaina catalog

#### Day Cream (BNK-001)

'Kaina' is a nail moisturizer with smooth texture and suitable for people who handle PC and paper documents in the daytime. You can use 'kaina' without anxiety, since it has the plant-derived ingredients as main components. Popular essential oils are formulated. Several fragrances including Yuzu, a citrus fruit commonly used in Japan since ancient times, Geranium etc. are blended.



#### Night Gel (BNK-002)

Gel type moisturizer is suitable for thoroughly moisturizing your nails in your relaxing time before going to bed. Also, we recommend you to use this moisture-rich gel cream in the daytime, to replenish moisture for your nails. This gel cream is made of natural aromatic fragrances including Yuzu, a citrus fruit popular in Japan since long time ago, Geranium, and so on. moisture-rich gel cream in the daytime, to replenish moisture for your nails. This gel cream is made of natural aromatic fragrances including Yuzu, a citrus fruit popular in Japan since long time ago, Geranium, and so on.



#### The Guitarist (BNK-004)

This is a strong base coat developed for the guitarists. Mr. Jin Oki, a well-known flamenco guitarist, cooperated in developing this product. Unlike instant adhesive or superglue, this base coat will reinforce your nails without damaging them, even if you use it for a long time.

