

Beauty | December 21, 2016 | By Korin Miller

## This Beauty Blogger Swears Biotin Brought Her Nails Back To Life

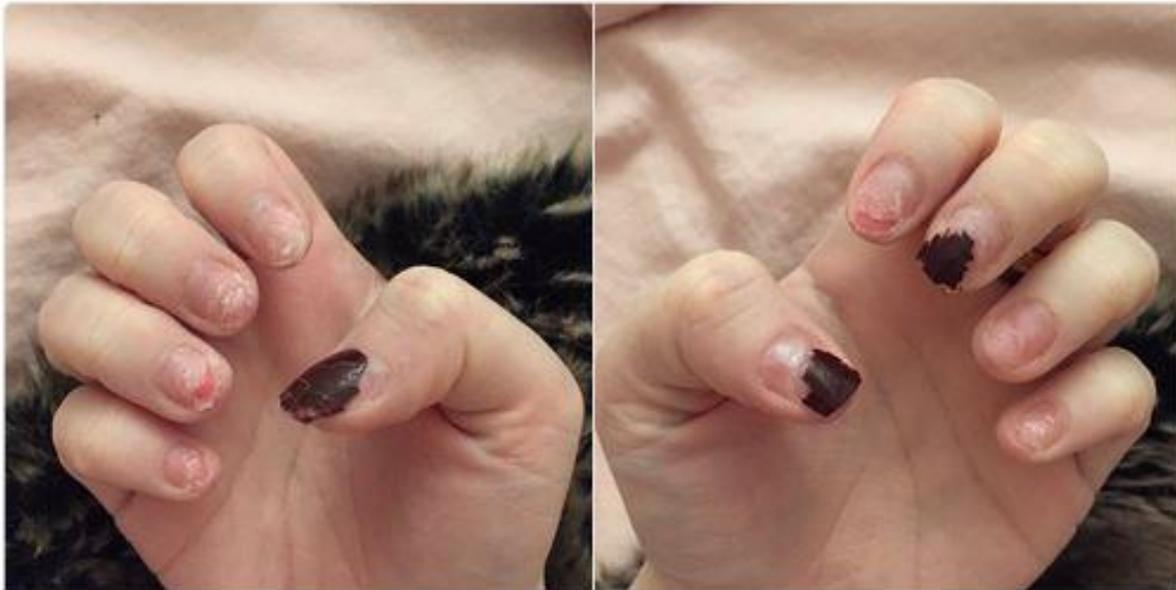
But experts say it's basically impossible.



British beauty blogger Amelia Rushmore-Perrin regularly posts photos on social media of her flawless manicures. But, she recently revealed, those manis come at a price. Rushmore-Perrin told the *Daily Mail* that she's been getting acrylics for six years. She says she has them done professionally and usually has them

removed by professionals, but she recently didn't have time to visit the salon and decided to DIY. "One nail had come off, and I didn't want to have nine nails on, so I started peeling and snapping them off," she said. "I then soaked the remains off in acetone."

Unfortunately, that didn't end well. Rushmore-Perrin posted a photo on Twitter of her torn, cracked, and bleeding nails after she removed her acrylic manicure herself. In another tweet, she said the pain was excruciating. "Nearly cried in the shower at the hot water touching my nail beds and I'm pretty sure there's still loads of shampoo left in my hair," she replied to the tweet. "Don't even care how they look, it's the physical PAIN dear lord."



**amincelia pierrin**

@amelia\_perrin

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a lot of people on curiouscat ask me about my acrylics, presumably wanting a set themselves. sharing these to show u the reality lol

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Rushmore-Perrin posted another photo of her much healthier-looking nails less than a week afterward. "Five days later, after taking two different kinds of biotin every day," she captioned the photo. "Still not amazing or beautiful, but LOOK AT THE DIFFERENCE."



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According to the Mayo Clinic, biotin is necessary for the formation of fatty acids and glucose, which fuel the body. Biotin is also a B vitamin that helps provide the necessary building blocks for healthy hair and nail production, Joshua Zeichner, M.D., a New York City-based board-certified dermatologist and director of cosmetic and clinical research in dermatology at Mount Sinai Medical Center, tells SELF.

When it comes to Rushmore-Perrin's case, doctors doubt biotin helped repair her nails. Your nails are only really alive at the base, Doris Day, M.D., a clinical associate professor of dermatology at the New York University Langone Medical Center, tells SELF. By the time nails grow beyond the cuticle, they're just dead cells, similar to your hair. Therefore, any potential benefits from biotin supplements will be seen from the base on up, which is why Gary Goldenberg, M.D., medical director of the Dermatology Faculty Practice at the Icahn School of Medicine at Mount Sinai, tells SELF that although biotin is helpful in the development and growth of nails, it can take six to 12 months for people to see results. Day is skeptical Rushmore-Perrin's progress is due to the biotin, adding that the beauty blogger's nails likely got better because she stopped putting acrylics on and they had time to heal.

It's usually not necessary to take biotin for hair and nail benefits because it's rare for people to be deficient in biotin, Day says. That means people's bodies typically make healthy hair and nails just fine without additional supplementation. If you do use a supplement, Zeichner says you won't see any changes to hair and nails you already have. What you can expect, if your body is deficient in biotin, is new hair and nail growth that's potentially stronger and healthier than you're used to. Jill Waibel, M.D., founder and owner of The Miami Dermatology and Laser Institute, tells SELF that biotin has been found to be especially helpful with brittle nails, which makes sense since that's a common sign of biotin deficiency.

Another thing to keep in mind: Supplements are unregulated and can definitely be dangerous or cause unpleasant side effects (many biotin-supplementing people complain of cystic acne online) if you take too many of them. Instead of popping a supplement, Goldenberg points out that it's better to get the vitamin from foods such as avocados, fish, and legumes.

If you're still intrigued, check in with your doctor or dermatologist—they'll be able to determine whether you have some sort of deficiency affecting your nails or hair, then be able to figure out an action plan from there.