



**CALIFORNIA STATE SCIENCE FAIR
2015 PROJECT SUMMARY**

Name(s) Jennifer Quito Alvarez	Project Number J2110
Project Title The Effect of Nail Polish on Nail Growth	
Abstract Objectives/Goals The purpose of this experiment was to determine if nail polish affects nail growth. Methods/Materials Before the project was performed a hypothesis was formed stating that the nails with the directly applied nail polish would grow more than the nails without any polish. Thirty girls and boys within the ages of twelve and fourteen were asked to measure three selected nails from their dominant hand and record their growth in centimeters before and after a week of growing with both painted and bare nails. One nail would be painted with only nail polish, the second nail would first be coated with base coat then with polish, and the third nail would be left bare. Results After one week the results showed that the nails with directly placed nail polish grew less, with an average growth of .7 mm, and the bare nails grew the most, with an average growth of 1.2 mm. Conclusions/Discussion Therefore it is concluded that nail polish does have a negative effect on nail growth.	
Summary Statement This project was conducted in order to determine if nail polish has a negative effect on nail growth.	
Help Received Dad helped with adjustment of model; Mom helped with cutting board paper to size.	