*for the girlies*

# KEEP YOURSELF UP, GIRLIE

Budget self-care for nails, toes & smelling good —
because taking care of YOU is part of holding it down.

Cute does not have to cost commissary money.
Real tips, real cheap, real girlie.

A PRISONTOK GIRLIES ORIGINAL GUIDE
For the Girlies. By the Girlies.

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## Nails on a Budget

You do not need a $60 fill every two weeks to have pretty hands. Your nails can stay cute for the cost of a phone call — here's how.

- Press-ons are your best friend. Drugstore press-ons (Kiss, imPRESS, Static Nails dupes) run $5–$10 and last 1–2 weeks with good glue. Keep a cute nude and a bold set on rotation.
- DIY manicure night. A $3 polish, a file, and cuticle oil (or plain olive oil from the kitchen) goes a long way. Push cuticles back after a warm shower, file in one direction, two thin coats, top coat.
- The 'clean girl' nail is free. Short, filed, buffed, and moisturized nails with clear polish look expensive and cost almost nothing.
- Stretch your sets. If you do get them done, go every 3 weeks instead of 2, choose a nude or French tip so grow-out is less obvious, and fill chips at home with a matching polish.
- Dollar store is not dirty. Nail files, buffers, and polish remover from the dollar store work exactly the same as the beauty supply versions.

## Toes Too, Sis

- A home pedicure is a whole vibe: warm water + a scoop of Epsom salt (about $1), soak 15 minutes, scrub with a pumice stone, lotion up, polish. Put on a show or call a girlfriend while you soak.
- Toe polish lasts way longer than fingernail polish — one good coat job can go 3–4 weeks. Dark colors and glitters hide chips the longest.
- Coconut oil or Vaseline on your heels at night + socks = soft feet by morning. No $40 spa needed.

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## Smelling Good for Less

Smelling expensive is a strategy, not a price tag. Layer cheap products the right way and nobody will know your whole routine cost less than a visitation vending machine run.

- Layer, layer, layer. Matching (or similar-scented) body wash + lotion + spray makes even a $5 body mist last all day. Moisturized skin holds scent way longer than dry skin.
- Vaseline hack: dab a little on your pulse points (wrists, neck, behind ears) before spraying — the scent clings for hours longer.
- Body mists over perfume. Bath & Body Works, Dove, and dollar-store mists smell amazing when layered. Wait for sales — never pay full price.
- The real secret is clean. A fresh shower, clean clothes, and deodorant beat any $100 bottle. Scent sits on top of clean — it can't cover up.
- Visit-day kit: keep a small bag with wipes, deodorant, a travel mist, lip gloss, and a hair tie so you can freshen up in the car before you walk in. You'll walk through those doors feeling like THAT girl.
- Hair holds scent. A light mist on your brush (not directly on hair) or a scented leave-in conditioner keeps you smelling good every time you move.

## Little Things That Hit Different

- Lotion right after the shower while skin is damp — soft skin for pennies.
- Whitening toothpaste + baking soda once a week for a brighter smile on a budget.
- A silk/satin bonnet or pillowcase (under $10) keeps your hair laid and your skin happier.
- Drink your water, girlie. Free. Glowing. Non-negotiable.

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## Why This Matters

When you're loving somebody through the walls, it's easy to pour every dollar and every ounce of energy into him — the calls, the packages, the visits, the commissary. And somewhere in all that, girlies stop pouring into themselves.

Keeping yourself up is not vanity and it is not selfish. It's how you remind yourself that you are still HER — still soft, still pretty, still worthy of care — even in a season that asks so much of you. And it doesn't have to cost much at all.

## The Girlie Budget Rules

- Set a little 'me money' aside each month — even $10. That is YOURS. Not for calls, not for packages. Yours.
- One small thing a week: a soak, a fresh set of press-ons, a face mask from the kitchen (honey + oats, look it up).
- Cheap is not the goal — cute AND smart is the goal. Spend less, feel like a million.
- You can't pour from an empty cup, sis. Fill yours first sometimes.

REMINDER, GIRLIE:

Taking care of yourself is part of holding it down. You deserve soft things too.

*stay soft, stay cute, stay you*

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