

Pretty Feet - *An Imaginative Guide to a Home Pedicure*

Are your feet ready for summer? Your feet work hard all day long and deserve some pampering. Here is my 10-step guide to get your feet in good shape ready to wear summer sandals.

Step 1:

Remove polish from toes using a non-acetone remover. (Avoid acetone removers as they can dry out the nails and cuticles.)

Step 2:

Using a pumice stone or foot file, slough off any rough spots or calluses you may have. Never cut at calluses or other troublesome foot problems such as bunions or corns. If these are a problem, make an appointment with a chiropodist. For really rough feet try an exfoliating foot scrub to soften them.

Step 3:

Soak feet for at least 10 minutes in a bowl or bath filled with warm soapy water or your favourite foot soak or bath salts.

Step 4:

Gently clean under the nails and push back the cuticles. Never cut cuticles since it can lead to an infection.

Step 5:

Thoroughly rinse feet and pat dry with a soft towel.

Step 6:

Apply a moisturising cream or foot lotion and massage into feet. Don't forget in between your toes and your ankles.

Step 7:

Using nail clippers, trim toe nails straight across and then gently file the edges smooth in a squarish shape that follows the end of the toe. A square shape will help avoid ingrown nail problems. Be sure to file in one direction only to avoid weakening the nails.

Step 8:

If applying nail varnish, apply a clear base-coat polish first and allow to dry. (A base coat will prevent darker colours such as red, from discolouring the nails.)

Step 9:

Next, apply a coat or two of your favourite shade of polish. Allow to Dry.

Step 10:

Finally, apply a clear top-coat polish to help seal the colour and give it extra shine. For added wear, extend the top-coat over and under the tip of the nail.

To keep feet pretty throughout the summer, pay a little extra attention to feet at least once a week while in the shower or bath using the steps above. After the shower or before bedtime, apply a thin layer of a foot treatment cream to feet and slip into a pair of socks for extra softness. If you're going to be out in the sun, be sure to apply sunscreen to the tops of your feet.

