

Summer feet

During the summer, all eyes are on your feet as soaring temperatures lead to a major outbreak of sandal-wearing. So if your feet aren't fit for their Jimmy Choos, it's time to call in the professionals. This used to mean first getting a medical professional to take a good look at the health of your feet and tackle anything from unsightly corns and calluses, to verrucas and toenail fungal infections – and only then making an appointment for a first-rate pampering pedicure.

But now you can have a medi-pedi, a clever combination of the two. "I realised that women needed more than an everyday pedicure to leave their feet healthy and looking their best," says Emma Supple, a podiatric surgeon at Supplefeet, which offers a home-visiting service. "First, I can deal with any health issues, such as hard skin and calluses, and then my beauty therapist can leave your feet looking beautiful too."

Save our soles

In the UK it is illegal for beauty therapists to remove hard skin with anything stronger than a foot file because they are not licensed to cut or break the skin. So to get your feet into shape you need to visit an expert podiatrist, who can scalpel off a winter's worth of hard skin from the soles of your feet and trim your nails.

And with the new breed of medi-pedis, when they've finished and your feet are soft and healthy a beauty therapist can take over and paint and pamper your toes to perfection. Some of the best include:

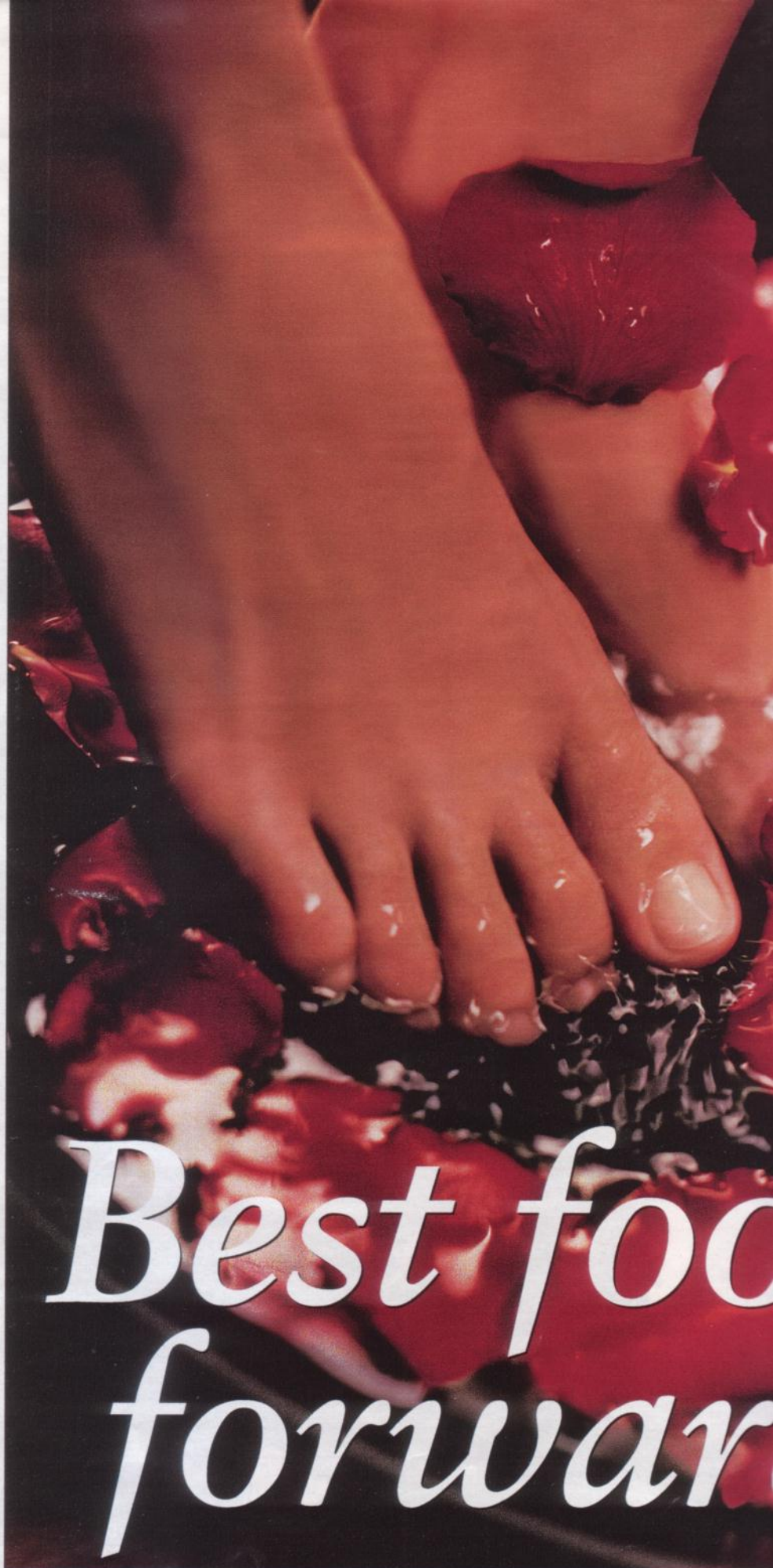
Try...

● **Scholl Medical Pedicure, from £25** A no-nonsense podiatry treatment that is available nationwide and is a worthwhile first step before a cosmetic pedicure. Tel: 0870-729 0222; visit www.schollretail.co.uk.

● **Supplefeet, £58** The company will visit you at home to give you a medi-pedi. Tel: 020-8367 9292; or visit www.supplefeet.com.

● **Toni Jade, prices on request** Teams up with a visiting podiatrist to offer a full range of feet treats including Swarovski crystals in any colour set on to the nail. Tel: 07931-718667.

● **Footopia, £75** Get all your feet needs in one place at this super-chic clinic based at London's Peter Jones store. Tel: 020-7259 0845.



Best foot forward

Pampering pedicures

Summer is the perfect time to show off your toes after a pedicure. But while some offer a quick coat of polish, others involve a full-on "footcial" – a facial for your feet.

being squashed into boots or shoes. Here is HELLO!'s pick of the best: ● **Urban Retreat Leighton Denny Pedicure, from £40** A good pedicure should grow out, and

and Crystal Finish top coat, which you can buy to maintain your toes at home. Famous fans include Jemima Khan and Geri Halliwell. Tel: 020-7893 8333.

exfoliation and deep moisturisation and leaves your toes with buffed, nude nails, that stay healthy for weeks. Tel: 020-7893 8333. ● **Jessica ZenSpa Pedicure**

HELLO!

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