

Extreme measures

The latest hi-tech pampering for hands and feet means there's no excuse for your extremities to look less than pristine. By Caroline Brien. Photographs by Jonny Storey

FEET FIRST

Thanks to our obsession with fancy footwear, feet have never had so much devotion lavished on them. 'The evolution of styles means feet are more "on display" than before,' explains world-renowned podiatrist Bastien Gonzalez, who has a footcare line at Space NK. 'To keep feet looking good is a challenge – for women and for me – particularly if they have a passion for wearing inappropriate footwear!' Gonzalez laughs.

Hence, the appearance of specialist centres around the world. Margaret Dabbs Foot Health Clinic at Harrods' Urban Retreat (020-7893 8333), Footopia at London's Peter Jones (020-7259 0845) and Supplefeet in Middlesex (020-8367 9292) offer beauty treatments alongside podiatry. Gonzalez has also founded Chiroprody & Pedicure Centres at the luxury One & Only resorts in the Maldives and Mauritius.

When it comes to innovative treatments, however, it's no surprise that clinics in New York – where women are celebrated for wearing heels as high as skyscrapers – have led the way. At the most extreme end, surgery has made its debut among the

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When you get your toes painted, why not stop off for collagen injections in your soles, too?

Manolo brigade for better 'toe cleavage'. Reports are rife of toes being removed or shortened to stop shoes bulging. Two years ago, Dr Suzanne Levine, from Manhattan's Institute Beauté, was first

to introduce 'foot facials' – peel, mask and massage for the tootsies. Known as the 'foot-lift guru', Levine now offers Stiletto Rx – laser treatments and

injections that plump soles for increased endurance – at £120-plus a pop.

While Restylane and collagen injections are on offer for hardy soles, treatments for the skin on your feet are also growing more popular. 'Painting toenails isn't

enough to make feet look beautiful,' adds Gonzalez. 'My clients want healthy-looking, well-groomed feet all the time.'

Crystal Clear, the microdermabrasion company, now offers to polish up feet. After cleansing, feet are blasted with aluminium crystals to buff away dead, flaky skin. Followed by a soak, mask and firming serum, Foot Microdermabrasion (from £40; 0870-593 4934) will leave you walking on air.

Brown's hotel in London's Mayfair has opened The Spa, with brands including Dr Sebagh and Carita, yet has elected the Hot Milk and Honey Foot Facial (£75; 020-7518 4009) as its signature treatment. 'Feet treatments are very cosmopolitan, fitting in with a lifestyle of luxury and shopping,' explains spa manager Madhvi Patel. The 90- ▷



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