



beauty

Foot notes

Warm weather means pretty sandals, which means prettifying up your feet, especially if they haven't seen the light of day for months. Beauty Director Eve Cameron suggests easy foot-care strategies to give you better-looking feet and simple massage moves to boost your wellbeing ▷

PHOTOGRAPHS TIM EVAN-COOK, STYLING ABI DILLON

THREE STEPS TO FABULOUS FEET



1 Exfoliate

"You should exfoliate your feet thoroughly once a week," says Kerry Symons, Spa Manager at Champneys Henlow. "Make sure your feet are completely dry, so that you remove more of the harder, dead skin." Your regular body exfoliator or one specifically made for the feet is fine if your feet are in reasonably good condition. Otherwise, a foot file works that little bit harder.

- **Lotil** Lemongrass Invigorating Foot Scrub, £3.15. A freshly scented scrub with walnut shell and pumice to smooth and soften the skin.
- **Scholl** Dual Action Foot File, £4.69. Good for seriously hard skin. Start with the coarser underside of the file, then use the finer side to buff.



2 Moisturise

If you do just one thing for your feet each day, moisturise. Either massage your body lotion down to the feet after showering or invest in a product with foot-specific benefits. For a more dramatic result, apply moisturiser liberally on each foot, put on a pair of light cotton socks and leave on overnight. Come morning, feet will be softer and smoother.

- **Origins** Reinventing the Heel, £16.50. With salicylic acid to remove rough patches and shea butter to hydrate, this is perfect for really dry, cracked feet.
- **Tesco** Skin Wisdom Moisturising Foot Cream, £2.97. Deodorising and nourishing, this eliminates odours and revitalises with an ayurvedic blend of lemongrass, white tea and ginkgo biloba.



3 Trim nails

Cut your nails straight across to minimise the risk of ingrowing toenails. It's easier to cut little pieces at a time rather than a great slice. Take time to push back cuticles after a bath or shower, when they are moist and malleable, using an orange stick with cotton wool around the tip. You can dip this in tea-tree oil for its anti-bacterial, skin-healing properties.

- **Sally Hansen** Age Correct No Chip Base & Top Coat, £6.95. Helps nail colour last without chipping, prevents brittleness and yellowing and fills ridges.
- **Comfort & Joy** Nailed, £10.50. Rubbed into the nails daily, this blend of sweet almond oil and wheatgerm helps make them strong and flexible and cares for cuticles too. ▷

AND FOUR COMMON FOOT PROBLEMS... SOLVED

Tired, swollen feet

Try a hot and cold foot soak. Fill one bowl with comfortably warm water, the other with cold and alternate between them a couple of times, allowing your feet to soak in each for several minutes.

Foot odour

"Feet sweat just like the rest of the body," explains Scholl's podiatrist, Emma Supple. "However, if sweat collects and goes stale it can

become a haven for fungal and bacterial infections. A really bad smell is often bacterial – or more commonly fungal – and needs to be treated with appropriate anti-fungals. Good foot hygiene is the basis for preventing foot odour, so wash feet daily and dry well."

Sore between the toes

If it's not itchy (which could possibly be a sign of athlete's foot), soreness between the big toe and

the next one along is most likely to be due to pressure from flip-flops or summer shoes with thongs. Try rubbing a little Vaseline on the area before the next time you wear the shoes, or use one of Boots' innovative see-through T-shaped plasters, £3.99 for 4, from the Gorgeous Feet range.

Need professional help?

Podiatrists (also known as chiropodists) deal with everything

from corns and calluses to minor procedures that require a local anaesthetic. Some now also offer "medi-pedis", a more thorough version of the spa pedicure that also provides a foot health check (though few will offer to finish your check-up with a pretty coat of nail polish). To find a reputable practitioner, visit The Society of Chiropodists and Podiatrists website, www.feetforlife.org or call 0845 450 3720.

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