

Foot Notes

Pedicure—Easy As One, Two, Three

by *Ernie McCraw*

(NAPSA)—Soon we will see toes make their annual appearance. Here's how to prepare your tootsies after months of neglect:

Step 1: Start by removing old polish with acetone polish remover, then soak feet in a warm bath. Sally Beauty Supply carries a Heel to Toe inflatable pedi bath that is easier to store than a hard foot bath. Fill with warm water and then add a foot soak to soften skin, deodorize and cleanse. To really refresh feet, try an aromatherapy foot soak. You can also add an effervescent whitening soak to remove stains and whiten nails. OrigiNails Bubble White works well on nails stained from dark polishes.

Step 2: Next, use a foot file or pumice stone to smooth softened calluses. A sloughing lotion or polishing scrub can make this task easier. Apply a cuticle remover to the cuticles. Try not to cut your cuticles, as that can promote hangnails or infection. While the cuticle remover is doing its job, trim toenails and shape the nails with a fine-grit cushioned file.

Step 3: Once you have removed all the rough skin, restore moisture. For severely dry skin, try a masque. A hydrating masque is enhanced with mineral clays and sea extracts that condition and soothe feet. Apply a thick layer of masque to the entire foot and ankle. Cover the foot with a warm towel or even a plastic bag and let sit for 5 to 10 minutes. Unwrap the foot and rinse off—you may next need to use a soft scrub brush. Finish this step with a refreshing pedicure lotion.



To really refresh your feet, a step in the right direction can be an aromatherapy foot soak.

Finishing Touch

Now that your feet look good, finish with a fresh color. Before you apply the base coat, wipe your toenails with a cotton ball soaked in acetone to remove excess oil that can keep the polish from adhering. Use toe separators or cotton balls to spread toes and help prevent polish smudges. Popular colors are Finger Paints "Watermelon Watercolor" and "Drawn to the Shade." A top coat with UV protection will keep your polish from yellowing, which can be a problem for light-color polishes during summer months.

Ernie McCraw is a licensed cosmetologist and director of beauty education for Sally Beauty Supply, the world's largest distributor of professional beauty products. With more than 25 years in the beauty industry, McCraw has expertise in all phases of cosmetology. If you have a beauty question, e-mail him at asksally@sallybeauty.com. To find a Sally store nearby, call (800) ASK-SALLY or go to www.sallybeauty.com.