

Foot Facts

Pointers On Pedicures

by Ernie McCraw

(NAPSA)—When it comes to putting your best foot forward, few things can compare to treating your toes to a pedicure. Fortunately, with a few professional tips and tools, you can indulge yourself anytime you need a relaxing treat.

Step 1: Start by removing old polish with acetone polish remover, then soak feet in a warm bath. 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 wonders on nails stained from dark polishes.

Step 2: Use a foot file or a pumice stone to smooth softened calluses. A sloughing lotion or polishing scrub can make this easier. Apply a cuticle remover to the cuticles. In general, try not to cut your cuticles, as it can actually promote hangnails or infect the area. While the cuticle, remover is doing its job, trim toenails and shape the nails with a fine-grit cushioned file.

Step 3: Use a birchwood stick wrapped in cotton to push back the cuticle, then gently buff the nails with a buffer block.

Step 4: Massage feet and legs with moisturizing lotion, paying special attention to heels; then clean the surface of the nails with acetone-moistened cotton so the polish adheres better.

Step 5: Use toe separators or cotton balls to spread toes and help prevent any polish smudges.



Apply base coat, then two coats of polish and finish with a protective topcoat. A topcoat with UV protection will also keep your polish from yellowing. That can be a problem for light-colored polishes.

If your toes get a lot of exposure to sand and surf, prevent your polish from chipping by reapplying a topcoat every two to three days. Feet can also get overheated and less than pleasant during long, hot days. Just a spritz of Heel to Toe Refreshing Foot Spray can cool feet and eliminate any odor.

Keep feet moisturized by applying a balm or body butter just before bed and sleep with socks on to seal that moisture in.

• *Mr. 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.*