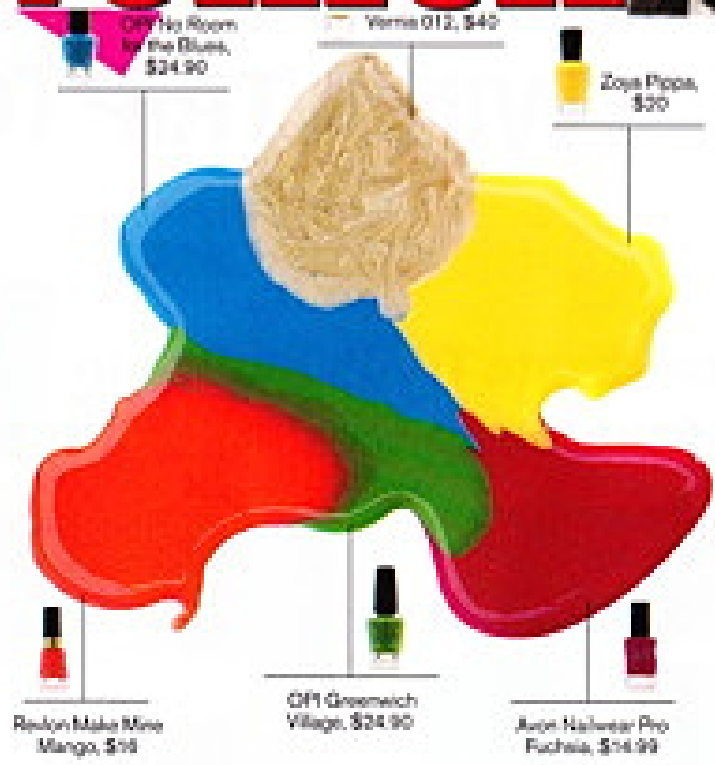


NEW ZEALAND Women's Health



STEP 1 Soak your tootsies
 Don't cheat yourself out of a foot soak just because you're doing your pedicure at home. This step cleans your feet, makes you feel amazing and softens dead skin cells in preparation for exfoliation.
 As you let a tub fill with warm water, remove all traces of old polish. Add to the water a teaspoon of tea tree oil (to banish stinky bacteria), a capful of witch hazel (to cleanse and tone), half a cup of epsom salts (to rejuvenate) and three drops of peppermint or rosemary oil (to heal and freshen). Soak your feet for five to 10 minutes. Short on time? Toss in a mix, such as **Bridget Black**

Peppermint Foot Soak (A), \$22, or **The Body Shop Peppermint Reviving Foot Soak, \$25.**
STEP 2 Scrub off dead skin
 To slough off rough spots, look for exfoliants with glycolic acid or medium-sized grains, such as sugar or salt crystals (sugar is less irritating to your skin) and moisturizing agents such as jojoba or almond oil. Try **MD Formulations Pedicreme, \$90,** or **Garnier BodyForte Sugar Scrub (B), \$9–49.** Massage each foot for a minute or two with a 50-cent coin-sized blob of scrub. Start at your heel and work your way out to your toes and ankles, and then back up

Avon Footworks Pumice Stone and Brush, \$9.99. Coat it with a little body wash, such as **St Ives Mineral Therapy, \$6.40.** Or try **Revlon's Pedi-EXPERT (C), \$14.99,** a brilliant four-in-one tool with 190 microfiles to grate off hard heel skin and calluses. Using a back-and-forth motion, lightly scrape your heels, the bottoms of your feet and your toes. The key is to be gentle – you want to abrade only the very top layer of skin, not rub your flesh raw. And don't even think about attacking calluses with a razor blade. The results won't be pretty.

STEP 4 Trim and file
 Use a strong toenail clipper to trim nails straight across, then smooth edges with a nail file – a glass file such as **Q15 Must Love Paris (D), \$6.99,** is best. Don't be tempted to round them off – the horizontal line helps prevent ingrown toenails.

STEP 5 Moisturize & massage
 Drench your soles with moisturizer. Try **Clarins Foot Beauty Treatment Cream, \$49;** it has shea butter to lock in moisture, arnica to reduce inflammation and Laponite powder to zap odor. Using a circular motion, massage a 50-cent dollop over your feet and lower legs. Then, with your index finger knuckle, press gently into the arch of one foot and knead; repeat on the other foot. This mini-massage will relax your feet while boosting circulation, which reduces swelling. For hot and bothered feet, look for soothing ingredients such as **St John's wort in Dr. Hauschka's Fitness Foot Balm, \$41,** or the menthol and camphor in **Guinot's Soothing Gel for Legs (E), \$76.**

STEP 6 Polish
 Use a non-acetone remover to get rid of any residue (acetone-based removers can dry out the nail and cuticle). Insert separators between your toes and apply a base coat that contains calcium, protein and/or vitamin E, to strengthen nails and prime them to hold polish longer. One of the best is **Dr. LeWinn's Revital (F), \$12.90.**

Hurry up before Dry Dross, \$40, which takes about 15 minutes to dry polish.



TIP
 prone to cracked heels? Check out **Weleda Foot Balm, \$20,** which rehydrates and softens tough, cracked skin.



TIP
 Keep your ped looking new with **Sally Hansen Complete Care 4-in-1 Nail Treatment, \$25** – a base coat, strengthening, growth activator and mega gloss top coat.

