

Your Spring Fancy Feet

Sandals are my favorite part of warm weather. It's almost as if my feet were longing to break free from the bondage of closed toe shoes and finally get free! I struggle however, to keep my feet looking good enough to sport open toe shoes. Unfortunately, I don't have the kind of feet that look like they should be on the pages of a magazine, but I take comfort in the fact that not many of us do.

You can spruce up your feet with a simple pedicure and habits. Your feet really need extra care considering we are on our feet day in day out, standing, walking, exercising and whatever comes to mind. The skin on your feet is much more prone to develop conditions that are related to skin build up and other issues. Because of the hard work your feet do every day, it is very important to give them extra care, especially in cold weather months.

Invest in good products for your feet, exfoliants, moisturizers and the like that pamper your feet. Regular pedicures and treatments that sooth tired, stressed feet also help. You can do your own pedicures or get someone special to help. Here is a step-by-step guide to a self pedicure:

Step 1; Soak your feet. They should be clean and polish free.

Step 2: Remove your feet from the soak and scrub with a foot file or pumice stone while they are wet focusing on rougher areas

Step 3: Apply an exfoliant specifically for feet

Step4: Clip and shape your toenails. It is best to clip the nail straight across and use an emery board slightly under the edge of the nail. Gently shape and smooth each toenail

Step 5: Apply a cuticle softener & remover to the base of each nail. Use a cuticle pusher to push back raised cuticles.

Step 6: If necessary, use a cuticle nipper to remove detached cuticle.

Step 7: Return you feet to the soak basin to rinse.

Step 8: Apply moisturizer and let sit until feet are dry enough to polish if desired.

You may want to reapply a moisturizer after your polish has totally dried. Maintain your pedicure with a moisturizer that includes acids to exfoliate while nourishing the skin.

