



spa



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## Sandal-Ready

By Dina Fierro

Tis the seas-for pedicures that is. And while they may be essential, regular pedis can surely wreak havoc on the wallet, ranging in price from \$12 to infinity squared. Never fear—if you have a little time, a little money, and a little gumption you can get sandal-ready feet in the privacy of your own home. Just follow these simple steps.



Step 1: Try a foot mask for a true spa pedicure experience. Canada's own **Lush** makes the fabulous and fresh **Volcano Foot Mask** ([www.lush.com](http://www.lush.com)). Formulated with tomato (to deodorize), papaya (a natural exfoliant) and cinnamon leaf oil (anti-microbial), it's simultaneously relaxing and inexplicably invigorating.

Step 2: Indulge in a relaxing pedicure soak. Fill a basin with warm water and sink those tootsies in for a good 5-10 minutes. I love **Carol's Daughter's Rosemary & Sage Herbal Foot Soak** ([www.sephora.com](http://www.sephora.com)). It's all natural and makes the water smell good enough to drink!



Step 3- Scrub those sins away. Polish away any rough skin remaining with a physical exfoliant like **Kerasal's Exfoliating Pumice Paste** (most drugstores), then rinse. For anal-retentive types like myself, it makes sense to keep a tub of foot scrub in the shower for nightly city grime removal.



Step 4: Rub a generous amount of moisturizing cream over your feet and lower legs. Try **Sedona Valley Spa's Aloe & Hibiscus Flower Foot Balm** ([www.perfumania.com](http://www.perfumania.com)) and take your time massaging it in. I also use **Weleda's** über thick **Foot Balm** ([www.usa-weleda.com](http://www.usa-weleda.com)) every morning. When applied to clean, freshly washed feet, this all natural goodie sinks right in, helping to keep them dry and comfortable all day long.

Step 5- Buff any remaining calluses, and trim and shape toenails. Most experts prefer a rounded square shape that ends just beyond the toe. Avoid cutting your cuticles; it can cause infection. Try **LaCross by Sally Hansen** for effective but inexpensive tools. (most drugstores)

Step 6: Wipe off any remaining polish or oils from your nails with a cotton ball soaked in a non-acetone polish remover.



Step 7: After using a protective base coat, experiment with a fun punchy color for summer! As a NYC native, I love **Carolyn New York's 'The Bronx'** ([www.carolynny.com](http://www.carolynny.com)), a flashy hot pink that's universally flattering. The line also offers the **NY Minute Dry Top Coat** ([www.carolynny.com](http://www.carolynny.com)), a super-shiny topcoat that dries in a flash.



Extra: For a pick-me-up, especially during the afternoon or at the end of the day, spritz feet with **Fruits & Passion's Deodorizing Foot Mist** ([www.fruits-passion.com](http://www.fruits-passion.com)). The eucalyptus and tea tree oils are refreshing to the olfactory and tingly to the tootsies.

Step 8: Finally, breathe a sigh of relief and relax! You're ready to strap on some Choos and go!

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