

Love Your Feet!

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Feet are one of the most receptive parts of the body. Treat your feet with tender loving care and they will reward you with years of diligent, pain free service. Follow simple ways to tend to them and have happy, healthy feet forever. Consistent and proper care of anything - be it your face, hair, hands or feet- pays high dividends in the long run. You will stay more youthful-looking and be more comfortable to boot!



Home pedicure

Pedicure is a wonderful way to pamper yourself with a little TLC. It is beautification and relaxation rolled into one treatment.

Do-it-yourself pedicure Procedure

Set aside an hour one evening per week to treat your feet. Surround yourself with all the supplies so you don't have to keep getting up and dripping water all over the house.

- Here are a few tips to keep your feet healthy.
 - Wash your feet daily. Make sure to clean between the toes and under the nails.
 - Complete dry your feet after bathing. Dry between the toes diligently. Damp feet are a breeding ground for bacteria and odor.
 - To help prevent dry, cracked skin on the feet, massage a good thick lotion into your feet before you dress and again when you go to bed.
 - Add a little foot powder to your shoes each day to help absorb perspiration.
 - Wear fresh socks or hosiery daily.
 - Clip your toenails straight across to help avoid ingrown toenails. Smooth nail edges with an emery board or nail file.
 - Drink lots of water.
 - Inspect your feet daily for blisters, corn, swelling, calluses and any other problems. Get appropriate treatment right away. An ounce of prevention is worth a pound of cure.
 - Give your shoes a rest. Alternating pairs allows shoes to completely dry out and give the padding time to return to its normal shape. This helps shoes last longer as well as keep your feet healthier.
 - Give yourself a weekly feet treatment. Massage your feet with warmed oil mixed with a few drops of essential oil of lavender, eucalyptus, or peppermint, to help de-stress as well as relax your sore feet.
 - If you are overweight, exercise and eat healthy to lose some pounds. Excess weight adds enormous pressure on your feet.
 - Walk, walk, walk.
- **Step-1:** A good soak. A footbath is often just as relaxing or stimulating as a full body bath. Add enough hot or cold water or herbal tea of your choice to your foot spa so that it covers your ankles, plus a few drops of essential oil or one tablespoon of bleach to disinfect, and a squirt of liquid soap or shower gel. Swish them together. Soak your feet for five to ten minutes to cleanse and soften calluses. Use this time to scrub dirty toenails and soles.
 - **Step-2:** After soaking, gently remove calluses with a pediwand, rasp, pumice stone or if you must, very carefully use callus trimmer. File down any corns you may have with an emery board.
 - **Step-3:** Dry feet when finished and remove any chipped nail polish now.
 - **Step-4:** Try any good Skin Exfoliator to scrub off any leftover rough skin on your lower legs area, ankles and feet. It feels fantastic.
 - **Step-5:** Rinse and then dry legs and feet with a coarse towel.
 - **Step-6:** Coax back cuticles with an orange stick and trim the ragged ones.
 - **Step-7:** Trim toenails straight across rather than rounded at the corners so that the white free edge is almost even with the top of the toe. File toenails to smooth all jagged edges.
 - **Step-8:** Apply foot cream, any foot lotion or oil and massage in thoroughly for two to three minutes on each foot.
 - **Step-9:** Before polishing your toenails, use a non-acetone remover to remove all traces of lotion or cream. Now slick on a base coat and two coats of your favorite color, followed by a top coat. There is nothing like freshly painted, glossy, perfectly pedicured toes to pick your spirits up and make you feel pretty.
 - **Step-10:** After your polish dries, apply your favorite powder to your legs and feet using a large puff or fluff brush.