

Foot Facts

Ready, Set, Pedi

by Ernie McCraw

(NAPSA)—Summer is just around the corner and soon we will see toes begin to make their annual appearance. But after a winter of neglect, how do you prepare your feet for their debut?

Step 1: Prep. Start by removing old polish with acetone polish remover, then soak feet in a warm bath. Sally Beauty Supply carries a Heel to Toe inflatable pedi bath that's easier to store than a hard foot bath. Fill with warm water and add a foot soak such as the Heel to Toe Foaming Foot Soak. A soak can soften skin, deodorize and cleanse. The aromatherapy can refresh and invigorate your feet. You can also add an effervescent whitening soak to remove stains and whiten nails. OrigiNails Bubble White works on nails stained from dark polishes.

Step 2: Exfoliate. Next, use a foot file or a pumice stone to smooth softened calluses. For especially rough spots, use a pumice stone or file like the Mr. Pumice Pumi Bar. It's two sided to target different problem spots. Apply a cuticle remover to the cuticles. In general, try not to cut your cuticles, as that can promote hangnails or infections. While the cuticle remover is doing its job, trim toenails and shape the nails with a fine-grit cushioned file.

Step 3: Moisturize. Once you have removed all the rough skin, it's time to restore moisture. For severely dry skin, try a hydrating masque enhanced with mineral clays and sea extracts to condition and soothe. Apply a thick layer to the entire foot and ankle area. Cover with a warm towel or a plastic bag and rest for five to 10 minutes. Unwrap your feet and rinse—you may need a soft scrub brush. Finish this step with a refreshing pedicure lotion.



Pamper your feet with a home pedicure.

Step 4: Finishing Touch. Now that your feet look sandal-ready, you can finish with a fresh polish color. Before applying the base coat, wipe nails with a cotton ball soaked in acetone. This will remove any excess oil that could keep the polish from adhering. Use toe separators or cotton balls to spread toes and help prevent any polish smudges. FingerPaints Turquoise Tile and Strawberry Shake are great colors. A top coat with UV protection will also keep your polish from yellowing.

• *Ernie McCraw is a licensed cosmetologist and director of beauty education for Sally Beauty Supply, the world's largest retailer of professional beauty products. With more than 25 years in the beauty industry, he has expertise in all phases of cosmetology. If you have a beauty question, you can e-mail him at asksally@sallybeauty.com.*

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