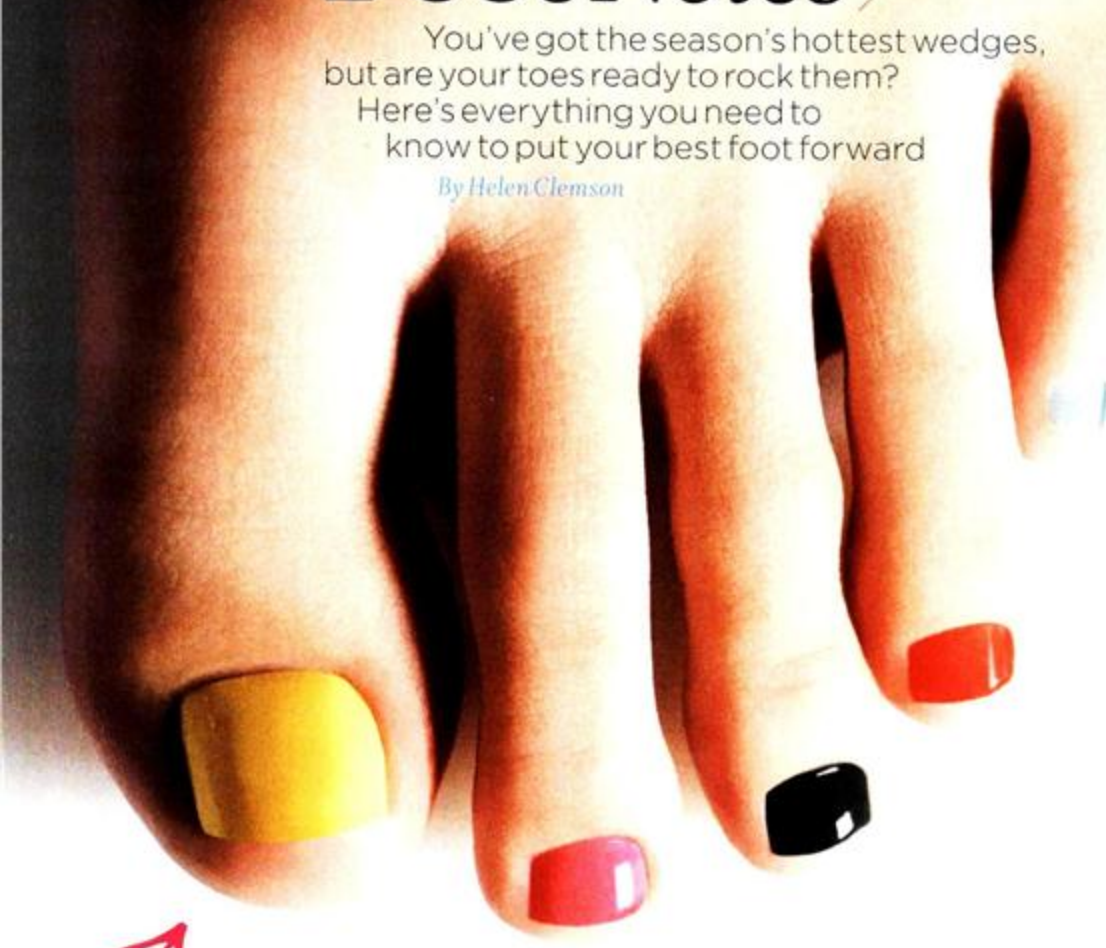


# Foot Notes

You've got the season's hottest wedges, but are your toes ready to rock them? Here's everything you need to know to put your best foot forward

By Helen Clemson



## SHOW OFF THESE SHADES

- (from left)
- 1/ Yellow gives a sunny burst to pale skin. Try Sally Hansen Hard as Nails Xtreme Wear in Mellow Yellow (R60, available at Clicks).
  - 2/ If you feel prettiest in pink, choose a strong shade like Yardley Quick Dry in Tropical Pink (R49) for a modern twist.
  - 3/ Darker green, such as OPI Nail Polish in Greenwich Village (R128), looks dramatic on darker skin tones.
  - 4/ Tomato is the freshest colour to pick if you want to boost your tan. Try Essie Nail Colour in Red Nouveau (R100).
  - 5/ Sky blue is our dreamy summer hue. We love Tip Top Nail Chic in Beach Babe (R40).

## THREE DIY MUST-HAVES FOR FOOT PERFECTION

- 1/ Tweezerman Barrel Spring Toenail Clipper (R279): ideal for cutting hard nails without risking a split.
- 2/ Elegant Touch Cover Up (R65): this base coat for problem nails will smooth out bumpy surfaces and cover any imperfections.
- 3/ Charlotte Rhys Spa Rituals Foot Soak (R67): to cleanse and deodorise, let your feet languish in this mix of sea salt and peppermint oil.

*Apply cuticle oil to your nail bed every few days to banish dryness.*

## HEAL YOUR HEELS

For an at-home treatment, Charlie Corkill, nail expert and owner of Urban Apothecary, recommends a coarse scrub rubbed into your feet before your bath or shower. "Place the scrub into the palm of your cupped hand and circulate the product around the heel," she says. Her best DIY heel treatment? Mix brown sugar with a few drops of olive oil and, after using this as a scrub, smooth on a treatment product such as Charlotte Rhys Cracked Heel Repair Cream (R60), which blends aloe ferox, shea butter and tea tree oil to heal, nourish and soften dry, cracked skin.

## THE ULTIMATE POWER-PEDI

Unlike your average pedicure, these have been supercharged to treat stressed feet

### > Glycopeel Feet

A fruit acid mask (to slough off dead cells) is applied to your heels and callused areas, followed by a buffing treatment to banish lingering roughness. Note: this treatment doesn't come with a pedi so ask for one as an add-on. Skin Renewal, Cape Town, Joburg and Pretoria, from R350 for 30 minutes. Call 0861 754 672

### > Bastien Pedi:Cure

This luxury pedicure (which includes dry skin removal and massage) skips colour in favour of nails with a natural sheen. A mother-of-pearl buffing paste is applied, then nails are shined with a chamois-leather buffer, resulting in shiny, silky-surfaced nails for up to six weeks. The One&Only Spa, Cape Town, R880 for 75 minutes. Call 021 431 5810

### > Spa Pedicure

Here, a motorised machine does much of the work to gently remove dead, hard skin and push back cuticles. A normal pedi file can be abrasive so this is a great option if you suffer from cracked heels. The best bit? Heated booties worn over the foot mask to aid absorption. Polish Nail Spa, Joburg, R300 for 75 minutes. Call 011 447 7952