

Tracey Neithercott, STYLE's beauty editor and resident product junkie, discusses hair and makeup trends, health issues and get-fit tips. Got a question? E-mail her at tracey@dlgmedia.com.



Happy Feet

The segue between cool spring temperatures and warm summer weather often results in untidy toes. Before you slip on your [next pair of sandals](#) make sure your feet are in the right shape by giving yourself an at-home pedicure. I've been collecting perfect pedicure products since winter (hey, it gave me something to look forward to!) and now it's finally warm enough to share.

STEP ONE: SMOOTH

Let's face it: general wear and tear leave heels dry, cracked and essentially unattractive. Before you turn your focus to your toes, take some time to give a little TLC to your heels and the bottoms of your feet. [Artemis Woman's Heel Smoother](#) is a battery-powered appliance that will buff dry skin without being overly abrasive. One of two tips (the larger works best around the heel; the smaller tip is useful in between toes) spins furiously over dead skin to create a smooth surface.

STEP TWO: SOAK

Before you clip, paint or moisturize your feet, soak them in a bowl of warm water. [Linden Leaves' Foot Soak](#) relaxes tired feet while softening the skin with sage and lemongrass essential oils.

STEP THREE: CLEAN

Before you paint your toes, do a little nail maintenance. Clip and file toenails, push cuticles back and clean beneath nails. Grab [Sole Survivor's Safe Salon Pedicure Kit](#), created by a California-based podiatrist who was fed up with dirty salon pedicures. The kit includes tools to moisturize your feet, clean and push your cuticles, separate toes and brush, clip and file your nails. The kit is perfect for at-home pedicures, but it's really made for salon visits. Reach for it next time you get a professional pedicure to ensure all tools used on your feet are clean and sanitary.

STEP FOUR: MOISTURIZE

Once your feet are tidy, slide on a moisturizing balm.

[Alchimie Forever's Antioxidant Relief for the Feet](#) softens feet with shea butter and jojoba oil while soothing tired soles and relieving foot pain with watercress and willow bark.

STEP FIVE: POLISH

Since polish doesn't stick well on slippery nails, rub an alcohol-soaked cotton ball over each nail before polishing. Start with a base coat (like [Creatives Sticky Nail Base Coat](#), which protects polish from chipping and peeling) then apply two coats of polish. [Lippmann Collection](#)'s polish goes on smooth and comes in fun, summery colors. Finish with a top coat like [Barielle's Ultra Speed Dry Manicure Extender](#).

Now grab a great pair of sandals and show off your hard work.

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