

# YOUR BEAUTY



WITH KAREN DAVIS

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## Perfect pedicures

**F**eeet – it's time to get them out of your winter boots! Here's how to create the perfect home pedicure without breaking the bank.

### STEP 1 - REMOVE POLISH

First things first, we clean up feet and remove old polish. I suggest Mavala's

Mild Nail Polish Remover, as it is a great size but very gentle. You could use lint free pads which aren't meant to leave the "hairs" that cotton wool does but save your cash as we're soaking next and they'll all wash away.

**Price: £2.95 for 50ml**  
**Stockist: boots.com**

### STEP 2 - SOAK

Salon pedicures almost always start with soaking your feet. This is because the poor therapist is going to be in close proximity to your tootsies for the next hour and she wants them clean and non-smelly! Clearly, the water is also trying to soften the hard skin so that when she gets to foot-filing life is easier, so it won't do you any harm to soak at home. Pop them in warm water for ten minutes, and if you feel like it,

add a bit of foot soak into the water. Try Margaret Dabbs Hydrating Foot Soak, which uses Emu Oil to moisturise and Lemon Myrtle to relax.

**Price: £20 for 200ml**  
**Stockist: margaretdabbs.co.uk**

### STEP 3 - FILING, NAILS & HARD SKIN PLUS CLEANUP

This is the hard work bit. First, file nails, straight across not too near the side-walls so try the Tweezerman Neon File. If toenails are particularly Hobbit-like, you might need a toenail clipper to get rid of the worst. You'll also need a Tweezerman Pushy, which doubles as a cuticle pusher and a tool to clean under the nail – brilliance personified. One nail is under control, go to it with the Tweezerman Foot File. The metal base gives you leverage and the peel-off disposable files mean that you never have to share the filing surface with another person in your house – perfect for hygiene.

**Tweezerman Neon File: £6 for 3 files and case**  
**Tweezerman Pushy Price: £13**  
**Tweezerman Regency Clipper: £13**

**Tweezerman Spa Callus Remover £20**  
**Stockist: www.tweezerman.co.uk**

### STEP 4 - POLISH

Toe polish always seems to last longer than finger polish and many of us are far more adventurous on our toes than hands. This being the case, go with a strong colour such as Mavala Trinidad, Carolyn K's new Fruity Reds collection or Butter London's new Pitter Patter Collection (in honour of impending Royal baby). Seal with Seche Vite Top Coat.

**Mavala Trinidad £4.50 at John Lewis**  
**Carolyn K Fruity Reds £12.99 for 3 at carolynk.com**  
**Butter London Pitter Patter at £12 boots.com**  
**Seche Vite Top Coat £9 at boots.com**

### STEP 5 - MOISTURISE

Now we start pumping moisture into those feet like there's not tomorrow! Packed with Avocado, Shea Butter, Wheatgerm and Peppermint, Liz Earle's Foot Moisturiser is a great way to bring tired feet back to life.

**Price: £13.50**  
**Stockist: lizearle.com**

### STEP 6 - BOOTIES

So, leave the moisturiser on your feet and now we are going to push it into the skin with these little darlings. Single use, you pop lukewarm (no hotter as the product heats up itself) water into the sides and pop your feet into the inner liner of these Alessandro ThermoSoft Self Heating Booties. Inside, they have a blend of Shea butter, Beeswax and Soy Serum, coupled with the warm heat, to make feet super soft. A bonus is once your feet come out, pop the pack on aching shoulders for a few minutes of stress relief – bliss!

**Price: £9.95**  
**Stockist: alessandro-international.co.uk**

### STEP 7 - COTTON SOCKS

Time for bed, so give all toes a dash of Leighton Denny's Slick Tips to moisturise cuticles and pop on your pedicure socks. Tomorrow feet will be princess perfect and ready for summer sandals! **Marks and Spencer Pedicure Socks £3 at marksandspencer.com**  
**Leighton Denny Slick Tips £12 at boots.com**

