



# IMPROVE JULIETTE WINTER REVEALS HOW TO GET YOUR FEET INTO SHAPE THIS SUMMER. your FOOTWORK

**THERE'S NO DENYING** the sense of satisfaction you get from glancing down at perfectly groomed tootsies. It's more than the pretty polish gleaming back, it's the time and care taken to do some basic work such as scrubbing and hydrating the skin — and choosing shoes comfortable enough not to turn your toes into Cirque du Soleil performers.

Without this basic maintenance, our feet can suffer from problems as varied as blisters or bunions, yet somehow we often forget to give them sufficient attention.

The results are revealed by an American Podiatric Medical Association survey, which found that 84 per cent of women have been embarrassed at some stage by how their feet look. So to keep them looking fabulous we asked Brenden Brown, a spokesman for the Australian Podiatry Association NSW and podiatrist with A Step Ahead, for pointers.

• Itchy, red feet with flaking skin on the soles could be signs of a fungal infection. "Quite

often people think they are not moisturising enough or have a callus but they have a fungal infection," Brenden says. "Fungal infections hate heat and sunlight actually helps to kill them off." So fight them by putting shoes out in the sun — and seeing your GP.

• Those with odorous feet should check their hosiery habits. "I see smelly feet in women who wear high heels a lot," Brenden says — but the culprit is actually synthetic stockings that don't absorb moisture. "Sweat is absorbed into the shoe which creates a big bacterial load and that bacteria really smells." So opt for cotton socks if you've got stinky soles. Other causes include bacterial or fungal infections.

• Ingrown toenails are an increasing problem, often because women have "seen a manicurist who doesn't know what they are doing and a little, sharp point of toenail is left," Brenden says. The sharp point grows up, pierces the skin and creates an ingrown toenail. The solution is to cut nails straight across. \*



CLOCKWISE FROM BELOW  
The Body Shop Pumice Stone, \$1.95; Manicare Rotary Toenail Clipper, \$8.95; The Natural Source Square Emery Board (pack of two), \$2.95; Hawley International cuticle remover stick, \$9.60; Hawley International Wild File, \$2.95; Manicare 2-in-1 Ceramic Stone Foot File, \$10.99; Manicare Toenail Scissors, \$13.95.



health and beauty

**Nailing it**

Promises of long-lasting or non-chip polish are nothing new but if you want colour that will last weeks instead of days, try semi-permanent Bio Sculpture. It's a flexible gel that looks like a thick, glossy nail polish and is painted on fingers or toes. There's no buffing or damage to your natural nail — and two coats and a few minutes under a UV lamp later, you're perfectly polished. The gel lasts for up to four weeks, depending on how quickly your natural nail grows. Then head back to the salon for a touch-up or to soak off the gel. A session for hands or feet costs about \$60.

**Top 10 tones for toes**

1. Zoya Professional Lacquer in Lo, \$15. 2. Essie nail polish in Short Shorts, \$16.95. 3. Nutrimetics NC High Shine Nail Lacquer in Pink Tulip, \$20. 4. Natio Nail Colour in Fizz, \$9.95. 5. Estée Lauder Pure Color Nail Lacquer in Fuchsia, \$36. 6. Maybelline New York Express Finish Nail Color in Pink Shock, \$11.45. 7. L'Oréal Paris Jet Set Diamant in 757, \$11.45. 8. Mecca Cosmetics Nail Colour in World Citizen, \$22. 9. Bloom Nail Polish Designer Collection in Lisa II, \$19.95. 10. Yves Saint Laurent La Laque Long-Lasting Nail Lacquer in Sublime Red, \$39.

**FOOT CREAM**

DO YOUR FEET FEEL LIKE THEY'RE ON FIRE? YOU COULD PLUNGE THEM INTO A BUCKET OF ICE, BUT IT'S MUCH BETTER TO SIMPLY SMOOTH ON THE BODY SHOP'S PEPPERMINT COOLING FOOT LOTION (250ML, \$22.95). IT CONTAINS COMMUNITY TRADE PEPPERMINT OIL TO CALM AND COOL AS WELL AS COMMUNITY TRADE COCOA BUTTER TO NOURISH TIRED FEET.

