

Tip Top



'YOU SHOULD USE A CUTICLE OIL DAILY'

RACHEL SMYTH FROM MINK

WANT TO GET YOUR FEET SET FOR SUMMER? HERE'S OUR GUIDE TO A FAB QUICKIE PEDICURE, AND SOME TOP (OR RATHER TOE) TIPS, COURTESY OF **RACHEL SMYTH** FROM MINK HAND & FOOT SPA IN DONNYBROOK, DUBLIN 4.

The first step in any good pedicure is to soak your feet - try adding a few drops of essential oil to the water to help soften them. Taking care of your cuticles and nails is just as important as all that scrubbing and moisturising we associate with pedicures; as Rachel points out, "cuticle treatment and filing ensures that nails are left detailed, shaped and buffed". Use a fine grain emery board, and file in one direction only, so you don't shred the nail edges.

According to Rachel, "A really good exfoliation is vital in a pedicure, especially in the summer when your feet are on show. Pay particular attention to problem areas such as the heel and ball of the foot." There are lots of scrubs available, while foot files and the old-fashioned pumice stone have a great effect on rough skin too. Rub them in long, sweeping strokes over soles and heels.

Next up is a good massage with a moisturising cream or oil, which will leave your feet feeling and looking like new. You can give them an extra moisture boost by wrapping

them in warm towels for a minute or two.

Finally, Rachel says, "nothing finishes a good pedicure like a perfect polish, be it with the classic French polish (white tips and a soft pink finish), a dark wintery red or a bright coral colour for the summer". Speaking of which, a bright polish on your toes is a brilliant way to utilise a colour trend, and is far less scary than wearing a crazy colour on your eyelids or fingernails.

GETTING SERIOUS

If your feet are in a complete state, and you reckon a quick buff 'n' polish won't do the trick, you could always head along to a salon for an expert treatment. "For those suffering from extremely dry skin I would recommend our Medi-Pedi treatment", says Rachel, "This specialised alkaline treatment will gently dissolve any hard skin build up, leaving even the most cracked and calloused feet smooth and supple". For more info on Mink, go to www.mink.ie



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