

A total treat for your feet

Susan Mitchell

The medical pedicure or 'medi pedi' is fast-becoming the new catch-phrase for those looking for a pedicure that goes beyond rose-petalled water and a lick of polish.

Think a chemical peel for your feet, or a treatment that promises to soften and dissolve dry, hardened and crusty skin build up without the use of any blades or sharp tools.

The Danne MediPedi doesn't shy away from big undertakings. It promises "exceptional visible and tactile improvements in just one session". I was told that in just one treatment, the MediPedi would dissolve any hard, dry and cracked skin from my feet.

Mink Hand and Foot Spa in Donnybrook, which opened about 18 months ago, is one of a number of salons now offering the MediPedi in Ireland. Although the service is referred to as a



medical pedicure, there is no doctor or chiropodist on staff at Mink, but the staff receive specialist training before being allowed to give the pedicures. I was led to the mezzanine level in the salon where I reclined in an oversized massage chair while my nails were buffed and shaped after a soak in warm water.

Suzie, my therapist,

rightly concluded that I am a high heel fanatic. Fashion, she told me, is the main culprit when it comes to hard skin.

She told me that some of her clients use the MediPedi treatment to kick-start their footcare regime, while other clients use it on a regular basis to combat dry skin.

The treatment works by raising the alkaline level of

the dry and hard skin, which in turn allows this skin to dissolve.

To my surprise no blades are used in this pedicure. Suzie explained that blades on hard skin are simply a no-go, as the skin thinks it's under attack and rebuilds to protect itself – resulting in further hard skin build-up.

Instead the MediPedi solution is rubbed into the hard skin on the feet and left for a few minutes. It is also applied to the nails to eradicate any yellowing from excessive polish use.

The solution gives an itchy sensation while it gets to work, but the minor discomfort is soon forgotten as you rub your hands over feet that feel as soft as a newborn's.

A neutraliser is applied after the alkaline solution, which brings the skin back to its natural pH. To finish, I was given a relaxing foot massage before my nails were given an expert lick of polish and left to dry.

As for the verdict? Apart from the emotional anguish of having your hobbit-like

extremities scrutinised by a stranger, it is a remarkably pain-free experience.

It's not glamorous – but your surroundings are – and there's nothing like a medical pedicure for putting a spring in your step.

The pedicure costs €100 or that's €10 per toe. It's not cheap, but what did the woman tell you? That's right, you're worth it.

The facts

Treatment: Danne MediPedi

What it promises: To leave the roughest, most cracked and calloused feet smooth and soft

What it delivers: The best pedicure known to woman

Pleasure rating: ****

What it costs: €100 at Mink Hand and Foot Spa in Donnybrook, Dublin 4 (www.mink.ie; 01-2603076)