

happy feet

SOME BLISSFUL PAMPERING WILL HAVE YOU STEPPING OUT WITH CONFIDENCE. WORDS BY CAROLINE SELWYN



When it comes to beauty, feet are often a little neglected. In summer, they can't afford to be. No more hiding beneath shoes and socks – they're always in the spotlight.

But the constant exposure they get causes hard skin to build up and can make your heels, toenails and cuticles prone to dryness. Regular maintenance with moisturisers and foot scrubs will keep your feet looking soft and beautiful.

You don't need to make a dash to the salon (of course, it doesn't hurt!). A pedicure and polish at home will do the trick and ensure your feet are looking as good as your strappy summer sandals.

Relax while you soak

There's no better way to treat your feet after a long day than a soothing foot soak. Fill a foot tub or bucket with warm water and place it in front of a chair where you can sit and relax. Throw in some Epsom salts or your favourite aromatherapy oils. A good soak for 10 to 15 minutes will cure aching and tired feet and prepare them for the pampering treatment ahead. You can even add a little extra scent with **Sanctum Reviving Foot Balm, \$17.95 (6)**.

Revitalise with a mask

Get your feet in tip-top shape with a refreshing foot mask such as **Essie Hydro-Masque, \$29.95 (8)**. Apply all over your legs and feet and it will dry quickly like a face mask. Aside from softening your skin, it's a great excuse to put your feet up and unwind. Totally worth the extra effort!

Banish dead skin and calluses

A good exfoliating scrub will soften even the most tortured soles, leaving them feeling smoother and revived. Pay special attention to your heels and the balls of your feet.

