

DOS & DON'TS FOR A FABULOUS PEDICURE

Everyone needs a little foot pampering from time to time! Whether you are getting your toes ready for prom, prepping for beach season, or just want to splash on a bright color of polish before a hot date, grooming your feet should be done frequently to not only keep feet looking good, but also to ensure proper foot health.

Here are a few pointers to keep in mind the next time you get a pedicure at home or in the salon:

DON'T shave your legs before receiving a pedicure. Resist the urge to have smooth legs, at least until afterward. Freshly shaven legs or small cuts on your legs may allow bacteria to enter your body.

DO bring your own pedicure utensils to the salon. Why? Because bacteria and fungus can move easily from one person to the next if the salon doesn't use proper sterilization techniques. Yuck!

DON'T allow salons to use a foot razor to remove dead skin. Using a razor can result in permanent damage if used incorrectly and can easily cause infection if too much skin is removed.

DO use a pumice stone, foot file or exfoliating scrub when eliminating thick, dead skin build-up, also known as calluses, on the heel, ball and sides of the feet. Be sure to soak your feet in warm water for at least five minutes and then use the stone, scrub, or foot file.

DO gently run a wooden or rubber manicure stick under your nails. This helps keep your nails clean and removes the dirt, glitter, and other types of build-up you may not be able to see.

DON'T apply nail polish to cover up discolored nails. Thick and discolored toenails could be a sign of a fungal infection. Nail polish locks out moisture and doesn't allow the nail bed to "breathe." If you think you have a toenail infection, schedule an appointment with today's podiatrist immediately to get it checked out.

If your feet are hurting, something doesn't look right, or you want more information about foot health, visit www.apma.org/myFEET.

WHO KNEW!?

A THIRD OF GIRLS
WOULD RATHER
GO BAREFOOT THAN
WEAR SHOES!