

beauty know it all

# a perfect “10”

*A great pedicure that really lasts is within your reach. We'll walk you through the ways to keep feet problem-free and happy too*

Feet are, without a doubt, subjected to more abuse and neglect than any other part of the body. According to the American Podiatric Medical Association, the average person takes up to 10,000 steps a day and walks about 115,000 miles in a lifetime. We also put several tons

of pressure on our feet each day—often in strappy shoes that only add to the agony—yet we expect them to be soft and dainty. The solution: Keep feet healthy and help them look their best with regular pedicures. Here, a crash course. —Margaret Feldstein

## your foot problems solved

Walking around in high heels (or even a pair of sneakers, if they don't fit properly) can quickly undo the healing effects of a pedicure.

Below, podiatrist Joanna Youner, M.D., explains what causes the most common foot ailments and how to prevent and treat them.

problem	cause	treatment
Corns	Friction and pressure from skin rubbing against a bony area. Corns can become painful if irritated by shoes.	Use moleskin to relieve pain, and cortisone cream to combat redness. Then see a podiatrist. Never cut corns yourself. Avoid medicated corn pads, which can burn skin.
Calluses	Friction caused by footwear, especially backless shoes and mules	Gently rub with a pumice stone daily in shower. Twice a day, apply a cream containing lactic or uric acid, such as Eucerin (\$8; drugstores) or Lac-Hydrin (prescription).
Bunions	An inherited bone deformity on the joint of the big toe; worsened by pointy shoes.	Wear wide, square-toed footwear. If bunions hurt every day, you may need an operation to remove them. If they aren't painful, ignore them.
Black Toe	Blood collected under the nail, caused by a toe jamming against the inside of a shoe (a common problem for runners)	Keep nails very short. To avoid complications, the toe needs to be drained by a podiatrist within 2-3 days of the injury. Prevent problems by wearing shoes that are roomy in the toe area.
Yellowed nails	Wearing dark polish for extended amounts of time. Fungus can also be a cause.	Give nails a rest by sporting no polish for a week or so, every few months. Note: If the condition doesn't improve, see a podiatrist to get oral antifungal medication.
Dry, cracked heels	Friction from footwear, including backless shoes	Use a pumice stone (\$3.50; Bath & Body Works, 800-395-1001) regularly to prevent problems. Otherwise, podiatrist-prescribed cream softens rough heels in two weeks.
Blisters	Friction, usually from new shoes	Never peel an intact blister. To drain, prick it with a sterile needle (one boiled or wiped with peroxide or alcohol). Bandage it. Cover open blister with antibiotic cream and bandage.
Ingrown nails	Rounded corners on nails. Pain can also occur if tight shoes cause skin to thicken around ingrown areas.	Cut nails straight across and have podiatrist trim skin to relieve pain. Note: Some folks are prone to ingrowns despite proper care. An operation can correct the condition.
Sweat, odor	The approximately 250,000 sweat glands in a pair of feet, which can excrete up to a half pint of moisture a day.	Spray feet with an antiperspirant (such as Arrid Extra Extra Dry, \$4; drugstores) or, if you have a serious problem, try an over-the-counter product called Drysol.
White spots	Dehydration of the nail from using polish remover with too much formaldehyde. Trauma or fungus can also be the cause.	Ovoid formaldehyde or toluene in polishes and removers.



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