



# HAPPY FEET

Feet not seen the light of day in months? Step into the festive season with confidence, with our expert tips for getting your feet party ready...

Words: Maggie Gorman. Photography: Anne Noble. Cutlaid. Background: Oliver Bonas (@oliverbonas.com). Printwork: m. hatched London and brown fabric.



**W**hen was the last time you wore a party heel? With more and more of us embracing 'sneaker culture', it's often only a special occasion like a Christmas party when we get the opportunity to slip our feet into something more special – whether that's a four-inch stiletto, block heel, or glitzy flat. But getting your feet out for party season can feel daunting.

To help get them prepped, podiatrist Dina Gohil (@dgpodiatrist) recommends first dealing with any fungal infections that can appear as 'thickening, discolouration and brittleness of the toenails'. Treatments can sometimes take a while to work, so nail it before festive season begins. Easy-to-apply lacquer treatments, like **Boots Advanced Fungal Nail Treatment**, £22.49 (4ml), should help stop the spread, but your local pharmacist can help if it doesn't improve.

To get rid of dry, rough skin, Dina advises soaking feet with Epsom salts, such as **Champneys Soothing Bath Salts**, £14 (500g/£2.80 per 100g), for 15-20 minutes, before gently exfoliating with a pumice or foot file. Using a hydrating foot cream will also help keep the skin soft and prevent cracks. Margaret Dabbs is a beauty editor favourite for a reason – she's the industry's foremost foot guru and her products deliver! So, smother **Margaret Dabbs London Cracked Heel Treatment Balm**, £18 (30ml/£60 per 100ml), all over feet for a real treat.

## FIND YOUR FOOTING

We put our feet through a lot in winter, from pounding the pavements Christmas shopping to dancing the night away. Stretching our body can help us feel better, and the same goes for our often-neglected feet. London-based yoga teacher Lena Kalchenko (@lenakalchenko\_) suggests two quick foot yoga exercises to help relieve aches and improve flexibility. The first is toe spreading: with your feet flat on the floor, spread your toes as wide as you can, holding the spread for a few seconds before relaxing. Another great move is arch lifts. Stand with your feet hip-width apart, then, while keeping your toes on the ground, lift the arches and heels of your feet as high as you can, before slowly lowering back down.

## PERFECT YOUR PEDI

This season, you can't go wrong with the classic Santa red on your toes, according to Boots beauty specialist Hephzibah Prince. For an easy at-home pedi, Hephzibah suggests starting with clean nails and filing them to your desired shape, followed by a cuticle oil, like **Boots Nail & Cuticle Oil**, £6 (10ml). Next, using toe separators to avoid smudging, apply a base coat, then your red polish. Finish with a topcoat to avoid chipping and keep your nails party-ready.

You can't go wrong with the classic Santa red. Apply a base coat, then your polish and finish with a topcoat

## HEALTH FOOT CARE

### SOLE SOOTHERS



**Dior Vernis Nail Polish in 999 Rouge**, £29 (10ml). *"This screams festivity. Try pairing it with the matching lipstick," says Hephzibah.*



**Scholl Hard Skin Remover Foot File**, £8.50. *This is gentle yet effective at removing dead skin and calluses.*



**Compeed Hydrocolloid Blister Plasters Mixed**, £4.75. *Keep these in your handbag for any blisters that crop up on a night out.*



**Dr Organic Tea Tree Foot Spray**, £7.99 (100ml). *Hot and bothered? This spray helps keep feet feeling fresh and comfortable.*



**Oh Ki Watermelon Foot Peel**, £8.50 (40ml/£21.25 per 100ml). *This is packed with fruit acid and AHAs to help remove dead skin.*



**Boots Curved Nail File**, £2. *Makes filing the trickier corners of your toes a little easier.*

### HAVE DIABETES?

It's worth speaking to your GP or pharmacist before using any new foot products.