

Kathi's Hands & Feet

Call 440-605-1665 for Kathi

Baby It's Cold Out There**

So combat that cold with a Pedicure... A What??? Yes, a pedicure, just because you packed away your flip flops doesn't mean your feet don't need attention. Have you felt your heels lately?? Girl... they are **ROUGH**. Those calluses are overly built up and let's not even talk about your ingrown toenails and lack of polish. When you ignore your feet several things can, and usually do, occur: your toes hurt when walking and exercising, you start developing calluses and blisters, the heels get overly dry, they crack, and your back and knees can even start to ache. Why do you do this to yourself?

- 1) Schedule your pedicure and/or manicure **TODAY**.
- 2) Do daily maintenance: Exfoliate hands and feet twice a week with SOS Dead Sea Salt. Moisturize daily with SOS Moisture Whip Lotion, Body Butter or Massage Oil. Use a buffing foot file on those heels and calluses twice a week.
- 3) Use a nail strengthener on fingernails and toenails under your polish.
- 4) Wear gloves when working with detergents or water.
- 5) Apply clear top coat on natural fingernails every 2-3 days to brighten your polish, keep the shine, and help prevent chipping for up to a week.
- 6) Always bring flip flops to your pedicure appointment and allow an extra 15 minutes to dry for inclement weather.
- 7) If your nails look yellow or discolored, thicker than normal, and are splitting or cracking, ask your technician for help in choosing a fungal treatment or a nail strengthening program.

Most of all take care of yourself. Taking care of your feet and hands isn't a luxury, it should be considered a natural part of your daily health and personal hygiene routine. **IF** you don't take care of yourself? Who will?

