

# Sole-Soothing Strategies

**tip**

The foot is an exquisitely balanced biomechanical feat, comprised of 26 bones and more than 100 muscles, tendons, and ligaments. It's also the most ignored, abused, and maligned part of the body—stuffed into pointy high heels, jammed into sweltering boots, and bearing the weight of an entire human body. Whether size five or 11, our soles deserve some respect—and a lot of TLC. Here are **some easy strategies for better foot health**:

## 5 Simple Steps to Fabulous Feet

**Exfoliate and Moisturize** Filing your feet a little each day can keep calluses and hard heels from ever appearing. Be consistent—once a month won't do it. Use a foot file or a pumice stone on your soles while you're in the shower, then load up on hydrating lotion afterward.

**Cut and Condition** Cut toenails straight across with nail clippers—avoid trimming too closely or cutting cuticles. Then shape nails and push back cuticles with nonmetal tools, like an emery board, a nail buffer, or an orange stick.

**Polish and Protect** The longest-lasting colors are reds because they're more heavily pigmented. For best results, apply a base coat, two coats of color, and a top coat. Most pedicures last at least two weeks.

**The Ultimate Soak** Pamper tired feet by soaking them in a traditional Balinese footbath. Simply layer smooth stones on the bottom of a large basin, fill with warm water, and spike it with a few drops of eucalyptus or jasmine oil. After the soak, moisturize feet with coconut oil or cream.

**If the Shoe Fits...** Make sure your shoes are comfortable and fit well. There should be a finger's width between the front of the shoe and your longest toe, and the material should have some give. If the little toe feels squished or is rubbing against the side, the shoe is too small. Shop for shoes at the end of the day, when your feet are at their most swollen. This ensures the shoes won't be too tight.