

# Toes-amazeballs pedicures

Want your feet sandal - or at least spa - ready? Try one of these new and offbeat treatments, says **Helen Croydon**

**The pedi for runners**

YOU may grimace at the price but this is dermatological grade - one step above a medical one. There's no foot soak or spa music; instead you'll be in a clinic while a white-coated dermatologist uses surgically sterilised drills (yes drills!) to remove deep layers of localised hard skin.

There's a less-drastring glycolic acid peel for the tops of the feet and cuticles. Therapists are qualified to write prescriptions for warts, calluses or fungal infections. The treatment is new this month.

**How much** £150 for 60 minutes.

**Where** Eudelo Clinic, Vauxhall, London, eudelo.com

**The orange peel pedi**

FRESH from LA, the so-called Acid Sole Soak has recently been snapped up over here. Tangy orange pads are applied to the soles of feet and any other problem areas, then feet are immersed in a tub of essential oils that activate the orange acid. Just

relax as the juices slowly release, dissolving a winter's worth of dead skin and calluses.

While this is happening, you get a leg drainage massage and after it's done you get to see the debris and dead skin being scraped away. #satisfying just about covers it.

**How much** £90 for 85 minutes.

**Where** Neville Hair And Beauty, Knightsbridge, London, nevillehairandbeauty.net

**The bed sock pedi**

FOR those strapped for cash or time, here's one you can do yourself.

Sockshop's newly launched Beauty Feet are designed to be worn overnight - they have an integrated heel pad oozing with a patented Chinese herbal recipe containing silver to control odour, so simply pop on the exfoliating socks and let them eat dead skin as you sip a glass of wine or go to bed.

Or try Footner Exfoliating Socks, which you cut to size, tape up and



**Softly:** We've got the solutions - from the high street to the clinic PIG: SHUTTERSTOCK

wear for an hour a day for a week. They are soaked in active AHAs (alpha-hydroxy acids) that soften hard skin and loosen the 'glue' that binds dead skin cells together, so your body's natural exfoliation process will continue after you remove them.

**How much** Beauty Feet £8.99, Footner £19.99.

**Where** sockshop.co.uk and myfootner.co.uk

**The laser pedi**

IF you're hiding yellow, bruised or ridged nails under layers of varnish it's likely you could have a fungal infection. Or onychomycosis if you want the technical term.

Untreated it can leave nails brittle, discoloured, scaly and even make them lift off from the nail bed. An NG Yag laser rids it for good with pulses of light fired into the nail bed.

Toe-nail fungus is most common in active people who sweat a lot or older people because of poor circulation. It's most likely to be picked up at gyms, public pools or by sharing footwear.

**How much** £360-£500 for a course of five treatments.

**Where** Ellipse Clinic, London, Oxford, Inverness, Taunton, ellipse.com

**BLACK TAG SAVINGS**

**LIMITED PERIOD ONLY**

Look out for

**LAST CHANCE TO BUY**

selected upholstery & dining

up to **50% OFF**

selected ranges

DOUBLE DIVANS **from £299**



SOFAS **from £399**



BED FRAMES **from £199**



DINING RANGES **from £299**



**0% APR**

Credit is provided by Ikano Bank AB (publ) and is available subject to status to UK residents aged 18 or over. Bensons for Beds and Harveys act as a credit intermediary and only offers credit products for Ikano Bank AB (publ). Ikano Bank is authorised in Sweden by Finansinspektionen, the regulator for banks in Sweden, and is subject to limited regulation by the Financial Conduct Authority. Ikano Bank is a trading name of the UK branch of Ikano Bank AB (publ), which is registered with branch number BR01 6253. The registered office of the UK branch of Ikano Bank AB (publ) is Waterfront House, Waterfront Plaza, Station Street, Nottingham NG2 3DQ.



[bensonsforbeds.co.uk](http://bensonsforbeds.co.uk)



[harveysfurniture.co.uk](http://harveysfurniture.co.uk)