

# Beat the Heat, Treat Your Feet to a Summer Pedicures

Say hello to the sandal season with expert tips for soft, healthy, and odour-free feet



The relentless summer sun brings with it a host of challenges, and our feet often bear the brunt of the heat. Dry, cracked heels, increased sweating, and the risk of fungal infections can quickly dampen our summer spirit. But fret not! A rejuvenating pedicure is the perfect antidote, offering essential exfoliation, hydration, and protection to keep your feet feeling and looking their best throughout the sweltering months.

## Summer Shine

**Sharmila Shetty, National Creative Director - Skin, Lakme Salon,** says, "This summer, fruity pedicures are all the rage, with refreshing options like berry and mango-inspired



treatments taking centre stage. One standout pedicure is the Candy Crush pedicure offered at Lakme Salon, a luxurious ninety-minute experience that includes soaking, clipping, filing, scrubbing, and massaging. This indulgent ritual not only provides relief from stress but also helps reduce dead skin build-up, dryness, and dehydration. It deeply nourishes and detoxifies the skin, leaving your hands and feet feeling soothed and smelling sweet, making it the perfect summer treat for your feet."



## Healthy Feet

It is essential to get a pedicure done by a professional to help maintain good foot health. Removal of dead skin cells ensures that your feet stay healthy, issues like fungal infections, appearance of corns and bunions can be avoided early on through regular pedicure to save you from trouble later. "Another aspect of pedicure is foot massage that helps in relaxing the foot muscles that are stimulated during the massage by the pedicurist ensuring proper blood circulation. It helps avoid swelling, foot tension and releases muscular tension, your ankles, calf muscles and your feet are highly benefited by a pedicure. It is to maintain optimum foot health and help with the supportive muscles and tissues in your feet that take on the weight of your body. A pedicure during summers is recommended," says **Shahnaz Husain, CMD, Shahnaz Husain Group.**



## In Vogue

A summer pedicure not only enhances the appearance of your feet but also provides essential care by removing tan, rough patches, and calloused skin. The result is softer, smoother feet that contribute to a relaxed, confident feeling. A summer pedicure is a combination of aesthetic maintenance and preventative foot care. **Kanchan Punjani, Beauty & Makeup Trainer, Jean Claude Biguine Salons** explains, "Summer pedicure trends include minimalistic simple, clean designs that highlight healthy, well-maintained nails.

Vibrant and playful colours, neon shades, especially pinks and electric blues, are trending. The classic French pedicure remains a popular and timeless choice. Floral patterns and geometric designs offer a chance for personalised expression. Classic reds with pink undertones, butter yellows, and soft peachy tones are in as are shades from deep forest tones to vibrant limes that are gaining popularity. Subtle shimmer and metallic finishes add a touch of glamour. The blend of bold colours with understated styles remains a top trend." Cat eye nails are fast becoming popular as opposed to traditional looks. A mirror-like look with bold statement of chrome is also trending.

## Seasonal Cues

Summer time is when we all like to enjoy open toe footwear as the skin needs to breathe and also to avoid foot perspiration. Another aspect to focus on is healthy feet free of any

imperfections, soft and hydrated skin that requires polishing and exfoliation. "So, I recommend regular foot spa and pedicures that should entail using natural ingredients like Epsom salts or sea salt that helps in natural foot exfoliation. To ensure your feet are free of tan lines and sun damage, using Goat's milk powder is recommended in contrast to chemical bleach. Hydrating the skin of your feet is essential too, using natural hydration like shea butter, coconut and olive oil ensures your feet is moisturised, the skin stays soft and it improves the quality of the skin making it appear beautiful," says Hussain.

Keep your focus on maintaining good foot health by regularly trimming your nails, removing your nail polish, leaving your nails clean without any colour to restore their natural beauty, remember to regularly indulge in buffing it and soaking your feet after a long day in warm salt water to relax your foot muscles. After all, happy feet make you happy.

## Best Summer Pedicure Ingredients

- Dead Sea Salt: Helps purify and detoxify, softens calluses, and offers a soothing effect.
- Sugar Scrub: Eliminates dead skin cells, regenerates new skin cells, and makes the skin soft and smooth.
- Moisturizing Cream: Nourishes and locks moisture into the skin, containing ingredients like glycerine, argan oil, olive oil, tea tree oil, Shea butter, honey, and aloe vera.
- Mask: Rejuvenates with mineral clay, organic aloe vera juice, and cranberry extract to hydrate and brighten the skin.

So, step into summer with confidence, knowing your feet are not only looking their best, but are also fortified against the season's challenges.**SS**

