On your wedding day you should look and feel beautiful literally from top to toe, but don't forget the wedding night. When the ceremony and reception is over and your wedding night beckons you want to be confident about every part of you, so don't ignore your feet in your beauty plan. After all, with all the rushing about you have done prior to the wedding they will have taken quite a bruising.
Treating them to a regenerating and beautifying pedicure could be expensive, so if you need to save on expense - do it yourself.

Follow my foot care tips once a week for a month prior to the wedding, and on the day before, and you will achieve satin smooth and attractive feet that will look truly elegant when slipped out of your shoes on your wedding night.

F or a home pedicure start by removing old nail polish by soaking a cotton pad in an acetone free nail polish (this type is less drying to the nail). Press the damp cotton pad against the nail for 10 seconds and it should soak through the polish for easier removal.

U sing a hard skin or callus removal tool slough away the hard skin on the heels and balls of the feet. This is best done on dry feet as it won't shred the skin like it would on softened, damp skin.



Next soak your feet in a foot spa or bowl of warm water for 5 minutes. Remove the feet and towel dry, but don't discard the water just yet. Use a granular foot exfoliator (or make your own with olive oil a nd granulated sugar or coarse sea salt by mixing 1 heaped teaspoon of salt/sugar with a tablespoon of oil) and massage over tops and soles of each foot before returning your feet to the bowl of w ater or foot spa to rinse off.

Have two hand towels ready and wrap each foot to keep them warm.

When ready unwrap one foot and cut the toenails straight across with toenail clippers. Cut them slightly longer than the desired finished length and use an emery board to smooth and seal the cut edges. Apply foot cream thickly over the whole foot up right up to the ankles and including the soles. Wrap the foot in cling film and put a sock on over this. Repeat with the other foot. Leave on for 10 minutes.

Remove sock and cling film, massage any excess cream into the foot. Push back the cuticles with an orange stick. If you want to paint your toenails de-grease them with acetone free nail polish remover on a cotton pad first. Always use a base coat before applying nail colour. Paint 2 coats of your favourite polish and finish with a coat of clear topcoat. Now your feet are ready for dancing!

Tools:

- 3 hand towels
- Foot cream
- Foot exfoliator
- Toenail clippers
- Emery board
- Cling film
- Acetone free nail polish remover
- Orange stick
- Bowl or foot spa
- Hard skin / callus remover

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**oot Notes**

Take special notice of these tips during the month before your wedding:

- Remove hard skin regularly
- Always cut toe nails straight across to prevent ingrown nails
- Push back cuticles regularly to stop them sticking to toenails
- Use a foot cream containing urea as this also exfoliates the dead skin
- Always wear socks in boots to stop bare skin rubbing against the sides as this can cause calluses.

Well cared for feet will enhance, not detract, from your wedding day beauty. Try to make your feet as much a part of your beauty plan as your hands and face, so that the top to toe elegance you achieve on your special day will always be remembered.

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