

THE *Curves*® MAGAZINE

diane

AUSTRALIA | NEW ZEALAND | SOUTH AFRICA

WINTER 2007

SOUP TIME
QUICK WINTER
WARMERS

HOT STUFF
TAKE THE
HEAT OUT OF
INFLAMMATION

SMILE
it's a great
tonic

CURVES MEMBER
Sue Eastcott
"Curves saved me"

THE
power
of friends

SUPPORTIVE
CONNECTIONS

WALK TALL AND
COMFORTABLE

twinkle toes

KEEPING THE SPRING IN YOUR STEP MEANS CARING FOR YOUR BODY
FROM THE GROUND UP... ○ BY LOUISA DEASEY

Shoe Time

Paul Poshoglian, a Sydney podiatrist for over 40 years, says women are far more prone to suffer from foot pain and common ailments than men.

“The single most important thing you can do to take care of your feet is to choose the right footwear. Men will always wear thick socks and sensible shoes. But high heels, thin soles, tight shoes, no socks and thin stockings all take their toll on women’s feet,” he says.

Paul says we don’t need to give up our beloved heels if we have a special occasion coming up, but to follow a

few pointers to ensure they don’t result in more pain than they’re worth.

“Try to always buy a full leather shoe, as this allows the foot to move comfortably and keeps it warm as well. Avoid plastic and resins, and try to keep the heel to one and a half inches (3.8cm) maximum, and add an insole for extra cushioning.” In terms of choosing what to wear for your Curves workout, or walking to and from work, Paul is impressed by the quality of shoes on the market today, and says we just need to look for a light workout shoe with lots of flex-



Pampering tootsies

TINEA: Treatable fungal disease spread in moist, damp areas. Often spread through sharing shoes, going barefoot in public showers and the areas around swimming pools. Appears as peeling skin, often between the toes, and smells. Ugh! Treated with an over-the-counter cream like Lemisil, available in most chemists.

"After you've treated the tinea, take a break from wearing your old shoes for a day or so, when the bacteria won't be alive anymore. And after showering, always dry the feet properly, including between the toes, and add a sprinkle of Johnson's talcum powder to absorb any excess moisture before you put on your shoes and socks", says Tammy.

PEDI-PAMPERING: Both Tammy and Paul say dry, cracked feet are caused by going barefoot, open-toed and not wearing thick socks. Paul also adds that the feet are pretty good on the preservation front, which is why when we've been stomping the streets in thin-soled shoes and stockings instead of socks, the foot creates its own buffers, commonly

known as corns and calluses.

All are easily treated with a bit of pedi-know-how.

SCRUB UP: "In the shower each morning, use a scrub that contains glycolic acid on your feet to break down the dead skin cells which keep dry skin stuck like cement to your feet!" says Tammy. Try L'Oreal Paris Body Expertise Exfotonic (RRP \$18.75).

"There are also pedi-paddles, scrubbing brushes and loofahs, which work on the circulation as well as the dry skin, and are a nice thing to use in the bath at night, to give yourself a bit of a pampering foot massage", she says.

MOISTURISE: "If you already have callouses and dry, cracked heels, use a cream which contains urea such as Eulactol, (RRP \$ 6.99), when you've dried your feet after each scrub. The urea again breaks down the dead skin cells which appear as cracks, and the moisturiser in Eulactol heals it at the same time. For general upkeep use a moisturiser on your feet which contains

alpha hydroxy acids, as this will keep them buffed and polished, and not so prone to dryness." Dermalogica Body Hydrating Cream (RRP \$79.00) contains AHAs.

Tammy recommends giving yourself a little foot massage with some moisturiser every night before slipping on your bedsocks. The socks will keep your feet warm and moisturised, and the massage will send you into dreamland feeling pampered.

COLOUR ME HAPPY: There's nothing cheerier than peeping down at your toes and getting a flash of colour, so spend a few minutes each week giving your toes a slick of polish. Tammy says, "By getting a pedicure or painting your toes you remind yourself that your feet are just as worthy of special treatment as any other part of your body, and this makes you feel good." Paul agrees, "The trouble is that generally feet come last on the care scale. Women, in particular, need to pay special attention to their feet. It's not self-indulgence, it's taking care of yourself."

ibility. "Asics makes a great range for narrow feet. Look for something that is light and flexible. If you can't bend it in the shop don't buy it!"

Fancy Feet

All too often, our skincare routine stops at the neck, but considering the job our tootsies do in keeping us up and moving all day, we should give them the care they deserve.

Tammy Maddock, salon manager at ThoSona Day Spa in Perth, says feet are by far the most neglected part of the body.

"Often I see tinea peditis ('athlete's foot'), as well as dry, cracked heels, callouses and corns."

Paul agrees and says winter sees women particularly prone to tinea, a fungal disease, because in summer dry heat kills the bacteria which cause the disease. ●



MD Formulations Foot Care creme, \$60

Eulactol Heel Balm, \$6.99, at chemists



Asics Gel Assist, \$169.90

Johnson's baby powder, \$1.99, at chemists

