

# SOOTHING THE SOLES

By ANNA FIALHO

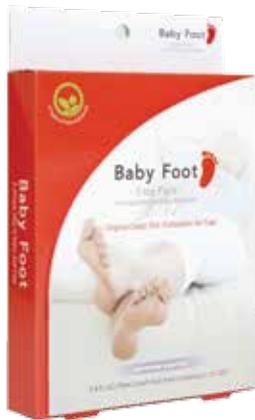
Aching to wear summer's cutest sandals but ashamed to show your dry, cracked feet—even under the cover of night? Well, worry no more because we have just what you need to banish those flakey, crusty soles for good.

**1. BABY FOOT:** This little miracle treatment is full of 17 natural extracts that work together to dissolve and exfoliate dead skin cells on the foot—which can accumulate up to 80 layers of dead skin! Just slip the little gel-filled booties on your feet, wait a few hours and rinse. Within a few days, the dead skin will begin peeling right off. We know it doesn't sound pretty, but trust us. When you see your new baby-smooth feet, you'll thank us. \$25 for one-time use (recommended every two months), BeautySage.com.

**2. LUSH STEPPING STONE + FAIR TRADE FOOT LOTION:** To keep your new baby feet smooth and soft between peels, try this one-two punch from Lush. First, scrub away dry skin with the Stepping Stone, which is a cut above the average pumice stone. A combination of sea salt; pumice; and lemon, lime and jojoba oils, it exfoliates as well as deodorizes and moisturizes. Follow up with the soothing cocoa butter-based Fair Trade Foot Lotion, containing spearmint and peppermint essential oils for boosting circulation and warding off pesky odor-causing foot bacteria. Stepping Stone, \$5; Fair Trade Foot Lotion, \$24; Lush.com. ///

**TREAT YOURSELF.** No matter what treatments and products you're using at home, regular (or even semi-regular) pedicures are essential. Not only are they pampering and rejuvenating, they also keep your feet healthy, your nails and cuticles nicely maintained—and, hey, who doesn't love a leg massage every now and then, right? One of our favorite splurges is the Citrus-C Peppermint Manicure and Pedicure at the Ritz-Carlton Dallas (\$85/50 minutes). It's a divine blend of citrus aromatherapy using tangerine, grapefruit and mandarin essential oils to repair and heal the skin.

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## MAKE YOUR OWN

Sometimes, whipping up your own do-it-yourself treatment is just as good as buying one. Erika Katz, author of *Bonding Over Beauty, A Mother-Daughter Guide to Self-Esteem, Confidence and Trust*, beauty blogger and a regular guest on shows like Fox News, NBC's *Today* in New York and the *Today* show, suggests the following DIY treatment, which features strawberries as its main ingredient. "I like to use strawberries in this recipe because they are rich in salicylic acid, which helps dead skin shed more easily," Katz said.

### Strawberry Peppermint Foot Scrub

- 2 pureed strawberries
- 1 tablespoon of olive oil
- 1 tablespoon of vegetable oil
- 2 tablespoons of granulated white sugar
- 4 drops peppermint essential oil

Mix all the ingredients well and put into a pretty jar. Can be stored in the fridge for up to a week. To use, rub your feet gently in circular motions and rinse with warm water. Visit [BondingOverBeauty.com](http://BondingOverBeauty.com) for more great tips from Katz.

## Scentsational Dad

New cologne is a tried-and-true winner for Father's Day. We've gathered three options ideal for dads of all styles.

### FOR THE COOL DAD:

The evocative new scent Eau De Lacoste L.12.12 Noir captures the intensity of warm summer nights through refreshing and cooling watermelon and the warming aroma of Egyptian basil coupled with facets of lavender and verbena. Perfect for the heat of the summer, the patented time-release technology will have Dad smelling great all day. \$65 (100ml); Bloomingdales, Macy's and Lacoste boutiques.



### FOR THE SPORTY DAD:

Take Dad's athleticism to the next level with Boss Bottled. Sport. The fresh, stimulating and unmistakably masculine scent that helps him focus and mentally prepare for any challenge uses citrus top notes combined with clean, fresh heart notes over an aromatic, woody base to capture the strength and durability of the scent's inspiration—carbon fiber. \$67 (100ml); Nordstrom and Nordstrom.com.



### FOR THE SOPHISTICATED DAD:

What man doesn't want to be James Bond? Well, now he can release his inner spy with the James Bond 007 Fragrance. The essence of a true icon, James Bond 007 fragrance is a classic and unmistakably masculine scent with a fresh, sophisticated twist—a mixture of elegant lavender and moss with British crisp apple and sandalwood scents. \$40 (50ml); Kohls and Kohls.com.

