

Foot care and professional pedicures are not the first service that comes to mind when one considers their health, however, our feet have a very tough job...the average person takes 8,000 to 10,000 steps a day, which adds up to about 115,000 miles over a lifetime. Without daily care and maintenance, wear and tear can be extremely harmful. Did you know that build up of calluses can cause imbalances in your posture and gait? Preventing a tissue buildup helps you distribute your weight more evenly across your feet, which can reduce leg and back pain after standing for long periods, and this can affect your entire body! People with health concerns like diabetes, poor circulation, neuropathy, limited mobility, and those who just can't reach their own feet also benefit from professional foot care delivered in a gentle manner with a significant emphasis on sanitation.



As our mindsets evolve with a focus on prevention and wellness, pedicures are gradually becoming incorporated into wellness-based care. They should not be considered a luxury, but rather a necessary component of an integrative health care plan. Pedicures are a perfect way to ensure our feet are being properly cared for. If performed properly, pedicures can be therapeutic treatments for the feet and toenails. This may include cleaning your feet, providing nail and cuticle care, eliminating calluses, increasing circulation, and identifying problems that require medical attention, not to mention that they include foot and lower leg massage that feels wonderful. Although finishing a professional pedicure with colorful polish (free from formaldehyde, DbPthalate, toluenes) offers cosmetic enhancement, some women may opt to go without polish. At The Springs, we have seen more and more men seeking out foot care services.

Many people think of the pedicure as an unnecessary cost, but a professionally performed pedicure contributes to your overall health, particularly the health of your feet. Approximately 85% of the population has a foot or foot-related problem. Clipping, cutting and cleaning the toenails can prevent many of these problems including ingrown nails and infection. Well hydrated feet, with a high quality moisturizer specifically designed for foot care can prevent cracking and breaks in the skin which could lead to infection. A professional pedicure provides exfoliation for your feet, as well as removes any calluses that may affect posture, or causes uncomfortable pressure or pain while walking or standing. In addition, regularly scheduled pedicures allow your technician to evaluate the condition of your feet on an ongoing basis which can help you identify problems earlier. For some foot conditions, the sooner the problem is noticed, the sooner it can be treated, either by your technician, or by referral to a Podiatrist for medical care. Basic steps like these, along with the use of a high-quality pharmaceutical-grade product line at home can restore dry, cracked and even peeling skin to a healthy state so that it can carry out its normal functions.

#### **Benefits of a Professional Pedicure:**

- **Improves Blood Flow** – In addition to exfoliating, moisturizers and cuticle treatments are massaged into the skin in a professional pedicure. This massage action is not only incredibly relaxing, it also helps to improve blood circulation to your extremities, reduces tension in the small muscles of the feet and lower legs, and may incorporate reflexology which can affect the entire body. This can reduce pain and help your body distribute heat during cold months.

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- **Early Detection & Prevention of Problems** - Receiving a regular pedicure can help the technician detect early signs of corns, bunions and fungal infections. These conditions are easier to treat when they are identified in their earlier stages. Your technician will likely refer you to a Podiatrist for treatment if there is a suspected problem. Clipping, cutting and cleaning of the toe nails prevents them from growing inward and causing infection. The elimination of dirt and bacteria from your feet will also help prevent nail diseases disorders and foot odors. It is also important to keep toenails healthy because they protect toes from trauma.
- **Supports Stress Management** - A manicure or pedicure is a great way to relax and manage stress. Massage techniques not only drive nutrient rich lotions into the skin, but also create a deep sense of relaxation and inner peace, especially when combined with customized aromatherapy.
- **Protects Skin** - A pedicure includes soaks in warm water and massages with products that help maintain proper pH balance and preserve the moisture and integrity of your feet. Moisturized feet are less likely to get blisters, cracks or develop other foot problems. It is also important to keep your cuticles moisturized to prevent nails from growing out with ridges or split ends which can cause the nails to lift out of the nail beds. Not all moisturizers are equal, and many are NOT intended for use on the feet.
- **Exfoliates the Feet** - Exfoliation, or removal of dead skin cells, prevents the cells from accumulating and causing bunions or corns, which can be uncomfortable and painful. The removal of the dead skin on your feet, especially on the heel, encourages new cell growth which creates smoother and more attractive feet.

### The Springs Foot Care

Our pedicures are safe for all skin types including diabetic feet and the most sensitive skin. Our choice of pharmaceutical-grade products with Dermal Infusion Technology (DIT) ensures that the active ingredients reach their target area and restore the epidermis to healthy working order. Our products are pH balanced and non-occlusive (won't clog pores) allowing the product to absorb fast and allow the skin to breathe. The non-greasy products reduce risks associated with walking on smooth surfaces after applying.

Unfortunately our feet get little care compared to other parts of our body. Healthy feet are crucial to our overall health and therefore a regularly scheduled pedicure, at least once a month, should be made a priority. So don't just go anywhere for a quick fluff and buff pedi...try out a results-oriented Medi-Pedi! For more information about the products we feature, visit [Footlogix](#) and [Zoya](#) websites for more information.



**Molly Arthur, LC**  
**Licensed Cosmetologist**

Molly Arthur received her cosmetology license through FLTC and offers comprehensive manicures, pedicures, (including French tips), facials, waxing services, and some of our signature body treatments at The Springs. She is a compassionate practitioner, listening to each client's needs and preferences to individualize treatment as much as possible and enjoys doing all she can to make the client's experience extraordinary. Molly has also received training in performing Tibetan Foot Renewal treatments which can be combined with spa pedicures for a therapeutic treatment that goes beyond a basic pedicure for full body effects.

**DISCLAIMER: The information provided through this article is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. The information is educational in nature and is not a substitute for professional care and should not be used for diagnosing or treating a health problem and disease. You should consult your health care provider if you have or suspect you may have a health problem.**