



# Caring for Your Feet in the Summer

# Happy Feet

By Allison Mowatt

Summer is here! It's finally time for sundresses, shorts, sandals, open-toed shoes, and flip flops. When the weather is warm and balmy and the sun brightens the sky, we tend to want to extend our look and overall feeling of well-being down to our feet. Now that summer is upon us, our feet are a focal point, and it's time to take them out of hiding! We want them to not only look good but feel good, too. Our feet are the part of our body that takes the greatest toll on a day to day basis, so it's important to take care of them and pamper them from time to time.

To relax after a long day and rest those tired and achy feet, soak them in a tub of warm water with about 1/2 cup of Epsom salt. This will make the feet feel rejuvenated and completely revived, and the Epsom salt will help relax sore muscles, draw toxins from the body, and reduce swelling. Epsom salt is made of the mineral, magnesium sulfate, and is also a sedative for the nervous system and a natural emollient and exfoliator.

Another great way to get feet in tip top shape is to get a foot massage. It's a great way to relax and feel revitalized all over and also gives a sense of peace and well-being. The feet contain a higher number of nerve endings than most other parts of the body, and foot massages help increase blood circulation throughout the body. Using lavender or peppermint oil on the feet during the massage is very effective in aiding relaxation. The lavender essential oil often has a calming effect and helps to reduce anxiety and enhances blood circulation while the peppermint oil is refreshing and produces cooling sensations on the skin.

Whether you want to do it yourself at home or allow a professional to care for your feet at a spa is totally up to you. Either way, it is important to pay attention to your feet and take care of them. After all, they are what gets us from here to there, and we want to keep them happy!

Some information for this article was borrowed from [www.care2.com](http://www.care2.com) and [www.organicfacts.net](http://www.organicfacts.net).

**Jeannie's**  
Chapel Street  
Salon

July Special  
*Watermelon Pedicure*

Relax with a soothing soak, scrub, mask and lotion while enjoying a refreshing watermelon drink

**570.253.2261**  
One Chapel Street, Honesdale, PA 18431

## Places to Get Foot Treatments and Pedicures

Stop in and pamper those tired old soles at these local establishments:

- 1** **Apple Day Spa and Salon**, 152 Grandview Avenue, Honesdale-Apple Day Spa and Salon offers many treatments for the feet. There are various pedicures to choose from including the standard pedicure and specialty pedicures, such as the Stone Pedicure, Spa Pedicure, and Reflexology Pedicure. In addition, Apple Day features a Revitalizing Foot Treatment and a Standing Ovation, which includes a lower leg and foot massage with warm peppermint oil, among other things. Make sure to check out The Sole Soother, which is a reflexology massage for tired and achy feet infused with orange essential oil and followed by an application of purifying mud and more. Call (570) 253-4770 for more information or visit [www.appledayspa.com](http://www.appledayspa.com).
- 2** **Jeannie's Chapel Street Salon**, 1 Chapel Street, Honesdale- Jeannie's Chapel Street Salon offers various pedicures including an On-the-Go Pedicure and a Spa Pedicure, which includes a foot massage. In addition, they offer many specialty pedicures such as the Chocolate Mint, Citrus, Cooling Peppermint, and Rainforest, which uses all natural ingredients. Call (570) 253-2261 or look them up on [www.Facebook.com](http://www.Facebook.com).
- 3** **Utopia Salon and Day Spa**, Route 6, Hawley- Utopia Salon and Day Spa features many kinds of pedicures to make your feet feel relaxed and look pretty. Choose from the standard pedicure, the French Pedicure, Warm Stone Pedicure, Spa Pedicure, Reflexology Pedicure, Chocolate Pedicure, and the Specialty Pedicure of the Month. Call (570) 226-9001 or (570) 226-4226 or visit [www.utopiasalonanddayspa.com](http://www.utopiasalonanddayspa.com) for more information.
- 4** **Second Street Salon and Spa**, 401 E Harford Street, Milford- Second Street Salon and Spa has just what you need to pamper your feet. The salon features a number of pedicures, including an Express Pedicure, Spa Pedicure, Gel Pedicure, and many specialty pedicures in flavors such as Chocolate, Lemongrass, and Mandarin Orange. In addition, the salon and spa offers reflexology massage. Call (570) 296-2010 for more information.
- 5** **Pure Day Spa**, 770 Main Street, Stroudsburg- Pure Day Spa knows how to treat tired feet. Enjoy a variety of pedicures such as the Classic Pedicure, the Mini Pedicure, Spa Pedicure, Callus Reduction Pedicure, and Peppermint Pedicure. Call (570) 420-1818 or visit [www.puredayspa.com](http://www.puredayspa.com) to find out what else this rejuvenating spa has to offer.

## Simple Do-It-Yourself Steps:

- 1** Soak your feet in warm water to soften the hard skin.
- 2** Scrape off the hard skin with a loofah or pumice stone.
- 3** Moisturize your feet with a foot lotion. It's better to use a cream specifically for feet since the skin on your feet has different needs than the rest of your body.