

SHAPE™

KANGA™ FILE



As seen in Shape July 2011



3/ FILE Rough, sandpapered emery boards are too harsh for natural nails. Instead, use a finer file labeled 180 grit, like CND Kanga Board (\$1; cnd.com). Moving in one direction, create a slightly rounded shape. "Squared-off nails are more prone to ingrowns," says Jan Arnold, cofounder and style director of CND

Look Great Pretty Easy

SHOW YOUR TOES!

It's open season for sandals! Here's how to get your feet glam in just seven easy steps. Plus, the inside scoop on the shades you'll want to wear all summer long.

BY SHARLETT A. DALY

1/ SMOOTH YOUR NAILS While skin is still damp from a shower, rough the tough areas around the heels, toes, and balls of your feet with a buffer like Earth Therapeutic Buffering Milk (\$3, earththerapeutics.com). Or try the Soften 'n' Soothe Skin Soother (\$7, shopcnd.com), which smooths on the cream and whitens dead cells as you buff it in. Just don't forget to "lubing between a little rough skin prevents a cuticle applied afterward, especially if you're a runner or cyclist," says Terri Slocum, a manicurist and the location manager based in Monterey, CA. Then treat your heels to a rich cream like Carel Foot Therapy Cream (\$3, shopcnd.com), which has olive butter.

2/ SHINE YOUR TIPS Using a tool like Sally Hansen Treat Your Feet Cream Foot Treatment Copper (\$3, shopcnd.com), cut nails straight across so they'll even with the edge of your toes. Lower them one finger and they can push against the front of your shoes, which can't do anything to the nail bed (think bruising, ridges, and white spots) and ruin your pedicure.

3/ FILE Though cuticle care is more than a cosmetic touch, it's a must for the pedicure. Use a Kanga Board (\$1, shopcnd.com), which creates a slightly rounded shape.

4/ SMOOTH YOUR CUTICLES Massage on a few drops of moisture like Soothe Engaged Beauty Formula Cuticle Oil (\$3, shopcnd.com). "Keeping skin conditioned sets you up for healthier nails," says Slocum. Then, gently nudge down tough skin that grows into the nail with an orange stick.

5/ FREE YOUR FEET Check each arch point-to-point to take off any debris or dry buildup. "This will even your color (you're made of wax) and your pedicure last longer," says Slocum. Apply a Soak Soft, No-Acne Nail Expert's Soakoff Remover, Base Coat (\$2, shopcnd.com), to 10 to 15 minutes and help seep under where...

6/ ADD COLOR Hold the brush like a pen (rather than grabbing the top of the cap) for more precision when you swirl. If you're right-handed, start with the baby toe of your left foot and work your way across, then do your right foot, moving from left to right (opposite side being by counter-clockwise). Use a Soft 'n' Soothe Soak Soft, No-Acne Nail Expert's Soakoff Remover, Base Coat (\$2, shopcnd.com), to 10 to 15 minutes and help seep under where...

7/ SHINE ON Apply a top coat to seal the polish and help protect against chips, says Arnold. Try Soothe 'n' Soothe Dry Fast Top Coat (\$3, shopcnd.com). To get those bubbles in the oil and spray—they aren't a flaw for the top coat, unless you bubble that lead to chips and cracks, instead, dip on top three and let nails go dry. Avoid socks or closed toe shoes for about two hours to give the lacquer time to completely set.

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SALON SAFETY 101

A pedicure should be a relaxing, pampering experience. If you're not sure, ask your technician for a color consultation. They'll even let you try a color before you commit to it. And if you're not sure, ask for a color consultation. They'll even let you try a color before you commit to it.

8/ ASK FOR THE BEST The best pedicure is one that's done by a professional. If you're not sure, ask your technician for a color consultation. They'll even let you try a color before you commit to it.

Summer's Juiciest Hues

Use your toes a shade of sunshine with these shimmering and uplifting nail hues.

PURPLE HUE A vibrant shade of purple with a shimmering finish.

ORANGE HUE A bright, sunny orange with a shimmering finish.

YELLOW HUE A bright, sunny yellow with a shimmering finish.

RED HUE A vibrant shade of red with a shimmering finish.

PINK HUE A vibrant shade of pink with a shimmering finish.