



My tootsies all polished up in Circus' Tightrope by AndreasChoice....

The Perfect Pedicure

- Remove any existing nail color with polish remover of your choice
- Trim nails with nail clipper
- File in one direction to shape nails
- Use a gentler file or **buffing block** to smooth nails in one direction to get rid of any rough edges
- Apply 1 drop of cuticle remover oil to cuticles and nails & massage it into skin.

Solar Oil is my preferred brand



- Pour a generous amount of [Epsom Salt](#) (*any brand*) into tub of warm water & add several sliced lemons to keep nails white
- Soak feet in water for 20 minutes to soften skin
- Dry off feet
- Push back cuticles using stainless steel cuticle pusher



- Clean toes with cuticle pusher or **orangewood stick** - be sure to swipe underneath nail and along sides of cuticle
- Optional - Clip loose cuticles or skin with **cuticle clipper**

I usually skip this step because I clean up well using a stainless steel cuticle pusher, orangewood sticks aren't that thorough in my opinion

- Using a buffing block, buff nails so there are no rough edges & polish goes on flawlessly
- Use a pumice stone on heels and balls of feet

I purchased this great dual-sided tool at a local salon for \$20. It's stainless steel and included 10 adhesive grit pads of my choice, I opted for the medium grit to ensure a good exfoliation.



While writing this post, I found the **same tool for a lot less**, I highly recommend it, such a great investment. I once spent \$40 for a **Diamancel Diamond Foot File** years ago. It was all the rage then, and guaranteed to last forever, but its effectiveness diminished over time.

- Use a salt exfoliator on feet to get rid of dead skin

*This is my little secret for super soft feet. One thing I noticed about salon pedicures is they tend to leave feet scrubbed dry. My favorite remedy is a DIY scrub like this **one** mixed with shower gel. Simply place your feet in the tub, run enough warm water to cover your feet, then mix the scrub & shower gel together in your hands. Scrub feet really well & rinse clean before drying off.*

- Pick your favorite lotion and massage it thoroughly into feet
- Go over nails again with polish remover
- Use toe separators to apply polish

For this step, I simply rip a paper towel in half and twist it around my toes, far more flexible than toe separators, then just toss it when done

- Apply your favorite top coat

My favorite top coat of all time is [Instant Artificials](#). Not only does it make my polish last longer, but it also makes my nails strong, which I love. I tell everyone about this stuff, so worth the money.



- Apply 1-2 coats of color
- Apply [Sally Hansen Insta-Dri](#), I can't do without it because it gets my nails dry in no time.

How 2: Perfect Pedicure
Suite7beautyTalk
by VNikol



*Just recently, I started topping off my nails with a **quick blast of cooking spray** for an even faster finish. It adds a nice shine, and gets nails completely dry in seconds. I'm pretty impatient, and adding this step helps me get dressed and out the house when I wait till the last minute to spruce up my nails, even the beau is impressed.*

So that's it, my steps for a perfect pedicure. You will absolutely love how soft your feet feel and how long your professional looking polish lasts!

If you try these steps, please drop me a line & lemme know..